

THE BLUE BERET



APRIL 1981



MARCH IN RETROSPECT

ROTATIONS

Force Scout Car Squadron
Canadian Contingent

11 - 27	Canadian Customs team on routine visit to Canadian Contingent on rotation.
11 - 27	Canadian Communications team for repair of equipment.
14 - 20	Mr Kjall-Anderson, Miss A Risberg, Miss A Skold, Mr B Arvidson, Mr E Welsing, entertainment group to Swedish Contingent.
18	Commodore G Livingston and Gp Capt R Davies to British Contingent.
19 - 22	Mr Sylvester Barrett, Irish Minister of Defence and Lt Gen Carl O'Sullivan, Chief of Staff Irish Army, to Irish Contingent.
20 - 27	Canadian Air Movements team to assist during rotation of Canadian Contingent.
24 - 29	Mr Nils Jaeger and Capt R Videnjaer from Danish Ministry of Foreign Affairs and Defence to the Danish Contingent.
24 - 1 Apr	Mr Keld Boserup, journalist, to Danish Contingent.
26 - 7 Apr	Maj Davies, OC 52 Fd Sqn 22 Engr Regt, to British Contingent.
27 - 31	Rev Paul Pellar, Austrian Army Chaplain to the Austrian Contingent.
28 - 31	Mr J Kallikoski, Mr H Huusonen, Mr K Artema and Lt Comd M Moisala, Finnish Legal experts to the Finnish Contingent.
30	Brig A Fields, Director WRAC and Lt Col Anton to British Contingent.
30 - 23 Apr	RAF Cadets to 84 Sqn RAF
31	Maj Gen P F A Sibbald OBE, Director of Infantry, to British Contingent.
21 - 2 Apr	Mr S Hirdman, Swedish Under Secretary of State, Col S Wiberg and Lt Col Gard to the Swedish Contingent.

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MEDAL PARADES

3 Danish Contingent
18 Swedish Contingent

VISITS

2 - 6	Maj Gen & Mrs Hanna, Col & Mrs Pattee and Maj & Mrs W Bewick. Commander Canadian Forces Europe to Canadian Contingent.
3 - 20	Capt S Bjorkholm, S/MO Nilssen to Swedish Contingent for ammunition inspection.
5 - 12	Lt Col J Byrne, Maj T Hodgetts, Capt M Johnson, Maj D Hemsley, Capt C Thom - recce party from 1 Green Howards to Sector 2.
5 - 20	Swedish Film Team, Major Dannefalk, Mr Franzen, Mr Hedstrom and Mr Pahlman
9 - 13	Mr Sven-Otto Allard, Councillor of the Swedish Embassy Cairo, to Swedish Contingent.
10 - 23	Sgt Rasmussen and LCpl Kuhl to Danish Contingent.
10 - 17	Maj Skjerning to Danish Contingent for a vehicle inspection.
11 - 12	Maj H W Osborne to conduct postal audit of Canadian Contingent.
18 - 19	Sgt Law to Canadian Contingent - Manning requirements.
11 - 15	CWO J MacKay to Canadian Contingent to assist in postal audit.
11 - 19	Tech Offr A Ahberg, Lt Col B Richard, Capt J Berg to conduct a technical inspection of Swedish Contingent.
11 - 20	Lt Col S Jansson and party on recce for next Swedish battalion.

MILITARY AND RECREATIONAL COMPETITIONS

11 UNFICYP Skiing Competition.

FUTURE EVENTS

THE AMERICAN CENTER

33B Homer Ave., Nicosia

Wednesday 15 April at 7.30 pm.

Rebel Without A Cause

This 1955 story of teenage restlessness directed by Nicholas Ray was the first to depict young hoodlums as coming from well-to-do, comfortable homes. It confirmed star James Dean as a cult figure.

Wednesday 29 April at 7.30 pm.

Equus

Peter Schaffer adapted for the screen his own highly successful play about the tragic effects on both patient and doctor of psychiatric treatment of the youthful victim of a confused and repressive upbringing. Starring Richard Burton and Peter Firth. Not recommended for children.

New Videotapes: Videotapes may be screened at the Library any time during regular hours.

Space Shuttle Overview, May 1980: The National Aeronautics and Space Administration (NASA) presents a look at the progress and problems of the most ambitious space project since the moon landings: a reusable spacecraft designed to put satellites and people into orbit more cheaply and efficiently than ever before. The first launch of the shuttle is scheduled for this month.

Saturn Rediscovered: The Flight of Voyager I. Spectacular images of the planet Saturn, its rings and

moons, transmitted to Earth late last year by the Voyager space probe, along with some explanation of how those images were obtained.

THE BRITISH COUNCIL

3 Museum Street Nicosia

Bedfordshire County Youth Orchestra

This is a full scale Symphony Orchestra of 100 instruments, bringing together the best orchestral players aged 14-21 from educational institutions all over the County of Bedfordshire. The Orchestra has recorded concerts in the Royal Albert Hall and won acclaim at festivals in Edinburgh and Vienna.

The visit is the most ambitious expression yet of the well-established link between Cyprus and Bedfordshire.

Conductor Michael Rose
Soloist Alexander Baillie (cello)
Leader Catherine Shuttlewood

Programme

Overture: Russian & Ludmilla Glinka
Cello Concerto in E Minor Elgar
Symphony No 5 in E Minor Tchaikovsky

In Nicosia: in collaboration with the Ministry of Education Cultural Service at the Municipal Theatre, Nicosia.

Monday 13 April at 11.30 am: School performance

Tuesday 14 April at 8.00 pm: Public performance
Wednesday 15 April at 8.00 pm: Public performance

Tickets from the Municipal Theatre, Nicosia.
Tel: 021-63028

In Limassol: in collaboration with the Municipality of Limassol at the Rialto Cinema.

Thursday 16 April at 8.00 pm: Public performance

Tickets from Rialto Cinema Limassol,
Tel: 051-62392

Thursday 30 April at 7.30 pm.
Films on Natural History (1½ hours):

Big Bommie

Bommies are outcrops of coral rising from the seabed along the Great Barrier Reef. This film shows the underwater life round one Bommie.

Living Machines

Looks at plants and animals, and the materials they are made of, from the point of view of the engineer.

UNFICYP EASTER FAIR

Friday 24 April

This is to be held in the UNPA Nicosia by the Community Centre. A great day out for the family.

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The Blue Beret is the house journal of the United Nations Force in Cyprus and, as such, is intended to provide a source of information on current events within the Force, on UN matters of general interest and on local tourist advice.

Articles of general interest are invited from all members of the Force. Descriptions of recent local events or of visits to places of interest are welcome. Illustrations are most welcome. Photographs should be in black and white on glossy paper. This is an official publication prepared under the direction of the Force Commander. The views expressed are, however, those of the author concerned and do not necessarily conform with official policy.

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on the cover

Ch Insp Peter Wise AUSTCIVPOL receives his DANCON MARCH Medal from Lt Col Erik Walther.

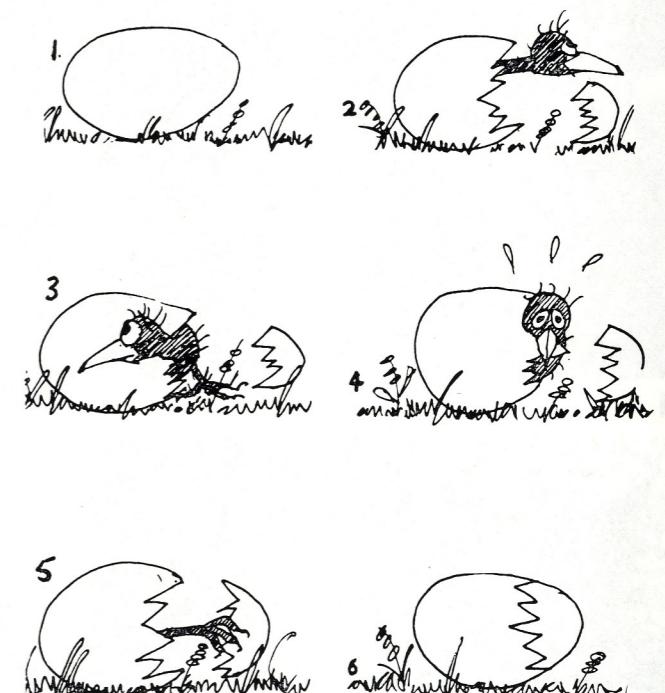


THE BLUE BERET

Editorial

The Force Reserve has been redesignated the Force Scout Car Squadron (FSC Sqn). The role of this squadron is now carried out by the Duke of Edinburgh's Squadron, The Queens Royal Irish Hussars.

On Friday 24 April, starting at 2pm, will be the UNFICYP Easter Fair. This will be staged near the Community Centre in the UNPA Nicosia, and there will be many attractions. Your support is needed and the proceeds will be donated to "the Disabled".

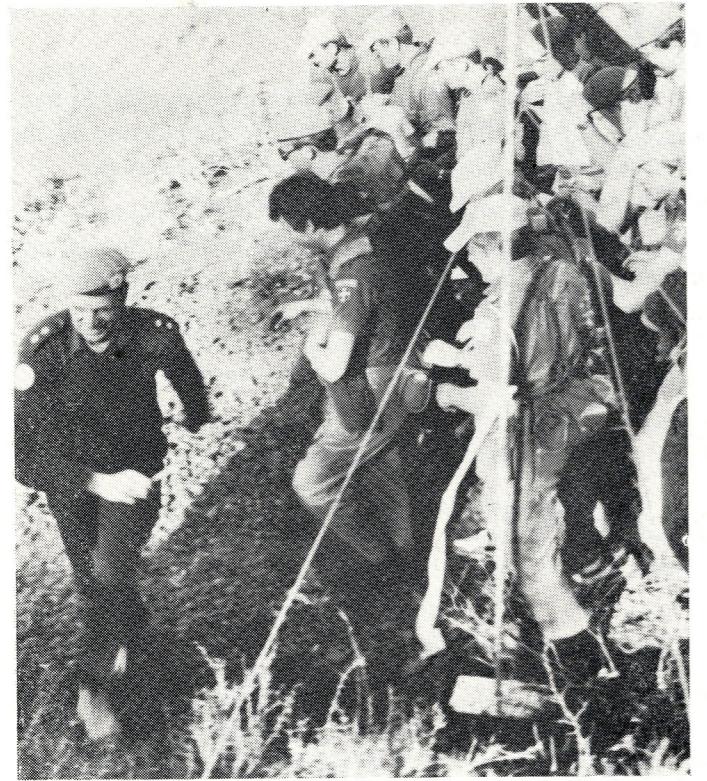


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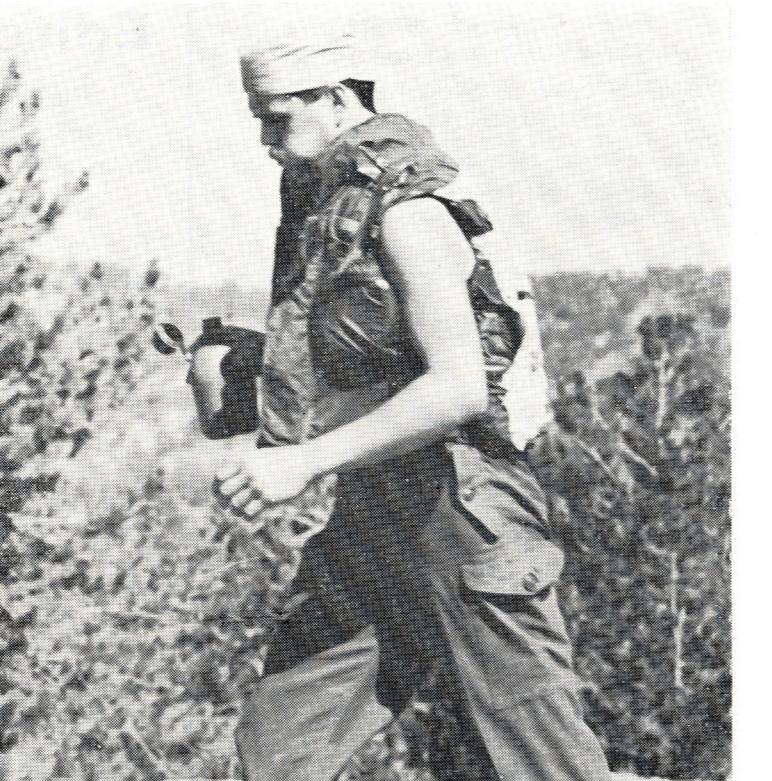
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DANCON MARCH

By The Editorial Staff



Not that way, Sir!



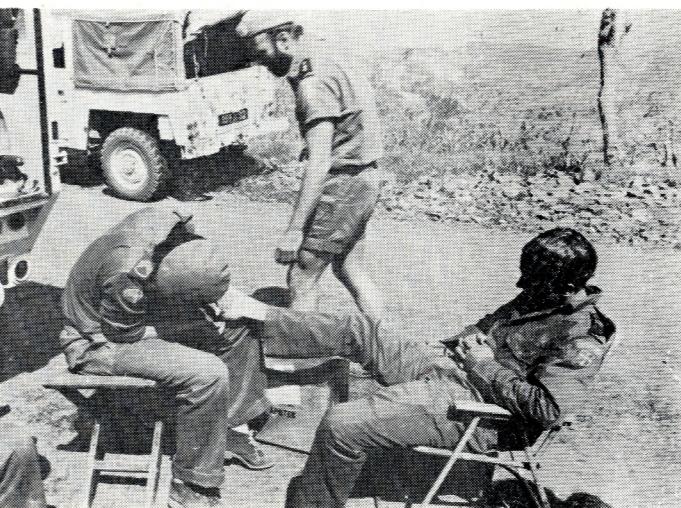
It was worth the pain to get this massage.



Gotta keep going . . . gotta keep going . . .



Make it "Schnappy"!



Did you do the same to the Doctor?



I always look like this.

The DANCON March was held over the weekends 7/8 and 14/15 March 1981. A total of about 540 participants from all Contingents in UNFICYP and the Secretariat entered this event. The total distance covered was 50 Km (31.25 statute miles), divided into 25 Km on each day. Every soldier had to carry 10 kilos (22 lbs) whereas women and children were free of this handicap. The starting line was in the village of Evrykhou, which is approximately 400 metres (1212 ft) above sea level and participants walked/marched up the Troodos mountains following one or other of the small roads and tracks, continuously climbing up to 1300 metres (4264 ft) and down to the finish at Pedhoulas, 1200 metres above sea level.



What? Danes running?!

RESULTS DANCON MARCH (8 hours and under)

1. Sgt	J.B.	Naestrom	SWED	3:14	3:17	6:31	33. Pte	L.M.	Hansen	DAN	3:45	3:52	7:37
2. Pte	K.E.C.	Nordh	SWED	3:14	3:18	6:32	33. Sgt	P.E.	Styrman	SWED	3:51	3:41	7:37
3. Pte	A.P.	Arrsev	DAN	3:23	3:18	6:41	33. Sgt	D.H.S.	Rasmussen	DAN	3:39	3:58	7:37
4. Sgt	M.	Pedersen	DAN	3:23	3:22	6:45	36. Maj	D.	Harun	SWED	3:55	3:43	7:38
5. WO2	M.	Wenner	SWED	3:16	3:30	6:46	36. Maj	G.H.	Tweedia (FSC Sqn)	BRIT	3:46	3:52	7:38
5. Pte		Sundius	SWED	3:16	3:30	6:46	38. WO1	L.E.K.	Johansson	SWED	3:56	3:43	7:39
7. 1Lt	C.S.	Pedersen	DAN	3:38	3:13	6:51	39. Pte	K.	Tingleff	DAN	3:47	3:54	7:41
8. OKS	N.M.	Hansen	DAN	3:16	3:38	6:54	39. Capt	S.B.	Sundell	SWED	3:55	3:46	7:41
9. Pte	J.	Martin (5 RALC)	CAN	3:32	3:23	6:55	41. WO2	T.	Parker	SWED	3:54	3:49	7:43
10. Pte	K.A.	Sorensen	DAN	3:43	3:14	6:57	41. KS	F.	Ringgard	DAN	3:51	3:52	7:43
11. LG	A.	Heick	DAN	3:46	3:16	7:02	31. Sgt	N.J.	Cartne	SWED	3:49	3:56	7:43
12. Maj	L.	Meijer	SWED	3:46	3:28	7:12	41. WO2		Nielsen (MP Coy)	SWED	3:56	3:49	7:43
12. Sgt	J.B.	Buus	DAN	3:23	3:51	7:12	45. Cpl	M.	Toner (254 Sig Sqn)	BRIT	3:52	3:53	7:45
14. Pte	B.A.	Folkesson	SWED	3:32	3:43	7:15	46. Miss	J.	Bastick	BRIT	3:42	4:04	7:46
14. Pte	J.T.	Lorenzen	DAN	3:37	3:38	7:15	47. KS	T.	Risbo	DAN	4:03	3:44	7:47
16. WO1	K.	Unterasinger	AUS	3:41	3:35	7:16	48. LCpl	K.	Jellitsch	AUS	4:09	3:39	7:48
16. Cpl	F.	Slamannig	AUS	3:41	3:45	7:16	48. Pte	S.	Nielsen	DAN	3:57	3:52	7:49
16. Pte	E.	Sattlberger	AUS	3:41	3:35	7:16	50. KS	J.	Hochelm	DAN	4:02	3:48	7:50
18. Pte	W.	Kerschbaumer	AUS	3:37	3:44	7:21	51. Sgt	A.	Pedersen	DAN	3:55	3:56	7:51
19. Pte	P.	Jorgensen	DAN	3:29	3:52	7:21	52. LCpl	S.S.	Klemmesen	DAN	4:01	3:51	7:52
21. Sgt	K.G.	Smangs	SWED	3:38	3:46	7:22	52. 1Lt	K.	Bartens	DAN	3:53	3:59	7:52
22. Pte	D.H.	Bak	DAN	3:47	3:36	7:23	54. 2LT	A.G.	Olsen	DAN	4:01	3:52	7:53
23. Pte	H.A.J.	Lundberg	SWED	3:46	3:38	7:24	54. Maj	F.G.T.	Fredholm (HQ UNFICYP)	SWED	3:52	4:01	7:53
23. OKS	F.	Therkelsen	DAN	3:43	3:41	7:24	54. TG2	K.R.	Lindberg	SWED	3:51	4:02	7:53
25. OKS	S.H.	Madsen	DAN	3:44	3:41	7:25	57. Sgt	K.T.	Jensen	DAN	3:55	3:59	7:54
26. Capt	T.	Cross (Sp Regt)	BRIT	3:40	3:47	7:27	58. Pte	R.M.	Thorbjurnsson	SWED	4:03	3:52	7:55
27. Pte	L.E.G.	Nordgren	SWED	3:39	3:48	7:28	58. Capt	R.A.	Hanson (5 RALC)	CAN	4:0	3:46	7:55
28. KS	B.F.	Poulsen	DAN	3:44	3:47	7:31	60. Pte	P.	Heinsvig	DAN	3:58	3:59	7:57
29. 1Lt	F.I.	Jakobsen	SWED	3:50	3:43	7:33	61. KS	H.L.	Sorensen	DAN	4:14	3:44	7:58
30. Pte	U.	Rothwold	SWED	3:55	3:40	7:35	62. KS	O.	Christiansen	DAN	3:58	4:07	7:59
30. KS	J.T.	Bertelsen	DAN	3:50	3:45	7:35	62. Ch.Insp	I.G.E.	Eriksson (SWEDCIVPOL)	SWED	3:44	4:15	7:59
30. Sgt	M.S.	Paulsen	DAN	3:51	3:44	7:35	64. Capt	B.G.	Lexhagen	SWED	3:56	4:04	8:00



Steyer Diesel 680 (2-Achser): Payload 4500 kg; own weight 5430 kg; highest speed 80 km/h; 120 PS; hill-climbing-ability 58%.



Pinzgauer (2-Achser): Payload 1000 kg; own weight 2050 kg; highest speed 105 km/h; 87 PS; hill-climbing-ability until the limit of adhesion.

MOBILITY ON WHEELS



AUSCON'S MOTOR TRANSPORT

By HUBERT SCHERMANN



Major Muhlberger (dark glasses) and his crew.



VW-181 (Hunter): Payload 440 kg; own weight 900 kg; highest speed 110 km/h; 48 PS; hill-climbing-ability 44%.



VW Bus: Payload 830 kg; own weight 1365 kg; highest speed 110 km/h; 50 PS; 9 persons including the driver.

SWEDISH ARMY FILM TEAM



SWEDCON

The Swedish UN Battalion 77C presently serving in Cyprus, is to be immortalised on film! For three weeks in March a professional film team from the army staff in Stockholm, headed by Maj Hans Dannefalk, visited the battalion in order to make a film.

The film, which has the working title "On duty for Peace" is planned to be between 15 and 20 minutes long, and is to be shown to all military units in Sweden in order to give the conscript soldiers doing their basic military training an idea of what service in the UN is like.

The theme of the film is a day in the life of the Swedish UN soldier.



Left to right: Sound Engineer Mr Carl-Gunnar Franzen; Director, Mr Larsgoran Hedstrom; Photographer, Mr Otto Pahlman; Military Coordinator, Maj Hans Dannefalk.

PRESENTATION WITH A DIFFERENCE



Sgt Dave Blisset receives his LS & GCM from Lt Col Bo Eriksson.

The WOs and Sgts Mess at Camp Victoria (HQ mechanic — or "Mr Landrover" as he is nicknamed by the Swedes) was recently the venue for a rather unusual event when Commander SWEDCON Lt Col Bo Eriksson handed over the Long Service and Good Conduct Medal to Sgt Dave Blisset. Sgt Blisset is a member of BRITCON, but is attached to SWEDCON for six months where he is serving as a vehicle mechanic — or "Mr Landrover" as he is nicknamed by the Swedes.

In UN units a member of one country's armed forces can be decorated by an officer from another nation. It is only in the UN that soldiers may be seen wearing the symbols of two different nations. SWEDCON he will stay for another two years in Cyprus! Sgt Blisset joined the army in 1964 and has since then served all over western Europe and in the Mediterranean area. After he has finished his tour with SWEDCON he will stay for another two years in Cyprus!



THE CANADIAN AIRBORNE REGIMENT

By Lieutenant G W Jensen

This was the First Special Service Force, better known as "The Devil's Brigade". The Canadian contribution to the Force was the First Canadian Special Service Battalion. The Force distinguished itself at:

Monte Camino

Monte La Difesa — Monte La Remetanea

Monte Majo

Anzio

Rome

Advance to the Tiber

Italy 1943-44

Southern France

Northwest Europe 1944

and the United States of America, in Jamaica and Cyprus, and in Germany. It is first and foremost an infantry regiment and to that end every officer, non-commissioned officer and man, infantry or not, is trained and refreshed annually in the art of fighting the infantry battle. But the Regiment possesses additional capabilities in static line, military free-fall and heavy-drop parachuting as well, and conducts an average of 24 parachute descents per man per year.

730 strong, the Regiment consists of the Airborne Headquarters and Signals Squadron (containing Regimental Headquarters, Reconnaissance Platoon, Communications Troop and Support Troop); three infantry assault commandos le Premier Commando Aéroporté (French speaking), the Second Airborne Commando and the Third Airborne Commando; and the Airborne Service Commando (with Supply, Transport, Medical and Maintenance Platoons). The Regiment's missions include maintaining a constant readiness as the Canadian UN Ready Force, defence of Canada tasks and defence of North America tasks. In these latter missions, the Regiment forms the nucleus of an Airborne Battle Group and is joined by paratroopers of E Battery (Parachute) from the Second Regiment, Royal Canadian Horse Artillery; of the Airborne Engineer Group from the Second Combat Engineer Regiment, and of the Airborne Medical Platoon from the Second Field Ambulance — all of whom are elements of SSF and are represented within the Regiment in Cyprus.

The Regiment's deployment in Cyprus differs markedly from that of other Canadian units. Where other units leave only a small administrative rear party in Canada, the Regiment will in fact exist in both locations simultaneously. Le Premier Com-

mando Aéroporté and the Second Airborne Commando along with elements of the Airborne Headquarters and Signals Squadron and the Airborne Service Commando plus some augmentees from the SSF form the Regiment in Cyprus, while at home the Third Airborne Commando, elements of the other Regimental units, and the other members of the Airborne Battle Group retain responsibility for all missions currently assigned to the Regiment.

Another major difference between the Regiment and other Canadian units lies in its composition. Of the five units integral to the Regiment, four are English speaking and le Premier Commando Aéroporté is a French language unit. The brotherhood of paratroopers thus transcends even language. It is in fact a tradition within the Regiment that when on parade all commands at the halt are given in French and all commands on the move are given in English — a process confusing only to the spectators!

Members of the Regiment are "double volunteers". The Canadian Forces itself is an all-volunteer Force and conscription does not exist. Serving members of the Forces have then volunteered a second time to undergo parachute training and serve a minimum of two years with the Canadian Airborne Regiment. It is only during service with the Regiment, however, that they wear the coveted maroon beret — the mark of paratroopers around the world.

Individually, many members of the Regiment have served previous tours with UNFICYP — some as many as three or four — either with their parent regiments or during this Regiment's last tour here. The Regiment was previously tasked for duties in Cyprus from April 1974 to April 1975 in two six

month tours. A commando group based on le Premier Commando Aéroporté was to fill the tasking during the period April to October 1974, and was to be replaced by another commando group based on the Second Airborne Commando until April 1975. However, fate intervened and hostilities broke out in July 1974 during le Premier Commando's tour of duty in Nicosia culminating in the landing of the Turkish Intervention Force. Two members of "le Premier Commando" — Privates Berger and Perron — were killed and several others were wounded during the initial round of fighting. The remainder of the Regiment then deployed to Cyprus in late July 1974 and the Regiment as a whole, over 1000 strong, served here until relief in November 1974. Several officers, non-commissioned officers and men of the Regiment were decorated for bravery or gallantry as a result of that tour.

The Canadian Airborne Regiment in Cyprus will initially be commanded by Lieutenant Colonel J.P. Thompson, OMM, CD, who is in fact Deputy Commander of the Regiment. No stranger to the island, Lt Col Thompson was awarded the Order of Military Merit (OMM) for his performance while commanding a company in eastern Nicosia and the Louroujina salient in 1974-1975. Lt Col Thompson will depart in July to take command of the Third Battalion, The Royal Canadian Regiment. At that time, our Regimental Commander, Colonel R L Cowling CD, will personally take command of our elements in Cyprus. Colonel Cowling, who assumed command of the Regiment in August 1980, is again one of those returning to the island after a previous tour in UNFICYP. Likewise, the Regimental Sergeant Major, Chief Warrant Officer J L Bisson, CD, is a veteran of previous tours.



As usual, the pace of activities in the Regiment has not slackened in preparation for duties in Cyprus. The Airborne Battle Group carried out a full winter parachute deployment which ended on 4 February allowing only some four weeks of preparation prior to personnel dispersing on embarkation leave. During that period, the bulk of the remainder of the Regiment carried out exchange training in the United States and, in May, will deploy for four weeks on a Canadian Divisional exercise in eastern Canada.

Thus, the members of the Regiment, temporarily discarding their maroon berets for UN blue, bring with them the traditions and proud history of Canadian paratroopers and — for the second time — in the service of peace.

AIRBORNE!



The Canadian Airborne Regiment — Canada's all volunteer, go anywhere, do anything, paratrooper regiment, has returned to Aphrodite's Isle.

The Regiment is Canada's newest regular force infantry organization, born on 8th April 1968, but continues a long history of military parachuting by Canadian troops. It perpetuates, and carries in its infantry elements Colours bearing the battle honours of the 1st Canadian Parachute Battalion and the First Canadian Special Service Battalion. Canada entered the military parachuting field in 1942 with the formation of the 1st Canadian Parachute Battalion which served as part of the British Sixth Airborne Division during World War II. The battalion earned the following battle honours:

Normandy Landing

Dives Crossing

The Rhine

Northwest Europe 1944-45

At roughly the same time, a joint Canadian-United States unit (unique in history) was formed.



Gnr DELAGE (CANCON) before breaking his leg on the second run.



Maj Gen Gunther G Greindl presenting the individual trophy to Sgt Jonsson (SWEDCON).

UNFICYP SKI COMPETITION

Photos: George Moffett

The annual skiing competition took place on the North Face ski slope at Troodos on Wednesday 11 March 1981. The piste proved to be very "bumpy and rutty" for the competitors and there were some injuries sustained. The event was well organised by AUSCON and their "Alpine Band" added a certain touch to the occasion. Prizes were presented by the Force Commander, Major General Gunther G Greindl.

AUSCON won the team event but a Swede took first individual.

RESULTS

Team Competition

	Mins	Secs		
1. AUSCON	4	18.2		
2. SWEDCON	4	33.4		
3. HQ UNFICYP	5	32.8		
4. SP REGT	6	46.4		
5. SECTOR 2	7	45.0		



The Competition Secretary, Major Prikowitsch, looks on as the Force Commander presents prizes to the winning AUSCON team. From the left: 2Lt Kotzmaier, LCpl Hebenstreit, Cpl Loschnig.

Cpl HALLER (AUSCON) during his acrobatic skiing display.



INTERNATIONAL COOKBOOK

KOREAN DISHES

by OkHee Morris and Shinjo Sohng

SWEET AND SOUR PORK

Ingredients:

200 g pork boston shoulder, cut into 1 inch cubes
1 teaspoon soy sauce
1 " " whisky
1 egg white
½ cup corn-flour
2 cups salad oil (for frying)
½ onion, cut into 1 inch cubes
½ carrot, cut diagonally
1 cucumber
100 g bamboo shoots or mushrooms
1 tablespoon salad oil
4 tablespoons sugar



A MIXED DISH OF VEGETABLES AND BEEF

Ingredients:
200 g beef (leg part)
1 tablespoon chopped green onion
1 " " crushed garlic
1 cup water
1 tablespoon corn-flour
4 slices of pineapple
3 tablespoons pineapple syrup

KOREAN BEEF BARBECUE (BULKOKI)

Ingredients:
600 g beef (lean meat off short ribs)
3 tablespoons soy sauce
2 tablespoons sugar
5 " " chopped green onions
1 " " crushed garlic
2 " " ground sesame seed, baked
2 " " sesame oil or salad oil
6 " " water
½ teaspoon black pepper
1 " " seasonings

Method:

Slice the meat as thin as possible season thoroughly with all the ingredients, leave to stand for at least one hour.

Fry lightly for a few minutes.

Serve immediately.

Serves 4.

CABBAGE PICKLE (KIMCHI)

Ingredients:
1½ kg cabbage (about 1 medium)
1 clove garlic
3 green onions
½ cup sea salt
½ teaspoon ginger (fresh)
1 teaspoon food taster seasoning
a little sugar and powdered red pepper.

Method:

Slice the cabbage into 5 cm slices and wash well, place in a container and add the salt, leave to stand until well salted. Wash the cabbage thoroughly and pack into jars with the chopped green onion, crushed garlic, chopped fresh ginger, red pepper,

Method:

Trim excess fat pork, mix soy sauce with whisky add to meat and leave for 5 mins, dip meat into egg white then coat thoroughly with corn-flour. Heat oil in large heavy skillet; brown pork on all sides, removing pieces as they brown.

Fry all the vegetables for a few minutes. Mix sugar, vinegar, soy sauce and whisky with water. Heat the sauce to boiling point (stir constantly) and pour onto the corn-flour (which has been mixed with a little cold water) boil and stir for 1 minute.

Add the deep fried pork and fried vegetables to the hot sauce, stir and serve immediately.

Serves 4

Mix the noodles with the cooked vegetables and meat; add soy sauce, sugar sesame seed and food taster, sesame oil to taste; decorate with the egg sugar and seasonings. Leave jars in a warm place for 1-2 days; then refrigerate.

Out &
in About
Cyprus

THE SAUNA BATH - SWEAT IT OUT

By SVEN HOVNE

The Swedish word for Saturday is "lördag". "Lördag" comprises two words; "dag" which means day, and "löga" a very old word which means "to take a bath". Therefore the meaning of "lördag" is "the day of the bath".

Now, in order to get absolutely clean, to sweat all uncleanliness out of the skin, the old Swedes took a steam bath on Saturday afternoons. They went to the sauna.

Sauna is the Finnish word for this now world-famous art of bathing. The Swedish word is "bastu", but sauna has become the international term.

Nobody knows when or where the sauna was invented, but from mediaeval texts and pictures we know that the 15th and 16th centuries must have been a golden time for saunabathing in Sweden. In those days almost every farm had a sauna; a small cottage built a short distance away from other buildings to avoid fires. The sauna was heated by an oven. On the oven were stones and the steam was produced when the saunabathers poured water over the red hot stones.

If there was no real sauna, a large ordinary oven could be used. The bathers were put into the oven on a board "exactly like a pie", as one author writes.

The first known Swedish saunabather was the renaissance King Johan III, who took a saunabath in the royal sauna in Stockholm's old castle Tre Kronor (Three Crowns)

on 23 August 1573. We know this because on that day the head of the royal wine cellar noted in his accounts that the King had ordered three litres of Rein-wine for his sauna-bath. The King used the wine to wash his hair. Not a bad shampoo!

In mediaeval days most Swedish towns had public saunas. Some of them were the result of pious people's generosity and frequently built as part of a monastery. There poor people could have a free sauna once a week. Sauna in those days was regarded as one of the necessities of life.

During the 17th century, a literally dark period in the history of the sauna began. The public saunas were closed down, and in rural places also people stopped their regular saunabathing. There are probably many reasons for this. In the towns the public saunas became a source of infection for many diseases which spread over Europe at that time. Rising firewood prices made saunabathing expensive, and during this period most Swedes started to wear under-clothes and found it simpler to wash them rather than their bodies.

Altogether the result was "the great age of dirtiness". It was not until 1867 that Stockholm once again got a public sauna, but since then there has been a remarkable upswing of saunabathing in Sweden. This old custom has been reborn under the influence of Finland where "the noble art of saunabathing" never died.



"Lordag" — from left to right: WO2 Blomdahl, Sgt. Elvin, Pte Mikaelsson, WO2 Tonesson

In modern Sweden every town and village has at least one public sauna, and many private houses and flats are built with saunas. At school every Swedish child is regularly given the opportunity to go to a sauna, and the sauna is a must for all sportsmen and joggers.

Today, saunas are mostly heated by electricity, but the principle is the same as it was a thousand years ago. You sit or lie in a hot cloud of steam, your body pours out rivers of sweat and it all ends with a shockingly cold shower. It is the sweating and the change from hot sauna to cold shower that gives the result; an absolutely clean body and a delightful feeling of true relaxation afterwards.

That the sauna has once again become a necessity of life for most Swedes can clearly be seen in any of the camps in Sector 5. Every afternoon you see soldiers dressed only in a bathtowel around their hips, all walking in the same direction. They are on their way to the camp sauna.

But still 'lördag' is the real 'day of the bath'. Then the saunas are crowded with happy soldiers. Afterwards when they sit in the sun, a beer in hand, still feeling the shock of the last ice cold shower on their skin, they realise that one more week of duty is over and that a refreshing weekend lies before them.

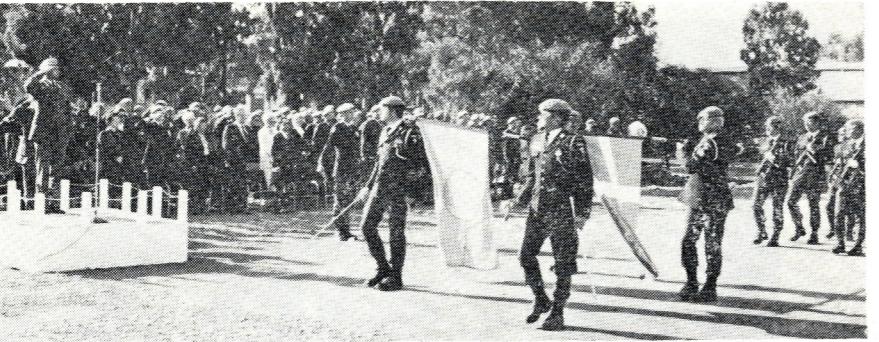


SOME SWEDE !?

Visitors are welcome to share the pleasures of the sauna with us on "lördag" and on all the other days too. But be careful, you can easily become addicted to it!

Pictorial news

DANCON



The United Nations and Danish flags are marched past during the General Salute.



MEDAL PARADE

On 3 March 1981 the Force Commander, Maj Gen G G Greindl reviewed his first contingent medal parade after taking up his appointment.

After the parade a reception was given for all ranks and their guests in a large marquee erected for the occasion at Xeros, followed by dinners in various messes.

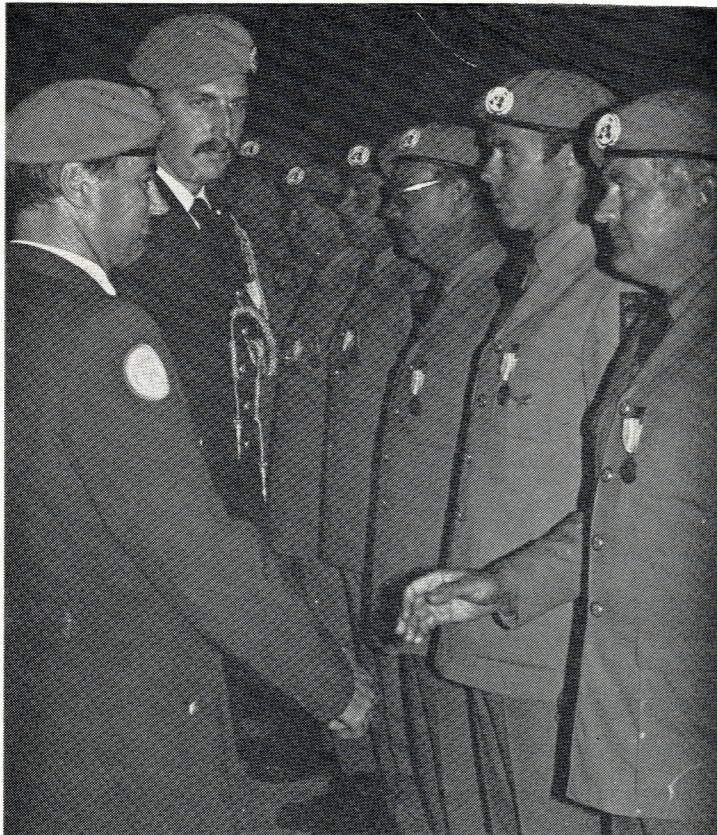
DANCON would like to thank the Band of the 3rd Battalion The Royal Anglians for providing the music at the Parade.

The Force Commander, Maj Gen G G Greindl, accompanied by the ADC Capt Lars Ohlsson, presenting medals to (L to R) Commander SWEDCON Lt Col E H Walther, Major J E Zachariasson and Major J B Veger.

SWEDCON MEDAL PARADE



The UN Flag is marched out.

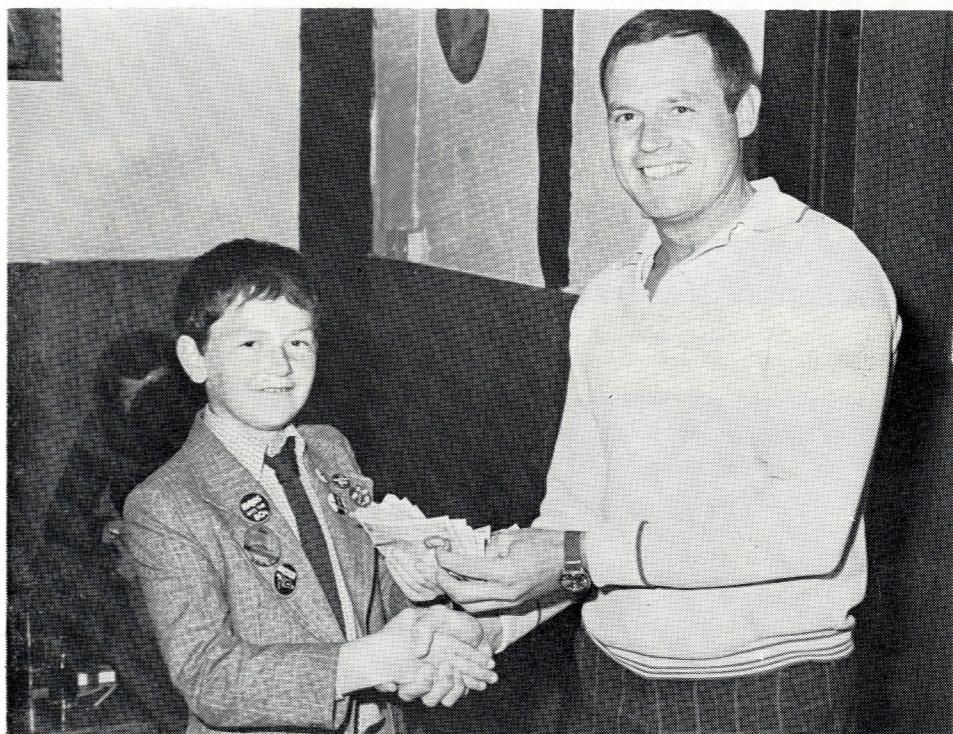


The Force Commander, Maj Gen G G Greindl and ADC Capt L G Ohlsson during the medal presentation ceremony. Swedish Officers from R to L: Lt Col Eklof, Maj Harlin, Lt Col Jacobson, Maj Meijer and Capt Lexhagen.

On 19 March 1981, members of the 77C Swedish Contingent were presented with their United Nations medals by the Force Commander, Maj Gen G G Greindl.

After a speech by the Force Commander, the honour guard gave a very proficient display of arms drill, and the parade was followed by a dinner for the many guests.

The Parade was held in the Makarios School, Larnaca, and SWEDCON would like to thank the school authorities for the use of the premises, and also the Band of the 3rd Battalion The Royal Anglians under their Bandmaster WO1 G Leask.



BOY RAISES £300 FOR DISABLED

Darren, aged 10, son of SSgt FORD, was sponsored in the DANCON MARCH to raise money for The International Year of the Disabled. The money will be presented to the Moreton Cross School in Moreton-in-the-Wirral, England, for disabled children between the ages of 2 and 17.

To date, the International Club, Jubilee Camp, UNFICYP, has raised over £700 for the School.

WO2(RQMS) Donal and Darren Ford are pictured shaking hands.

CUBS FOOTBALL SUCCESS

On 14 March the 73rd Nicosia Cubs won the runners-up trophy in the ESBA District Cub Knockout Football Tournament.



Front Row L to R: John Haney, Paul Elison, Michael Wargent, Daniel Wedge, Ronnie Hansen, Adam Wedge. Back Row L to R: Jason Chapman, Terry Balding, William O'Rourke, Maj Tom Haney. (Absent: Frank and Eddie Cheng)

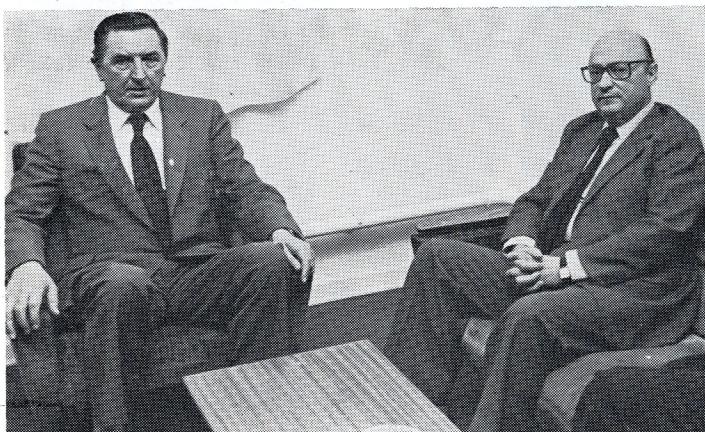


UN NEWS



IRISH MINISTER FOR DEFENCE

On Friday, 20 March, H.E. Mr Sylvester Barrett TD, visited UNFICYP. During his visit he had discussions with: the SRSG, Mr Hugo Gobbi; the Force Commander, Maj Gen Gunther G Greindl. Lt Col Liam MacMahon, the Chief Economics Officer, then introduced him to members of the Irish personnel in UNFICYP.



HE Mr Sylvester Barrett TD is seen with Mr Hugo Gobbi.

SWEDISH UNDER SECRETARY OF STATE

On Wednesday 1 April, Mr Sven Hirdman, Swedish Under Secretary of State, Ministry of Defence, visited UNFICYP. During his visit he had discussions with the Force Commander, Maj Gen Gunther G Greindl and received an operational briefing.



Mr Sven Hirdman with Maj Gen Gunther G Greindl.



PHOTO CAPTION

COMPETITION

Captions are invited for the photograph below. Submissions should reach the MPIO, HQ UNFICYP, by 30 April 1981.

