

THE BLUE BERET



FEBRUARY 1981



JANUARY IN RETROSPECT

Rotations			
None			
Medal Parades			
15	Canadian Contingent.	21—28	Maj N Jerner, Sen Sgt K Jensen and Cpl S Larsen, to the Danish Contingent to acquaint themselves with conditions.
Visits			
9—16	Lt Col J Byrne, Capt T Hodgetts and Capt A Wylde to the British Contingent.	21—29	Maj D Hopper and Capt N Bernier, to the Canadian Contingent to attend conference on re-organisation and training of contingent on return to Canada.
13—18	Maj J F Christensen, Editor of the Danish magazine "Forsvaret 1 Dag", to the Danish Contingent to gather material for magazine article.	22—26	Mr P Munckton, Mr P Adams and Mr M Seymour, Australian Broadcasting Corporation Television Team, to UNFICYP to make film about UNFICYP peace-keeping.
13—16	Deputy Commander Canadian Mobile Command, Maj Gen R Baker, Mrs Baker and Maj Betrand to the Canadian Contingent to attend the Canadian Medal Parade.	24—29	Maj J Pleasance, to the Canadian Contingent, to discuss careers.
14—22	Maj O'Donnell, accompanied by three French Canadian journalists, to HQ UNFICYP and the Canadian Contingent to cover the contingent's activities.	26—27	Maj Gen L Johnson and 52 members of the Canadian National Defence College, to the Canadian Contingent.
14—22	Maj O Greenizan and CWO D Bittle to the Canadian Contingent to discuss career planning.	27—31	Col E Falk-Petersen, Lt Col G Bladbjerg and Capt L Christensen, to the Danish Contingent.
16	Assistant Chief Constable D East, Chief Superintendent B Phillips and Inspector Stephens, of the Devon and Cornwall Constabulary, to the British Contingent.	27—3 Feb	Maj A Oezelt, WO1 W Seifert and Pte H Prohaska Austrian MOD film team, to the Austrian Contingent, to make an information film on the Austrian soldier in UNFICYP.
16—23	The Commanding Officer of The Blues and Royals, Lt Col J G Hamilton-Russell, to Force Reserve.	28	Director of The Eastern Mediterranean War Graves Commission, Mr G Nelson, to the British Contingent.
20—23	Editor of Swedish Radio in Skaraborg, Mr R Persson, to the Swedish Contingent to make a report on SCACYP.	29—5 Feb	Mr M Chorney, Regional Drug Education Coordinator with Canadian Force to the Canadian Contingent to conduct seminars on drugs and alcohol.
21 & 25—28	Lt Col R McLean, Lt Col G Brown and Maj W Sliwinski, members of Directorate of Military Planning at the Canadian National Defence Headquarters, to the Canadian Contingent, to provide information for new staff members.	Military and Recreational Competitions	
		19	UNFICYP Cross Country Championships.
		24	UNFICYP football competition finals.

FUTURE EVENTS

CANCON'S "Carnaval de Chebec"

On the 14th and 15th of February, CANCON will be relieved of that winter plague "Cabin Fever" ("Cafard d'Hiver") by that symbol of winter festivity, "Bonhomme Carnaval", in true "Quebecois" fashion.

The festivities will start with 8 and 10 km races, at 0900 hours on the 14th and will continue with the crowning of the Queen and Duchesses of the "Carnaval", floor hockey tournament, and nail driving, arm wrestling, wood sawing, bronco-busting, axe throwing, etc. For the less energetic there will be a chess tournament. All members of UNFICYP are invited to attend. For further information contact Capt Norman Perreault, Air Movements Officer, CANCON, at UN 7273, and watch "Fagins" for further details. Come and join us for some real French-Canadian hospitality and find out what "Caribou" is.

AT THE BRITISH COUNCIL
3 Museum Street, Nicosia
Thursday 12 February at 7.30 pm.
Life On Earth

Part 9: The Rise of the Mammals: This shows how the mammals survived the domination of the reptiles through the various advantages of their different physical construction and how some forms were isolated by

the drifting of the continents. The concepts of convergent and parallel evolution serve to illustrate the origin of our forebears.

Part 10: Theme and Variations: A marvelous essay showing how the mammals adapted to life on the ground, below it, in the air and in water. It includes striking slow motion photography of bat flight.

Thursday 19 February at 7.30 pm.
Life on Earth

Part 11: The Hunters and the Hunted: This demonstrates the changes in body and behaviour developed by both predators and prey, with examples from South America, North Dakota, East Africa and an English woodland.

Part 12: Life in the Trees: How the primates developed in the trees, moved into the savannah and how some became tool users. This episode has remarkable film of David Attenborough sharing life with a gorilla family in the wild.

Part 13: The Compulsive Communicators: This describes the evolution of man from the apes and his growing relative independence from natural disasters. This final episode compassionately sets man in the context of Life on Earth.

AT THE AMERICAN CENTRE
33B Homer Avenue, Nicosia

Videotapes

The American Centre has recently added several new videotapes (VTR's) to its library collection. All of these VTR's are available for screening at the American Centre any time during regular library hours. Among the newest acquisitions are:

The US Economy in an Interdependent World. Guy Erb, Deputy Director of the International Development Co-operation Agency, is interviewed by an international panel of journalists on broad North-South issues under discussion at the UN General Assembly. Topics covered include US goals in global negotiations, relations between oil-producing countries and developing countries which import oil, and others.

Investigative Reporting. Watergate was only the most celebrated of many cases of abuses brought to light by investigative journalists. How do investigative reporting techniques differ for print and broadcast media? What ethical questions are raised by reporters going under cover to get a story? Journalists and a former Congressman give their views.

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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

A Feret Scout Car on a rare visit to DANCON OP D12 as an Alouette flies past.
Photo: Editor

THE BLUE BERET



Editorial

Skiing

Now that the festive season has drawn to a close and winter is upon us I have little doubt that most members of UNFICYP have been wondering what to do in their leisure time.

There have been heavy snowfalls at Troodos and conditions have been good for skiing. Whilst expert skiers are practising their "technique", learners are encouraged to attend the cheap ski courses.

A good selection of skis, sticks and boots may be hired at Troodos and there is an RCT "Ski Special" bus each Saturday and Sunday. The bus leaves the UNFICYP Transport Squadron RCT hangar at 0800 hours each day. The bus then starts the return journey from the Troodos Leave Centre at 1600 hours. Bookings for the bus should be made by 1700 hours the day before — ring the Duty NCO on extension 7121.

The UNFICYP Skiing Competition is to be held on Wednesday 11 March.

Apology

My apologies go to S/Sgt Peter Scott for not crediting him with the cover photograph of the January issue — "Saint Lucia".



"SHALL I HUMILIATE THEM OR WILL YOU SIR?"

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SWEDCON

"One bible to every soldier!"

So SWEDCON Chaplain Allan Wendefors said to himself when he had just arrived in Cyprus. But as bibles are not included in the field kit of a Swedish soldier, Chaplain Wendefors had to arrange it all by himself.

He contacted a friend in Sweden, Mr Jörgen Mattisson, who is a member of the Gideonites — an international organisation which distributes bibles. In many hotel rooms all over Europe and North America one can find bibles donated by the Gideonites.

Mr Mattisson came to Cyprus and during one week he and Chaplain Wendefors visited every camp in Sector 5, talked to the soldiers and handed over bibles.

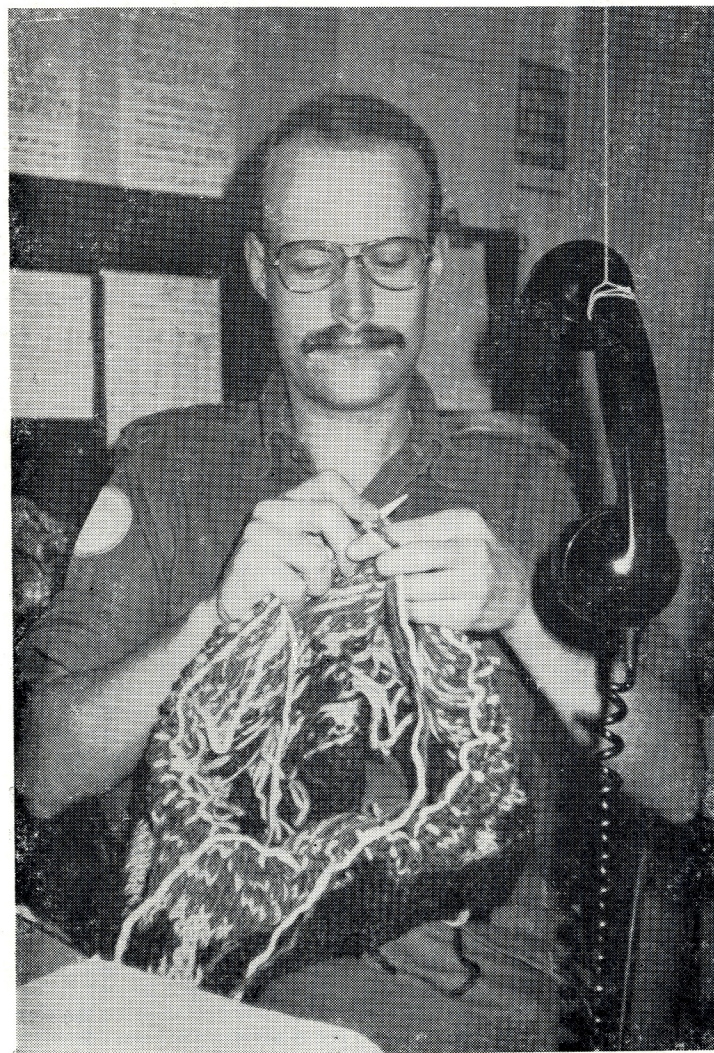
"Almost every soldier accepted the gift and almost 400 bibles were given to the boys", said Chaplain Wendefors.



Warrant Officer "Pekka" Koski hands over bibles and the traditional Christmas present, a calendar, to SWEDCON soldiers at Camp Siam. On the right Chaplain Allan Wendefors. Photo: Peter Ekroth.

400 BIBLES!

By Sven Hovne



NORDIC 'KNITS'

By Sven Hovne

To serve at the Signal Centre at SWEDCON Headquarters, Camp Victoria, in Larnaca, often means long and monotonous hours alone with the switchboard. Especially in the evenings and during the night, when there are few telephone calls to connect.

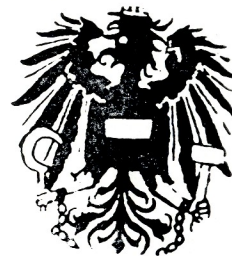
Most of the Signalmen kill time in the ordinary way by reading books and magazines or by writing letters. But not so Pte "Simon" Simonsson. When on duty he can devote his time to his hobby, which is quite an unusual one, even in emancipated SWEDCON —

Pte Simonsson knits!

"It all began as a joke during my basic military training in Sweden a few years ago. I started to knit as a protest against the supermasculine milieu in the barracks, but I soon found out that knitting is a most relaxing and nice hobby and I became really interested".

At the moment "Simon" is just finishing a nice, warm pullover in white, brown and beige.

"I have many orders for pullovers, but this one I will keep for myself as a memory of Cyprus and hundreds of lonely hours at the Signal Centre", says "Knitting Simon."



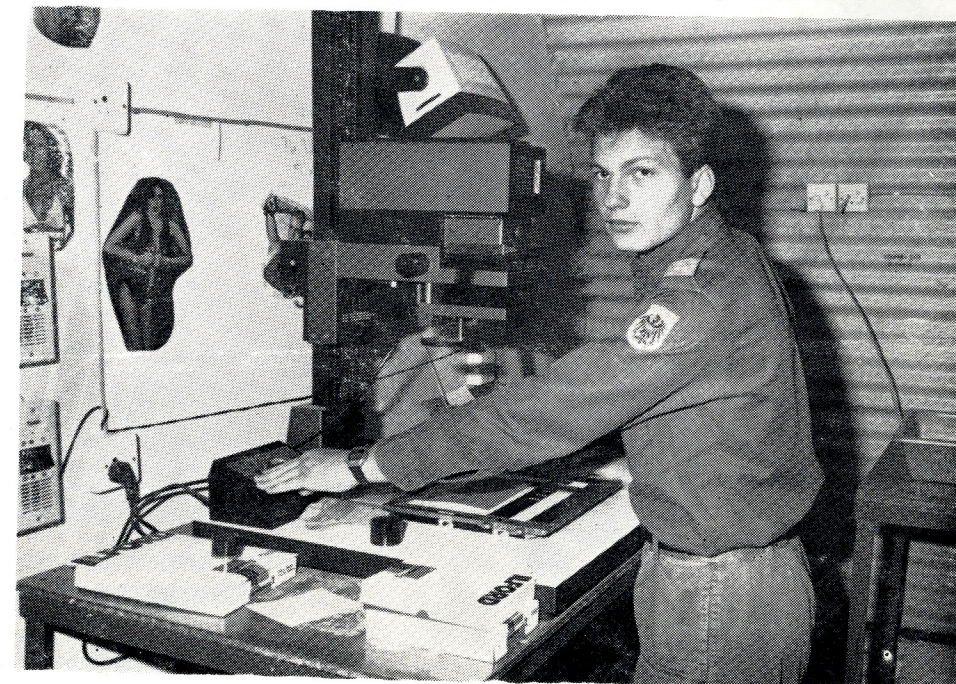
INTRODUCING THE OPERATIONS BRANCH

By Hubert Schermann

The Operations Branch is tasked with one of the most important functions in the Battalion. The AUSCON Ops Crew is headed by the SOO, Major Vinzenz Heher of Vienna. He is 42 and is, at the moment, fortunate enough to have staying with him here in Cyprus his wife and daughter. This is Major Heher's first UNFICYP tour. He has, however, already served once with UNDOF (Golan Heights). The Battalion's Ops Info O/PUO is Major Hubert Schermann who is 43 and comes from the province of Burgenland. He has twice served with UNFICYP (1972 & 1974) and knows the land and its people quite well. Captain Robert Spacek, ML, of Vienna is, in his function as Ops Economics Officer, responsible for both Economic and Humanitarian affairs. He is also on his third UNFICYP tour and has a profound knowledge of the Cyprus scene. The Ops Assistant is the newly wed 28 year old Captain Gunther Taschek, who spent his "honeymoon" travelling through Egypt last December. Captain Taschek is responsible for the maintenance of good relations with the TCSF and NG. Perhaps one of the most experienced AUSCON "Cyprits" is WO1 Hubert Gruber of Styria. He is 38 and has spent the greater part of the last 14 years serving with UNFICYP. WO1 Gruber is presently the Ops Branch Chief Clerk. His knowledge, gained over the years, is indeed a great asset to this Branch. 24 year old 1/Cpl Hans Georg Pirouc of Carinthia is the first of two clerk/drivers working with the Branch. He is on his second UNFICYP tour but has also served twice with UNDOF. 1/Cpl Pirouc was born in Austria but spent 18 years of his life in Australia. The Branch therefore profits from his knowledge of the English language. LCpl Karl Smetana is the second clerk/driver serving with the Branch. He is 29 and comes from Vienna. LCpl Smetana is on his first UNFICYP tour following two successive tours with UNDOF. The Battalion photographer, 19 year old Cpl Erwin Brauchart of Styria, is the last member of the Branch. He is currently serving his first tour with UNFICYP in Cyprus.



Operations Branch Officers: (from left to right) Major Heber, Major Schermann, Captain Spacek and Captain Taschek.



Cpl Brauchart in his darkroom.



BACKAMMON

An "all ranks" Backgammon Tournament was sponsored by the AUSCON Men's Mess from 16 to 23 December 1980. Participation was good and the games played were interesting and thrilling for all involved. In all, three elimination rounds were carried out. The match for third place was held between Cpl Ralph Wenesch and Cpl Raimund Kaschutnig, both of HQ Coy, with LCpl Kaschutnig winning by 5 games to 3. The final saw AUSCON's Men's President, 1/Cpl Rudolf Niederhauser of 1/Coy, beating COMCEN's 1/Cpl Hannes Säly in an exciting match, watched by an over-crowded Men's Mess audience, 5 games to 1. (from left to right: 1/Cpl Säly, 1/Cpl Niederhauser and LCpl Kaschutnig)



BRITCON WITH A DIFFERENCE

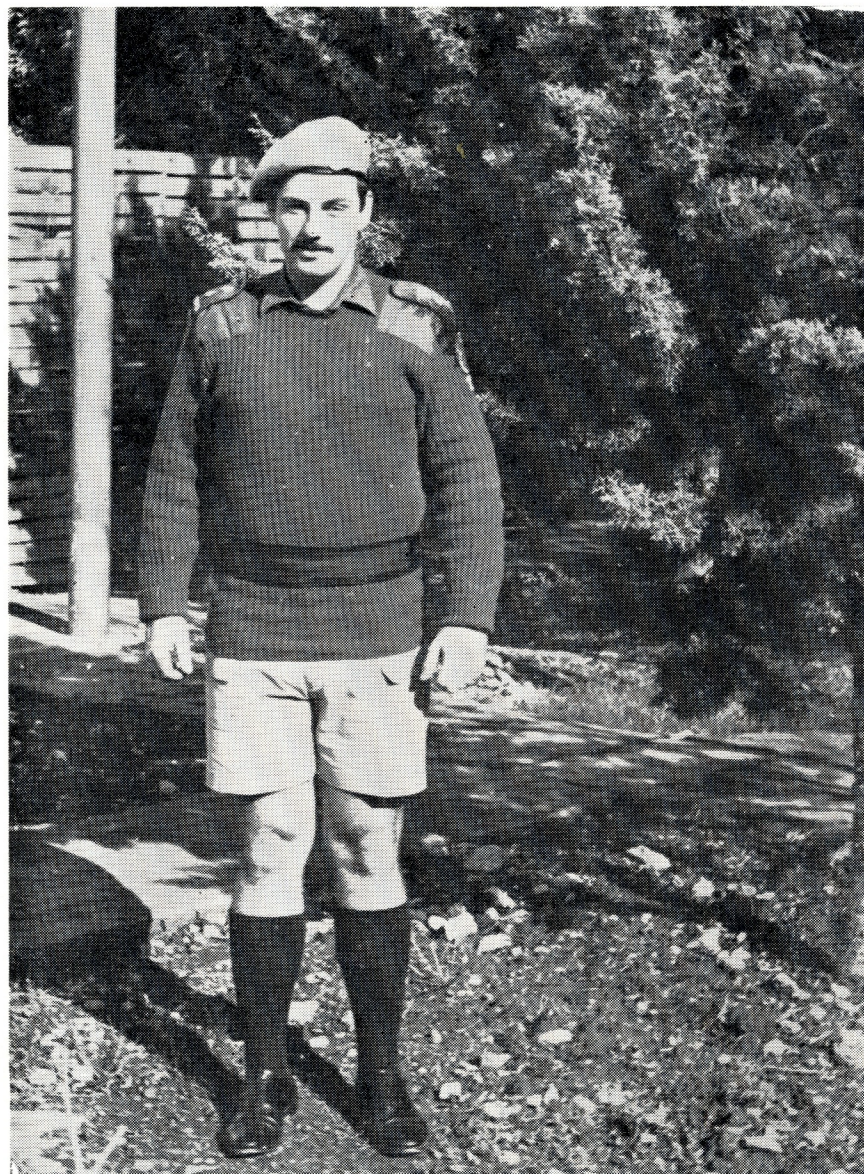
How many people realise that the Third Battalion The Royal Anglian Regiment (The Pompadours) has an affiliation with the Bermuda Regiment? Bermuda is in fact still a British Crown Colony.

Bermuda, an island in the Atlantic Ocean 700 miles east of America, has an area of 19 square miles and a population of 55,000. The island's defence force is the Bermuda Regiment consisting of 750 men.

The present Commanding Officer and Regimental Sergeant Major of the Bermuda Regiment spent several months with "The Pompadours" in 1980. As a result the appointments of Adjutant and Training Warrant Officer of the Bermuda Regiment are now filled by officers on attachment from "The Pompadours".

The Bermuda Regiment has in turn attached an Officer to "The Pompadours". Lieutenant Kim White who has exchanged the aiguillettes of his normal job as Aide-de-Camp to the Governor of Bermuda (for the last two years Sir Peter Ramsbotham, a former High Commissioner to Cyprus) for a United Nations beret and the task of a company second-in-command in Sector Two.

It is with fond affection that Lieutenant Kim White is referred to as Commander "BERCON" by members of "The Pompadours"!



Lieutenant Kim White sporting his traditional Bermuda Shorts despite the winter in Cyprus.

PAGE FILLER FROM FORCE RESERVE



Bermuda Flag.



King Neptune, waiting for the "victims".

DANBAP

By Zach Zachariassen

Again this year DANCON had its baptismal ritual on Christmas Day and New Year's Day.

Many brave newcomers defied the cold and rainy weather and in various dresses they were driven through the town of Xeros to the beach. There, they had to pass some rather rude ceremonies, before they could get the certificate that made them "Cyprus Vikings".

The baptism was carried out by the medicine man of Viking Camp supervised by King Neptune and the beautiful Aphrodite. They ensured themselves, that everyone got his share of some pink stuff, that been produced by the kitchen for this special occasion.

Hereafter the new and old vikings went back to their camp and filled their bellies with all the good dishes of meat, that the kitchen could produce. Then, together with a little beer and snapps, they sang the following song:

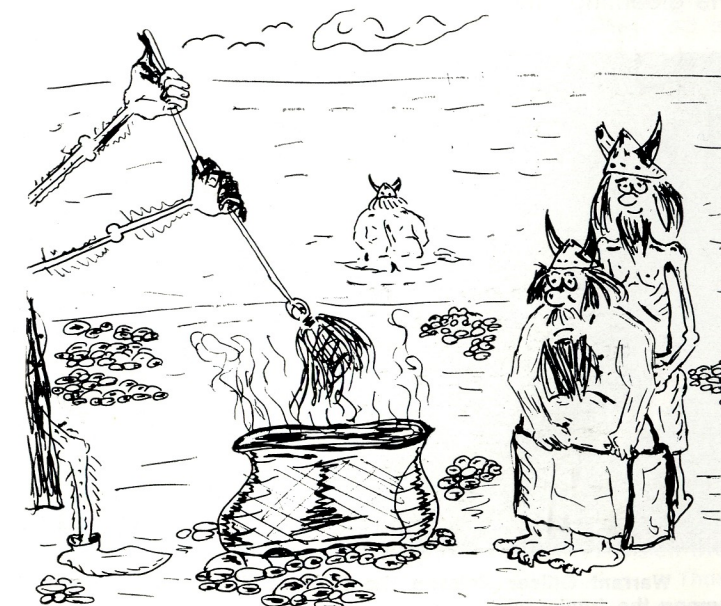
I like the snapps
And the snapps like me.
Thrilling as only a snapps can be.
I only drink the real élite
Aalborg Aquavit.
Over the mountain, over the sea
Thousands of snapps are waiting for me.
Please go to hell with juice and tea,
Snapps is the drink for me.



All the inhabitants thought that the Danes were a little crazier than usual when this party drove through the town with the horns blaring and lights flashing.



"The ritual of baptism"



CANCON MEDAL PARADE

By Dave Chaplin

Photos: George Moffett



Major General Baker in the ranks of the Logistic battery



A general view of the parade.



As the New Year began, feverish activity in the vehicle wash areas of CANCON, and the sudden increase in the consumption of white paint, testified to the approach of the CANCON Medal Parade, which was to include a mounted roll past of our principal vehicles, wheeled and tracked.

But it was not to be. The designs of the beneficent deity put the welfare of the farmers of central Cyprus above the pride of the Canadian Contingent. In vain the gleaming black machi-

ne guns resting in their pristine white mountings! In vain the barrels of el-

bow-grease that brought the RSM's jeep to a blinding shine! For the day of

the parade **IT POURED WITH RAIN!** Therefore, instead of rolling past to the strains of "Bonny Dundee", the gallop past of the Horse Artillery, the Regiment conducted the medal parade in more prosaic fashion, dismounted within the Nicosia Airport terminal building. Major General D R Baker, the senior serving officer of the Royal Canadian Artillery, was the reviewing officer; the Force Commander, Major General J J Quinn and Colonel C W Hewson, Commander CANCON, assisted Major General Baker in the presentation of more than three hundred medals. The parade was followed by a reception for all ranks in the Ledra Palace Hotel.



The Force Commander talks to the RSM CWO A J Lavigne, here in Cyprus for his third tour in five years.



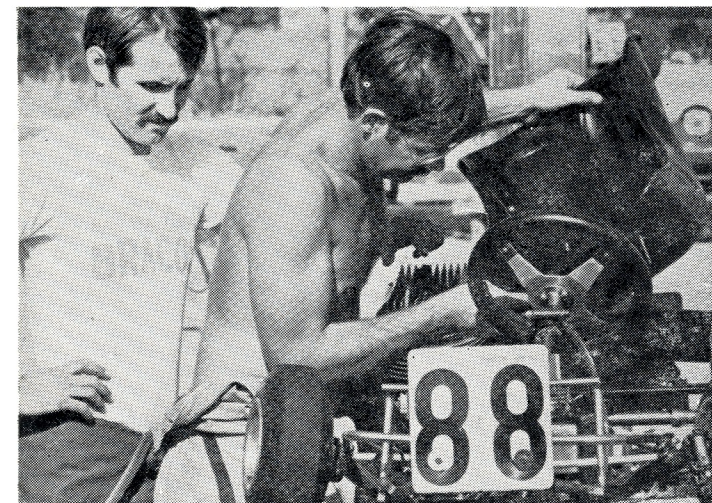
Warrant Officer Poisson the BSM of 'X' Battery, prominent among the front ranks.



The Force Commander, with a hundred medals to hand.

FRUSTRATED RACING DRIVER?

Photos: George Moffett



Phil Jarvis and Dick Magnay with carb and timing trouble.

JOIN THE KART CLUB!

Haven't you always wanted to have a whirl in a 'go-kart'? Well, the Nicosia Club will help you reach your aspirations or temper down your frustrations. The club holds regular meetings next to 84 Squadron Detachment RAF and the man to contact is LCpl Phil Jarvis, who is now competition secretary and training manager.

Now for a little background to the kart club. Although kart racing has been on the Island for many years at Akrotiri, the local club only started two years ago. The founders of the club were F/Lt Denny Holland and Cpl Trevor Wright. Amongst the original members who helped to get the club going were: F/Sgt Nigel Richards, who organised the social side of the club until early 1980; F/Sgt Jim Lowther, who is the 'oldest' (in both senses) member and also the Club Chairman; F/Lt Dave Parr; F/Lt Martin Kaye and Sgt Pete Statham; lastly, LCpl Phil Jarvis, who joined 6 months after the birth of the club, has also made a great contribution.

Funds were meagre and the first karts owned by the club were old ones presented by the Akrotiri and Episkopi Kart Clubs. These clubs gave tremendous support with provision of equipment and technical knowledge. The first months proved extremely difficult as the equipment was old and the knowledge of karting somewhat sketchy. Also, the karts were a "hodge-podge" of different sized nuts and bolts supplemented by masking tape. It was from those days of "ingenious practicality" that Jim Lowther's kart was christened "Pigpen".



Phil Jarvis and Dick Magnay (helmeted) about to start the rolling laps. In the background Jim Lowther, Neil Brand and Dick Palmer discussing 69.



Jim Lowther, Steve Taylor and Neil Brand carrying "Pigpen".

The club now boasts a large club house and multiroomed workshop which is a far cry from the small club house and workshop which were vacated in July 1979. It took over a month of hard work to re-decorate the club house and Trev Wright amongst the helpers put in the most work. All the original members apart from Jim Lowther (Club Chairman) and Phil Jarvis (Competition Secretary) have left. F/Lt Paddy Walsh (the ALO) is now the officer-in-charge of the Nicosia Kart Club (NKC) and the club finances are run by Capt Dick Hanson from CANCON.

Racing on the Island is split into four groups and two classes. Class One drivers are either National or International depending on weight, and novices are grouped into Novice A or Novice B depending how the names come out of the hat. Race meetings usually have a standard format. Each group has three heats. Sometimes the Class One drivers are given an extra heat as a final. All the races are run under the MSA rules and stewards are used to ensure no infringements of the rules are made.

The karts have 100cc engines and only two types of tyres are allowed. This is to keep cost down as much as possible. No gears are used so the karts are bump started and then complete rolling laps before racing commences.

Financially the club has to be self-sufficient having received only one grant from RAF sources. Each member pays a monthly subscription plus helping towards the cost of trophies by paying race day fees. It is from these race meetings in Nicosia that NKC obtains most of its funds. This is achieved by selling food and drink at the trackside. NKC is lucky enough to have Marge Hanson and Maureen Lowther to run the food and drinks stall and Jen Jarvis as starter. F/Lt Reg Wargent has done a lot of lap scoring for us as well.

The club is always looking for new members, especially those on long postings. Why not contact Phil Jarvis on Extension 6156 and arrange to come down to one of the regular meetings. Those of you who would rather watch are welcome to join the spectators.



CROSS COUNTRY CHAMPIONSHIPS

19 JAN 81

This year's championship was sponsored by SWEDCON and dominated by an athlete from Sector 2. Pte James led from start to finish and came in a clear two minutes ahead of his nearest rival in an extremely fast time of 26 mins 10 secs.



Jostling for position after the start of the race.



BRITCON Team (from the left): Pte Mole, Pte James, Pte Maynard.

RESULTS

Individual (1st five)

1. Pte James	BRITCON	26.10
2. Capt Jangalv	SWEDCON	28.17
3. Pte Aarslev	DANCON	28.22
4. Sgt Baker	Sp Regt	29.04
5. Pte Nordh	SWEDCON	29.06

TEAM

1. BRITCON	85.45	5. Force Reserve	96.12
2. DANCON	86.59	6. CANCON	100.16
3. SWEDCON	87.03	7. AUSCON	101.02
4. Sp Regt	89.23		

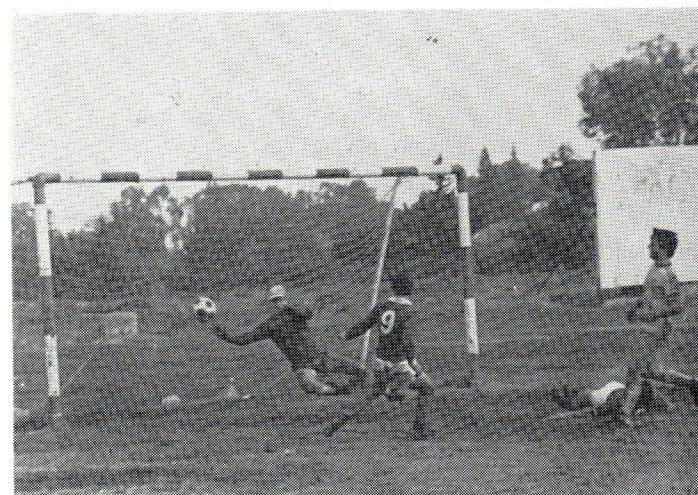
FOOTBALL COMPETITION

The final of the football competition, as well as the play off for third place was held on Sat 24 Jan. In the final BRITCON beat SWEDCON 2—1 and DANCON secured third place by beating Sp Regt 3—0.

Both finalists played a hard fought match which was marred by numerous fouls on both sides. Despite the result of the match the SWEDCON goalkeeper is to be congratulated for making so many "saves".



The winning BRITCON team.



Man of the match — SWEDCON goalkeeper Nilsen.



INTERNATIONAL COOKBOOK



VILLAGE CHEF EXTRAORDINAIRE

By Annie Wregg

PIZZA

(Serves 8—10 people)

Home made pizza dough

Ingredients

- 1 kilo plain flour
- 1½ kilo tablespoons of dried yeast or 1 oz fresh yeast
- 1 tablespoon sugar
- 2 tablespoons salt
- 1 tablespoon olive oil
- Oil to grease pizza trays
- 3 cups warm water
- 2 or 3 pizza trays (12"—14" in diameter)

Method

Place yeast, sugar, warm water in a bowl and leave for 5 minutes or until yeast has dissolved. Put flour in large plastic bowl. Make a well in the middle. Add salt and olive oil to water, yeast and sugar mixture and stir until sugar and salt have dissolved. Pour mixture into flour and mix well until all the flour is blended. Leave to stand for 5 minutes, then knead well. Cover with a cloth and leave for 2 hours in a warm place. When mixture has doubled in size separate into large balls and leave for 10—15 minutes. Grease pizza trays. Flatten the pizza dough into the pizza trays and place the tomato and herb topping (see below) over the dough. Place in oven at 500° for 5—7 minutes. Serve immediately.

PIZZA TOPPING

Ingredients

- 6 tomatoes (very ripe), diced
- ½ can sliced, button mushrooms
- ½ cup chopped parsley
- Pinch of mixed herbs
- 2 cloves garlic, crushed
- salt and pepper to taste
- 6 ozs mozzarella cheese, cut into strips
- 6 ozs ham, cut into strips
- 4 ozs of black olives, pipped and quartered
- Grated parmesan cheese
- Olive oil

Method

This can be prepared 3 or 4 hours before use. Place chopped tomatoes, parsley, mushrooms, herbs, garlic, salt and pepper in a bowl and mix well. Spoon onto pizza dough and spread. Cover mixture with strips of ham and mozzarella, putting olives around the edge. Sprinkle with parmesan cheese and a little olive oil. Bake in hot oven for 5—7 minutes.



RISSOLES

Ingredients

- ½ kilo minced pork
- ½ kilo minced veal
- 1 egg
- Pinch of mixed herbs
- ¼ cub breadcrumbs
- salt and pepper to taste
- 3 tablespoons chopped parsley
- 4 tablespoons chopped onions
- 2 crushed cloves of garlic

Method

Make the rissoles 2 or 3 hours before use. Mix all ingredients together and make hamburger style. Fry them in a little olive oil or butter until golden brown, but not fully cooked — leave until cold, then dice.

Home made tomato sauce

- 2 or 3 kilos of very ripe tomatoes
- 4 or 5 pints of boiling water

Method

Bring water to the boil, place in washed tomatoes a few at a time and boil for 3 minutes or until skins break. Place them in a colander and drain all excess water. Put through sieve discarding skins and seeds.

SPAGHETTI BOLOGNESE

Ingredients

- 2 tablespoons olive oil
- 8 ozs bacon, finely chopped
- 2 large onions, finely chopped
- 2 or 3 crushed cloves of garlic

- ½ kilo minced pork
- ½ kilo minced veal
- 1 tablespoon mixed herbs
- ½ cup fresh parsley, chopped
- 1 cup red wine, dry
- 4 cups water
- 2 420 gram cans of peeled tomatoes
- 2 or 3 tablespoons of tomato paste or home made sauce
- 1 beef stock cube
- salt and pepper to taste
- ½ teaspoon red chile pepper (optional)

SPAGHETTI BOLOGNESE SAUCE

Method

Heat oil and chopped bacon in large pan, add peeled and chopped onions, and garlic. Cook until onions are transparent. Add meat, mash well. Stir meat until golden brown, then add wine, undrained mashed tomatoes or home made sauce, water crumbled stock cube and mixed herbs. Season with salt and pepper and add chile pepper if required. Stir well until sauce boils and thickens — reduce heat — simmer gently uncovered for 2 hours or until thick, stirring occasionally. This sauce is much tastier if prepared 2 or 3 days beforehand.

Cook 1 packet Spaghetti (1½ lbs) for 8 minutes in boiling salted water with 2 table-spoons oil.

LASAGNE

Ingredients

- 1 packet or 12—14 sheets of Lasagne pasta
- 2—4 ozs or mozzarella cheese
- 4 ozs grated parmesan cheese
- Meat sauce (from previous recipe)
- 6 hard boiled eggs, sliced
- 4 ozs smoked ham, diced
- 6 rissoles, diced

Lasagne Method

Cook Lasagne pasta for 4 minutes in salted, boiling water and 2 tablespoons of oil. Remove from heat and drain off all water using a colander. Place the colander in cold water, covering all the pasta. Prepare lightly greased deep flat tin (12"x8"x2") place a little sauce in the bottom of the tin and then drain the pasta again. Neatly place some of the sheets of pasta in a row in the bottom of the tin, covering the base, then place on top some of the mozzarella cheese, eggs, smoked ham, rissoles and grated parmesan cheese and add some sauce. Repeat this 3 or 4 times until all the pasta is finished and finish off with grated parmesan cheese and sauce. Place in a medium oven uncovered for 20 minutes, reduce heat for a further 10 minutes or until top is golden brown. Allow to stand for 10 minutes before serving.

THE ROYAL FLYING DOCTOR SERVICE

By Murray Geale (Courtesy of the Australian Information Service)

The Royal Flying Doctor Service was established in 1927 by the Very Reverend John Flynn, an energetic and visionary Presbyterian clergyman. John Flynn had lived in outback Australia since 1911, the year he was ordained, when he took charge of a mission station in semi-desert 550 kms (350 miles) north of Adelaide. He was responsible for the establishment in 1912 of the Australian Inland Mission (AIM) and he was appointed superintendent of the mission, which looked after the welfare of the pastoralists, miners, road workers, railwaymen and the few other settlers and their families scattered over a vast area of South Australia, the Northern Territory, Western Australia and Queensland.

Flynn and his men found many instances

on their patrols when lives could have been saved if medical attention had been available and he dreamed of a flying doctor service that would spread a mantle of safety over the outback. His dream became possible as aviation developed after World War I and radio, then in its infancy, began to develop. Aircraft could cover the vast distances and radio could be used to summon them for there were no telephones in this part of Australia. Flynn interested Alfred Traeger, a young electrical engineer, in the scheme and asked him to develop a portable radio which could generate its own power. Traeger came forward with a remarkably simple device that used pedals to generate electricity, the pedal-radio that became one of the great contributions to the development of inland

Australia. Cloncurry, in Western Queensland was chosen as the first base (it has since been abandoned) and in May 1928, Dr K St Vincent Welch was selected as the world's first flying doctor. He made his first flights in a small De Havilland DH-50 aircraft. It was flown by Arthur Affleck, who was a pilot with the small bush airline Queensland and Northern Territory Air Services, which later became Australia's overseas airline, QANTAS.

In its first year the Aerial Medical Service, as it was called, flew 32,000 kms (20,000 miles) from Cloncurry base and treated 259 patients.

The service grew quickly, and by 1933 Flynn saw that the vast organisation required was throwing a heavy financial burden on the AIM and he planned a new organisation the Australian Aerial Medical Service, with sections in each state co-ordinated under a Federal body. It worked smoothly, and in 1941 the name was changed to the Flying Doctor Service when the Queen granted the use of the Royal prefix. John Flynn, who was twice moderator of the Presbyterian Church, died in 1951. The Service is getting busier year by year. In 1978 the aircraft made 5820 flights and transported 7269 patients. The Service's doctors gave 19450 radio consultations. The 27 aircraft of the Royal Flying Doctor Service fly about 4,600,000 kms (2,800,000 miles) a year. Today, the operations of the Service are in the hands of six mainland sections. These base stations are located at Cairns, Charleville, and Mt Isa in Queensland; Broken Hill in New South Wales; Port Augusta in South Australia; Alice Springs in the Northern Territory and Kalgoorlie, Carnarvon, Port Hedland, Meekatharra, Derby and Wyndham in Western Australia. A section centred on Hobart, capital of the island State of Tasmania, operates a restricted service. Some 2200 outposts are in regular radio contact with the 12 bases and at least as many again maintain equipment ready for use in an emergency. Outposts may be a station (ranch) homestead, prospector's camp, mineral survey party, research station, construction or dam sinker's camp, a mission station, nursing home, or a small hospital. The base medical calls have immediate priority. The Flying Doctor Service transistorised transceivers which have almost but not entirely, replaced the pedal radios, provide a general communications system for the inland. With the completion of a re-equipment programme and changeover to single sideband operations from January 1978, the service now has probably the largest high-frequency radio network in the world, and certainly one of the most modern.

Each year more than 200,000 radiograms are sent over the network. The Schools of the Air, which are established at Flying Doctor Service bases in all States, are one of the biggest users of the networks. The schools

of the air, run by State departments of education, supplement correspondence lessons sent to outback children who live beyond the reach of normal schools. In off-peak hours the networks are used for exchanging news and gossip, much the same as city dwellers use their telephones. In the inland, however, there is no privacy. Each network has its own frequency and every one on the network can listen to conversations — whether they are with the flying doctor, or between neighbours — but inland people do not resent this lack of privacy.

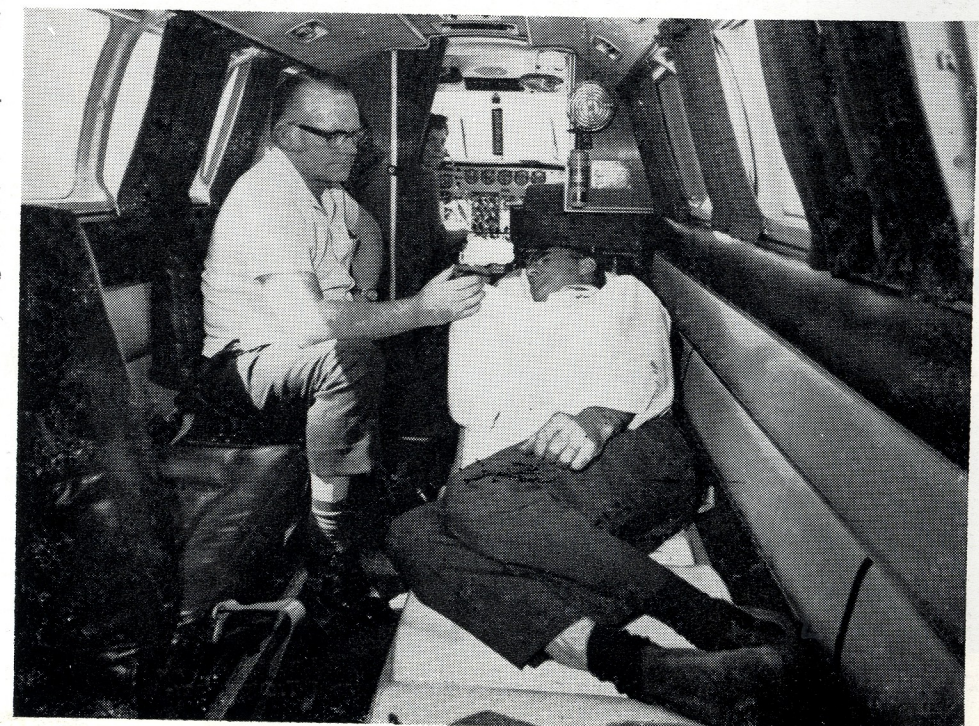
The Royal Flying Doctor Service operates 27 aircraft from the 12 bases including Beechcraft Barons, Queenairs and Dukes, Cessna 421's Piper Chieftans and Navajos, and the Australian aircraft, the Nomad. They are flown by commercially licensed pilots. The Service employs 14 doctors, 30 pilots, 40 radio operators and 14 engineers. Nurses who sometimes accompany the doctor are employed by State government health departments. Doctors working for the service conduct radio clinics twice daily Monday to Saturday and once on Sunday, when they are on call to outposts and available to discuss ailments. They also conduct regular preventative medical clinics when they fly to homesteads, small communities, missions, even roadside water tanks at an appointed time to make routine examinations, give injections or other treatment against preventable diseases such as poliomyelitis and diphtheria, and to conduct the same kind of consultations as a city-based general practitioner. Consultations by radio during the daily clinics are easier than it seems. Each outpost has a standard medical chest arranged by the Flying Doctor Service which contains medical items supplied free by the Australian Government, anatomical charts and an index of the contents. All medical items are numbered on the container and on the list and the list index tells exactly where each item is. People with no medical knowledge can give expert aid on instructions from the doctor, using the standard medical chest.

The doctors also provide a 24 hour, seven-days-a-week emergency service. Outposts can contact the doctor by operating an automatic signal which switches on the base station equipment and rouses the doctor or duty radio operator. The doctor can speak immediately from his home to give advice to the outpost. Royal Flying Doctor Service pilots have a far tougher job than the smartly uniformed airline pilots who fly on a beam and hand over to ground engineers when they land. Away from the base they must do their own re-fuelling, handling heavy drums at isolated strips, and sometimes they must carry out emergency repairs. Most of the airstrips they operate from are poor compared with the strips used by commercial airlines. There are few radio aids, and usually none at all. Landmarks are few in the flat featureless interior, and navigation often depends largely on the pilot's personal knowledge of the country, and instinct. It is not easy at times

for the pilot to locate a tiny pinpoint on some featureless landscape, one tin roof in the centre of a bare and everlasting plain, a ragged line of timber half lost in dust haze, the fine thread of a boundary fence, a water hole among the sand hills, a sunbaked claypan that is the landing strip. Night flights are made only in an emergency because most landings are made with the headlights of motor vehicles lined up along the strip. For long stretches the weather is ideal in the back country for flying, but now and again the elements can make things tough. There are dust storms that ably shut out the pilot's vision, huge and swollen red cloud-banks rising 3500 metres (12,000 feet) and more. A Broken Hill pilot, caught in such a storm, had to find his way to a lonely sheep station by flying three metres (10 feet) above a border fence that he could just see. Because of difficult conditions like these the

Flying Doctor Service is limited in the type of aircraft it can use. In general terms it is re-equipping with modern, twin-engine aircraft with good one-engine-out performance. Usually they are of six to eight passenger capacity with a cruising speed around 320 kms (200 miles) an hour.

Stories of how the Flying Doctor Service has saved lives or brought relief to suffering in the harsh earlier days of settlement are legend in Australia's outback. There was the pilot who was called to pick up an Aboriginal woman seriously injured in a tribal fight. She had a wooden spear driven through her chest, the shaft protruding several feet back and front. Before he could put her on the aircraft stretcher he had to break off the spear at each end. Another pilot making a lone flight with a delirious man aboard, several times lost control of the aircraft as he struggled with his patient.



ARTIST DISCOVERED

Mrs Gerda Prikowitsch, wife of Sector Six Signal Officer, Maj Johann Prikowitsch, has been living here in Cyprus for over one year. Her talent was discovered several years ago whilst searching for a leisure-time hobby. In the meantime, Mrs Prikowitsch has taken her hobby seriously and has studied under the direction of Prof Wilhelm Landsmann. She has been an active artist since 1970. Her main motifs are: Landscape Aquarells, Flower and Thistle painting, Still Life, Behind-glass painting and Portrait sketches. From 17 June to 15 July 1980, she was a successful participant of the art exhibition "Kontraste 80" in Salzburg. Mrs Prikowitsch is planning another art exhibition for next year when she will exhibit her painting of Cypriot motifs. We wish her every success.

Pictorial news

"Les Girls"



"Les Girls", from the visiting Canadian Entertainment Troupe, performing one of their dance routines.

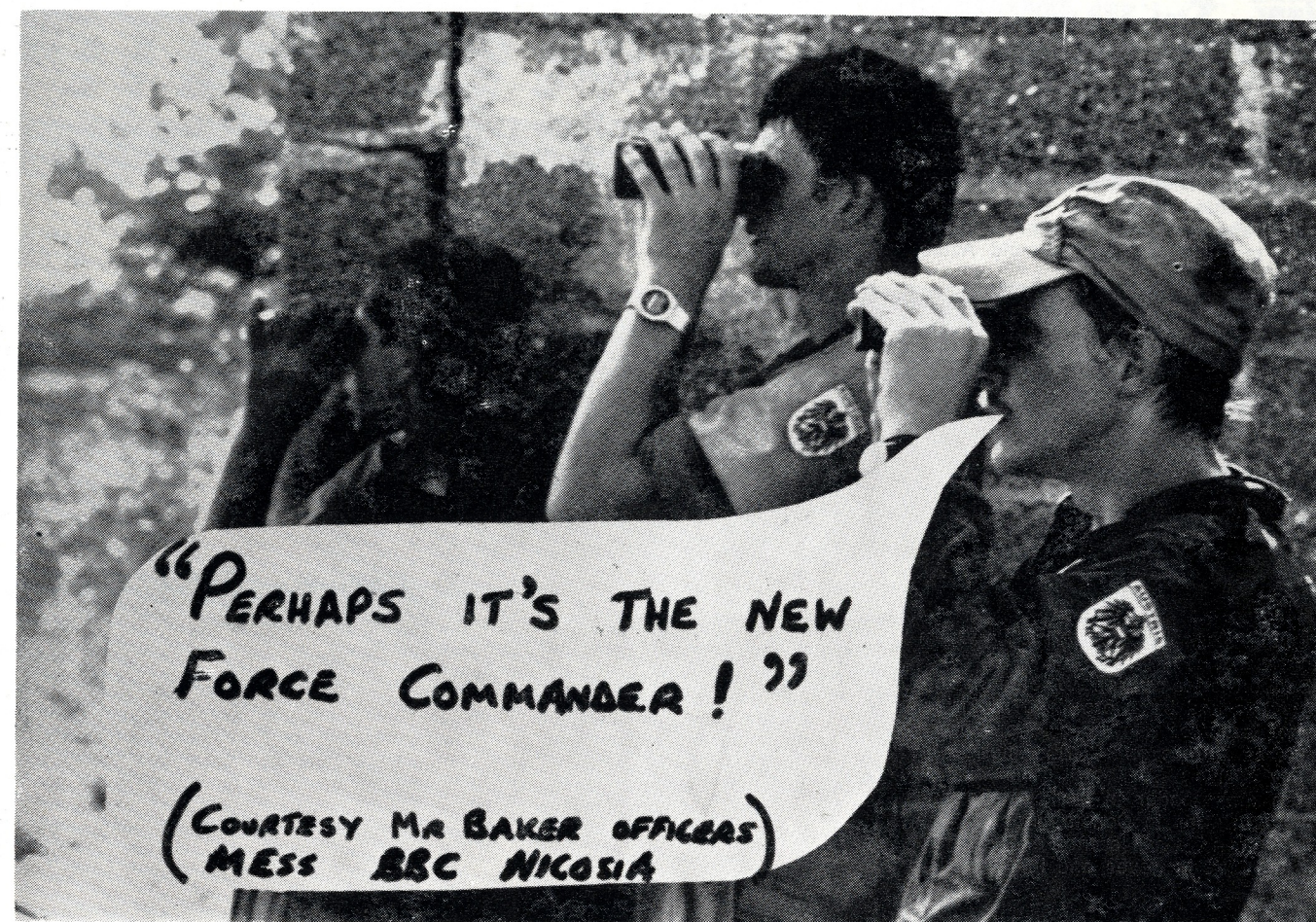


GOODBYE SUE



Mrs Sue Bingham, Editorial Assistant of "THE BLUE BERET" is seen with her husband WO2 Graham Bingham (Chief Clerk Sp Regt). They are opening presents given to Sue by all the staff of Ops Branch HQ UNFICYP.

PHOTO CAPTION COMPETITION



Captions are invited for the photograph above. Submissions should reach the MPIO,
HQ UNFICYP by 28 Feb 81

UN
NEWS

DECLINE AND FALL OF THE SMALLPOX EMPIRE



1519 AD: The ships of Hernan Cortes landed in Mexico, carrying something more deadly than 500 Conquistadores and 23 cannons: the smallpox virus. More than three million people died when a series of epidemics erupted, finally toppling the centuries-old Aztec Empire.



1803: Efforts were made to promote vaccination throughout the world. One of the most spectacular efforts was made by Charles IV of Spain who in 1803 dispatched vaccine to his dominions around the globe by means of children vaccinated arm-to-arm in succession during the voyages.



1967: WHO launched an intensified smallpox eradication programme. A unit set up at WHO's Geneva headquarters began work with WHO Regional Office teams and with national smallpox programmes.

1971: In South America between 1950 and 1967, endemic smallpox was eradicated in all countries except Brazil. In Brazil a huge programme of mass vaccination and case searching, which included the vast Amazon basin, culminated in victory over smallpox in 1971.



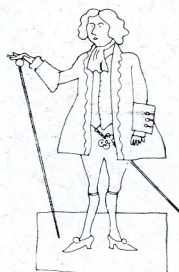
1694: Queen Mary II of England fell a victim to smallpox and died at the age of 32.

1721: Deliberate inoculation (variolation) with smallpox virus had been practised in Africa, China and India for centuries, before being introduced to Europe and North America by Lady Mary Wortley Montagu. The wife of the British ambassador in Turkey, she had observed variolation in Constantinople. The Reverend Cotton Mather learned of the practice from his African slaves and introduced it in Boston.

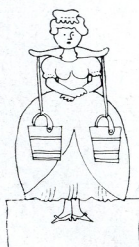
1807: Five Red Indian Chiefs wrote a letter of thanks to Dr Jenner. It said: "Brother: Our Father has delivered to us the book you sent to instruct us how to use the discovery which the Great Spirit made to you, whereby the smallpox, that fatal enemy of our tribe, may be driven from the earth. ...We sent with this a belt and string of wampum (beads used for money) in token of our acceptance of your precious gift".



1774: King Louis XV of France died of smallpox, aged 64. Benjamin Jesty, an English farmer, inoculated his wife and two sons with cowpox to protect them against a smallpox outbreak.



1796: An English country doctor, Edward Jenner, took material from a cowpox sore on the hand of a milkmaid and inoculated it into the arm of an eight-year-old boy on 14 May 1796. Two months later he tried to inoculate the boy with smallpox — and the infection did not take. He announced his findings in 1798; by 1801 more than 100,000 persons had been vaccinated in England and Jenner's pamphlet on the subject had been translated into five languages.



1870: During the Franco-Prussian war in Europe a smallpox epidemic broke out. The French army lost 23,400 soldiers to the disease. But the German army had been vaccinated, and only 278 died.



1948: At its first meeting in July 1948, the World Health Assembly (WHA) paid special attention to the problem of smallpox in its deliberations.

1958: The Eleventh WHA, following a motion by the Soviet delegation, decided to step up efforts to eradicate smallpox. The Soviet resolution pointed out that the funds devoted to vaccination against smallpox throughout the world exceeded those necessary for the eradication of the disease.

1975: In Asia, the campaign strategy had evolved from the concept of mass vaccination to an even more successful approach based on improved case investigation and searches and containment of outbreaks. The last case on the vast Indian subcontinent was Rahima Banu, a three-year-old girl in Bangladesh.

1977: From Asia the focus of the campaign shifted to the Horn of Africa, the last foothold of the disease in Africa and in the world. The last endemic case in Africa, and worldwide, was located in Somalia on 26 October 1977. The patient, 23-year-old hospital cook Ali Maow Maalin, made a complete recovery.



1979: In December, the Global Commission for Certification of Smallpox Eradication — an independent body which consisted of scientists from 19 nations — confirmed that smallpox eradication had been achieved throughout the world.

1980: The Thirty-third World Health Assembly meeting in Geneva officially declares that smallpox has been completely eradicated from the planet.