

# ***THE BLUE BERET***



JANUARY 1981





DECEMBER IN RETROSPECT

Rotations	10—17	Lt Col J Thompson and party of eleven, Canadian battalion (designate) to the Canadian Contingent.
Medal Parades	11—13	Gen L Ljung, Commander-in-Chief of the Swedish Forces, and Col S Wiberg, Chief of the Swedish UN Department, to HQ UNFICYP and the Swedish Contingent.
6	Finnish Contingent.	
Visits	3—11	Maj R MacLean, Roman Catholic Padre to the Canadian Forces, to the Canadian Contingent to render religious services.
3—17	Capt J Jacobson and Capt B Knudsen to the Danish Contingent.	
3—17	Mr K Mouritzen National Danish News Reporter and Mr E Larsen, Free lance Radio Reporter, to the Danish Contingent to do research on Cyprus.	
5—12	Mr L Signe of the "Aldershot News" to HQ UNFICYP and the British Contingent to gather material for articles on British soldiers in the UN.	
8—14	Ambassador Axel Edelstam, Swedish Ambassador to Cyprus, to HQ UNFICYP and the Swedish Contingent.	
	17	Sqn Ldr E Allen, F/Oftr V Kerr and Flt Lt D Stillman, to 84 Sqn Det RAF to conduct Physical Education Staff inspection.
	17	The Right Honourable Peter Shore, British Member of Parliament, to HQ UNFICYP and the British Contingent.
	22—6 Jan	Swedish entertainment troupe, led by Inga-Britt Fransson, to the Swedish Contingent.
	25—31	Entertainment Group from Canada, led by Capt Bertrand, to the Canadian Contingent.
	Military and Recreational Competitions	
	4—6	UNFICYP Squash Competition.

FUTURE EVENTS

JANUARY	
At the British Council, 3, Museum Street, Nicosia.	
LIFE ON EARTH	
Life On Earth must be one of the BBC's greatest achievements. It is not so much natural history as the history of nature. It took 3 years to make, spanned 49 countries and emerged as a blockbuster series of 13,50-minute, programmes which the British Council will present during January and February. Each programme is a separate essay considering a group of creatures, roughly in the order in which they appeared on Earth, but the entire series is held together by a single continuous thread of argument. Along the way we see, in superb colour photography such rare spectacles as a Coelocanth alive and swimming and life in a gorilla family. David Attenborough does not lecture his audience: he observes with them and his skill and enthusiasm have created an achievement which bids fair to outshine Kenneth Clark's "Civilisation" or Bronowski's "Ascent of Man".	from water to land, the aquatic animals followed. The development of insect flight in response to the growing forest canopy is shown by slow motion film.
Thursday 8 January at 7.30 p.m.	Thursday 29 January at 7.30 p.m.
LIFE ON EARTH	LIFE ON EARTH
Part 1: The Infinite Variety: This was the starting point of Darwin's speculations and Attenborough begins with it too, setting the scene for the series with the geological and biological conditions in which all life in its infinite variety emerged.	Part 7: Victors of the Dry Land: This shows the emancipation of the reptiles from the damp habitats of the amphibians and the advance to dominance of the dinosaurs.
Part 2: Building Bodies: Visits the Barrier Reef to show the rich diversity of marine life today; to trace the gradual increase in its complexity and the development of the equipment for the next major evolutionary step, the move from the sea to the land.	Part 8: Lords of the Air: The most complex story of all is told here — of the many developments which came together to produce the birds and how they fly, navigate and live together.
Thursday 15 January at 7.30 p.m.	At the American Centre, 33B, Homer Avenue, Nicosia
LIFE ON EARTH	Wednesday 14 January at 7.30 p.m.
Part 3: The First Forests: When plants moved	"The Buddy Holly Story"
	Buddy Holly was one of the original rock and roll superstars. His brief but brilliant career influenced a generation of musicians and his songs are still being recorded by today's top artists. Gary Busey as Buddy Holly brings it all back.
	Wednesday 21 January at 7.30 p.m.
	"Citizen Kane"
	One of the most celebrated and discussed films in the history of the cinema, hailed time and again as the greatest ever made. An obsessive, resonant masterpiece created in 1941 by Orson Welles, it describes the rise and fall of a newspaper tycoon, his unsuccessful society marriage, the scandal which ruins him, and his declining years in the vast mansion, Xanadu, filled with useless art treasures. With its urgent pace, extraordinary fluency of photography and sound, and its memorable performances, the film still has a massive impact. Starring Orson Welles, Joseph Cotton, Anges Moorehead.
	Thursday 22 January at 7.30 p.m.
	LIFE ON EARTH
	Part 5: Conquest of the Water: How the first vertebrates — the fish — developed, adapted to deep ocean, hot salt springs, polar ice and even to walk on the land.
	Part 6: The Invasion of the Land: How, 350 million years ago, vertebrate fish began to explore the swamps and forests and the amphibians evolved. This contains some of the rarest footage of all and has been hailed by critics as perhaps the finest of the series.

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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

'Saint Lucia' — Helene Hallsund flanked by Anders Olsson and Anna Fredholm.



Editorial

More about the front cover. Saint Lucia is the patron Saint of Syracuse in Sicily. She was martyred in AD 304, and on 13th December each year in Sweden celebrations are held with a beautiful girl dressed up "in white" wearing a corona of candles. With a retinue of young followers she sings the "Sancta Lucia" song and serves coffee with bread baked in a special shape (Lussekatter).



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Per Kirkegaard and "le raison d'etre".



"The Blue Beret" competing with the "girlie" magazines.



Per with friends.



Carsten Per Rutzon examines his buns!



From left to right: Per Kirkegaard, Johnny Brogaard, Kajole Pallessen Jensen, Carsten Per Rutzon.



# LIFE

By Tim Whitehead

# AT OP D 13

Photos by George Moffett



Johnny mesmerised by his goldfish.

OP D13 is in one of the most picturesque areas of DANCON's spread of OPs that lie atop the foothills of the Troodos Mountain range. The OP itself always looks immaculate with its beautifully kept garden, its pebble paths and small buildings. The Danes take tremendous pride in the appearance of their OPs and this particular one is probably visited more than any other in their area.

The OP is manned by four men on a two week rotation and apart from monitoring the Turkish Cypriot and Greek Cypriot positions they also send a patrol at irregular intervals to the nearby village of Varisha. It is of interest that the OP is supplied with water from the Turkish Cypriot side and electricity from the Greek Cypriot side! There is a daily visit by either an officer or senior NCO in a landrover from their company HQ at Limnitis. The journey takes about 25 minutes on the patrol track which was built by the Royal

Engineers and maintained by visiting Engineer detachments out on exercise from England.

Fresh food and rations are supplied three times a week by helicopter. This is called "Task C" and is carried out by 84 Squadron Detachment RAF in their Whirlwinds.

"Self help" is much in evidence at the OP as all the present facilities such as a wash/shower room were made by previous occupants. Today they are on their way to maintaining a "mini zoo". Two goats are kept in a smart wire fenced enclosure with a small shed for protection from inclement weather. Three cats spend the days away from the OP hunting around before returning for their food in the late afternoon. A fish pond containing three goldfish also takes

pride of place just outside the accommodation. Perhaps some of the readers of "The Blue Beret" would like to donate some other animals!

Danish hospitality is renowned and this is quite evident through the genuine friendliness of the soldiers at the OP. The Danish coffee quenches one's thirst and is rapidly consumed by visitors as are the freshly baked buns. Apparently most soldiers arrive with little or no cooking experience but as time goes on they pick up the skills from the older members.

During their UN tour all the soldiers are given the opportunity of taking two weeks leave. Generally they take their leave back in Denmark or in Israel, Egypt and of course in Cyprus.

Now for something about the soldiers at OP D13 during the Editor's visit on 2nd December 1980. Cpl Kajole Pallessen Jensen at the age of 24 is in charge. His home is in Raumsing near Viborg in North Jutland. He joined the Artillery in 1975 and this is his 6th UN tour in Cyprus which has been spread out over the last 2½ years. Amongst his hobbies are gardening and fishing; he makes his own flies for fishing. Who would have thought that a Dane was a Rugby Football player!! Well Kajole certainly enjoys playing in the second row of the forwards and he informed me that his father started two Rugby teams in Denmark.

Konstebel Carsten Per Rutzon at 19 years of age is the youngest member of the detachment and he hails from Holbaek in Zealand. He joined the Artillery in 1978 and this

is his first time in Cyprus after arriving on 24th November. He enjoys sub-aqua diving, volleyball, soccer and swimming. You can see him taking the buns out of the oven.

The third member is Overkonstebel Brogaard Rasmussen, age 20, whose home is in Randers in Jutland. He joined the Engineers in 1977 and this is his first tour in Cyprus which started on 17th November. Amongst his hobbies are; motor cars and travelling all over Europe on his large 1000 cc Suzuki motorbike. He likes boxing and he is a keen swimmer. He appears in the photograph feeding the fish and sitting on the bottom bunk in another photograph.

The fourth and last member of the team is Overkonstebel Per Kirkegaard, age 20, whose home is in Vanløse, Copenhagen. His job before this was the driver for the

commanding officer of an Infantry Battalion. This is also his first time in Cyprus having arrived on 17th November. He enjoys soccer and plays goalkeeper. He also plays tennis, Handball, Badminton and likes swimming. He is another fan of the motorbike and owns a 650 cc Kawasaki back in Denmark. He is the one feeding the goats and enjoying the "girlie" magazines whilst relaxing on the top bunk.

It was an enjoyable visit to DANCON and the thanks of Sgt Moffett (the Force Photographer) and myself go out to the OP team for their hospitality. We would also like to thank 84 Sqn Det RAF for flying us in and thank Major "Zach" Zachariassen the Unit Press Officer for making not only the visit possible but also for getting hold of "UN 100" to take us back by road to Nicosia — well driven LCpl Smidt!





## AUSTRIAN SOLDIER SAVES LIFE



It was practically overseen that AUSCON has a lifesaver. WO1 Helmut Neuhofer is on his first tour of Cyprus. Due to his modesty, we were almost prevented from learning of his brave deed. On Tuesday 11 November 1980, WO1 Neuhofer, who is the platoon leader in Varosha was spending a few hours of leisure time on the beach in Ayia Napa (Nissi Beach). He is quite a sturdy swimmer and could therefore afford to go swimming on this very stormy day which had conjured up rather big and strong waves. All of a sudden he saw something, of a bright colour, emerge about 200 metres before him. Once having recognised it as being a bathing cap, he immediately swam in its direction. Upon approaching, he could hear cries for help. He now saw a woman fighting against the big waves for her life. Her efforts were rapidly weakening and she was nearing the point of capitulation. Using all his strength, WO1 Neuhofer required, in all, 20 minutes to bring the woman back to the shore and safety. On the beach other people gave the woman first-aid. WO1 Neuhofer then modestly left the scene. The woman later discovered, by means of friends, who had saved her life. Her letter of thanks brought the story to light. A "THANK YOU" to this brave man.

## MILITARY POLICE DETACHMENT IN FAMAGUSTA



From the right, Sgt Drennan, LCpl Stuhlpfarrer, Sgt Möller, Sgt Harringer, WO1 Kreuzwirth.

The work done by the Military Police is often unpleasant for those directly afflicted by it. Is it not a bother for each and every one of us to be subjected to either a speeding or ID control? This type of work is, however, essential in order to maintain law and order thus assuring a civilised life. It is therefore worth introducing those Military Police members who carry out these important tasks within Sector Six.

Detachment Commander (Det Com) is WO1 Heifried Kreuzwirth of AUSCON. He is on his fourth UNFICYP tour as Det Com, making him an experienced "Cypriot" indeed. He also served in the Paphos District (1973) and Larnaca Sector (1975). His deputy is Sgt Donald William Drennan, a Canadian, who is currently on his first tour of Cyprus. He is also an experienced MP in Canada. Further personnel on duty are L/Col Wernfried Stuhlpfarrer, who is on his first UNFICYP tour, but has already served three extended tours with UNFICYP on the Golan Heights. He is an Austrian who, however, spent approximately nineteen years of his life in Australia. Sgt Helmut Harringer, also an Austrian is serving his fourth tour in Cyprus, whereas Sgt Peter Möller, a Dane, is on his first. Duty rotates in two 48 hours shifts which consist of two men each. Their main attention is aimed at Ayia Napa, Famagusta and Salamis. We are in good hands.

## SNUFF—THE REAL STUFF

By Sven Hovne

More than a hundred years ago, when the American West was to be opened for gold-diggers, gamblers and ordinary, decent settlers, the US Government asked a railroad builder if it was possible to build a railroad all the way across the Continent from coast to coast, and what resources were needed.

"Give me enough Swedes and enough snuff and I will build a railroad to hell—", was the answer.

Already in those days the Swedes were known as strong, hard-working people, but on one condition: they demanded their daily dose of snuff. And so it still is, the Swedes are by far the most "snuffing" people in the world. Every day about 7 tons of snuff are "eaten" in Sweden. When a Swede talks about snuff he does not mean the dry and flat tobacco powder that some less fortunate nations — the British for instance — call snuff, and which they take by sniffing. No, for a Swede the snuff — or "snus" as it is called in Swedish — is a strong, moist, creamy mix of tobacco with a distinct smell of ammonia, and he enjoys it under his upper lip!

So, if any of the soldiers of SWEDCON should appear with a somewhat distorted face, don't be worried



To the left: Pte Klaugeters. To the right: sport officer, Jocke Tundin.

they are just some of the numerous snuffers in the battalion. Snuff is known to have been used since the middle of the 14th Century. The French Ambassador in Portugal got some tobacco plants from Portuguese sailors and started growing tobacco in his garden. When he returned to France he heard that the Queen, Catherine de Medici, was stricken with a bad headache. He gave some of his tobacco to the Queen who sniffed it and at once felt better. Snuffing thus became "à la mode" at the French court. During the 16th Century, snuffing became common over

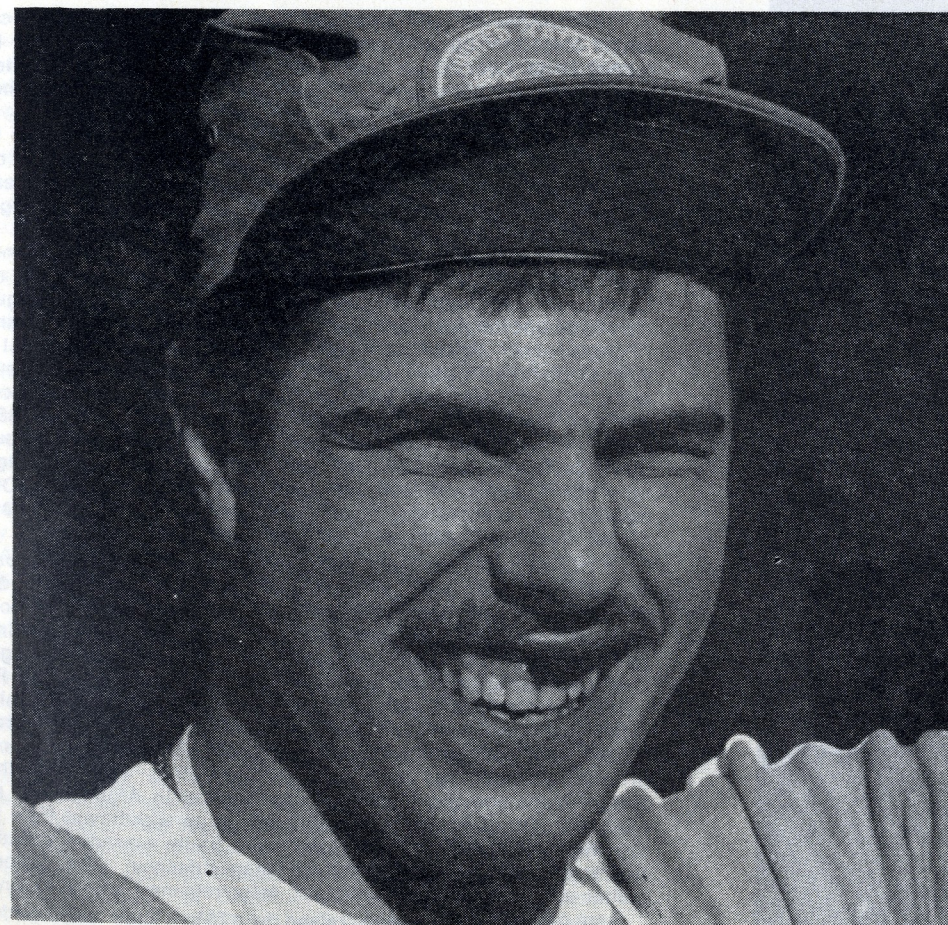
Europe, but for unknown reasons, only the Scandinavians and especially the Swedes, learned to take the snuff the way it should be taken — under the upper lip.

But there were and are exceptions. For example Pope Leo XIII, who was an eager snuffer had the classic Swedish brand "Ettan" (number one) as his favourite snuff. "Ettan" is still the most popular snuff in Sweden, but the Swedish tobacco company offers eleven other types of snuff. All of them with their own taste and aroma. In order to make good snuff one has to use darker and stronger tobacco than the tobacco used for cigarettes. Dark Virginia and Kentucky is the base for all good snuff. The tobacco is first dried and cut, then ground into power. Salt and water is then added to the tobacco powder and the mix is stocked at a high temperature for weeks in order to "get rip". To some types of snuff is also added a favourite sauce. The "ripe" snuff is then distributed and sold in characteristic round boxes.

Snuff is a perishable good and has to be stored cold, it must not get dry. Dry snuff loses its aroma and the taste becomes bitter.

Most snuffers form the snuff into a little ball and put it in its proper place behind the lip with two fingers. But some very advanced snuffers take the snuff directly from the box and put it in place with their tongue. Among snuffers it is said that an outstanding snuffer is the one who can kiss a girl without losing control of the snuff and without letting it be noticed that half his mouth is full of snuff!

If you happen to meet a Swedish snuffer he will gladly offer you a "pris" from his round little box. But be careful, snuff is hard stuff, don't take too much if you are a beginner and DON'T swallow!

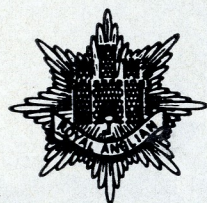


Pte Olsson, one of the many hard snuffers among the Swedish battalion. Photo: Jeus Birch



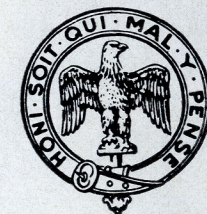
# 3rd BATTALION (BEDFORDSHIRE, HERTFORDSHIRE AND ESSEX)

## THE ROYAL ANGLIAN REGIMENT



### UNIT FEATURE

By Tim Page



A soldier in his 'Noddy' suit during Exercise SPEARPOINT in BAOR.



The Battalion team won the 'Cyprus Walkabout' in 1976, 1977 and 1978.

The Pompadours are back. The battalion last served on the Island less than three years ago and bring with them many happy memories of Cyprus. A few of the Battalion remain from the previous United Nations tour in 1969-70, but for the majority the role of International Soldier is a new and challenging one.

The Third Battalion, The Royal Anglian Regiment is heir to the honours and traditions of three famous Infantry regiments of the British Army; the 16th of Foot (later the Bedfordshire and Hertfordshire Regiment), the 44th and the 56th of Foot (later merged to form the Essex Regiment).

The 16th of Foot were raised in 1688 and the Regiment won its first battle honour at Namur in 1695, during the War of the League of Augsburg. The Regiment later played a distinguished part in Marlborough's campaigns of the early 18th Century, and the "Pompadours" celebrate Blenheim Day on the 13th August each year to commemorate the two hundred years the Regiment spent a great deal of time abroad. As a result of this service in the Colonies the soldiers became known as "The Peacemakers." In 1881 the 16th of Foot was renamed The Bedfordshire Regiment, but the title was changed to The Bedfordshire and Hertfordshire Regiment after the First World War. A total of NINE VICTORIA CROSSES, awarded for outstanding feats of gallantry, were won by members of the Regiment between 1914 and 1918.

The 44th of Foot were raised in 1741 as part of the expansion of the British Army which resulted from the rise of England as a World Power. A Second Battalion was raised for the Napoleonic Wars and won great distinction at the Battle of Salamanca in 1812 by capturing the Eagle of the French 62nd Infantry Regiment. Only four such standards were ever taken in battle from the French — and the Eagle is depicted in the "Pompadours" crest. At this time many Irishmen joined the Regiment — these men are remembered each year on St Patrick's Day (17th March) by the custom of playing traditional Irish airs at "Reveille". Following the defeat of Napoleon the Regiment saw service in Afghanistan, and in 1842 the 44th of Foot were annihilated in the withdrawal from Kabul; the Regimental Colour was saved by a badly wounded officer who tied it to his waist before being taken prisoner. The Colour, together with the gallant Lieutenant, later returned safely to England.

The 56th of Foot were raised in 1755. Their uniform facings were coloured with a distinctive shade of purple, the favourite colour of MADAME DE POMPADOUR, Mistress of the French King

### THE "POMPADOURS"



The "Pompadours" band performing at the Salamanca Day Celebrations.

— as a result the Regiment became known as "THE POMPADOURS" a nickname proudly borne to this day. The 56th of Foot were present at the siege of Gibraltar, from 1779 to 1783, for which they earned the right to bear the Castle and Key on their Colours — this insignia now forms part of the Royal Anglian Regiment cap badge.

In the years following the Second World War the three Regiments, whose traditions and heroic deeds preserved forever in the annals of British Military history, were amalgamated to form the Third Battalion, The Royal Anglian Regiment. In February 1980, the county sub-title 'Bedfordshire, Hertfordshire and Essex' was adopted to emphasise the link between the Battalion, and the counties from which the majority of soldiers are recruited.

During the last ten years the "Pompadours" have seen service in many parts of the World. Following a long spell as a Mechanised Battalion in Germany they moved to England and then to Northern Ireland for an eighteen month tour in Belfast. The job was difficult and challenging, providing many soldiers with their first experience of action 'under fire'. In November 1979 the Battalion settled in Colchester, Essex — the first time for many years that the "Pompadours" have served in one of their own counties.

In December 1979 the Battalion sent the largest contingent from any single Regiment out to Rhodesia as part of the Commonwealth Monitoring Force. These men were later joined in Africa by the remainder of the Battalion who spent six weeks on Exercise in Kenya.

After missing most of the English winter the Battalion returned to Colchester and began training for its primary role as part of the reinforcement force for the British Army of the Rhine. In September the "Pompadours" moved to Germany and were tested in this role on Exercise 'SPEARPOINT', the largest exercise to have been conducted by the British Army since the Second World War.

During the next six months the Battalion will be serving in two different locations on the Island. Half of the soldiers are presently serving in the Western Sovereign Base Area at Dhekelia as part of the British Forces in Cyprus, whilst the Commanding Officer, Lieutenant Colonel Robin Drummond, is commanding the "International Soldiers" of Sector Two, UNFICYP at St David's Camp. The four rifle companies will change over in February in order that as many members of the "Pompadours" as possible have the opportunity to serve with the United Nations Force.



A Colour Sergeant of 3 R ANGLIAN discusses an operation with a Sergeant of the Royal Ulster Constabulary.



.....Sighting the GPMG (machine gun) in the "sustained fire" role whilst other soldiers "dig in".



One of the Battalions WOMBAT anti-tank guns firing at night.





Lt Col Sparling, Commander Sector Four, finds the whole thing easy enough....



But ART Trudel, of "X" Battery, supported by Cpl Bossy (left) and MCpl Gariepy (right), would have you believe that it was no picnic.

# CANCON VOLKSMARSCH

By David Chaplin



All Contingents were invited to participate in the CANADIAN CONTINGENT VOLKSMARSCH organised by 5 RALC. 179 marchers representing six contingents participated in the event.

But just a minute, I hear you say; How do the Canadians come to be organising a "Volksmarsch"? As far as that goes, what is it?

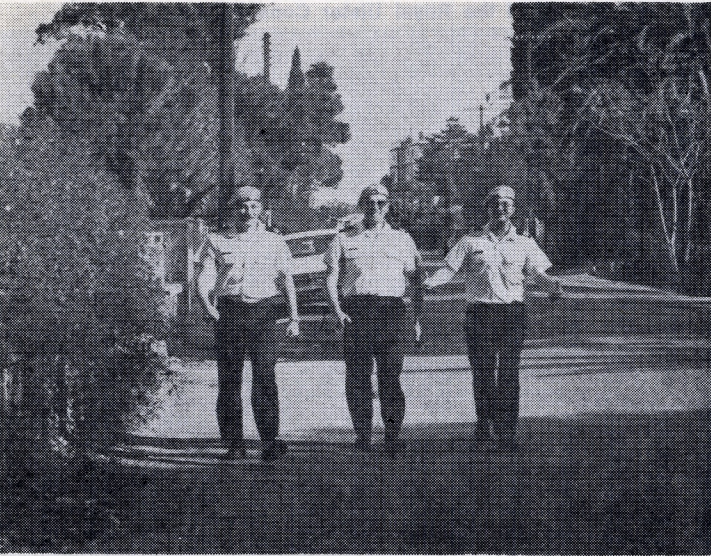
stationed in Germany over the past 25 years have taken part in events held in the communities where they lived, including "Volksmarching". The Volksmarsch, a walk through town and country, designed to get people up and about, to get some exercise, meet their neighbours, and generally have a good time, has been a most congenial way for families coming from Canada to get to know their new neighbours.

Volksmarsches come in varying lengths and degrees of difficulty, from a 5 km stroll for young families or the unambitious to 50 or 60 km, up and down mountains, for the heroic. A nominal entrance fee is charged, which goes to defray the cost of refreshments by the "Marchers" who complete the route. The idea is to go at the speed that suits you, refresh yourself as you see fit and enjoy yourself.

Since the term as Director of Artillery, Col H J Stein, an ardent Volksmarscher, the Regiments of the Royal Canadian Artillery have been organising volksmarsches in the areas in Quebec City this year; the Nicosia march was our third.

The 10 km course ran from the Ledra Palace to the first checkpoint at the Navarino Restaurant; the second leg ended at the traffic circle below the Foxtrot Checkpoint; the Nicosia Bypass was the third stretch, ending at Byron Avenue, while the fourth and last run straight up Byron back to the Ledra Palace.

By all evidence the march was a success. Good participation, good weather, and a good time had by all — and an excellent opportunity for members of UNFICYP to get to know each other better.



Lt Louis Boily, a JOC Duty Officer, Capt Jean Lord, Economics, and Capt Edouard Hendriks, our Doctor, have a nice afternoon stroll....



While DANCON motors through in high gear.



## UNFICYP SQUASH CHAMPIONSHIPS

By Danny Kinahan

Between the 3rd and 6th December, 58 members of U.N. competed in the Mens Knockout Singles Championship and eleven teams from eight U.N. organisations competed for the U.N. Team Knockout Plate.

The Individual competition, began with no seeding with the inevitable occurring in as it proved, with two of the best players meeting each other in the first round, when only 3 games were played. The unfortunate Maj WHITEHEAD (HQ UNFICYP) could not quite gain the edge over Lt KRUUSE (SWEDCON).

In the first of the two semi-finals Lt KRUUSE met Maj WARREN whose power and agility were severely tested but could not quite defeat the Swede. In the other Lt KINAHAN and Lt KISIELEWSKI-DUNBAR both of Force Reserve met in a very energetic and hard fought game. Lt KINAHAN went through to play Lt KRUUSE, whose experience was evident, in his large variation of shots he used to win 9-3, 9-6, 9-4.

In the team competition, closely fought matches were the hallmark. This was especially so in the semifinals, where the Force Reserve 'A' team met HQ

UNFICYP and SWEDCON met Sp Regiment UNFICYP. In the former both Maj Whitehead & Sgt Baker had to pull back from being 2 games down to win their's 3-2, and to give their team the 4-1 match score to go through to the finals.

In the other, the highlight was a neck and neck battle between LCpl WALMGLEY (Sp Regt) and Sgt SUNDSTROM (SWEDCON) in which the former pulled back from 8-4 down in the fifth game to win 10-8. His team could not quite all follow his example and the Swedes edged through as victors.

In the final, Maj Whitehead (HQ UNFICYP) nearly won his rematch against Lt KRUUSE, but the Swede managed to come back from 1 game down to win. Whilst Maj Warren and Sgt Moffet both won their matches against Sgt Sundström and Lt Thuden, it was the two victories of Sgt NORBERG and Capt LINDSTROM which eventually gave SWEDCON a hard earned victory by three matches to two.

The organisers would like to thank so many people for entering, and especially those who stayed behind to help adjudicate in the matches.



Winning SWEDCON team (from left to right) Pte Mats Sundström, Lt Nils Thuden, Sgt Lars Norberg, Capt Lars Lindström, Lt Ingemar Kruuse.



Individual winner; Lt Ingemar Kruuse receives his prize from Lt Col Peter Gill.



## KID - CON WIN 5 A - SIDE FOOTBALL

On 29 November KID-CON Youth Club scored a double in the Coca-Cola ESBA 5-a-side football competition. The competition, held at King Richard School, Dhekelia was open to teams from Dhekelia, Ayios Nikolaos, Pergamos and Nicosia and was divided into four groups; boys under 11's; 11-14; over 14's plus a separate group for girls of any age. The picture shows the two winning teams (under 11's and 11-14) along with the trophies. Our congratulations to both teams on their achievement.





# INTERNATIONAL COOKBOOK



## PIP'S WINTER WARMERS!

Recipes by Pip Johansson

I would like to take this opportunity to wish all our readers a Happy New Year and I hope that my Christmas recipes did not extend too many waistslines!

I would be very pleased to receive any recipes from our readers and they can be sure that they will be published in future cookery pages. So all you 'cordon bleu' cooks — get cracking!

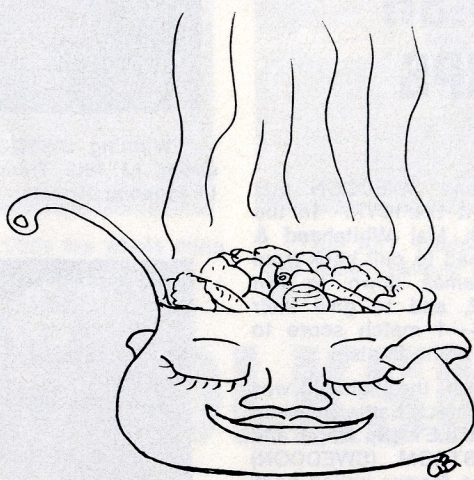
### HUNGARIAN BEEF GOULASCH

#### Ingredients

- 2 lb chuck steak
- 4 tablespoons vegetables oil
- 3 large onions, chopped
- 2 garlic cloves, crushed
- 1½ tablespoons paprika
- 1 tablespoon flour
- 2 tablespoons tomato puree
- 1 pint (2½ cups) red wine
- bouquet garni, consisting of 4 parsley springs,
- 1 thyme spray and 1 bay leaf tied together
- 1 teaspoon salt
- 1 teaspoon black pepper
- ½ teaspoon dried marjoram
- 1 red pepper, white pith removed and seeded
- 3 large tomatoes
- 5 fl oz (¾ cup) sour cream

#### Method

Trim any excess fat from the meat and cut it into 1-inch cubes. Dry the cubes on kitchen paper towels. In a large, flameproof casserole, heat the oil over a moderate heat. When the oil is hot add the meat cubes, a few at a time and brown them all over. With a slotted spoon, remove the meat cubes from the casserole as they brown and set them aside. When all the meat has been browned, reduce the heat to low, add the onions and garlic to the casserole and fry for 5 minutes, stirring occasionally. Add the paprika and stir until the onions are well coated. Stir in the flour, tomato puree and wine. Continue stirring until the liquid comes to the boil. Return the meat to the casserole with the bouquet garni, salt, pepper and marjoram. Cover and simmer over low heat for 2 hours. While the meat is cooking, cut the red pepper into thin strips. Put the tomatoes in a bowl, cover with boiling water and leave to stand for 1 minute. Pour off the water, peel and chop the tomatoes coarsely. Add the pepper and tomatoes to the casserole and simmer the mixture for 15 minutes or until the meat is very tender. Remove the bouquet garni and discard it. Stir in the sour cream, cook for a further 5 minutes and serve.



### SPANISH CHICKEN WITH RICE

#### Ingredients

- 3 tablespoons vegetable oil
- 6 slices streaky bacon, chopped
- 5 lb chicken, cut into serving pieces
- 6 tablespoons seasoned flour
- 2 onions, chopped
- 1 garlic clove, crushed
- 14 oz canned peeled tomatoes
- 3 oz canned pimentos, drained
- 2 teaspoons paprika
- ¼ teaspoon ground saffron
- 1 teaspoon salt
- 1 pint (2½ cups) water
- 8 oz (1½ cups) long-grain rice, washed, soaked in cold water for 30 minutes and drained
- 6 oz frozen peas, thawed

#### Method

In a flameproof casserole, heat the oil over moderate heat. Add the bacon and fry until crisp. Transfer the bacon to kitchen paper towels to drain. Coat the chicken pieces in flour and add to the casserole. Place over moderate heat and fry on all sides until the pieces are golden. Remove the pieces from the casserole and set aside. Preheat the oven to moderate 350°F (Gas Mark 4, 180°C). Drain off most of the oil from the casserole. Add the onions and garlic and fry over moderate heat for 5 minutes. Place the chicken over the onions and add the tomatoes, with the can juice, the pimentos, paprika, saffron, salt and water. Bring to the boil. Stir in the rice. Cover the casserole and place in the oven for 35 minutes. Add the peas and bacon and cook for a further 15 minutes or until the chicken is tender. Serve at once.

### PORRIDGE APPLES

#### Ingredients

- 8 oz (1 cup) 1 teaspoon butter, melted
- 8 oz (2 cups) rolled oats
- 6 oz (1 cup) soft brown sugar
- ¼ teaspoon salt
- 8 medium-sized cooking apples, peeled, cored and thinly sliced
- 5 fl oz (¾ cup) water
- 1 large cooking apple, cored and thinly sliced
- 2 tablespoons strained apricot jam, warmed

#### Method

Preheat the oven to moderate 350°F (Gas Mark 4, 180°C). Using the teaspoon of butter, grease a large baking dish and set aside. In a medium-sized mixing bowl, combine the oats, sugar, salt and the remaining butter, stirring well with a wooden spoon to blend. Layer the oat mixture and apple slices in the prepared baking dish, beginning and ending with a layer of oat mixture. Carefully pour the water over the mixture. Place the unpeeled apple slices decoratively over the top of the pudding and, using a pastry brush, brush them with the apricot jam. Place the dish in the centre of the oven and bake for 40 to 50 minutes or until the top of the pudding is deep golden brown. Remove the dish from the oven and serve immediately.

### APRICOT AND CINNAMON CAKE

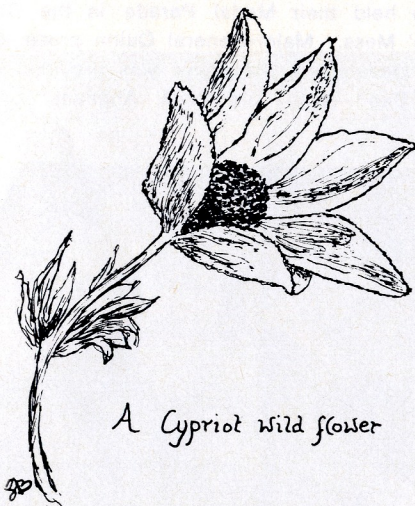
- 8 oz self-raising flour
- 2 level teaspoons ground cinnamon
- 4 oz butter
- 5 oz soft brown sugar
- 4-6 oz dried apricots, chopped
- 1 tablespoon honey
- 3 tablespoons milk
- 2 eggs, beaten
- runny honey to glaze

#### Method

Grease and base line a 7 inch, 3½ pint round, deep sided cake tin. Combine the flour and cinnamon in a bowl. Rub in the fat until the mixture resembles fine breadcrumbs. Stir in the sugar and dried apricots. Mix the honey and milk together and add to dry ingredients with the eggs. Mix well together and spoon into the prepared tin. Make in the oven at 170°C (325°F) Mark 3, for about 1 hour 20 mins or until firm to touch. Cool slightly, turn out on to a wire rack. While still warm brush the top of the cake with runny honey; glaze again while cooling.

## MEDITERRANEAN MEMORIES

By Sue Bingham



A Cypriot wild flower

Cyprus is a lovely place for a holiday, however, being in Nicosia, one doesn't have the sea and shore on the doorstep and it is really impossible to make any holiday last for two years. Because of this I have written a resumé of some of the things that we have done here which have made our tour more memorable and I hope that it may give new arrivals a few ideas of what is going on round and about.

The British Council stopped our minds stagnating altogether when, after two months in Nicosia, we discovered it in Museum Street, opposite the Municipal Theatre and we attended a series of talks, with beautiful slides, on "The Flora and Fauna of Cyprus." Since then we have been regular visitors and have enjoyed the wide range of activities it offers. There are films and lectures on many differing subjects and many musical evenings ranging from local folk music to concerts given by visiting British musicians. Last year a most enjoyable evening was spent, thanks to the British Council, when the English Chamber Orchestra gave a concert in Nicosia. The Council has a fair-sized library in both books and records and the American Centre in Homer Avenue and the Goethe Institute in Marcos Dracos Avenue offer similar facilities.

The highlight of our tour here must be the many glorious evenings we have spent in the Curium Amphitheatre, which lies just west of Episkopi and provides the most striking background to any play or concert. A Shakespearean play is an annual event at the Curium and has been for many years. It is performed sometimes during June or July and is extremely popular with Cypriots, holidaymakers and soldiers alike. Also in existence during the summer months is the Curium Music Society which provides a series of recorded music concerts, fortnightly on Wednesday evenings from June to September. Both the play and the concerts are great excuses, if one needs any, for relaxing with a glass of wine in one hand, a full coolbox at one's side and — most essential — plenty of cushions. Gracious living indeed!

Shakespeare at Curium



Feste from Twelfth Night

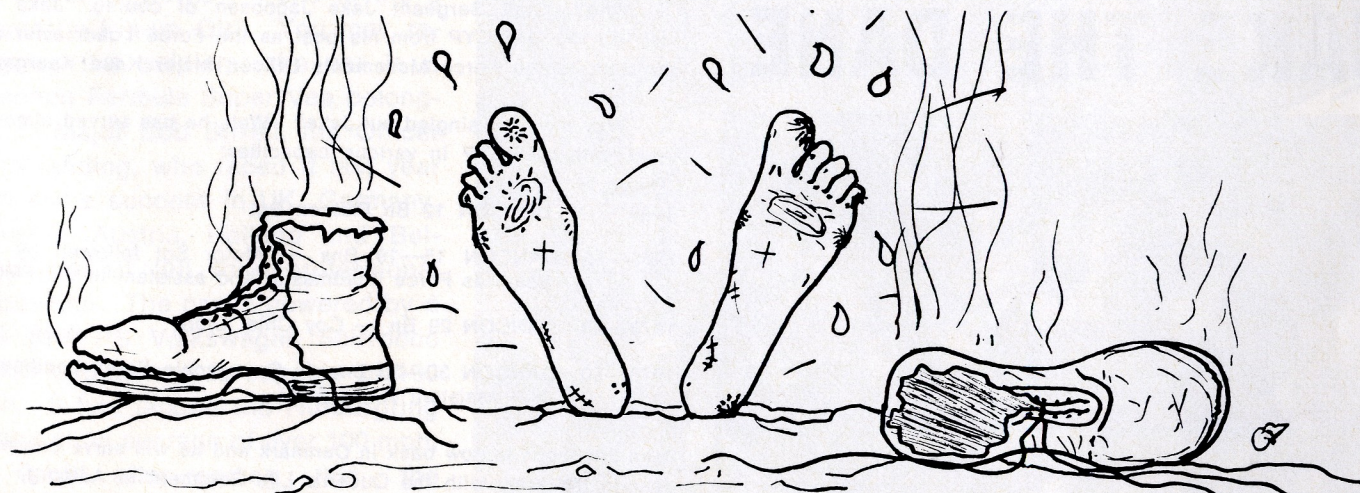
Those are some of the more mentally stimulating things to do here, but the physically stimulating can provoke some memories, if not entirely enjoyable ones, of the

Out & About  
in  
Cyprus

satisfaction and delicious agony one suffers after finishing, for example, the DANCON March. My husband and I have completed the DANCON March three times during our two years. We have enough certificates to go into the wallpaper business, a medal each with a number '3' and a few toenails that will never be the same again! The event is biannual, normally held in March and September and is open to men, women and children, providing there are enough vacancies. It is a 50km walk split over two days, and is around some of the most colourful countryside in Cyprus, the Troodos Mountains. Some of our language has been a bit colourful too as we have plodded up and down hill, sporting some enormous blisters. Pain apart, there is a great feeling of camaraderie, as everyone sympathises over sore feet and stiff legs, or they congratulate each other on a particularly fast time.

During the summer months, the Swedish members of HQ UNFICYP, organised a mammoth swim, laughingly called the "Swedish Mile". This is a mile like no other and it consists of swimming 220 lengths of the pool at any speed and using any stroke you like. This usually took place four times a week, either in the evenings or early mornings when the pool was closed to all but the Swedish milers! The only rule was that no less than 6 nor more than 44 lengths could be swum at each session and for the particularly energetic three Swedish miles (660 lengths) could be achieved, but personally, I felt rather water-logged after the first mile!

The few things I have mentioned here definitely put 'the icing on the cake', for us anyway, as far as our tour in Cyprus is concerned and I hope that this article will initiate newcomers to Cyprus to some of the varied opportunities that are offered by various nationalities. Still feel in need of a challenge? How about an article for "The Blue Beret"....



"OUCH!"

Post-DANCON March feet.



# Pictorial news

## FINCON MEDAL PARADE

On Saturday, 6th December, FINCON's small Contingent celebrated their home country's 63rd year of independence by laying two wreaths at the foot of FINCON Monument at the side of the old Kykko camp in the UNPA. The Monument records the fact that the Finns were in Cyprus from 1964 to 1977. FINCON then held their Medal Parade in the Officers' Mess. Major-General Quinn presented the medals and the music was provided by the Band of the 3rd Royal Anglians.



Major S.O.M. Röberg lays a wreath at the FINCON Monument.



Major-General Quinn pins a medal on S/Sgt Harri Lehtonen. On the left is Captain Jouri Suninen (hidden) and on the right is S/Sgt Unto Rasimus



## GENERAL

The Commander-in-Chief of the Swedish Forces, General L Ljung, visited HQ UNFICYP on 12 December 1980. After inspecting the Multi-National guard of honour General Ljung met some of the senior staff officers at the HQ UNFICYP. In the photograph General Ljung is talking to Major General Quinn whilst Commander SWEDCON, Lt Col Ariksson looks on.



## JAKE THE DANE



Who? Staff Sergeant Jake Jacobsen of course. Jake has just left HQ UNFICYP from his post as the Force Loadmaster and assistant to the Force Movements Officer, Major Knud Kaergaard.

Why have we singled out Jake? Well, he has served almost 6 years with UNFICYP in various capacities:

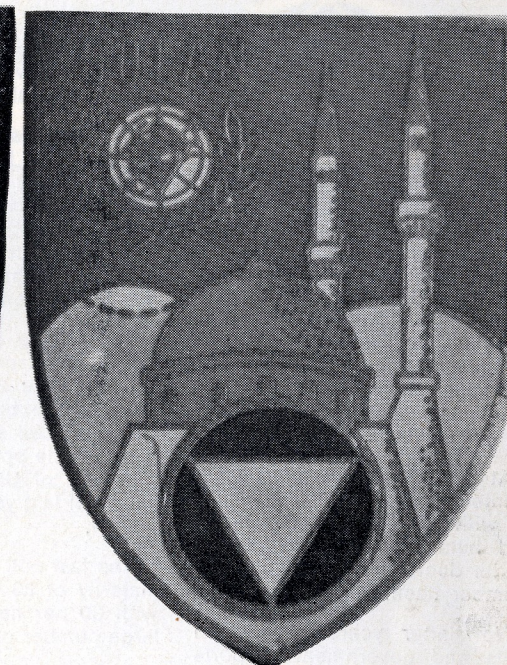
- 1969 DANCON 12 Bn Platoon Sgt
- 1970—73 DANCON 15—19 Bns — Motor Sgt followed by 1½ years as Force Loadmaster and assistant to the FMO
- 1978—80 DANCON 29 Bn — Coy Chief Clerk
- 1978—80 DANCON 30—33 Bns — Once again Force Loadmaster and assistant to the FMO

Jake Jacobsen is now back in Denmark and he will serve one more year in the army with the Queen's Life Regiment in Aalborg. Besides his army job he will look after his little restaurant "Lygten" (The Lantern) which is perched on the northernmost tip of Denmark, Skagen. Of course he hopes to see all his UN friends when they are in Denmark.

# AUSTRIAN UN BADGES

Article by Peter Steinmann

Photos by George Moffett



Sometimes you will see members of AUSCON wearing different badges. I should like to introduce them to you. From 1972 when the first Austrian Battalion came to Cyprus, until today, Austrians have been entitled to wear the **AUSCON BADGE**. The qualifying time is three months service in Cyprus. Due to the large number of service-

men you will see it quite often.

The rarest badge in the Austrian Armed Forces is the **AUSBATT BADGE**. Only 720 soldiers who have served with UNEF II in Egypt and Sinai (1973—74) are authorised to wear it. The third badge — the **GOLAN BADGE** is worn by the troops who served a very tough tour on the Golan Heights. This

badge is the successor to the "camel badge" (AUSBATT BADGE) and was awarded to members of the Austrian Battalion who moved from Egypt to Syria in May 1974.

This then is a brief history of the three badges which are worn more than any other Austrian badge.

## FAST BIRD

Pictured here are members of the newly arrived UNFICYP Transport Squadron, 8 Squadron Royal Corps of Transport based at Aldershot in England. The lady is Penthouse Pet — Christine Burns — she is the 8 Squadron Pin-up Girl. You may recognise the soldiers; the car is a Shannon Formula Super Vee belonging to Major Bob Birrell, the Officer Commanding, who raced it last year with some success in UK, Germany, Sweden, Austria, Holland and Belgium against full time professional opposition. The car is powered by a 190 BHP/PS Volkswagen Scirocco based engine and is capable of 160 mph. It has lapped the Nürburgring circuit at an average of over 100 mph. No doubt, after reading this, the UNMP Company will be following the progress of Major Bob's Mazda with interest — and with the radar gun!







# UN NEWS



## SWITZERLAND TO DECIDE WHETHER TO JOIN UN

The neutral Swiss, who have played host to the United Nations for decades, are finally going to decide whether or not to join the world organisation themselves.

If they do, in a referendum recently cleared by parliament, they will be one of the last countries to do so.

Fears of involvement in international conflict and disillusionment at the ineffectiveness of the UN's predecessor the League of Nations have been mainly responsible for Switzerland's keeping its distance.

At the same time, many have pointed to the irony of a country with so many peacekeeping and humanitarian organisations on its doorstep not being a UN member itself.

Now after years of opinion polls and government reports parliament has voted narrowly to let the population itself decide for or against joining the world body in a referendum to be held before the end of 1983. This is the traditional way of deciding such a major issue in this country.

Foreign Minister Pierre Aubert,

a strong proponent of Swiss membership of the UN says the government will publish its detailed proposals next year.

The final decision hangs very much in the balance. The latest of a long series of opinion polls several weeks ago showed the Swiss in general very much less in favour of joining the world body than when the first poll was taken in 1974.

At that time, some 40 per cent thought Switzerland should join the UN while 24 per cent were against membership. A 1976 poll produced a majority against the idea, the opinion swung back in favour of UN membership in spring of last year by almost two to one.

The last poll showed a narrow majority of 33 percent in favour with 30 per cent against and a large number of 'undecideds'.

Psychologists here say Swiss attitudes to closer involvements in international affairs reflect the barometer of world tension with interest at its height during periods of political calm and economic prosperity and low at times of recession and tension crises like those in Iran, Afghanistan and Poland apparently

make the Swiss want to 'opt out' of world affairs. But a commentator in one of the leading newspapers, Zurich's "Tagesanzeiger" said the recent support for the referendum in parliament underlined that "Switzerland is no longer an island politically and economically".

This has been made clear in Swiss cities by young people protesting at their alleged exclusion from the benefits of the consumer society. More than one sober Swiss citizen commented sadly and wonderingly on these disturbances that "we thought this was something that only happened abroad".

Are the Swiss ready to decide to join the rest of the world in the United Nations?

Foreign Minister Aubert says the old League of Nations is not the right yardstick to use in making a decision.

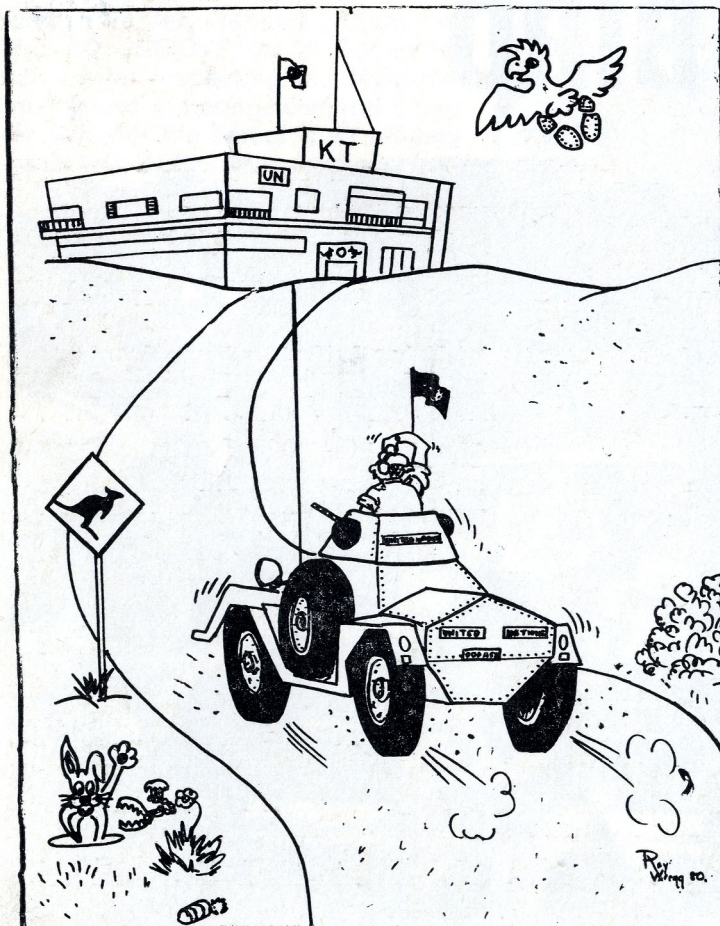
The UN, he pointed out recently, has become practically universal with its 154 members, while the League comprised only 45 — not including the United States. In 1920, Switzerland was being asked to join a new organisation. Today, he says, the question will be whether to join

an institution that is already 35 years old.

Political commentators say that Switzerland's observer role at the UN no longer carries much prestige since the two German states — long confined to observer status also — were admitted to full membership of the world body.

Switzerland does belong to certain UN specialised agencies like the World Health Organisation (WHO) and UNESCO, the Educational Scientific and Cultural Organisation, and donated funds to the Children's Fund (UNICEF) and the High Commission for Refugees. Its total payments to the UN budget are estimated at about 100 million francs (50 million dollars) a year.

"Yet in not being a member, Switzerland is depriving itself of exercising an influence on UN decisions commensurate with the financial support we provide", said one advocate of UN membership.



## CAPTION COMPETITION

The caption selected for the cartoon was from an anonymous entry:

Boring	(English)
Tråkigt	(Swedish)
Langweilig	(Austrian)
Écoeurant	(French)
Tylsää	(Finnish)
Kedeligt	(Danish)



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