

# ***THE BLUE BERET***



JUNE 1981





# MAY IN RETROSPECT

## ROTATIONS

- 1—5 SWEDCON and SWEDCIVPOL  
5—15 UNFICYP Transport Squadron  
15—25 DANCON  
20—30 BRITISH Battalion

## MEDAL PARADES – NIL

## VISITS

- 1—7 Col W MacLeod, Lt Col R Edwards and Capt Lashkevich on a staff liaison visit to the Canadian Contingent.  
3—10 Col & Mrs A Bordeleau on a diplomatic visit to the Canadian Contingent.  
4—11 Maj Lars Andersson visited the Swedish Contingent.  
7—14 Col Volkers on a liaison visit to the British Contingent.  
7—14 Capt Wilcox and SSgt Norton from 15 Field Support Sqn on a visit to the British Contingent.  
9—10 Lt Col Thompson, Commanding Officer of 30 Signal Regiment on a visit to the British Contingent.  
10—12 Mr Hjorth and Mr Viinikainen to the Finnish Contingent for a Logistics Support inspection.  
11—12 Brig B Webster, Director of Army Planning to the British Contingent.  
13 Mr Finsberg, Parliamentary Under Secretary of State for the Environment and Mr Thompson to HQ UNFICYP.  
16—18 Lt Col E MacLeod, Director of Communications and Electronic Operations to the Canadian Contingent.  
18 AVM H Reed-Purvis, Commandant General of the RAF Regiment to 84 Sqn Det RAF.

- 20—22 Capt Rivest, Sgt Laradie and Sgt Poulrier to the Canadian Contingent for internal unit administration purposes.  
20—23 Maj Christian Harleman to conduct an inventory of equipment in the Swedish Contingent.  
20—28 Sgt D Childs, Mr C Starr on a visit to the Canadian Contingent to calibrate postal equipment.  
20—28 Lt Col Larsen, Capt R Young, Capt S Antal, CWO Fife and MWO Williams to the Canadian Contingent to advise on supply problems.  
21—28 Maj S Daniels visited the Force Scout Car Sqn.  
22 Lt Col Kerr, Commanding Officer 22 Engineer Regiment, visited the British Contingent.  
22—27 Col Johan Palmgren and Col Sten Wiberg to the Swedish Contingent.  
25—30 HE Ambassador Mr V Villadsen, Danish Ambassador to the Lebanon accredited to Cyprus, to HQ UNFICYP.  
26—28 Mr R Douglas, Canadian Defence Journalist to HQ UNFICYP and the Canadian Contingent.  
27—28 AVM Davis to 84 Sqn Det RAF and AUSCON.  
27—30 and 2—4 Jun Capt R Craig and WO P Lamontagne to the Canadian Contingent for a communications Security Inspection.  
28—4 Jun Maj le Hardy on a visit to the Force Scout Car Sqn.  
29 Mr Herman Ritzinger and party of ten Austrian Parliamentarians to HQ UNFICYP and the Austrian Contingent.

# FUTURE EVENTS

## THE BRITISH COUNCIL

3 Museum Street, Nicosia, Tel: 42152

### 4 June

8 p.m. Feature Film: MEASURE FOR MEASURE From the BBC Television series: The complete dramatic works of William Shakespeare, with Tim Pigott-Smith, Kate Nelligan and John McEnery.

Shakespeare's greatest "dark comedy" written at the same time as his finest tragedies and more sombre in tone than the comedies of his earlier years. Left by Duke Vincentio to govern the city of Vienna in his absence, Angelo attempts to enforce the unpopular laws against unchastity. He sentences the young nobleman Claudio to death but is then tempted himself by the beauty of Claudio's sister Isabella. The Duke remains in disguise in the city to save the life of Claudio and to see that right prevails.

18, 19 and 20 June

8.30 p.m. THE TEMPEST

A Shakespeare production in English organised by the Limassol Committee for Chest Diseases. At the ancient Curium Theatre.

Tickets are on sale at the British Council. All proceeds go to the Committee for Chest Diseases.

## THE AMERICAN CENTRE

33B Homer Ave., Nicosia, Tel: 73143

### 10 June

7.30 p.m. GREASE

Originally a modest off-Broadway play, Grease became a long-running Broadway hit. Back in 1972, John Travolta played a minor role in the national touring company in this humourously affectionate tribute to the music and mores of US teenagers in the 1950's. His subsequent meteoric rise led to stardom in this extravagant screen version with Olivia Newton-John.

26 and 27 June

International Arts Festival. Limassol Folksinger Sandra Johnson returns to Cyprus.

### 30 June

8.30 p.m. Makarios III Amphitheatre (School for the Blind)

Sandra Johnson

Many music-lovers will remember the performances of Sandra Johnson in Cyprus in 1973 and 1974. Her talents and training as a singer, instrumentalist and actress have charmed audiences across the United States, Europe, and the Middle East. Sandra studied voice with Jan de Gaetani, one of the great mezzo-sopranos of our time. She has recorded with Judy Collins, and has acted in a wide variety of roles with numerous theatre groups, including New York's famous La Mama Experimental Theatre Co. On this visit, Sandra brings to Cyprus a collection of American folksongs, including samples of the best-loved songs of the many different national and ethnic groups which form the mosaic of American society. Admission to the Nicosia concert is free.

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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

The everwatchful UN soldier; A soldier at AUSCON OP A28 Photo George Moffett

# THE BLUE BERET



## Editorial

## UNFICYP CHRISTMAS CARD COMPETITION

### New Christmas Card

There will be a competition open to all members of UNFICYP and their families to design the new Christmas card to be used by UNFICYP.

### Prize for Winning Entry

I am sure that there are many ideas lying dormant in UNFICYP and a prize of C£25 is to be presented by the Force Commander to the winning entrant.

### Panel of Judges

Members of the Panel of Judges will be as follows:

Maj Gen G G Greindl (Force Commander)

Mr H P T Willis (Chief Administrative Office)

Maj T E K Whitehead (MPIO/Editor Blue Beret)

### Design Guidelines

Designs should incorporate the following:

Multi-national UN element

Colour (photograph/painting/sketch)

Some operational aspect of UNFICYP

### Closing Date for Entries

All entries should be sent to the MPIO HQ UNFICYP, and the closing date will be 31 July 1981. The winning entry will be selected by mid-August to permit the new card to be available for sale by mid September.

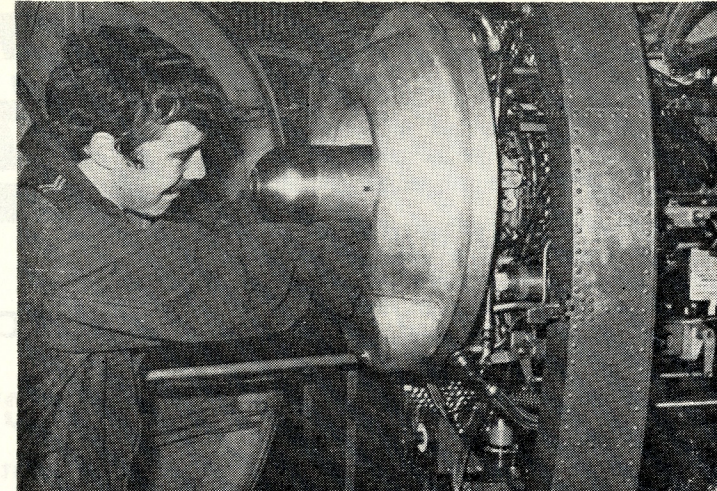
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Cpl Clemence checking radios



Cpl Blair checking engine for FOD (foreign object damage).

## GROUND CREW - THE OTHER HALF



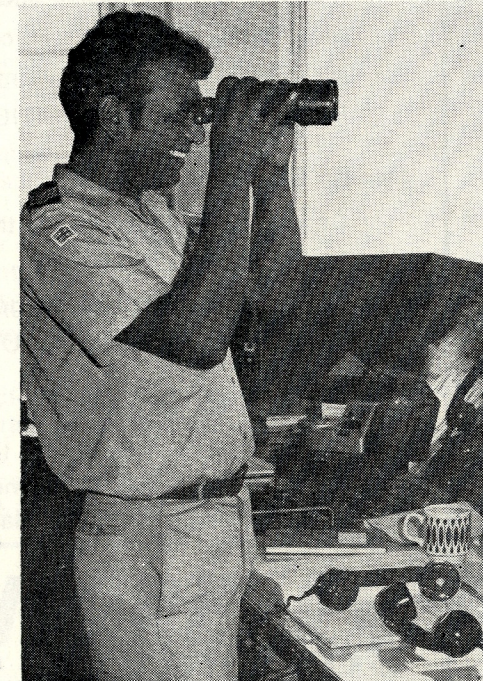
### INSIGHT INTO 84 SQN DET RAF

BY MALM TONY CASEY

The aircrew of 84 Sqn Det RAF are generally quite well known to the members of the various Sectors from their visits on tasks.

An equally essential, but less well known part of the Detachment are the Groundcrew. As the Whirlwind enters its last year of service, the effort required to maintain these now quite senior ladies of the sky increases.

The bulk of the ground personnel are involved in the actual servicing of aircraft. They are divided into two shifts to allow twentyfour hour coverage for the Detachment's standby commitments. The man in charge of the engineers is F/Sgt Jolly and there is a SNCO in charge of each shift. The

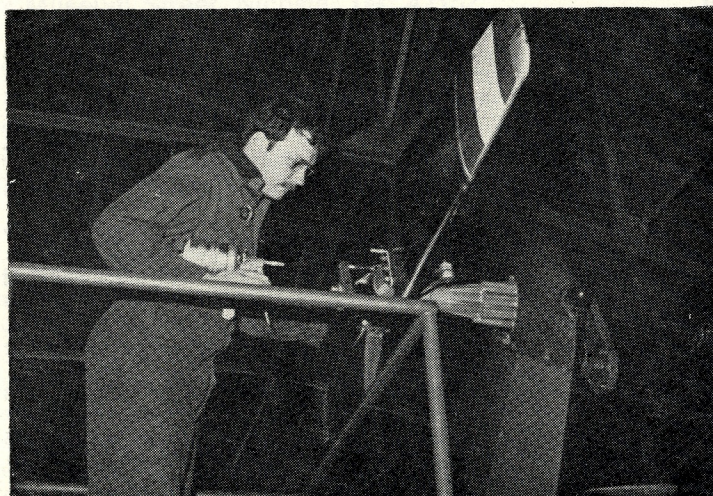


Sgt Patel duty Air traffic controller

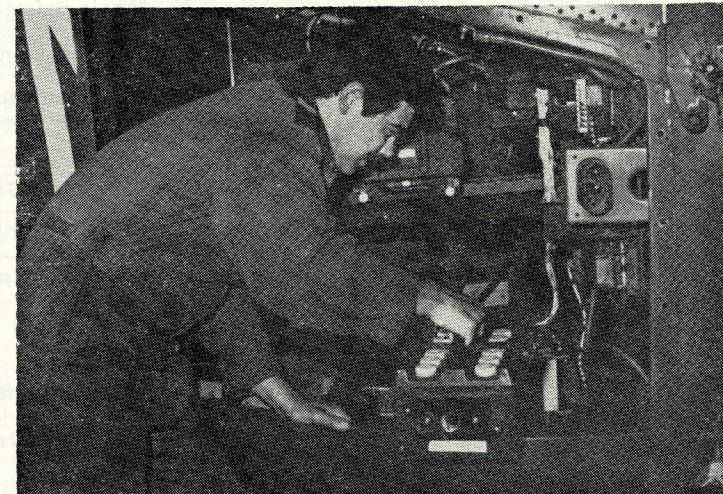
groundcrew can easily be recognised on the UNPA by the unsocial hours that they keep, either rushing to the Squadron in the early hours in answer to a callout, or working late into the night to get aircraft serviceable for the following day's tasks.

A radio flight watch is provided for the Detachment aircraft by three SNCO Air Traffic Controllers. F/Sgt Schouler is the man in charge here. The UNFICYP Flt AAC also use this facility.

A small MT section is run by Sgt Didcote, dealing mainly with aircraft refuelling and the other Squadron transport.



J/T Weaver lubricating the tail rotor



Cpl Eggleston changing batteries.

## THE PELICAN HOUR

By Anders Gummesson



SWEDCON

Sweden has had a UN Contingent in Cyprus since the mission began in 1964. Tens of thousands of Swedish volunteers have made their contribution to the Peace Keeping Force.

In the beginning, a lot was written in Swedish newspapers about what was going on in the island, and especially what the Swedes were doing.

Nowadays the interest among the public is the same but the news media



Swedish tourists arriving at Camp Victoria.



"Pelicans" walking round the Camp, guided by the Contingent Chaplain, Mr Lindberg.

minute briefing on the UN mission in Cyprus, emphasizing the work carried out in the Buffer Zone. This is especially important as these civilians do not see our work in the Buffer Zone.

The last Swedish Contingent to Cyprus had several thousand visitors during their time here. The present Contingent, 78C, will probably beat all previous records as many more Swedes are expected to visit the island during this year.

tend to forget that we are still here. That is why the Swedes in Larnaca have their "Pelican Hour" in Camp Victoria.

Three days a week, twice a day, they come to the camp—tourists from the land far to the north. Normally they see us when we have a day off, when we are in the restaurants or enjoying ourselves on the beaches, but the average tourist knows very little about what we are really doing in Cyprus.

The tourists—or "Pelicans", which is a common Swedish word for non-military personnel—are given a thirty



The visitors leaving the church after the briefing.



# STG



# 77

BY HUBERT SCHERMANN

The STEYR Assault Rifle, the recognised worldwide abbreviation for which is STG 77, is a 5.56 millimetre or .223 Remington calibre firearm, which has been developed according to the most recent specifications for light infantry weapons. This firearm is a gas operated fixed locking turnbolt type with removable barrel. The interchangeable barrel system of this firearm enables it to be used, not only as an automatic loading rifle with 16 inch or 407 mm barrel length, but also as an assault rifle with 20 inch or 508 mm barrel length, as well as a light machine gun, it's barrel length then being 24 inches or 610 mm.

When STG 77 is used as an assault rifle its overall length is under 32 inches/ 800 mm. All three are top quality, cold forged chrome lined rifle barrels, fitted with a gas pressure adaptor and a swing pivot type barrel grip. The STG 77 is intended for combat, using either single or sustained fire at distances of up to approximately 400 metres. The firearm is constructed in such a way as to be used by either left or right handed riflemen.

An interesting feature is its optical sight which is built directly into the carrying grip on the receiver housing. This built-in optical sight allows for more positive combat results especially when targets must be brought under

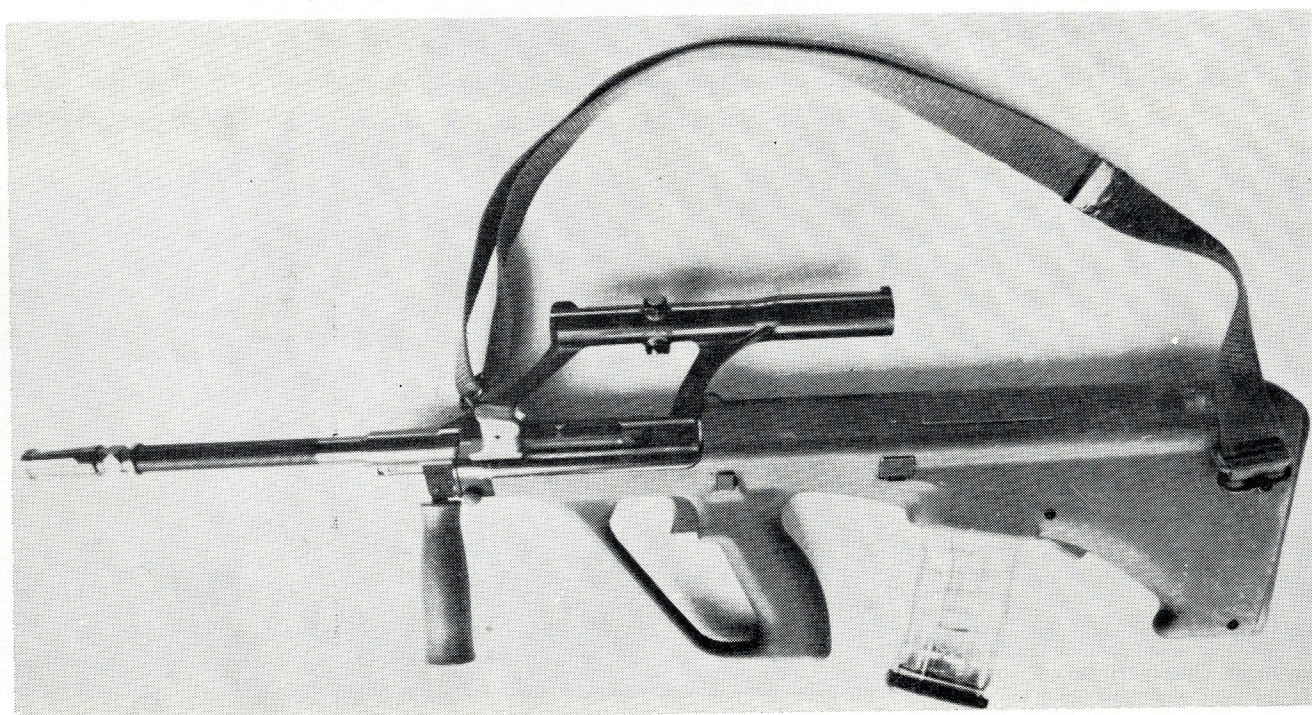


immediate fire and when accurate sighting is difficult due to greater ranges, bad weather, poor light or camouflaged targets. Optionally the STG 77 can be equipped with a night sighting device, as well as a bipod and a bayonet. Another interesting feature of this firearm is its proven "pull through" trigger system which enables its use for quick and simple firing of single or sustained rounds without the added inconvenience of having to work a change-over lever.

The STG 77 is fed via transparent double columned thirty round clip magazines on the stock. By adjusting the gas pressure adaptor, rifle grenades can be fired.

The use of high quality synthetic materials, even in such important functional groups as the stock, the magazine and the hammer mechanism, makes the STG 77 a firearm that is relatively independent of any great care and or maintenance.

The STEYR weapons technicians have designed the STG 77 in such a way that it can be disassembled and reassembled without the use of any specific tools whatsoever. All six main groups, these being the barrel, receiver, hammer mechanism bolt, magazine and stock, can be easily interchanged without tools under normal field conditions and directly at the scene of action. This is a great asset to the soldier.



# PATHFINDERS

BY GREG JENSEN

The Canadian soldiers manning the United Nations patrol vehicles of the Canadian Contingent possess qualifications that are quite unique within the Canadian Armed Forces and indeed within the Canadian Airborne Regiment. These young soldiers are airborne Pathfinders. The tour in Cyprus is perhaps one of the few places where a pathfinder would use a vehicle for patrolling.

The term Pathfinder is a word common among airborne troops the world over. The Pathfinder is a paratrooper who is inserted by parachute several miles from the main drop zone and subsequently patrols to locate,

secure and mark the drop zone for the main airborne assault. The Pathfinder is also trained to operate from small boats, helicopters, ships or submarines to find and mark landing beaches for amphibious operations.

The Canadian Airborne Regiment conducts a Patrol Pathfinder Course annually for selected personnel. A typical day on the two-month course starts at 0500 with a long, fast road run or march, often with a heavy rucksack. Morning routine may consist of classes on calculating the size of a drop zone, constructing explosive charges and finally how to operate long range, high frequency radios. The afternoon and evening periods may be spent practising theory or preparing for a night patrol. The day often ends at midnight or later with the routine repeated the following day. The course terminates after several fast-paced exercises with very realistic scenarios.

The completion of this strenuous training does not ensure acceptance as a member of the pathfinder platoon. The paratrooper must now attend a Military Free Fall parachuting course for four weeks at the Airborne Centre. Pathfinders must be dropped undetected

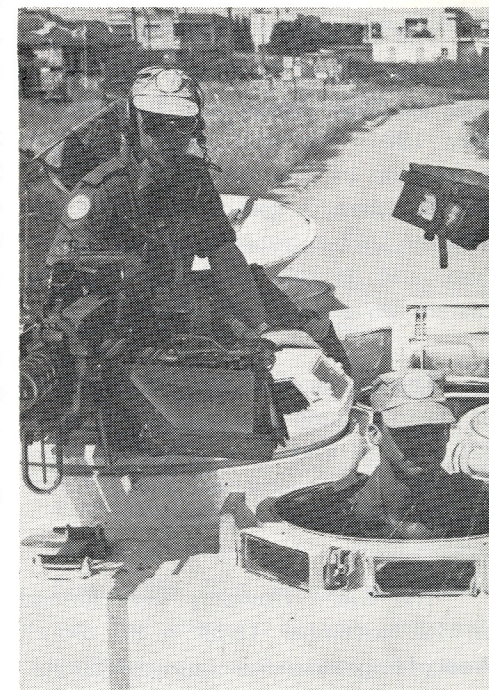
from altitudes of 10,000 ft and higher, almost always in the dark of night. Free fall techniques with full equipment and weapons are practised and it is not unusual for a trooper to complete forty or more free fall parachute descents during the course.

In the end, the result is a soldier who can be trusted with any task and is capable of carrying out difficult missions, often on his own and with little or no direction.

The Pathfinder represents all that exists in the men who wear the Maroon Beret, the paratroopers of the Canadian Airborne Regiment.



Sgt Macneil in the hatch of his vehicle.



MCpl Raymond and his driver, Cpl Hall on patrol in their "Lynx".



The patrol is briefed prior to departure. (L to R) Cpl Art Little, Sgt Frank Macneil, MCpl Serge Raymond and Cpl Ernie Hall.



MCpl Raymond scans the patrol route.





The RSM, Commanding Officer, Operations Officer and Adjutant, now settled in at Sector 2.

The 1st Battalion The Green Howards took over command of Sector Two at 0800 hours on Tuesday 26 May 1981. The unit was completely in location by Thursday 28 May 1981. The Battalion is split between its role with the United Nations Force in Sector Two, and its role at Dhekelia in the Eastern Sovereign Base Area.

The Sector Two force is based on St David's Camp and consists of some 320 men all told. This is broken down into two rifle companies and a Head-quarter Company element.

The Green Howards were formed on 19 November 1688 in the South West of England in the county of Somerset. The Regiment was raised by Colonel Francis Luttrell. The Regiment's first major action was at the Battle of the Boyne where a victory was recorded against the Irish in 1690.

The Regiment has been involved in most major campaigns from 1690 onwards and has shown distinguished service. The Regimental Day is Alma Day on 20 September each year. This day commemorates the Battle of the Alma in 1854, where the Green Howards played a major part in capturing a fortified hill in the Crimean Peninsular. This hill overlooked the River Alma and was held by the Russian Army. In order to capture the hill, the Regiment had to cross the river and scale the steep slopes under continual fire from the

enemy's guns. This major achievement was recorded in all the leading journals of the time and gave the Regiment a fine standing throughout the Crimean Campaign.

The Green Howards have a long history of gallantry and 18 members of the Regiment have been awarded the Victoria Cross. This includes Sergeant Major Stan Hollis' VC, the only VC awarded on D Day in the last war.

The name Green Howards was not officially recognised as the title of the Regiment until 1920, but has been in unofficial use for many years. It came about when the system of naming the Regiments after their Colonels was in use. On the battlefield two Regiments had Colonels called Howard in command; to clarify this confusing situation the Regiment was called the Green Howards as the soldiers wore green facings to their tunics. The other Regiment was called the Buff Howards due to their buff coloured facings. These later became well known as the Buffs.

The Green Howards are honoured to have His Majesty King Olav the Fifth, King of Norway, as their Colonel in Chief. These connections with the Norwegian Royal Family are very strong and last year His Majesty visited the Battalion to see the soldiers of his Regiment at work. The Battalion has an affiliation with the Norwegian Kings Guard which is made stronger by regular

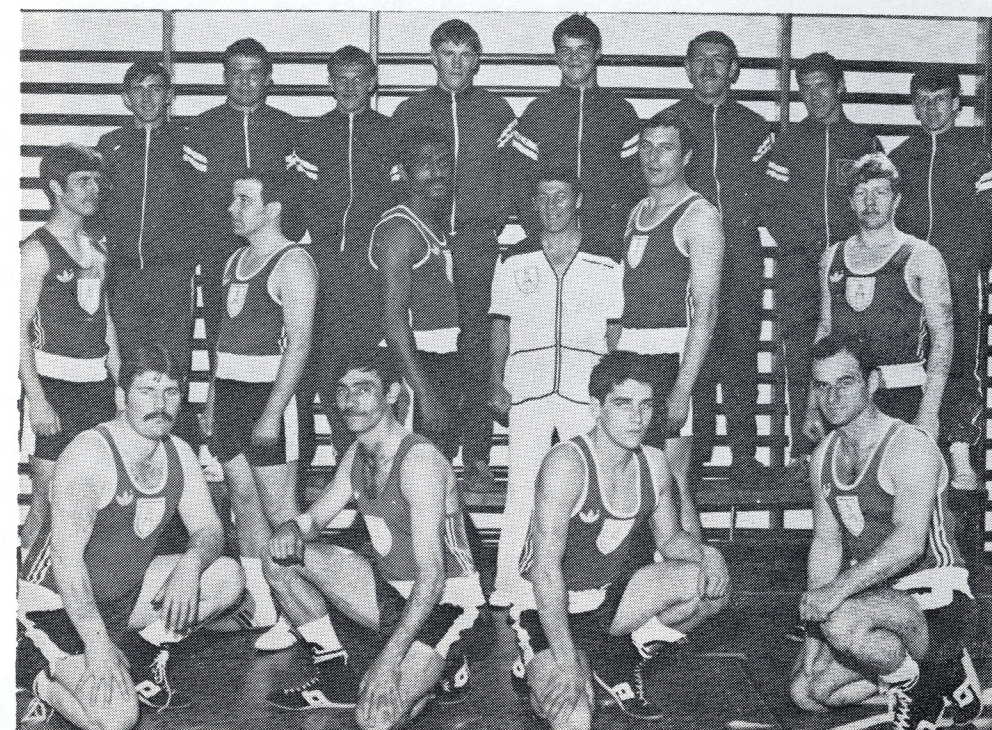


His Majesty, OLAV V, King of Norway in the uniform of Colonel-in-Chief of the Green Howards. From a portrait specially commissioned by the Regiment, and painted by Edward Halliday, 1968.

# THE GREEN HOWARDS

(Alexandra, Princess of Wales's Own Yorkshire Regiment)

BY CAPTAIN ANDREW FARQUHAR



The Battalion Boxing Team which holds the Army Intermediate Boxing Championship for 1981

exchange visits. Other connections with foreign Regiments, of interest to UNFICYP, include affiliations to the Danske-livregiment (Danish Life Regiment) and to the Rocky Mountain Rangers of Canada.

Recently the Battalion has been stationed in West Germany 1969-1973, England 1973-1976, West Berlin 1976-1978, Northern Ireland 1978-1980, and is now based at Catterick in North Yorkshire, England under command of North East District.

During these last 11 years the Battalion has completed seven tours of duty in Northern Ireland. In the past year, the Battalion has been involved in major exercises both in the United Kingdom and in Kenya.

The Battalion is very well recruited at this moment and is likely to remain so for the foreseeable future. This is helped enormously by our good sporting results. The Battalion at present holds the British Army Intermediate Boxing Championship and is also noted for its novice boxing team. Parascending is another sport where the Regiment holds the United Kingdom Open Round Canopy Championship.

Throughout the tour as part of UNFICYP it is hoped to keep up our sporting skills.

Before leaving England the Battalion marched through seven of the towns where the freedom to march through has been granted.

The colour party always forms the focus for these most enjoyable parades. The last of these took place in Richmond, North Yorkshire, the home of the Regiment, on Wednesday 13 May 1981. The people of Richmond saw the Battalion for the last time for 6 months and were able to say goodbye in style!

The Commanding Officer in the Battalion is Lieutenant Colonel John Byrne who was awarded a mention in dispatches for services in Northern Ireland in 1980. The Adjutant is Captain Andrew Farquhar MBE, the Operations Officer is Captain Charles Thom and the Regimental Sergeant Major is WO1 Ian Urwin.

Over the years The Green Howards have had varied operational experience. However, peace keeping in Cyprus and UN service is new. The Battalion is looking forward to the next six months tour of duty with UNFICYP.





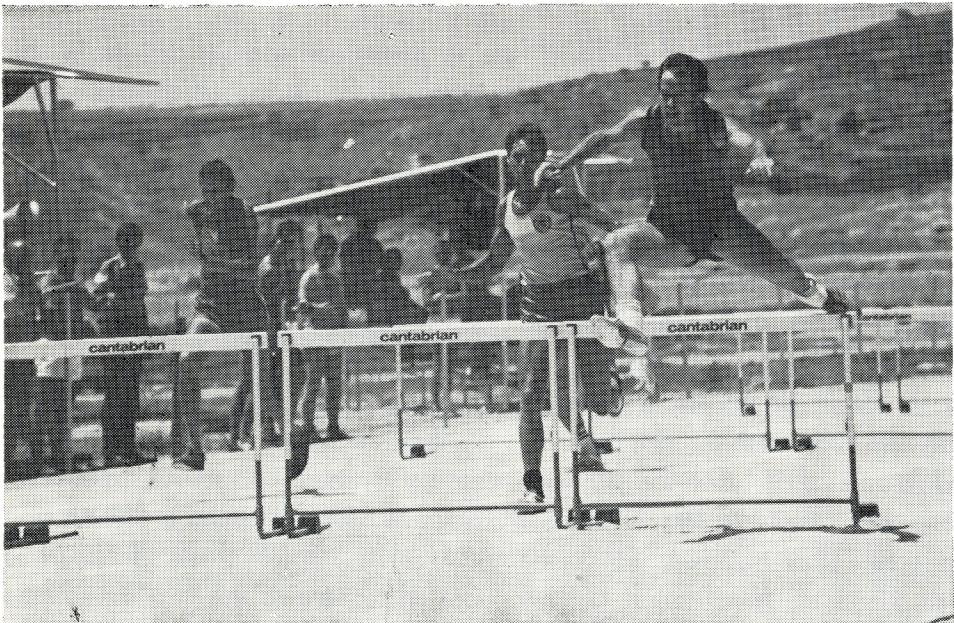
The 200 M individual race. From the left: Tpr MacMenamy (CANCON), Pte Paul (BRITCON) and Tpr Shingles (FSC Sqn).

# ATHLETICS



By the Editorial Staff

Photographs by Bob Fousert



Capt BLYTHE (BRITCON) on the way to winning the 110 M hurdles.

On 19 May the UNFICYP Athletics Competition took place at the ESBA Sports Ground at Dhekelia. The meeting was run by 3 Royal Anglian and the prizes were presented by the Force Commander, Maj Gen Gunther G Greindl.

All events were keenly contested and the standard was extremely high amongst competitors. SECTOR 2 fielded a very good team which took first place.



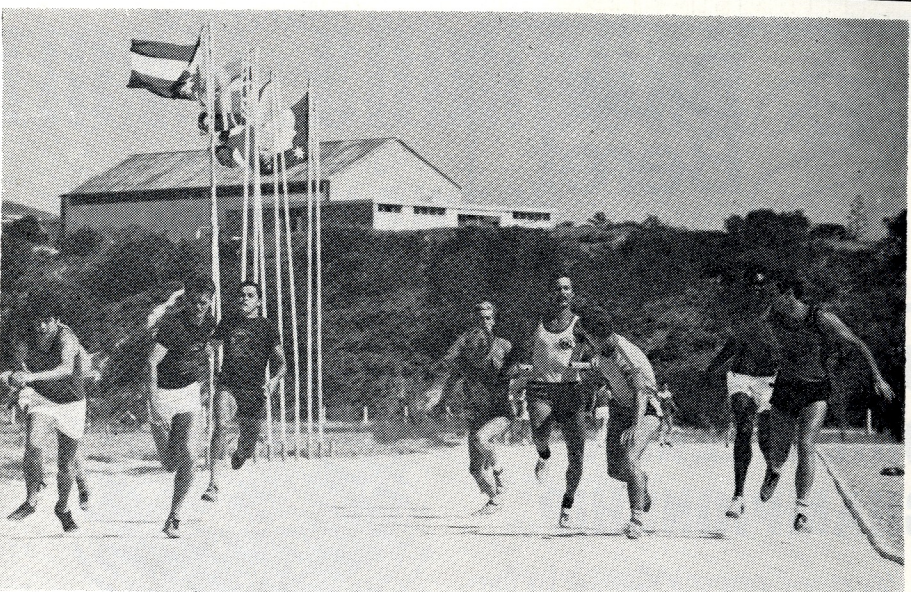
Tpr TREMBLAY (CANCON) clearing the high jump.

### TEAM RESULTS

1. SECTOR 2	120 Points
2. SECTOR 5	100
3. SECTOR 4	98
4. FSC SQN	93
5. SP REGT	74
6. SECTOR 6	27

### INDIVIDUAL RESULTS

110M Hurdles	Time
1. Capt Blyth SECTOR 2	17.1 secs
2. Sgt Wichman SECTOR 5	
3. Tpr Jordan FSC SQN	
100 M	
1. Pte Paul SECTOR 2	11.2
2. Sgt Adolfson SECTOR 5	
3. Tpr Williams SECTOR 4	
200 M	
1. Pte Paul SECTOR 2	24.2
2. Tpr Shingles FSC SQN	
3. Tpr MacMenamy SECTOR 4	



Handing over the batons in the 100M relay.



Tpr COX (Sp Regt) putting the shot.

400 M	
1. Pte Maynard SECTOR 2	53.9
2. Tpr Shingles FSC SQN	
3. Pte Salslend SECTOR 5	
800 M	
1. Sgt Lorsoest-lound SECTOR 5	2.08.1
2. Pte Maynard SECTOR 2	
3. MCpl Marshal SECTOR 4	
1500 M	
1. LCpl James SECTOR 2	4.21.2
2. Cpl Cotnam SP REGT	
3. Cpl Desloges SECTOR 4	

Javelin		Distance	Long Jump	
1. Pte Mattsson	SECTOR 5	55.56 M	1. Pte Paul	SECTOR 2 6.26 M
2. Sgt Phillpot	SP REGT		2. Sgt Folkerbrant	SECTOR 5
3. Cfn Nolan	FSC SQN		3. Cpl Waites	SP REGT
Shot Put				
1. Capt Blekaitis	SECTOR 4	11.36 M	Triple Jump	
2. WO2 Tingval	SECTOR 5		1. Tpr Hole	FSC SQN 12.23 M
3. Cfn Clough	FSC SQN		2. Sgt Wilkinson	SECTOR 2
			3. Pte Mattsson	SECTOR 5
Discus				
1. Sgt Folkerbrant	SECTOR 5	33.86 M	4 X 100 M Time	
2. Cpl Martin	SECTOR 4		1. SECTOR 2	46.3 secs
3. Cfn Nolan	FSC SQN		2. FSC SQN	
			3. SECTOR 4	
High Jump				
1. Tpr Tremblay	SECTOR 4	1.85 M	4 X 440 M	
2. Sgt Kamb	SECTOR 5		1. SECTOR 2	3.41.2
3. Cpl Waites	SP REGT		2. SECTOR 5	
			3. SECTOR 4	



The winning SECTOR 2 Team: 3 R Anglian. Back Row: (L to R) Pte Maynard, Lt Veal, Capt Godkin, Lt Col Drummond, Cpl Jackson, Pte Butler, Capt Brehaut. Front Row: (L to R) Sgt Eke, Pte Paul, Capt Blythe (Team Manager and organiser of the competition), Sgt Wilkinson, LCpl James.





UNFICYP ORIENTEERING CHAMPIONSHIP

On 22 May SWEDCON sponsored the UNFICYP Orienteering Championship at Dhekelia. The three courses were as follows:

9 Km for the Team and Open Competition; 7 Km for the over 35/40 year olds; a ladies' course of 5 Km.

SWEDCON, as expected, won the competition with a surprise from the Canadian Airborne Regiment which put CANCON into second place. The old men of HQ UNFICYP showed the way to the younger competitors by taking third place. The prizes were presented by the Force Commander, Maj Gen Gunther G Greindl.



SWEDCON'S winning team, (L to R) Sgt Bjornberg, Sgt Osterlund and Sgt Sodergren.

TEAM COMPETITION

- 1. SWEDCON
- 2. CANCON
- 3. HQ UNFICYP
- 4. BRITCON
- 5. MP COY
- 6. SP REGT

TEAM COMPETITION INDIVIDUAL RESULTS

1.	Sgt Osterlund	SWEDCON	1.01.35
2.	Sgt Bjornberg	SWEDCON	1.08.29
3.	Sgt Krogsgaard	DANCON	1.11.44
4.	Maj Whitehead	HQ	1.12.02
5.	Capt English	CANCON	1.15.11
6.	Tpr Cotman	CANCON	1.16.28
7.	2Lt Jaensson	DANCON	1.17.20
8.	Cpl Bines	BRITCON	1.17.57
9.	Sgt Huber	CANCON	1.18.38
10.	Maj Warren	HQ	1.19.15
11.	Sgt Sodergren	SWEDCON	1.20.31
12.	Tpr Carter	CANCON	1.21.11
13.	Maj Roberg	HQ	1.22.40
14.	Pte Wallrud	SWEDCON	1.23.15
15.	Pte Knight	BRITCON	1.23.20
16.	Tpr McGillivray	CANCON	1.25.29
17.	Capt Hallsund	HQ	1.26.34
18.	J H. Jensen	MP COY	1.26.40
19.	G S Kristiansen	MP COY	1.28.57
20.	Sgt Halladay	SP REGT	1.29.14
21.	E S Jorgensen	MP COY	1.29.37
22.	Pte Coleman	BRITCON	1.30.18
23.	Sgt Karlsson	SWEDCON	1.32.17
24.	Capt Carruthers	SP REGT	1.36.37
25.	Capt Kirksbride	SP REGT	1.37.55
26.	Pte Odell	BRITCON	1.38.00
27.	Cpl Keeble	BRITCON	1.39.23
28.	Lt Gilroy	SP REGT	1.39.29

29.	Tpr Merritt	FSC SQN	1.40.16
30.	Capt Cross	SP REGT	1.46.22
31.	LCpl Davis	FSC SQN	1.57.16
32.	Pte Jamieson	BRITCON	2.03.47
33.	Pte Dinan	BRITCON	2.06.17
34.	A Svensson	MP COY	2.20.26

OVER 35 RESULTS

1.	Maj Postgate	SP REGT	55.15
2.	Capt Ruuth	SWEDCON	57.06
3.	Capt Pergstrom	SWEDCON	59.50
4.	Pte Karlsson	SWEDCON	1.47.40

OVER 40 RESULTS

1.	Lt Col Jansson	SWEDCON	55.18
2.	Capt Bjornsson	SWEDCON	1.07.16
3.	Maj Oster	HQ	1.07.20
4.	Maj Morris	SP REGT	1.10.18
5.	Capt Gustavsson	SWEDCON	1.35.29
6.	Maj Robertson	SWEDCON	1.53.20

INDIVIDUAL & GUEST RUNNERS

1.	WO2 Sach	EPISKOPI	54.43
2.	Sgt Eriksson	SWEDCON	1.00.57
3.	Sqn Ldr Pratley	DHEKELIA	1.05.12
4.	Capt Holmstrom	SWEDCON	1.09.00
5.	Tom Parker	DHEKELIA	1.09.12
6.	WO2 Sundstrom	SWEDCON	1.09.54
7.	Mr Haig	AY NIK	1.12.27
8.	Pte Naslund	SWEDCON	1.13.52
9.	Cpl Stewart	CANCON	1.15.25
10.	MCpl Haines	CANCON	1.22.15
11.	Mr Turner	AY NIK	1.25.44
12.	Cpl Bidwell	CANCON	1.26.16
13.	WO2 Nilsson	SWEDCON	1.28.10
14.	Tpr Girard	CANCON	1.32.44
15.	Tpr Gagne	CANCON	1.41.23
16.	Pte Risberg	SWEDCON	1.50.57

LADIES RESULTS

1.	Miss Remmert	SWEDCON	57.02
2.	Miss Moran	AY NIK	1.02.10
3.	Mrs Postgate	SP REGT	1.11.48

UNFICYP FOOTBALL TEAM

Won 4; Lost 4; Drew 1.

Standing (L to R): Alec Campbell (Brit), Paul Thurston (Brit), "Rocky" Rock (Brit), Benny Hokkanen (Swed), Paul Tyrell (Brit), Sonny Fält (Swed), Anders Persson (Swed), Rab Taylor (Brit).

Kneeling (L to R). "Jonas" Sjöberg (Swed) Brian Perry (Brit), Andy Twell (Brit), Paul Lennox (Brit), Ingvars Fors (Swed), Hans Folk (Swed), Arnie Sharp (Brit), Mark Toner (Brit).



INTERNATIONAL COOKBOOK



PIP'S CALORIE-BLOWERS

RICH CREAM CHEESECAKE

By Pip Johansson

Ingredients:

Shortbread:

- 200g/7oz plain flour
- 120g/4oz butter, cut in flakes
- 70g/2½oz castor sugar
- 1 egg yolk
- pinch of salt
- grated rind of ½ lemon

Filling:

- 250ml/8 fl oz milk
- 200g/7oz castor sugar
- pinch of salt
- grated rind of 1 lemon
- 4 egg yolks
- 25g/1oz powdered gelatine
- 450ml/¾ pt double cream
- 450g/1lb curd or cream cheese
- icing sugar to sprinkle

Method:

Sift the flour onto a large board and dot with the flaked butter. Make a well in the centre, add the sugar, egg yolk, salt and lemon rind. Working from the centre outwards quickly knead all the ingredients to a smooth dough. Shape into a ball, wrap in foil or cling film and leave for 2 hours in the fridge.

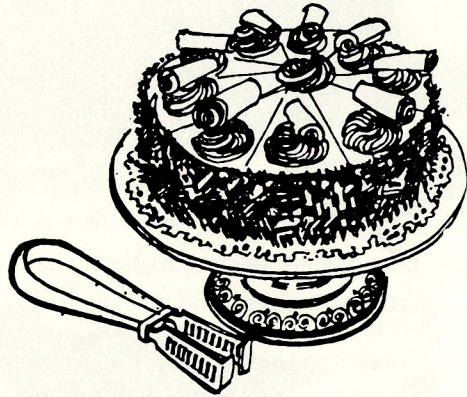
Preheat the oven to moderately hot (190C, 375F, Mark 5). Roll the shortbread out thinly on a floured surface to make two 25cm/10" rounds. Place on greased baking trays and bake for 8-10 minutes until golden brown. While still warm cut one round into 12 equal portions and cool on wire rack with the other round.

Place the milk, sugar, salt, lemon rind and egg yolks in the top of a double saucepan or in a basin over a pan of hot water. Heat gently, stirring continuously until smooth and thickened. Remove from the heat.

Dissolve the gelatine in 3 tablespoons water over a gentle heat. Stir into the custard and leave to cool. Whip the cream until thick. When the custard begins to set, stir in the beaten cream cheese then carefully fold in the whipped cream.

Line the sides of a 25cm/10" springform cake tin with a strip of greaseproof paper. Place the uncut shortbread round in the base of the tin, spoon over the cheese filling and smooth the surface.

Arrange the cut shortbread on top to form a complete round then allow to set in the fridge. Remove the cheesecake from the tin and carefully peel away the greaseproof paper. Finally sprinkle with sifted icing sugar.



CAKES

PEAR CHEESECAKE

Ingredients:

Pastry:

- 125g/4oz plain flour
- 60g/2oz butter, cut into flakes
- 45g/1½oz icing sugar
- ½ teaspoon vanilla sugar
- 1 egg yolk

Filling:

- 1 can (410g/14oz) pear halves
- 3 tablespoons Kirsch
- 250g/9oz curd or cream cheese
- 125g/4½oz castor sugar
- juice of 1 lemon
- 20g/¾oz powdered gelatine

Topping:

- 250ml/8fl oz double cream
- 25g/1oz castor sugar
- 3 tablespoons crushed praline
- 4 tablespoons redcurrant jelly

Method:

Sift the flour into a bowl. Add the butter, icing sugar, vanilla sugar, salt and egg yolk and mix to a dough. Cover and chill in the fridge for 2 hrs. Preheat the oven to moderately hot (200C, 400F, Mark 6) Roll out pastry to line a 20cm/8" loose-bottomed flan tin and bake blind for 30 minutes. Cool.

Drain the pears and reserve the juice. Moisten the pears with a little Kirsch. Beat the cheese with the sugar, lemon juice and remaining Kirsch. Dissolve the gelatine in 3 tablespoons of the pear juice over a gentle heat. Stir into cheese mixture. Arrange the pears in the pastry case, spread over the cheese mixture and leave to set.

Whip the cream with the sugar until stiff. Mix two-thirds of the cream with two tablespoons of the crushed praline and half the redcurrant jelly. Spread over the cheesecake. Decorate with rosettes of the remaining cream, redcurrant jelly and crushed praline.

HAZELNUT ICE CREAM CAKE

Ingredients:

Sponge mixture:

- 3 eggs, separated
- 65g/2½oz castor sugar
- 25g/1oz plain flour
- 30g/1oz cornflour
- 75g/3oz toasted hazelnuts, finely ground

Filling & Topping:

- 600ml/1 pint double cream
- 225g/8oz castor sugar
- 75g/3oz toasted hazelnuts, ground
- a few whole hazelnuts

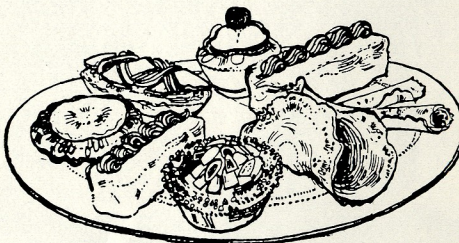
Method:

Grease and flour a 20cm/8" cake tin. Pre-heat oven to moderately hot (190C, 375F, Mark 5). Whisk the eggs with the sugar until pale and creamy. Sift the flour with the cornflour and carefully fold in with the ground hazelnuts. Pour into the cake tin and bake for 25-30 minutes.

Turn onto a wire rack to cool. Leave the cake for 24 hours then cut it through into two layers. Line the sides of the cake tin with foil and place one of the layers over the base.

Whip the cream with the sugar until stiff. Reserve a third of this cream and then add 50g/2oz ground hazelnuts to the remainder. Spread over the cake base and place the second cake layer on top. Freeze the cake for 5-10 hours in the freezer or in the freezing compartment of the fridge.

Leave at room temperature for 15 minutes then turn out and decorate. Use a little of the reserved cream to spread thinly over the top and sides of the cake and sprinkle with the remaining ground nuts. With the rest of the cream, pipe rosettes on the cake and top these with whole hazelnuts. Serve at once.



PÂTISSERIE

ÉCLAIRS AU CHOCOLAT

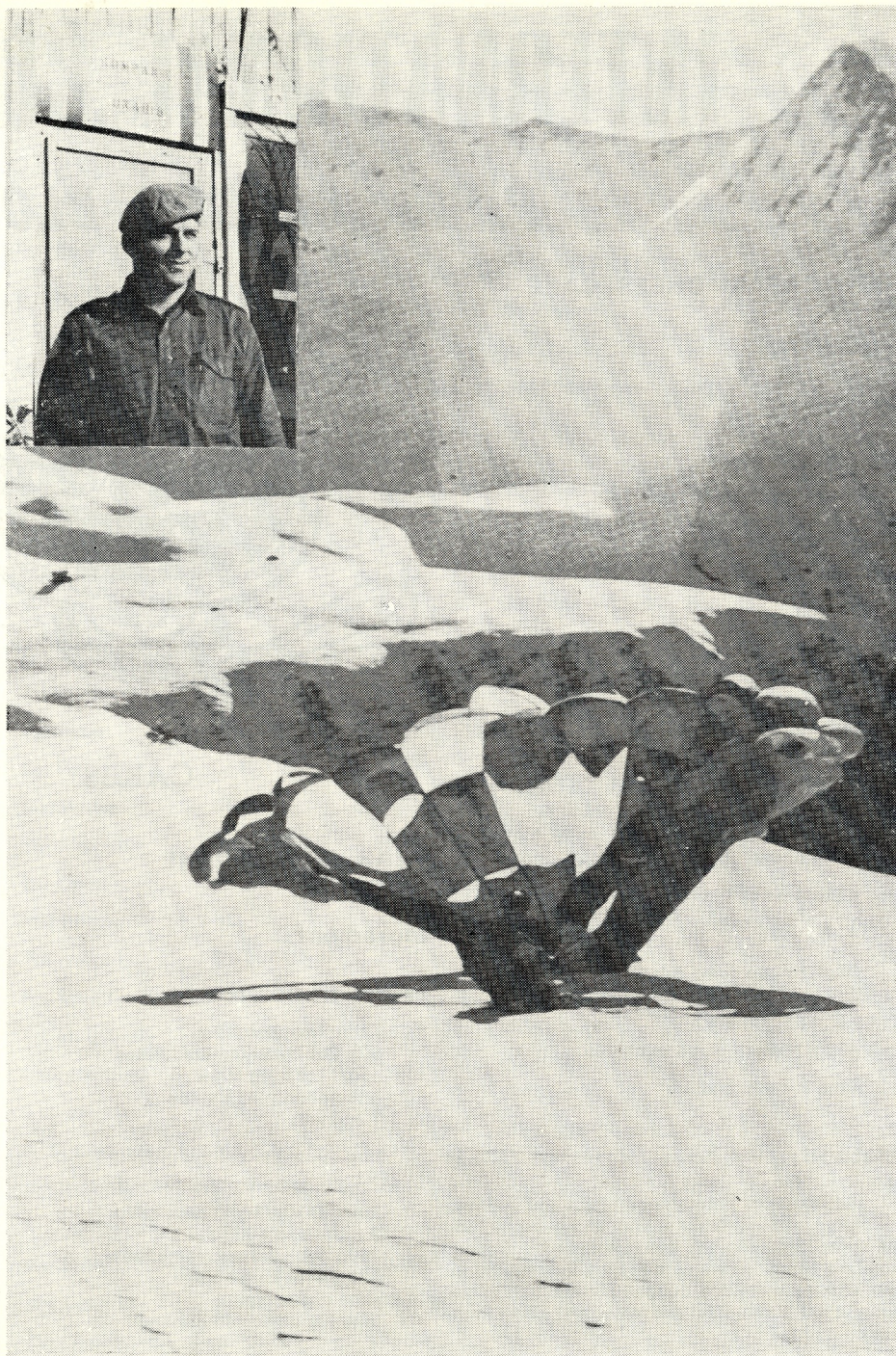


# Pictorial news

## EPPLE THE SKYDIVER

Captain Rainer Epple, the Commander of AUSCON's 1st Rifle Company, is a fully trained tank man who's normal employment is commander of an Austrian tank observation company. In his free time he hotly pursues his hobby of skydiving (freefall parachuting). He is also Chairman of the Austrian Skydiving Club—"Freistadt".

The photo shows him touching down in the Alps.



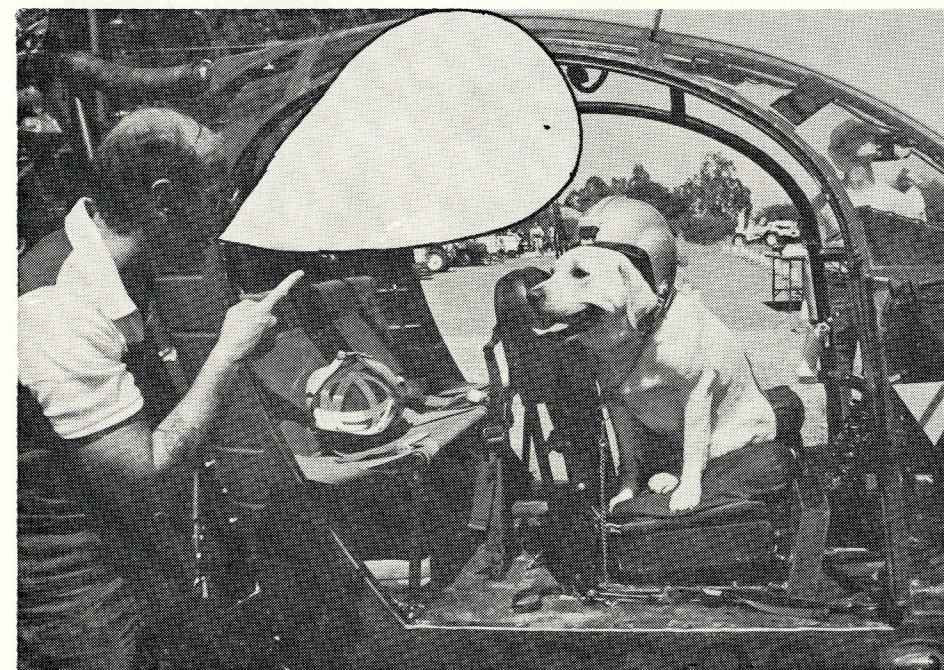
## COMMENDATION TO COMMANDER SECTOR 4

On 8 May 1981, the Force Commander Maj Gen G G Greindl presented the United States Navy Commendation for outstanding service, on behalf of the US Naval Department, to Lt Col J P Thompson OMM CD. Lt Col Thompson spent two and a half years with the United States Marine Corps as a Liaison Officer.

## UN STAMPS AND FIRST DAY COVERS



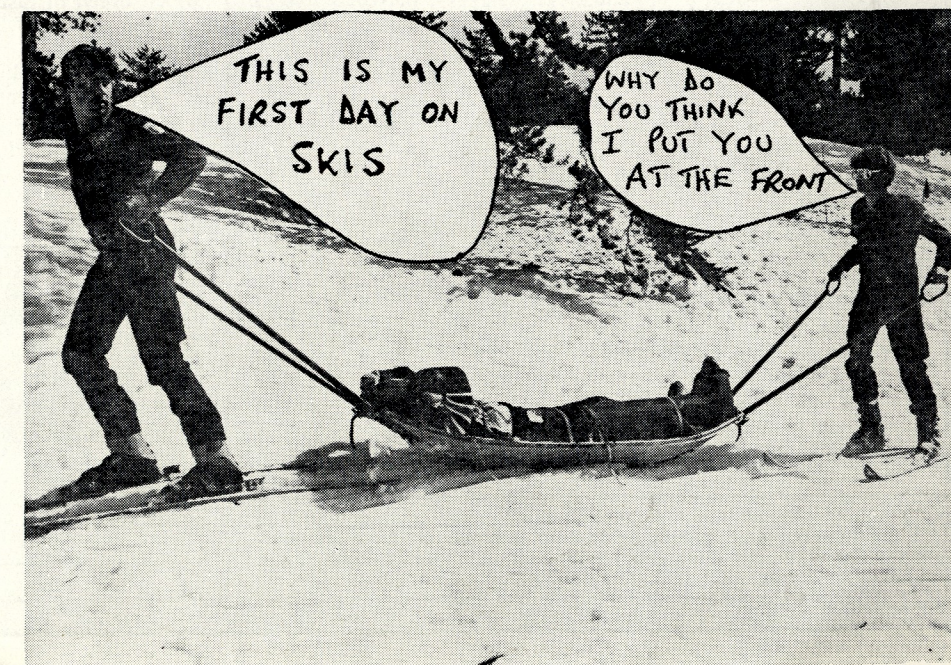
The United Nations Commemorative Stamps and First Day Covers are available from the Finance Section, Blue Beret Camp, HQ UNFICYP.



## PHOTO CAPTION COMPETITION

Captions are invited for the picture of UNFICYP's new "Pilot" (Scoobie the Dog). Submissions should reach the MPIO, HQ UNFICYP by 30 June 1981.

The winning caption for the May Photo Competition is on the right.



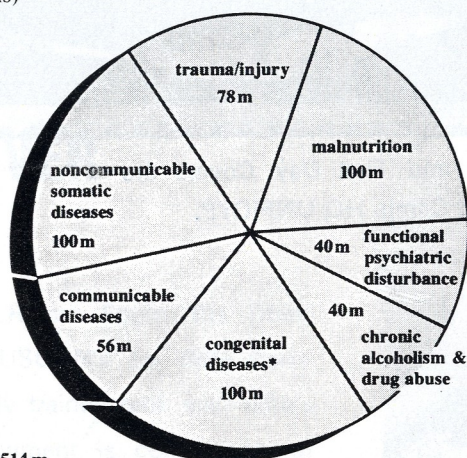




## Disability: the facts

### The global picture

#### WORLD INCIDENCE OF DISABILITY (in millions)



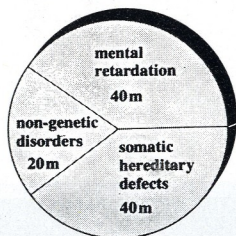
Total = 514m

The accepted minimum estimate of the magnitude of the disability problem is that at least one in ten children is born with, or acquires, a physical, mental or sensory impairment. The data are very incomplete; estimates rise to 15 or 20% depending on definitions used and conditions included. Rehabilitation International's figure is 500 million; over 2/3 of these live in developing countries, mostly without any rehabilitative services.

\* eg: back disorders, heart conditions, epilepsy, arthritis, etc.

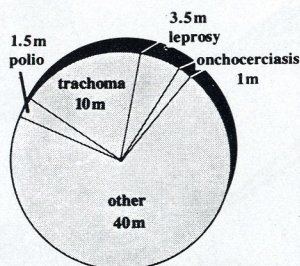
#### CONGENITAL DISEASES

Definition: diseases existing at, and usually before, birth, regardless of cause. Somatic hereditary defects: physical imperfections genetically transmitted from parent to offspring, eg club foot, cleft-lip, spina bifida, blindness, deafness, muscular dystrophy, genitourinary malformation, cystic fibrosis. Non-genetic = non-hereditary disorder.



#### COMMUNICABLE DISEASES

Definition: diseases which can be carried from one person to another, directly or indirectly. Where people live in a deprived social environment and in insanitary conditions, as in poor, densely-settled urban areas, the risk of contracting a communicable disease rises considerably. For details of main disabling communicable diseases, see next column.



Most of the information on these pages comes from WHO document SHS/75.1 WHO policy and Programme for Disability Prevention and Rehabilitation; and Epidemiology and Community Health in Warm Climate Countries by Criuckshank, Standard, Russell; published by Churchill Livingstone, 1976.

### Disabling diseases

Some communicable diseases directly cause serious impairment or disability, depending on the severity of infection and how early a case receives medical attention. Approx. 1% of the world population is disabled by these and other communicable diseases.

#### POLIO

Around 75,000 cases a year; on the increase in many developing countries. Endemic in an insanitary environment because immunity develops in early life, polio only becomes epidemic when public health standards rise and children are not naturally immune. Once infant mortality drops below 75 per 1,000 live births, prevalence increases without widescale vaccination.



ICEF 2674

#### TRACHOMA

World's most widespread infectious disease: 400-500 million cases, a high proportion among children, of which 2 million are completely blind. Spread of infection intimately connected with poor socio-economic conditions — overcrowding, abundant flies, lack of clean water — and can only be tackled by improving public health. No successful vaccine developed.

#### ONCHOCERCIASIS

Known also as river-blindness; 20 million cases, mostly in Volta basin, W. Africa. Caused by worm forming nodules under skin; carried by flies which breed in fast-flowing rivers. Severe impact of disease causes abandonment of fertile lands. Methods of control: treatment; vector control; prevention by chemoprophylaxis. Some UNICEF assistance to Volta River campaigns.



WHO

#### LEPROSY

Around 15 million people affected, 25% of whom disabled, mainly because of injury sustained to parts of the body where sensation lost. Dreaded because of age-old association with social ostracization. Controversy surrounds both mode of transmission (via nose or skin), and whether incidence can be controlled by treatment of clinical cases. Sulphone chemotherapy available since 1940s.

