

THE BLUE BERET



MARCH 1981



FEBRUARY IN RETROSPECT

Rotations		11—13	Lt Col S Elvhammar, Maj Linden, Maj Taglgjerg, Capt O Jessen and Capt U Peri to the Swedish Contingent as part of a training scheme.
None			
Medal Parades		11—19	Royal Canadian Artillery Band to UNFICYP.
3	IRCON	19	Wing Cdr I Brameld to 84 Sqn Det RAF
13	MP Company	18—26	Maj J Dufault to the Canadian Contingent.
20	BRITCON	20—24	Col P Palmer and Capt Dowdle to the British Contingent.
Visits		21—24	Maj Gen Kantola, Maj Gen Koskenvuo, Col Waris, Capt Tunkelo to the Finnish Contingent.
1—8	HE Mr J S Stanford, Canadian Ambassador accredited to Cyprus to the Canadian Contingent.	25—1 Mar	Maj Cowley to the Canadian Contingent.
4—7	BGEN (Retd) and Mrs W Turner and Col and Mrs Beaudry to the Canadian Contingent.	25—5 Mar	Mr P Northover to the Canadian Contingent to conduct an audit.
6—13	Maj P Cox and WO R Hughes, Recce Party for 7 Sqn RCT to HQ UNFICYP.	27—5 Mar	Maj F Lareau to the Canadian Contingent to discuss legal matters.
6—13	Mr T W Beaumont to Force Reserve.	Military and Recreational Competitions	
11—19	Commander 5 Combat Group BGEN F Richard and Mrs Richard and Lt J Devault to the Canadian Contingent.	12—13	Military Skills Competition.
16	Wg Cdr Scott to 84 Sqn Det RAF.	27	UNFICYP Shooting Competition.

FUTURE EVENTS

AT THE BRITISH COUNCIL

3 Museum Street Nicosia

Thursday 12 March at 7.30 pm.

A Theatre Evening: MOLL

Sketches for a play by Glyn Hughes with apologies to William Hogarth with Angela Aloneftis and a workshop ensemble.

Saturday 14 March at 3 pm.

Children's films

"Fern The Red Deer" Belinda, an orphan, arrives at an Exmoor sheep farm only to face the resentment of her cousin Tom Pollard. The arrival, however, of a deer calf Fern brings the cousins together as they fight for her survival. On the farm Fern learns her most important lesson, to fear man.

"Good Deed on Time": A short film from the "Magnificent 6 1/2" series.

Thursday 19 March at 7.30 pm.

Feature Film "Kind Hearts and Coronets"

with Dennis Price, Alec Guinness, Valerie Hobson and Joan Greenwood.

Certainly the most brilliant of the Ealing Comedies and possibly the finest comedy film ever made. It is set in England at the turn of the century. With deadly grace and delectable wit, Dennis Price, as the penniless offshoot of an appalling aristocratic family, murders his way through all the heirs — all played by Alec Guinness — to the dukedom. He becomes the Duke but is arrested for a murder he did not commit. Can he escape the gallows?

Friday 20 March at 7.30 pm.

Public Lecture: "Gothic Churches of Cyprus"

by Dr Nicola Coldstream, specialist in Western Mediaeval Architecture.

Thursday 26 March at 7.30 pm.

Public Lecture: "The Beginning of Greek Sculpture" by Professor Nicholas Coldstream, Professor

of Aegean and Cypriot Archaeology at the University of London.

AT THE AMERICAN CENTRE

33B Homer Avenue, Nicosia

Wednesday 18 March at 7.30 pm.

Feature Film: "The Front"

Director Martin Ritt ("The Great White Hope" and "Hud") has used the comic talents of Woody Allen and Zero Mostel to tell a serious story: the troubles of TV and film writers blacklisted during the "McCarthy era" of the early 1950's.

Woody Allen plays a restaurant cashier who submits to the network, under his own name, scripts by a friend who can no longer write for TV because of his political leanings. Soon he is fronting scripts for several blacklisted writers, and making good money, but when he is called to testify before the Un-American Activities Committee he suddenly has to decide whether he has principles.

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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

Major General J J Quinn with State Trumpeters of the Blues and Royals at the BRITCON Medal Parade.
Photo: George Moffett

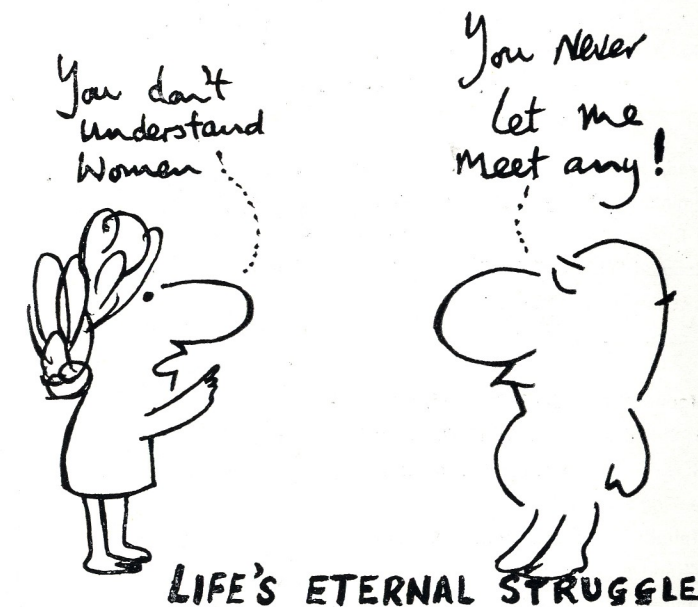
THE BLUE BERET



Editorial

General Jim — Major General James J Quinn, the Irishman with the wisdom of a wily old bird, has handed over command of UNFICYP. I know that I voice the feelings of all members of the Force when I say that we shall miss you, and we wish you and Mary all the best back in Ireland — "God be with you".

Major General Gunther Greindl is now in the chair as the new Force Commander. We welcome him, and his family who will be arriving next month, back to Cyprus and we wish them all a pleasant stay on the island.



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CARNIVAL TIME AT CANCON "CARNAVAL DE CHEBEC"

By Dave Chaplin



"V" Battery had a different idea.



Lt Col Plienegger tries his strength against MCpl Nadeau of the Engineers.

As promised, Bonhomme Carnaval, the by-no-means Abominable Snowman, visited Wolseley Barracks on Sunday 15 February. His arrival dispelled the dreaded "cafard d'hiver", the cabin fever that afflicts snow-bound Canadians imprisoned in their log cabins by the twelve-foot snowdrifts.

With the foundation of the first permanent settlement at Port Royal in Acadia in 1603, Samuel de Champlain and his men realised that some radical means of breaking the monotony of the long winters had to be found: thus was born "The Order of Good Cheer" and a nearly four century old French Canadian tradition of winter feasting and celebration. This, combined with the millennial custom



Bonhomme Carnaval with the Queen of the Carnival on his right, and the Duchesses.

of the pre-lent Carnival known from Cyprus to the Philippines by way of Rio and New Orleans, produced the "Carnaval de Quebec".

This is the first winter that 5RALC has not been able to celebrate the Carnival in Quebec in full force; however, the minor detail of being 10,000 km away from Quebec did not stop us having it anyway. Everyone in Cancon received his traditional snowman through his Battery QM; scores of "ceintures flechees" the French Canadian sash went on sale. "Ti-Père" (Little Father) had his "cabane" open handing out "Caribou", Quebec's answer to "Kikapoo Joy Juice".

Of course, minor adjustments had to be made — ice sculpture is not an important art in Cyprus for obvious reasons; the same reason why there was no ice slide. On the other hand, nobody got frost-bite!



"Drive'er!"



"Hurry up, I can't hold it much longer!"

After the roll-past of the parade floats and the crowning of the Carnival Queen and her Duchesses, the serious business began: the sports competitions. Some may be known elsewhere, but, except for the 8 and 10 Km runs, you won't find them on the Olympic schedule. Axe Throwing, Naildriving, Log Sawing, Arm Wrestling, Horse-Bucking (on an oil drum) and Bench Pressing were all hotly disputed. Less exhausting were the chess tournament and the Moustache judging.

A most enjoyable day was completed with a meal of fried eggs, ham, dumplings in maple syrup, baked beans and beer, followed by an excellent concert by the Royal Canadian Artillery Band in the ballroom of the Ledra Palace.



Flag Party marches on accompanied by a Royal Anglian drummer.



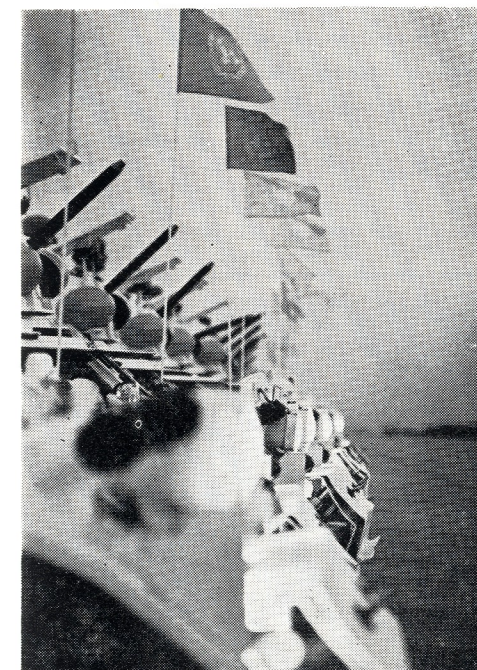
Maj Gen J J Quinn presenting medals.



BRITCON MEDAL PARADE

By the Editor

Photos George Moffett



Ferrets of C Squadron The Blues and Royals.

The BRITCON Metal Parade took place at Nicosia International Airport on Friday 20 February 1981. Maj Gen J J Quinn was the reviewing officer and presented the UN Medals. The parade was commanded by Lt Col R J M Drummond OBE, Commanding Officer 3rd Battalion The Royal Anglian Regiment. The Commander of BRITCON, Brigadier J D Bastick MBE was the man behind the very professional parade. The following units were on parade:

- C Squadron The Blues and Royals
- 3rd Battalion The Royal Anglian Regiment and their Regimental Band.
- UNFICYP Support Regiment, comprising:
 - UNFICYP Engineer Detachment
 - 254 (UNFICYP) Signal Squadron
 - UNFICYP Flight AAC
 - 8 Squadron RCT
 - UNFICYP Medical Centre
 - UNFICYP Ordnance Detachment
 - UNFICYP Workshop REME
- 84 Squadron Detachment RAF



Maj Gen J J Quinn with State Trumpeters of the Blues and Royals.



Lt Col R J M Drummond OBE leads his men on parade.



Mixed vehicles of UNFICYP Support Regiment in pristine condition.


SWEDCON

UN 500 - THE MOBILE OFFICE

by Sven Hovne



UN 500 with Lt Col Bo Eriksson on the left and Pte Peter Engstrom the driver.

"Typical of the Army!" That's probably what some SWEDCON soldiers think when they are sitting in a draughty Landrover or riding over a bumpy track, and they see Commander SWEDCON glide past alone in his comfortable official car: UN 500

"Without my car I can't do my job properly. The official car and a competent driver are a very important part of my job. My car is a mobile office.. So says Lt Col Bo Eriksson, Commander SWEDCON and a look at his diary proves the point. Lt Col Eriksson spends at least eight hours — a full working day — in his car each week. During some busy weeks the number of hours spent in his official car can be as high as twenty.

"I always take my briefcase with me, and as I travel in my Sector or to other parts of the Island, I do my paperwork. I read reports or write memorandums and speeches. I can't do that in a Landrover".

"I also often have guests to show around; then the car serves as a comfortable briefing room on four wheels".

Almost as important as the car itself is the driver. Pte Peter Engstrom has been the driver of UN 500 for two battalion COs.

"I like my job. I've seen all parts of Cyprus, met

a lot of interesting people and made many new friends".

What sort of person is needed for the driver of the official car? Peter answers, "Of course one has to be a good driver. But one must also be quick to learn how to find one's way around. The streets of Nicosia were quite tricky in the beginning.

One also needs quite a lot of patience. In my job I have to wait around a lot when the Commander is attending meetings or official functions. There are no regular hours; I am used to early mornings and late nights".

So is Lt Col Eriksson!

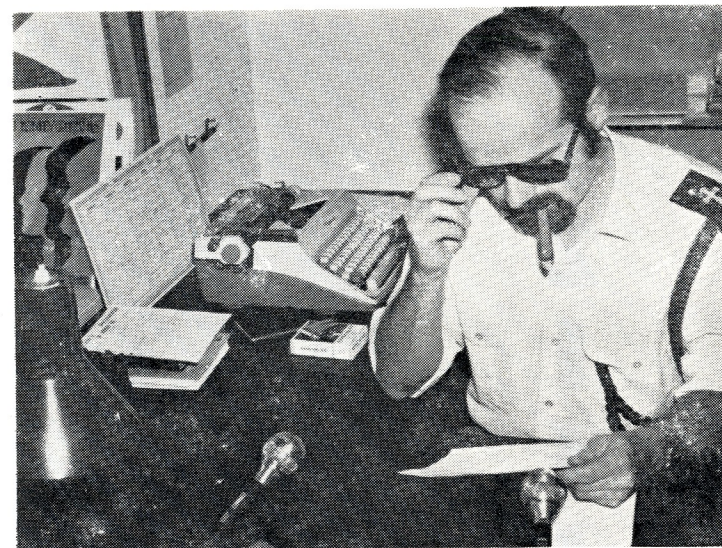


PART TIME JOB AT OP 20

By Hubert Schermann.

Forty-seven year old Warrant Officer II Max Sartori has discovered by chance his flair for tapestry weaving. This kind of hobby enters him into competition with his own wife who's spare-time activity is also tapestry weaving. In the meantime Max has achieved his Masters Degree and is now finishing his tenth motif. Sartori is "killing two birds with one stone"; firstly his time rushes by quickly and sensibly, secondly his motifs represent material worth.

Now try it yourself! We wish you much success!



Chaplain I E Larsen editing the tape.



The DANCON-TAPE being recorded.



DANCON-TAPE

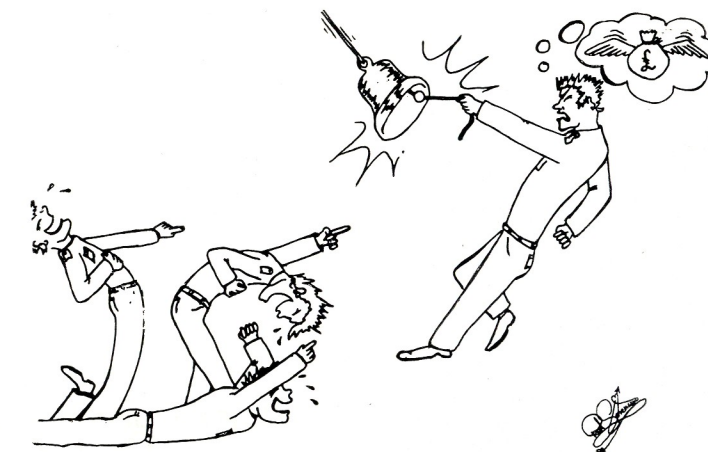
By Zak Zachariaesen

Whilst other contingents use radio broadcasting to communicate with their men, Sector 1 does it in a totally different way.

All members of Sector 1, their families and friends in Denmark, and also previous members of DANCON, know that they are able to send greetings to friends and relatives through our Chaplain.

The Chaplain not only receives many letters from Denmark but also receives letters from one unit to another. It is a custom in Sector 1 that if somebody has made a fool of himself, then his friends will send him their regards on the DANCON-TAPE. It is normal that the regards are accompanied by a music request to fit the greeting — "Song for Fools" or "Give him another chance".

Apart from this the tape is used as an information medium for the contingent. At Christmas and New Year the Commander DANCON and the Company Commanders send greetings to their men. On the Christmas tape the Chaplain started with a short devotion so that everybody was able to have their own



The lucky one is ringing the bell.

service on Christmas Eve. The doctor and welfare officer also make good use of the DANCON-TAPE.

1200 hours every Wednesday is the deadline for leaving greetings. At that time the Chaplain will open the envelopes and start editing the tape. At 1400 hours the signal officer 2Lt O J Nielsen and technician S/Sgt L Borkenfelt arrive at the studio in the "rectory" in order to help with the technicalities of making a tape. When the Chaplain is absent one of them will carry on the work in his place. With the techni-

cians and Chaplain behind the mike, the master tape is eventually produced with greetings, music and information. Every DANCON contingent has its signature tune and for DANCON XXXIV it is — "Everybody Loves Saturday Night" with Papa Bue's Viking Jazzband!

It is important that you know the men very well if you want to understand the greetings because nicknames are often used. Guess who has the most nicknames? — the Chaplain: Army Monkey
Army Warrior Disc Jockey

Agent of St Peter
Ambassador of Heaven
Clergyman's Ruff
Hymn and Bible Shopkeeper

On Thursday morning the master tape is handed over to the SDS with 32 other tapes to be taken to Nicosia for re-recording. On Friday afternoon the SDS brings the tapes back and the Chaplain or one of his helpers distribute the tapes to the companies who again hand them over to every mess and OP. 17 tapes go to the OPs, 10 to the messes, 2 to HQ UNFICYP and 4 to the MP Coy.

Saturday evening is DANCON-TAPE night in all messes and at every OP, where everyone is listening and wondering if they will receive a greeting. Many men who are "honoured" with a greeting buy the tape as a memory of their tour in Cyprus.

It is normal that if your name is on the tape either as a greeting from friends or from your family in Denmark or from another soldier because you have made a fool of yourself, then you have to buy a round of drinks for everyone present, or make a fixed donation.

In all messes there is a horn or a bell and it costs you a pound to sound the horn or ring the bell. If you get a DANCON-TAPE greeting, and you are in the mess, you must sound the horn or ring the bell twice. When the DANCON-TAPE has finished there are "BAKSHEE" — free drinks from all the money collected and it is normal to celebrate until all the money is gone!



The master-tape and the other 32 tapes being handed over to the SDS.



DANCON-TAPE Night at one of the OPs.



AUSCON judging that distance.

MILITARY



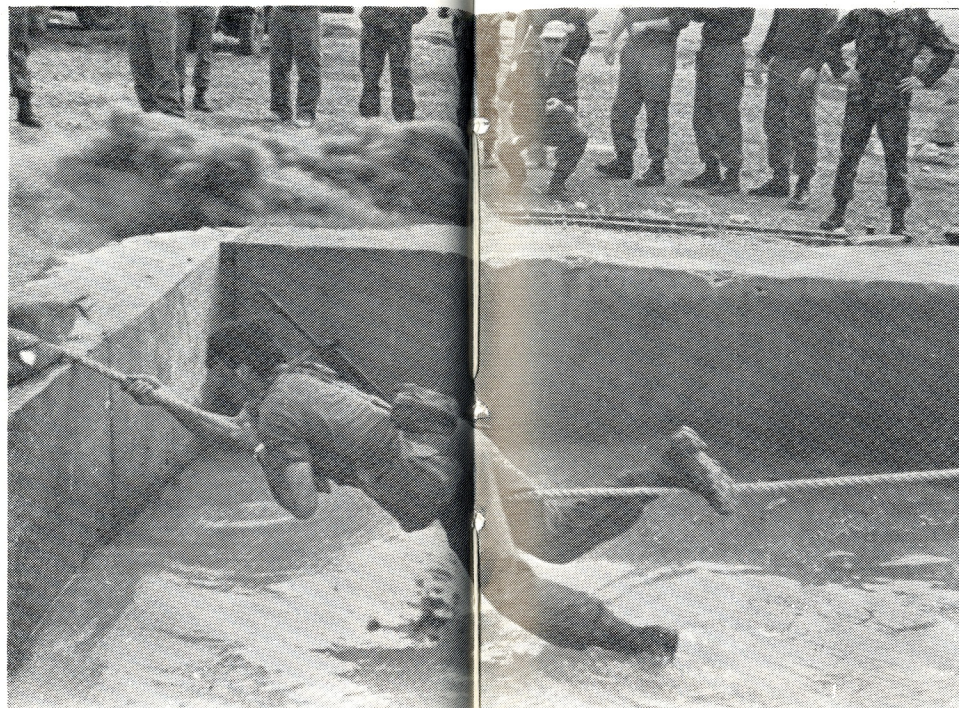
by The Editor

The first UNFICYP Military Skills Competition of 1981 took place 12/13 February. The Competition was sponsored by the 3rd Bn The Royal Anglian Regiment under the direction of Lt Col Peter Williamson. The co-ordinating officer from HQ UNFICYP was Major Peder Frederikson.

Each team comprised one officer and three soldiers, and entries came from DANCON, SECTOR 2, CANCON, SWEDCON, AUSCON, FORCE RESERVE and SUPPORT REGIMENT. After a closely contested competition, Brigadier J D Bastick presented prizes to the winning DANCON team, to AUSCON (runners-up) and to SECTOR 2 (3rd). All competitors also received a certificate to commemorate their participation in this gruelling competition.

Phase 1 of the competition — the forced march — was held over a course of approximately 14 Km. The weather was perfect and SWEDCON ran the whole route except for 200 m in a "blistering" time of just under 71 minutes. The second fastest time was SECTOR 2 in 80 minutes with Sp Regt a creditable third in 82 minutes.

After a short rest, teams were briefed for the next phase of the competition. They were then led forward to OP positions and shown the ground by umpires. The task was to establish an OP with slit trenches for all members of the team and an administrative area for cooking and resting. The initial part



CANCON's Lt HARVEY cooling his feet.

COMPETITION

of the establishment of the OPs took place in daylight with finishing touches put in at dusk. Activity during the night comprised a night navigation exercise followed by a night observation exercise.

The next morning began with AUSCON in the lead and their team looking confident. The scores before the start of Phase 3 were as follows:

AUSCON	531
SECTOR 2	493
CANCON	489
SWEDCON	477
DANCON	476
SP REGT	430
FORCE RES	410

The first five stands of Phase 3 were Grenade Throwing, Signals Test, Distance Judging, Map Read-

ing and First Aid. It is interesting to reflect what the scores were at this stage with only the Obstacle Course and Falling Plate Shooting competition still to come. DANCON had caught up to within two points of the leading AUSCON team. Team scores were as follows:

AUSCON	843
DANCON	841

TEAMS

SECTOR 1

Lt C Pedersen
Sgt M S Paulsen
LCpl O Velling
LCpl A Aarsley

SECTOR 2

Lt S G Harlow
Sgt B Hillier
Pte J Patrick
Pte P Okopskyj

SECTOR 4

Lt A Harvey
Sgt L Pavette
Art J P Levesque
Art J S Millette

SECTOR 5

Capt L Jalgav
WO2 M Wenner
Pte C North
Pte A Sundius

SECTOR 6

2Lt A Kotzmaier
WO2 R Dichtl
LCpl K Gangl
LCpl W Riedl

FORCE RESERVE

Lt H Sutherland
CoH T Quinn
Tpr J Parker
Tpr M Norris

SP REGT

Capt T Cross
Sgt P Baker
Sig S Curly
Sig A Monk



Photos George Moffett

CANCON	783
SWEDCON	767
SECTOR 2	745
SP REGT	735
FORCE RES	692

DANCON was the first team through the enterprising obstacle course set by the Anglians; the Danes completed the course in an incredibly fast time of 4 minutes 4 seconds. No other team approached this time and AUSCON ruined their chances when they had to return from the finishing line to retrieve a rifle which they had left on top of the wall.

The Falling Plate was fairly even with SWEDCON achieving the best score.

Whereas fate struck at SWEDCON in the August 1980 Competition, so it hit the leading team AUSCON in this competition as well. It was proved once again how dramatically the running order can be changed in any part of this Competition.

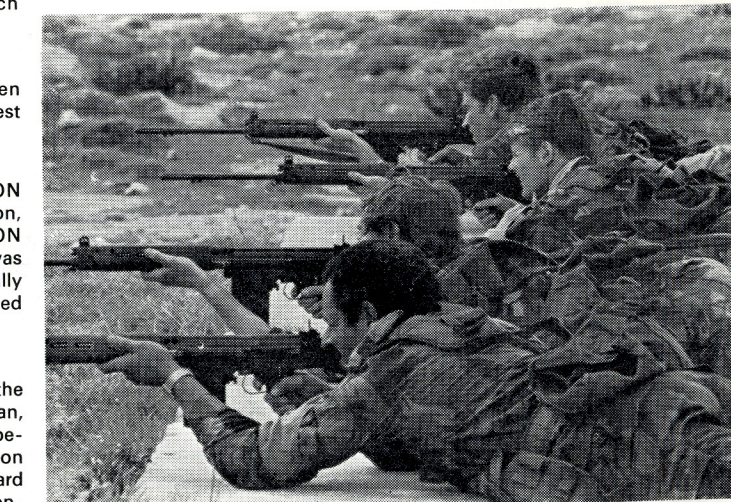
Lt Col Peter Williamson and the Officers and soldiers of 3 R Anglian, who organised and ran the competition, are to be congratulated on their excellent organisation and hard work. This competition requires mental and physical endurance, and to take part and complete it is an achievement in itself.



The Anglian team in their OP.



Who were quickest on the forced march? SWEDCON!



Support Regiment team. Yes! They knocked down some of the falling plates.



FORCE RESERVE decoding the message.



DANCON's winning team have something to smile about.

TEAMS	Forced March	OP	Ni Nav	Ni Obs	RESULTS									TOTAL	PLA- CE
					Gren	Sigs	Dist	Map	1st Aid	Obstc	Shoot				
SECTOR 1/DANCON	228	88*	80	80	86*	83	90*	45*	91	100*	72	1013	1		
SECTOR 6/AUSCON	234	86	121	90*	85	95	50	40	72	27	88	958	2		
SECTOR 2/3R Ang	244	76	93	80	82	64	15	40	91	61	88	894	3		
SECTOR 5/SWEDCON	262*	71	79	65	81	90	70	15	84	4	104*	875	4		
SECTOR 4/CANCON	214	70	130*	75	84	94	40	30	76	20	48	851	5		
FORCE RESERVE	206	65	64	75	81	73	65	25	98*	32	64	788	6		
SP REGT	240	65	40	85	85	116*	50	35	89	-218	88	605	7		

* Denotes best scores



UNFICYP
SHOOTING
COMPETITION
27 FEB 81



Sector 2 win the Falling Plate.

Wait a moment...

TEAM RESULTS

Sector/Unit	SMG	Rifle	Pistol	TOTAL
SECTOR 2	(1)353	(2)319	(1)228	(1)900
DANCON	(2)319	(3)314	(2)222	(2)855
SWEDCON	(3)312	(1)326	(5)208	(3)846
AUSCON	(6)252	(4)306	(7)187	(4)745
SP REGT	(5)274	(5)265	(9)183	(5)722
FORCE RES	(4)274	(6)228	(10)162	(6)664
HQ UNFICYP	(9)226	(7)227	(8)185	(7)638
CANCON	(8)232	(8)174	(3)211	(8)617
MP COY	(7)238	—	(4)210	(9)448
SWEDCIVPOL	—	—	(6)191	(10)191

RIFLE MATCH (First Ten)

1. Cpl J Charnley	SECTOR 2	97
2. Pte M Gunnarsson	SWEDCON	95
3. Cpl E Volder	DANCON	95
4. WO2 W Balding	SP REGT	92
5. Cpl V Veje	DANCON	87
6. Sgt A Carlsson	SWEDCON	86
7. LCoH A Taylor	FORCE RES	82
8. Sgt H Vesely	AUSCON	82
9. LCpl S Neville	SECTOR 2	81
10. LCpl W Lang	AUSCON	79

SMG MATCH (First Ten)

1. Sgt A Twell	SECTOR 2	97
2. Capt M Godkin	SECTOR 2	89
3. WO2 M Johansson	SWEDCON	87
4. SSgt I Poulsen	DANCON	85
5. LCpl K Baynton	SECTOR 2	85
6. LCpl Ashton	SP REGT	83
7. CoH M Harding	FORCE RES	82
8. CSgt A Dent	SECTOR 2	82
9. Pte J Balle	DANCON	82
10. Sgt A Ludvigsson	SWEDCON	82

THE FALLING PLATE MATCH—Won by SECTOR 2 "A" Team

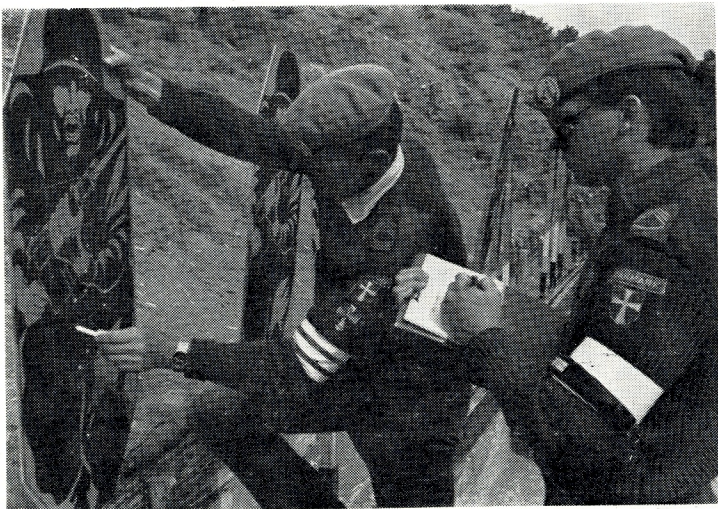
SWEDCON(2)) SP REGT(2))	
SP REGT(2))) SP REGT(2))	
CANCON(1)) FORCE RES)	SECT 2(1))
FORCE RES)))	
SWEDCON(1)) SECT 2(1))	
SECT 2(1))) SECT 2(1))	SECT 2 (1)
AUSCON) SECT 2(2))	
SECTOR 2 (2)))	
MP COY) — SECT 1)	
DANCON)) SECT 1)	
CANCON(2)))	
SP REGT(1)) SP REGT(1))	
HQ UNFICYP —) HQ UNFICYP)	

PISTOL MATCH (First Ten)

1. Capt P Zeuner	DANCON	71
2. WO2 C Mallett	SECTOR 2	65
3. Ch Insp P-A Larsson	SWEDCIVPOL	62
4. Sgt J Thisted	MP COY	61
5. Capt F Larsen	MP COY	59
6. Lt Martel	CANCON	59
7. CSgt B Hill	SECTOR 2	59
8. Maj T Fredholm	HQ UNFICYP	58
9. Capt M Mohr	SWEDCON	58
10. WO K Baltzer	HQ UNFICYP	58



The Swedish way...



The organisers scoring.



INTERNATIONAL COOKBOOK



CYPRIT SPECIALITIES

By Erica Jeffree

SHEFTALIA

Ingredients:

- 1/2 oke (1 1/2 lbs) minced pork and beef mixed
- 1 large onion, finely chopped
- 1/2 bunch finely chopped parsley
- salt and pepper to season
- 1 "panna" (peritonium skin) available from all butchers and supermarkets.

Method:

Mix all the ingredients together except the "panna". Cut the panna into approximately 4" squares and put one tablespoon of meat mixture onto each square. Roll up into oblong packages folding over the sides first and rolling it up to make a two-inch long sheftalia. Put four or five sheftalia onto each skewer and grill over a charcoal fire until they are thoroughly cooked. They tend to burn on the outside and stay raw inside unless turned frequently.



- flour to coat
- salt and pepper to season
- corn oil for frying
- a little cinnamon or mint to flavour (Optional)

Method:

Peel and grate the potatoes and drain off the liquid. Peel and grate onion. Mix together potato, onion and mince and add the egg and seasonings. Form the mixture into balls, roll in flour and fry in the deep fat until golden brown. Children love them.

KLEFTIKO

Ingredients:

- 1 oke lamb
- salt and pepper
- oregano
- 1/2 lemon

Method:

This would be cooked in an earthenware pot with a close-fitting lid, inside one of the local earth ovens, but it will taste just as good cooked in your kitchen. Cut the lamb into quite large portions and rub with lemon. Toss in plenty of salt, oregano and pepper; place in your pot and seal the top with a flour and water dough. Put into the oven on slow heat and cook for at least three hours. Resist the temptation to look at it during cooking as the the heat must be constant. You can also cook chicken this way.

Do not add any liquid as meat cooks in its own juice.

CYPRUS COFFEE

The three main types are "Gliki" (sweet), "Metrio" (medium) and "Sketo" (without sugar) although there are reputed to be about sixty variations in between! To make one cup of coffee, measure one small cupful of water and put into your "Briki" (copper or aluminium longhandled coffee pot). Heat the water and add one teaspoon sugar and one teaspoon finely ground local coffee for a "metrio". Stir briskly and watch carefully as the coffee will rise up the "briki" as it cooks. Remove from heat as it reaches the top and let it subside. Repeat the process once more, and pour out into tiny cups. For a "gliki" use 2 tsp sugar to 1 tsp coffee. For a "sketo" do not use any sugar. You can vary the amount of sugar to your own taste.

KOUPEPIA (Stuffed vine leaves)

Ingredients:

- 1/2 oke (1 1/2 lbs) minced beef
- 1 cup rice
- 1 onion
- 3 tablespoons corn oil
- 50 vine leaves
- 1 small tin tomato puree (4 oz)
- 1/2 pint chicken stock
- lemon juice
- salt and pepper to season

Method:

Wash and parboil the leaves, drain. Chop the onion and fry until translucent. Remove from the heat and mix in all the other ingredients, except the leaves. Cut stems off the leaves and, taking one leaf at a time, put approximately 1 teaspoonful of the mixture onto each and make little packages by folding over the sides and rolling up the leaf.

Place in tidy rows in your pot (an earthenware one is ideal) and add chicken stock and lemon juice. Put a plate upside down on top of the koupepia and cover the pot with a lid. Cook over a low heat for about half an hour. If you are using an earthenware pot, put an asbestos mat under it; an ordinary saucepan is just as good!

TAVA

Ingredients:

- 1 oke lamb or pork
- 5 large onions
- 1 oke ripe tomatoes
- salt and pepper

Method:

A "tava" earthenware pot should be used to cook this in. The red earthenware pot should never be washed or used for anything else, just wiped clean and kept (for the next time you cook Tava) upside down in the cupboard. If you are using lamb make sure it is not a young animal; this dish tastes much better if you use mutton.

Cut the meat into small pieces. Peel and slice the onions and cut the tomatoes up small. Put everything into your "tava" and season well with salt and pepper. Cook in a low oven for at least two hours, preferably longer. Stir occasionally so that the top doesn't burn. When it's done the meat should be falling off the bones and the sauce thick.

KIEFTEDHES

Ingredients:

- 1/2 oke (1 1/2 lbs) minced lamb or beef
- 2 potatoes
- 1 egg
- 1 large onion

Out & About

BOARD SAILING

ARTICLE BY TIM WHITEHEAD

If the world recovers its sense of decorum, 1984 will see the next Olympic Games in the sun-soaked superland of California. For boardsailors everywhere the Games will be of the utmost significance because someone, from somewhere, will win the first ever Olympic Gold Medal for boardsailing.

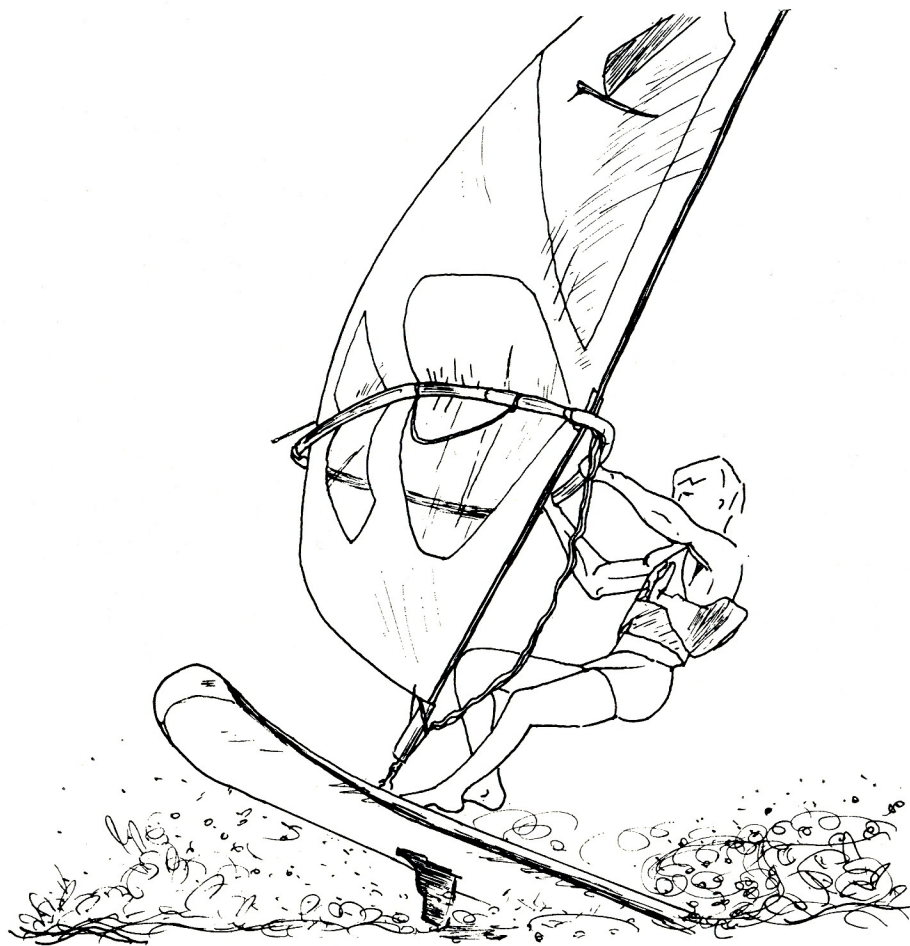
Boardsailing is going to be the newest Olympic sport and ironically this historic competition will take place in the very waters from which the original Windsurfer emerged in the late '60s. From surfers' spare time hobby to Olympic sport in a little over ten years is astonishing.

The man behind all this is Hajo Fritze, Chairman of the Boardsailing Sub-Committee of the International Yacht Racing Union (IYRU), sailing's highest worldwide authority. Hajo Fritze is the man who has had to negotiate boardsailing along the Olympic way and it is his own crucial role which has proved a success.

1972 was also an Olympic year — the Munich Games. Munich was, however, too far from the sea and the sailing events were therefore held at Kiel on the Baltic, the German equivalent of Cowes. Hajo Fritze was the manager of the host nation's Olympic sailing team and was therefore acquiring first hand knowledge and experience both of the Olympic system and of its international band of officers.

This was the same year, according to Hajo, that the first sailboards arrived in Germany — delivered in a container to the remote North Sea resort of Sylt. Sylt provides Germany's best surfing beaches; not ideal for beginners at boardsailing at all, but doubtless it was for the keen and experienced surfers that these first few boards were intended.

The first European Sailboard Regatta took place at Sylt that September and the first properly constituted European Championship was held at the same resort in September 1973. This was won by a 15 year old Dutch boy, Derk Thijs, who has gone on to win almost every title boardsailing has so far invented and must be a man to watch on that start line in 1984.



That Hajo Fritze is German is not without significance, however he certainly does not claim to be a pioneer in the sport. Boardsailing was soon recognised officially by the Deutscher Seglerverband (equivalent to the RYA) and its popularity spread rapidly owing to schools giving properly organised instruction for beginners. Hajo first saw it on the lakes in Germany and was most impressed by the simplicity and

and effectiveness of the equipment and by the athletic requirements to sail one. This he realised was "sailing in its purest form" and that racing was athlete versus athlete rather than the man in his machine.

International regulatory sailing bodies saw fit to differ: after a few unfortunate "Demonstrations" by beginners, boardsailing was handed over to the appropriate (and doubtless nonplussed) authorities as a "swimming sport" and harbour masters advised that sailboards should be classed as "floating matter". Hajo Fritze, meanwhile, had moved to London as a director for a commodities house and had been invited to join the Class Policy and Organisation Committee of the IYRU.

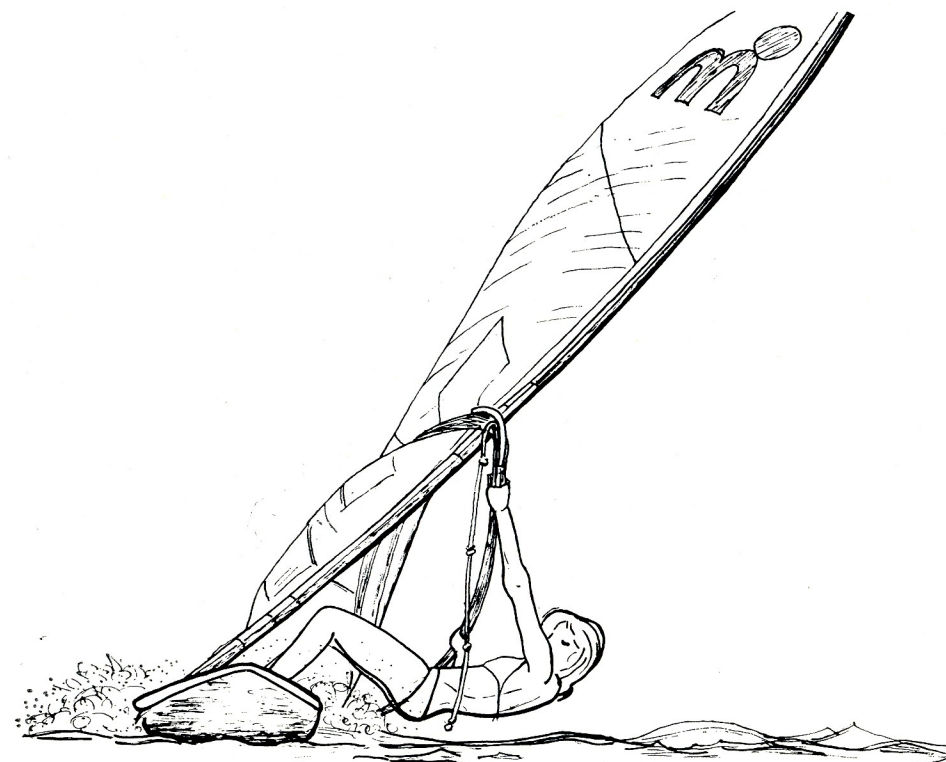
In this most senior of yachting circles, the youthful Hajo's was the only voice raised in support of boardsailing. Massive though the experience of the IYRU is, boardsailing has burst upon the sailing



- A NEW OLYMPIC SPORT

ILLUSTRATIONS BY PRISCILLA WHITEHEAD

Out & About



scene so recently that none but Hajo had any real experience of it. To keep him quiet they gave him his own sub-committee. The Boardsailing Sub-Committee of the IYRU under Hajo Fritze came into being in November 1977 and the act of setting up such a committee scored its first victory: recognition that sailboards were "vessels" and not "floating matter". The problem was that he could find no members to serve on the committee; all the national bodies to whom he turned for nominees were, like

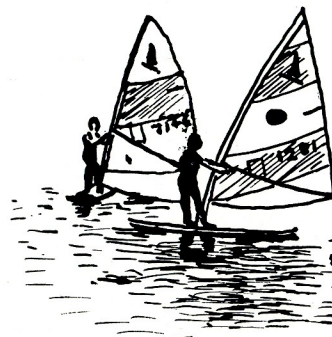
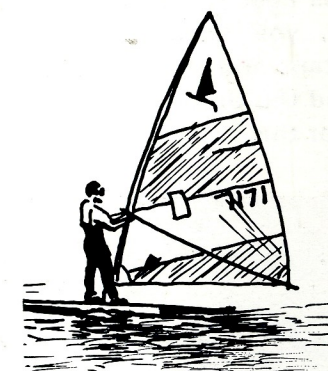
the IYRU itself, staffed with the elder statesmen who knew nothing of this brand new sport. Hajo therefore resorted to the ploy of co-opting members to his committee on the grounds that they were "experts" and in 1979 his committee finally met.

The eight members were from Norway, West Germany, the USA, Denmark, Switzerland, Hungary and Great Britain. Their first move was to achieve "international status" for sailboards and in November 1979 applications on behalf of the Windsurfer and the Windglider were put forward as they are the two most numerous and widely distributed "one class" boards.

It's all over bar the shouting; the board for the 1984 Olympics has just been chosen at a meeting of the IYRU held in November 1980 at the portentous Institute of Directors in London. It is to be the WINDGLIDER, the board manufactured by Fred Ostermann in

Germany and now available from three other factories and national distributor networks scattered across the Globe. As for the shouting — well there is likely to be a lot of that. Firstly from inventor and patent holder Hoyle Schweitzer who not only reckons that his "Windsurfer" should have been chosen but also happens to have his own worldwide "Windsurfer" network based within a catapult fall of the site of these next Olympics — Los Angeles. Secondly there is that body of opinion who think that as the sport is still evolving at a simply incredible rate, setting anything as significant as the Olympic craft four years before the event is unnecessary and regressive.

Cyprus, Island of sun, is an ideal place for boardsailing. Most of the main beaches offer sailboards for hire and some instruction for beginners. Most contingents in UNFICYP offer boardsailing facilities, however AUSCON



and SWEDCON are the keenest boardsailing contingents and run their own courses.

Why not go a step further and buy your own sailboard and get practising for the '84 Olympics!

Pictorial news

FAREWELL GENERAL QUINN

Major General James Quinn has handed over command of UNFICYP after four and a half years as the Force Commander. He returns to Ireland with his wife Mary, where, after some well-earned leave, he will be on the General Army list until his retirement on 16 September 1981 after 43 years service.

The following cable was sent by Dr Kurt Waldheim to Major General Quinn prior to his departure on 28 February 1981:

"As you are about to return to Ireland, I wish to express my warm appreciation to you for the excellent service you have rendered to the United Nations over more than four years as Commander of the United Nations Peace-Keeping Force in Cyprus. During this period, you have discharged with distinction the important and difficult responsibilities entrusted to you and the United Nations owes you a debt of gratitude for this. With my very best wishes."



Major General Quinn admiring the portrait presented to him by the Irish Contingent.



Mrs Mary Quinn with the silver plate presented to her by all members of the Community Centre in the UNPA Nicosia.

MP COMPANY MEDAL PARADE

On the afternoon of Friday 13 February 1981 the UNFICYP MP Company held a Medal Parade at Nicosia. The parade was commanded by Maj T Haney and the medals were presented by Maj Gen J J Quinn.



Maj Gen Quinn inspecting the parade followed by Maj T Haney and ADC Maj B Agger.

VIOLIN PLAYER SAVES LIFE



We hear of stories of UN soldiers saving lives of civilians, but this story is about Mr Takis Lazarou who works in the Officers' Mess, Blue Beret Camp HQ UNFICYP.

On 14 February 1981 Takis Lazarou went on a fishing trip to Dhekelia as is his normal practice each Saturday. However on this day he caught more than just fish.

"I had just cast my line when I noticed two children playing on

the rocks by the shore. As I was watching them one of the children pushed the other child and he fell into the rough sea. I ran across and fished him out. He was only about four years old and although quite shaken and very wet, he was not hurt. There was no-one else about or near enough to help the child."

Had Takis not been there, the child could very well have drowned. However, what makes the story unique is that the father of the boy is a serviceman in one of the SBAs.

VISIT OF FINNISH GENERALS



On 23-24 February 1981 Maj Gen A Kantola (second from right) Chief of Logistics, Maj Gen K Koskenvuo (second from left) Chief of Medical Services and Col M Waris (left of picture) visited HQ UNFICYP. Maj S Roberg, Commander FINCON is seen talking to them.



UN NEWS



UNFICYP'S NEW FORCE COMMANDER MAJOR-GENERAL GÜNTHER G GREINDL, BCE

Major-General Günther Greindl, who was appointed Commander of the United Nations Peace-Keeping Force in Cyprus (UNFICYP) on 1 March 1981, was born in Ried, Austria on 18 March 1939.

He joined the Austrian Federal Army as a volunteer in 1957. In 1961, he was commissioned as a Lieutenant at Wiener Neustadt. After joining the General Staff Course at the National Defence Academy in Vienna, he was promoted to the rank of Captain in the General Staff.

His postings in the Austrian Army included Company Commander of an engineering company, Staff Officer for Territorial Defence in the Ministry of Defence, Battalion Commander of a Headquarters battalion in an armoured brigade, and again in the Ministry of Defence as Senior Staff Officer in the Operations Department.



From July 1977 until September 1978 he served with UNFICYP as Chief Operations Officer and Contingent Commander of the Austrian Contingent in Cyprus. From there he was appointed Deputy Chief of the Department for General Staff Duties and United Nations affairs.

In April 1979 he joined UNDOF as Chief of Staff and was appointed Officer-in-Charge and Designate Official for Syria on 21 April 1979. On 1 December 1979 he was appointed Force Commander UNDOF and promoted to the rank of Major-General.

Major-General Greindl is married and has two sons. He holds a Masters Degree in civil engineering for regional and city planning, and is also a lecturer at the University of Innsbruck in this particular field.

PHOTO CAPTION COMPETITION

Captions are invited for the photograph on the left. Submissions should reach the MPIO, HQ UNFICYP by 26 March 1981.

