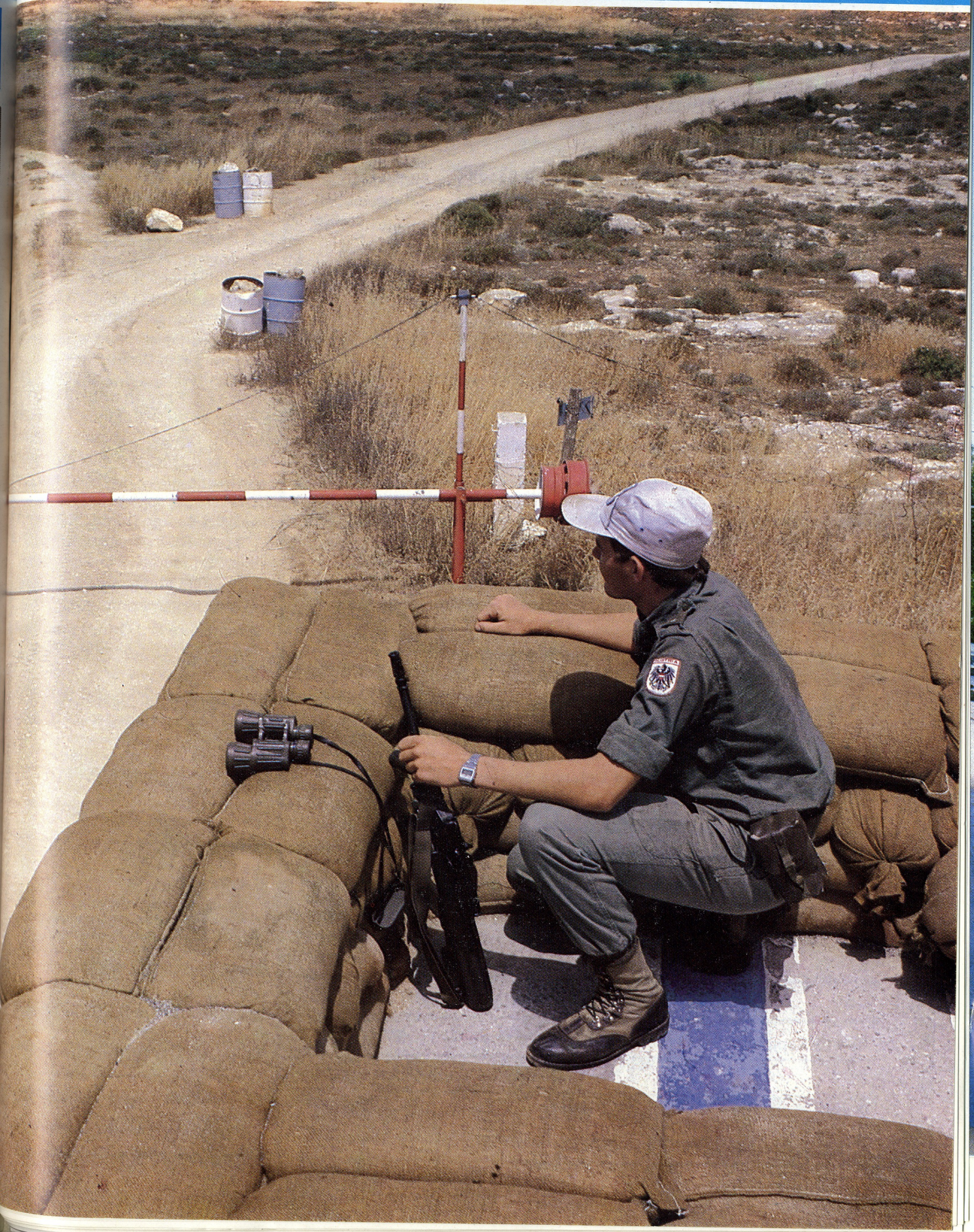


THE BLUE BERET



SEPTEMBER 1983



AUGUST IN RETROSPECT

ROTATIONS

Half the Austrian Battalion

MEDAL PARADES

- 30 The Danish Contingent
31 The Swedish Civilian Police Contingent

VISITS

- | | | | | |
|-----------|---|-----------------------|-----------------------|--|
| 1 | Major General Sir Desmond Langley visited Sector Two of the British Contingent. | 24 August—3 September | 25 | Captain M O'Dwyer visited the Irish members of UNFICYP. |
| 2 | Colonel Roue, Lieutenant Colonel Haukas, Commandant Hughes and Mr Tsouros visited HQ UNFICYP from UNIFIL. | | 25 | Deputy Under Secretary of State (Air), Mr D C Humphreys, accompanied by Mr J R Martin, Air Commodore R J Offord and Flight Lieutenant D C Coombes visited HQ UNFICYP. |
| 2—4 | Officer Cadet O'Dwyer Russell visited UNFICYP. | | 25 | Ministerial Counsellor Vaananen and Captain A Tunkelo made a stopover while in transit to UNIFIL. |
| 6 | Swedish Minister of Foreign Affairs, Mr L Bodstrom, accompanied by Mrs Bodstrom, Ambassador Orn, Adviser Wretbord and Mrs Wretbord and Foreign Secretary af Trolle visited UNFICYP. | | 25—29 | Austrian Minister of Defence, HE Doctor F Frischenschlager, accompanied by Colonel Corrieri, Lieutenant Colonel Moser, Captain Seledec and Messrs Fleischmann, Aistleitner and Reiter visited UNFICYP. |
| 8 | Lieutenant Colonel M Seymour, CO 1 RTR, visited the Scout Car Squadron. | | 25 August—1 September | Colonel WR Barker, Comd LSG and 27 LSG Regt RCT visited UNFICYP Transport Squadron. |
| 8—9 | Mr Gunnar Bjork, member of Defence Committee of Swedish Parliament, visited the Swedish Contingent. | | 26 August—2 September | Army Chaplain Fuglsang-Damgaard visited the Danish Contingent. |
| 8—9 | A RAF aerospace briefing team visited HQ UNFICYP. | | 30 | Air Commodore R J Offord and Flight Lieutenant D C Coombes flew to UNFICYP. |
| 8—19 | Major W Bragd visited the Swedish Contingent. | | 30 August—7 September | Major L Garvin and Master Warrant Officer G Munro visited the Canadian Contingent. |
| 17 and 24 | 21 members of a Swedish weight-lifting club gave exhibitions for the Swedish Contingent. | | | |
| 18 | Mr A S Kemp of Defence Secretariat 11 and Mr P A Rotheram visited the British Contingent. | | 22 | UNFICYP Swimming Competition |

19 Lieutenant General Sir James Glover, Vice Chief of the General Staff visited UNFICYP.

23 and 24 Major General Sir Desmond Langley visited UNFICYP.

23—31 Major General (retired) J P R Larose visited the Canadian Contingent.
23—31 Colonel J A R Roy and Warrant Officer G Gaudet visited the Canadian Contingent.

24 August—3 September Captain M O'Dwyer visited the Irish members of UNFICYP.

25 Deputy Under Secretary of State (Air), Mr D C Humphreys, accompanied by Mr J R Martin, Air Commodore R J Offord and Flight Lieutenant D C Coombes visited HQ UNFICYP.

25 Ministerial Counsellor Vaananen and Captain A Tunkelo made a stopover while in transit to UNIFIL.

25—29 Austrian Minister of Defence, HE Doctor F Frischenschlager, accompanied by Colonel Corrieri, Lieutenant Colonel Moser, Captain Seledec and Messrs Fleischmann, Aistleitner and Reiter visited UNFICYP.

25 August—1 September Colonel WR Barker, Comd LSG and 27 LSG Regt RCT visited UNFICYP Transport Squadron.

26 August—2 September Army Chaplain Fuglsang-Damgaard visited the Danish Contingent.

30 Air Commodore R J Offord and Flight Lieutenant D C Coombes flew to UNFICYP.

30 August—7 September Major L Garvin and Master Warrant Officer G Munro visited the Canadian Contingent.

UNFICYP COMPETITIONS

22 UNFICYP Swimming Competition

FUTURE EVENTS

- | | | |
|--|---|--|
| 7—18 September: | LIMASSOL WINE FESTIVAL, Municipal Gardens, Limassol | For further details, telephone Nicosia 43374 |
| 8—18 September: | NICOSIA FESTIVAL, Famagusta Gate, Nicosia | MUSIC BY STARLIGHT at Curium at 8.00 pm
Admission 500 mils for adults and 250 mils for children |
| For further details, telephone Nicosia 49877 | | |
| 23—25 September: | CYPRUS RALLY, starting and finishing in Nicosia | 14 September: Bohemian and Scandinavian Night
28 September: Last Night at the Proms |

VOLUME 20 NUMBER 9

SEPTEMBER 1983

Published monthly by the Military Public Information Office of the United Nations Force in Cyprus, HQ UNFICYP
P.O. Box 1642, Nicosia, Cyprus.
Telephone: Nicosia 64000, Ext. 2235

Editorial staff

Editor

Maj D C J Emmett

Editorial Assistant

Mrs A Singh

Photography

Staff Photographer—Sgt A Hodgetts
Contingent photographers.

Unit Press Officers

AUSCON	— Capt P Mulacz
Sector 2	— Capt R Courteney-Harris
CANCON	— Capt P Clavelle
DANCON	— Maj H Schmidt
SWEDCON	— Lt P-E Odevall
Sp Regt	— Maj T Vines
FSC Sqn	— Capt M Outhwaite
AUSTCIVPOL	— Stn Sgt J Brown
SWEDCIVPOL	— Ch Insp T Ryding
84 Sqn RAF	— Flt Lt N Hall

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. Photographs should be in black and white on glossy paper size 160mm by 210mm. 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.

The copyright of all material in this journal is vested in United Nations Publications except where acknowledgement is made to another copyright holder. No article or illustration may be reproduced without the permission of the Editor.

Printed in Cyprus by Stavrinides Press Limited.
Tel. 52525 Nicosia Cyprus.

Front cover

Photograph by Sergeant Tony Hodgetts

THE BLUE BERET



Editorial

For those of you who had constructive suggestions to make on the new Blue Beret, thank you, and where appropriate, your recommendations will be included.

By the time this issue is published, the UNFICYP sketch book will have been delivered. (Remember, sketches by Ken Howard). Anyone in the Force who has not ordered one, should contact the Editor or the Support Regiment Paymaster who will gladly assist.

A circular has gone out concerning the Christmas Card 1983 competition and let's hope we can produce an excellent Christmas Card for sale in November.

THOUGHT FOR THE MONTH

If YOU have but a solitary friend who is tried and true, you are amongst the rich in mind and heart. You then have an investment that never loses its value. You will grow richer each day of your life. Once you have that kind of friendship, do not expect too much of it. Measure it out. Give to it all the loyalty that is yours, and what a possession you will then have!

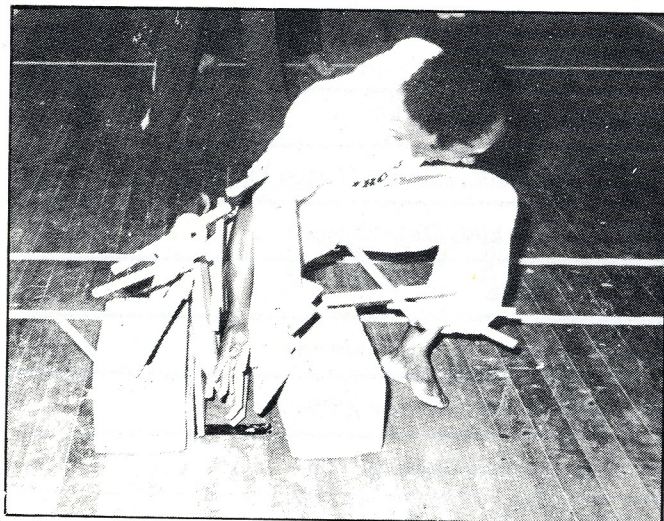
Contents

August in Retrospect; Future Events	2
Editorial; Contents	3
PICTORIAL NEWS: Tae-Kwon-Do; CHO Makes a Splash; AUSCON Chameleon; Visit of DCGS; KIDCON Win; Table-Tennis Tournament; Austrian Wedding; Visit of Austrian Minister	4—5
RAF in Nicosia	6
SWEDCON: Foreign Minister visits S18	7
CANCON: "La Grosse Machine"; Camp Maple Leaf	8—9
Sector 2: Royal Signals Rear Link Detachment	10
DANCON: Erenköy or Kokkina	11
BLUE BERET SPORT: Swimming Tournament	12
INTERNATIONAL COOKBOOK: Sector 2 Recipes	13
AUSTCIVPOL: Morning Medical Escort	14
AUSCON: Military Police in Sector 6	15
UN News: Rescue by SWEDCON soldier; Food and the UN System	16

PICTORIAL NEWS PICTORIAL NEWS PICTORIAL NEWS PICTORIAL NEWS PICTORIAL



British Vice Chief of the General Staff, Lieutenant General Sir James Glover KCB MBE, speaks with members of the Force Scout Car Squadron during his visit to UNFICYP on 19 August 1983.



HQ UNFICYP's Inventory Control Officer, Sergio Parkes, demonstrates the oriental art of TAE-KWON-DO. Sergio gives instruction four evenings weekly in the UNPA School Hall.



KIDCON youth leader WO2 John Hind, Michael Boyne and Claire Stuart with the swimming trophies won against Episkopi Sports Club recently.

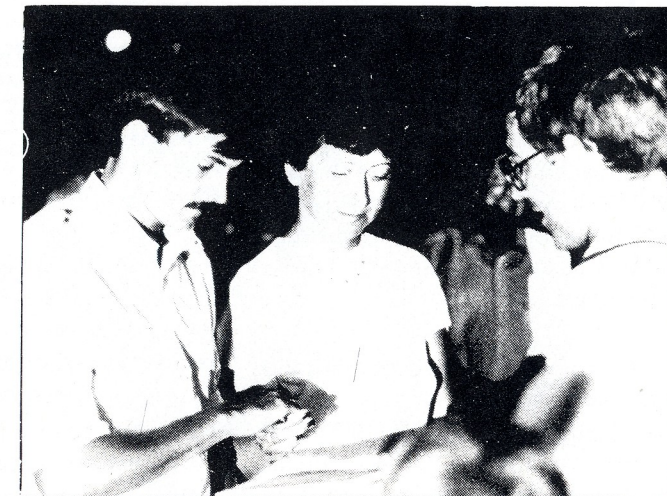
PICTORIAL NEWS PICTORIAL NEWS PICTORIAL NEWS PICTORIAL NEWS PICTORIAL



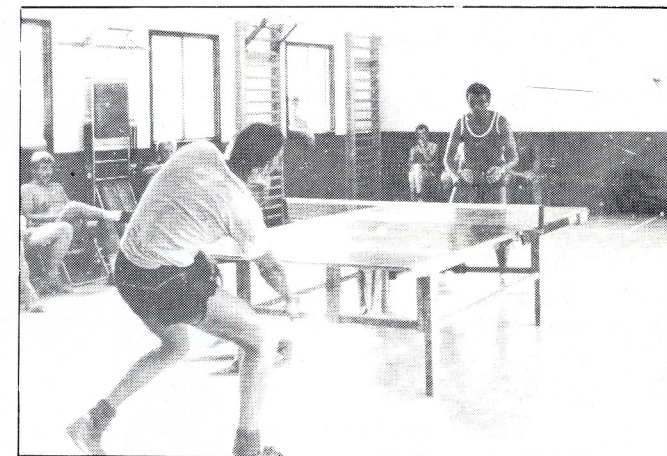
Austrian Minister of Defence, HE Dr F Frischenschlager inspects the multi-national Guard of Honour given for him during his visit to UNFICYP from 25-29 August.



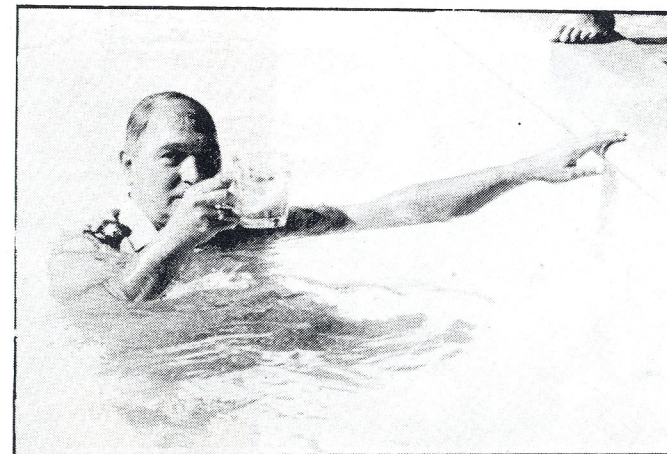
This chameleon was found in the garden of the officers mess at Camp Duke Leopold V and taken to safety inside a beret. It's very hard work for a chameleon to change its colour to blue



LCpl Dietmar Bogensperger and his wife Brigitte during the blessing of their marriage at Camp Duke Leopold V on 14 August. The ceremony was officiated by AUSCON's padre, Capt Werner Seifert.



The UNFICYP Table-tennis tournament took place on 18 July, hosted by DANCON. The singles competition was won by Pte Magnusson of SWEDCON. SWEDCON were overall winners, followed by SWEDCIVPOL, AUSCON and DANCON.



Outgoing Chief Humanitarian Officer, Lt Col Leth Madsen, makes his exit in style We wish him and his family 'Bon Voyage'.

THE RAF IN NICOSIA

By Flight Sergeant Deni Denison
Photographs by Sergeant Tony Hodgetts

On the departure of B Flight 84 Squadron to Akrotiri in February 1982 the Royal Air Force involvement in Nicosia decreased to an element of an Air Liaison Office and Air Traffic Controllers.

The total 'crab' (see author's note) contingent numbers six personnel, two of whom work in HQ UNFICYP — the Air Liaison Officer, Flight Lieutenant Paddy Walsh who is in charge of the element, and Sergeant Keith Mitchell, his deputy. Between them they are responsible for advising the Force on all air matters and tasking and co-ordinating all flights within the United Nations Buffer Zone. To achieve this, they utilise the services of the Alouette II's of the UNFICYP Army Air Corps Flight and the heavier Wessex aircraft of 84 Squadron.

The air traffic control tower houses the rest of the contingent, whose primary task is the air safety of helicopters undertaking the various UN tasks.

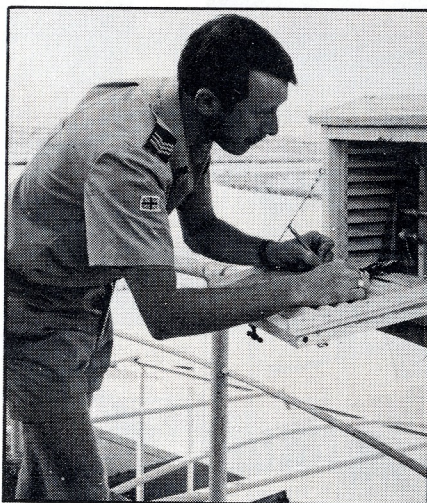
An Air Safety Watchkeeper is responsible for the monitoring of the helicopter flights within the United Nations Buffer Zone, which stretches some 217 km across the island.

A variety of information is passed to any flights being worked, such as constantly updated meteorological

reports, other flying activity, navigational warnings, bird migrations and any other hazards to air safety.

A particular hazard at (the presently unused) Nicosia Airport is joggers, as well as unauthorised vehicles in out of bounds areas.

The air traffic duty is completed on a shift basis and outside normal flying periods requires a number of hours on readiness for callout. Though rare, callouts for whatever reason, usually MEDEVAC flights, do occur and require prompt action (one of the few valid reasons for



Meteorology

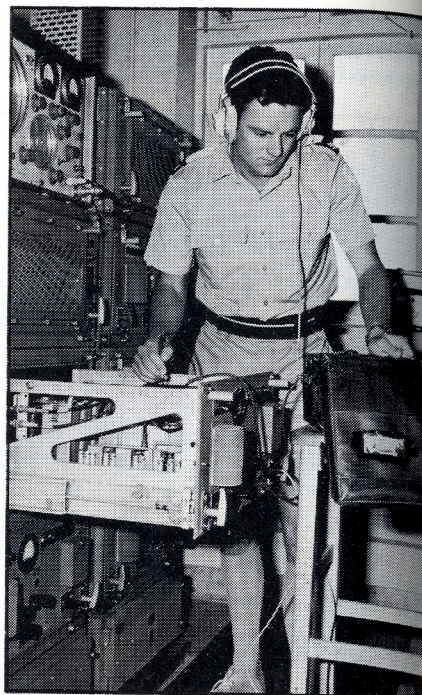
leaving a regimental dinner without permission!)

The tower staff comprises myself, the Senior Air Safety Watchkeeper who is responsible for the control tower, its staff and certain areas of the airport. Sergeants 'Yorky' Marren and John Blackmore complete the air traffickers team and share the duties.

Effective supervision of flying is maintained by the utilisation of a variety of aged but effective radio systems, the serviceability of which is the sole responsibility of our only technician, Sergeant Bob Phillips, who recently replaced Sergeant John James.

Author's note

The term 'crab' or 'crab fats' used



Technician, Sgt John James

to describe members of the Royal Air Force stems from the Royal Navy (where else?) and has nothing to do with flying or walking sideways.

In days of yore, sailors on their worldly travels frequently picked up body parasites. Treatment, to rid oneself of these unwelcome guests, was to cover the effected areas in an ointment. The most effective ointment was blue-grey in colour, smooth to the touch and was nicknamed 'crab fat'. Coincidentally, the newly formed Royal Air Force had uniforms of the same colour and those cruel 'fish heads' christened us 'crabs' and so the name, like the treatment, has stuck ever since.



RAF Element HQ UNFICYP



Mr Bodstrom arrives at OP S18. His first task is to inspect the squad working there. To the left is Commander SWEDCON, Lt Col Jansson.

FOREIGN MINISTER VISITS S18

The yellow Wessex helicopter from RAF Akrotiri flew in from the south-west and landed on the helipad beneath OP S18, and the passengers immediately began alighting. Among the passengers was the Swedish Foreign Minister, Mr Lennart Bodstrom, who paid a visit to Sector Five on this special day.

At OP S18 squad leader, Sergeant Harry Bergill looked over his squad for the last time and a couple of minutes later he stood face to face with the first Swedish Foreign Minister ever to visit Cyprus and the UN buffer zone.

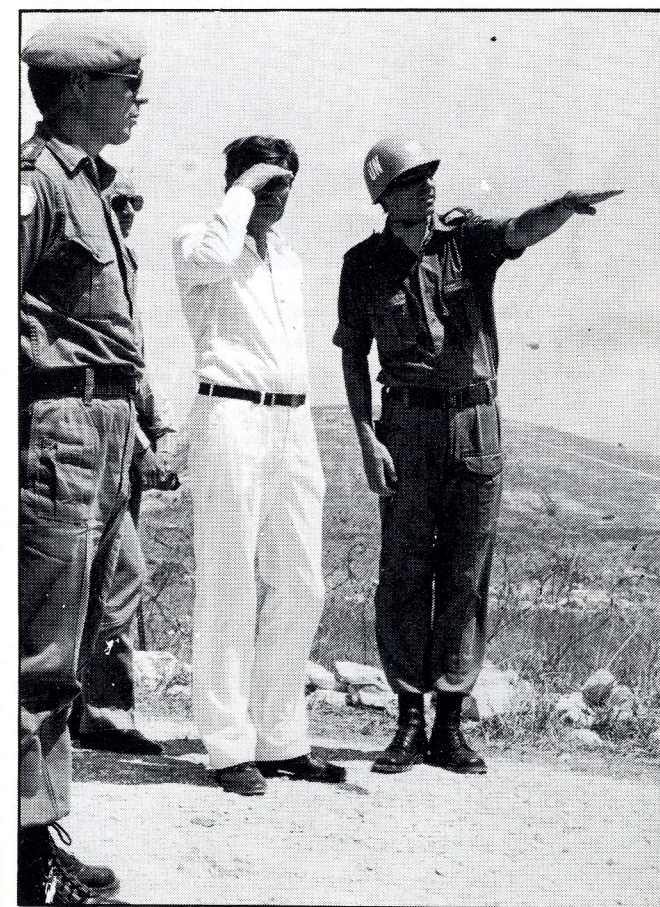
"Sir, OP S18 ready for inspection!"

After the inspection the Swedish Foreign Minister went right up to the sentry box — on this so-called Edelweiss OP — where Private Petersson waited, eager to start his OP briefing.....

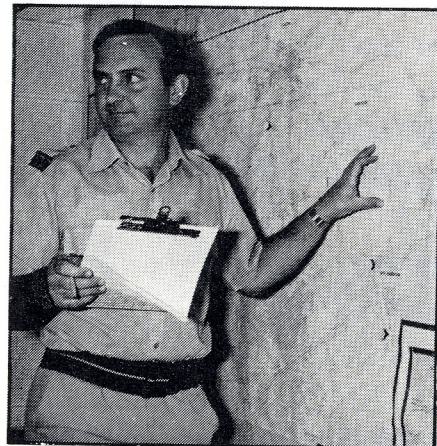
The Swedish Foreign Minister's visit to S18 was just one item in the programme for Mr Bodstrom's visit to UNFICYP, which included a short stop at HQ where Mr Bodstrom met both SRSG, HE Doctor H J Gobbi and FC, Major General G G Greindl.

The rest of the day the Swedish Foreign Minister spent in Sector Five. The Minister got the opportunity to see most of the Swedish sector from above when he went on a short line tour by helicopter. Finally, he closed his visit to Sector Five with lunch at HQ SWEDCON in Camp Victoria, Larnaca. Together with Mr Bodstrom travelled Commander SWEDCON, Lieutenant Colonel Soren Jansson, Ambassador Torsten Ohrn (who is now stationed in Moscow), Secretary of Ministry, Herman af Trolle and the Foreign Minister's private secretary, Christer Wretborn.

By Lieutenant Per-Eric Odevall
Photographs by
Sergeant Torbjorn Henningsson



The Swedish Foreign Minister gets a complete OP briefing from Pte Petersson. In the foreground is Lt Col Jansson.



**Force Air Liaison Officer,
Flt Lt Paddy Walsh**

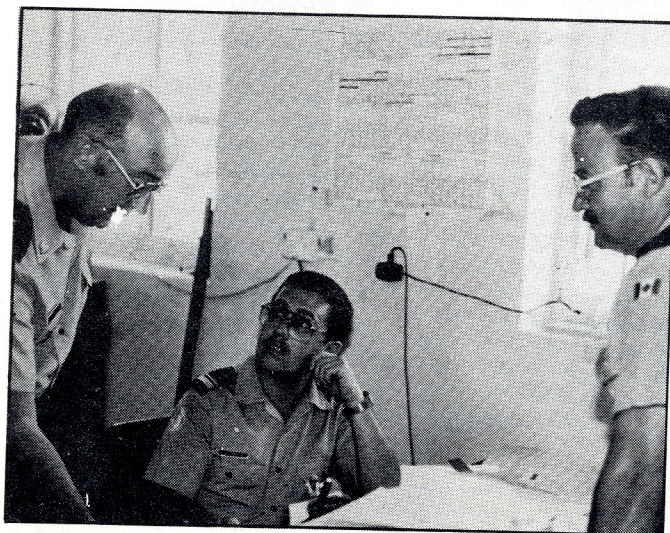
A DAY IN THE LIFE OF "LA GROSSE MACHINE"



Maintenance and Engineer Troop combine their talents to build the OP tower



The Welfare section - Always happy to help a soldier plan his leave



The Pay section gets ready to make the soldiers happy

UNIT FEATURE

0530 hrs as the sun rises over the Kyrenia Mountains "La Grosse Machine" awakens, and soon there is heard the soft padding of jogging feet. 0730 hrs power tools and wrenches take hold of vehicle engines, while elsewhere other vehicles stir to life and move out on appointed jobs; prayers are spoken in front of an altar; mail is sorted, money is counted; food is prepared; medical and dental instruments are carefully laid out; leave is arranged and travel bookings made; supplies are sorted and checked — "La Grosse Machine" is stirring to life!

"La Grosse Machine" or as it is more commonly known to the rest of UNFICYP, Service Squadron of 12 RBC, exists to provide maintenance and support to the regiment or as is the case here in Cyprus, to CANCON as a whole. It is a squadron whose foundation is made up of specialist officers and technicians; soldiers, who because of the nature of their trade, can be on call 24 hours a day.

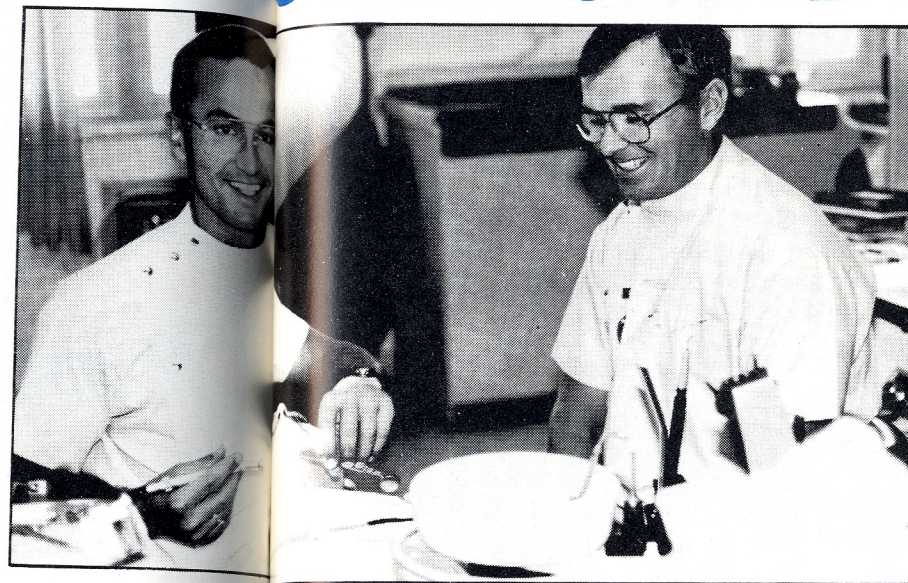
A visit to Blue Beret Camp is an experience to remember. At first glance it would appear to be in a state of "controlled chaos", however, a closer look will reveal that the officers and men are deeply engaged in their unique area of work. Our tour begins at the Maintenance section. Here vehicles of all description are repaired and cared for. Directly across the road we find the Transport section through whose hands flow a daily demand for drivers and vehicles. Further down the road we find the chapel, home of the Protestant and RC chaplains; Sunday

worship services are held, visits to the "line" — the soldier in a crisis — the chaplains work all day or night. Welfare section ensure that your leave is a well and happy one. They will provide for your recreational and Postal sections add necessary contribution to high and the kitchen, commissary, keep "La Grosse Machine" and happy.

Our tour is only to continue on to the Squadron (you name it, and they'll follow) who ensure a steady flow of materials to keep CANCON functioning. And there are our Engineers who will be just about anything. From bridges to installing electrical house, the engineers work night. In "La Grosse Machine" engineers are not the only ones who repairs; there are also the Medical sections who ensure members of the contingent are in a good state of health and that all medical and dental needs are promptly cared for.

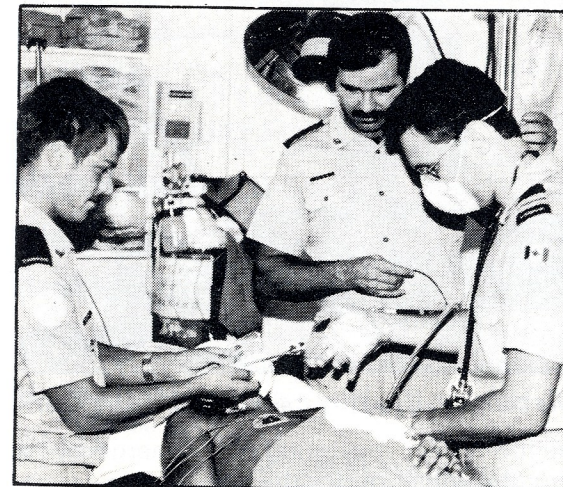
Such is the make-up of "La Grosse Machine"; a complex, unified group of Canadian soldiers who support and serve UNFICYP any time of day or night.

2030 hrs the sun is behind the Troodos Mountains in Sector 4, everywhere is quiet in "La Grosse Machine" except for the sound of someone's foot. "La Grosse Machine" will provide



CANCON clinic ready to improve your smile

By Captain W.N.C. Fry
Chaplain (P) CANCON
Photographs by Sergeant Duperre



The CANCON Medics and MO put their skills to work



Great morale builders - "The Posties"



Sergeant Boudreault and his crew patrol the UNPA

BUSINESS AS USUAL AT CAMP MAPLE LEAF

By Captain J J P A Drouin
Photographs by Alain Raby

On Saturday, June the 11th, our Commanding Officer LCol G.T. Service, more commonly known as "Renard Argente", celebrated his birthday by spending the early morning hours with his troops on the line. Once that was accomplished and all the "Happy Birthdays" had been said by one and all, the CO arrived at Camp Maple Leaf for a champagne breakfast with the officers and the Sr NCO's of D Squadron. It was also on that fateful day that we lost our troop leader, Lt Davis ... he became Capt Davis.

Of course, the two weeks our troop spends at CML between the four weeks at an OP in the buffer zone are not all fun and games. Each section in the troop has a definite task on a rotational basis. These three tasks are: 1- Reserve section, 2- General Duty section, and 3- Foxtrot section.

The Foxtrot section handles all the traffic entering and exiting the United Nations Protected Area, or UNPA for short. This is probably the easiest job among the three. The General Duty section handles exactly that: General Duties. Specifically their duties are fire picket, handling of any jobs the Squadron Sergeant Major may have, and a replacement for the personnel of the reserve section on UN leave.

Speaking of the reserve section, they have two specific tasks: repairing the barbed wire fence surrounding our section of the UNPA, and being on stand-by 24 hours a day in case of an emergency. They also patrol the UNPA once a day in a M113 Armoured Personnel Carrier. While it does not look like much, the reserve section puts in long days, especially since they live under an umbrella of stress due to the fact that they never know if and/or when they will be called out.

As you can see, the two weeks we spend at CML are not exactly periods of R & R from our month on the line. But that is okay: time passes much more quickly when our days are fully occupied.



Four troop members install barbed wire in the UNPA

ROYAL SIGNALS REAR LINK DETACHMENT FIRST BATTALION THE QUEEN'S LANCASHIRE REGIMENT



Conversation held on April 18th 1983 between OC 2 Sqn 30 Signal Regiment and Sgt MacTaggart, Royal Signals.

OC: How would you like six months in sunny Cyprus?

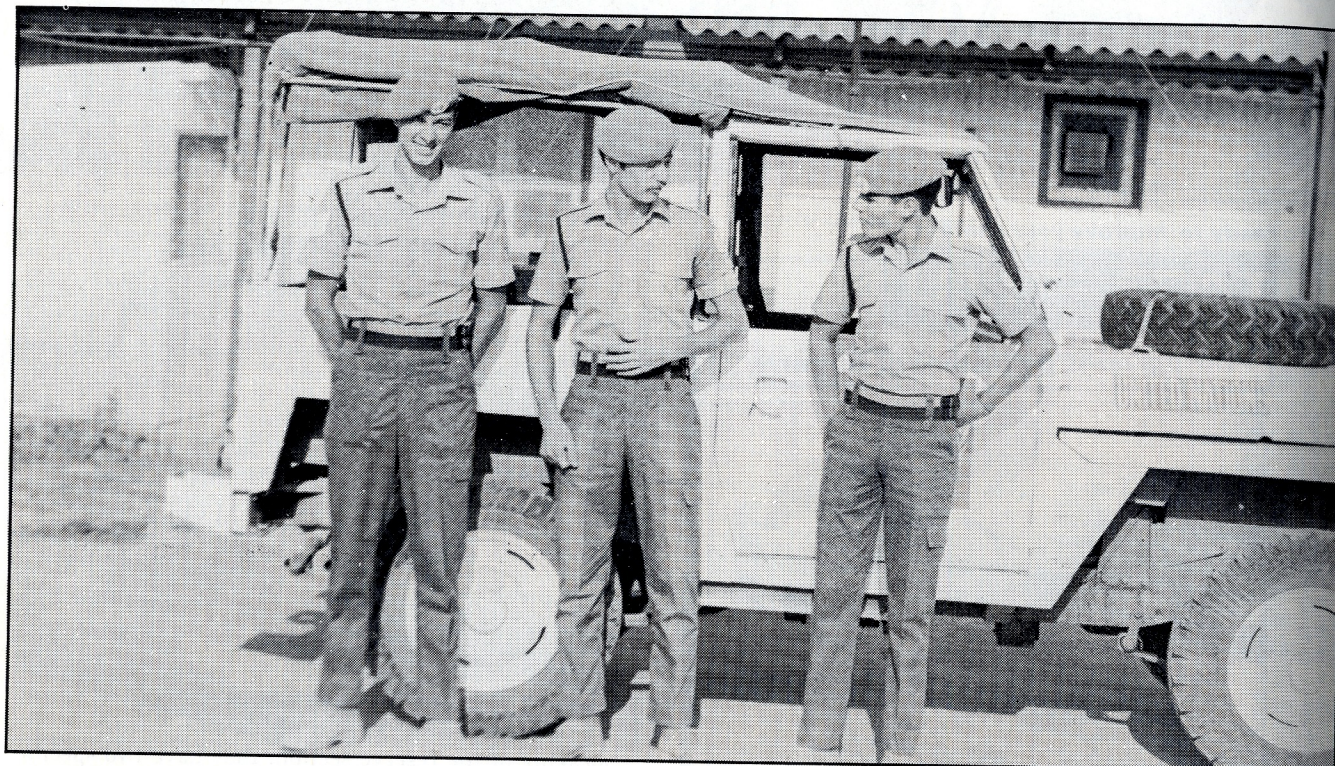
ME: Hold me back Sir.

OC: Fine. You will be attached as Rear Link Detachment Commander to 1 QLR.

ME: Who Sir?

The COMMEN is made up of one teleprinter channel to UN COMMEN Nicosia and a fifty line telephone exchange, which frequently interrupts an otherwise peaceful environment. In the adjoining Radio Room three radio nets are manned during daylight hours by stalwarts of the Regimental Signals Platoon and in silent hours by the Royal Signals duty operator.

The detachment also provides an SDS service and is



Sergeant Dougie MacTaggart, Signalmen Paul Mitchell and David Hebden (By Captain Courteney-Harris)

Looking back now I must apologise for not realising that I was to be attached to the Regiment with more Battle Honours than any other infantry regiment of the line in the British army. This fact has been brought to my attention many times over the past few months.

The 30 Sig Regt Rear Link Detachment, (RLD), consists of myself and three Signalmen, Chuter, Hebden and Mitchell. Our parent unit is stationed at Blandford Forum, Dorset in England. Amongst its many tasks is to supply various RLD's for service anywhere in the world, and roulement troops for Belize, Cyprus and the South Atlantic.

Sig Hebden and myself arrived in Sector Two with the advance party of 1 QLR on 19th May 1983. We were immediately accepted and made welcome by our hosts for the next seven months and proceeded to take over our duties in the Sector COMMEN from the RLD, 2 Gren Gds. Sigs Chuter and Mitchell duly arrived and were quickly introduced to their tasks as 2 Gren Gds had left the previous day.

responsible for operating the emergency standby generator which, during the rainy season, is used more often than is comfortable for the ears of the occupants of the nearby Operations Room.

Socially, we have all had our fair share of visits to various national contingents where new friends have been made in spite of, in some cases, different languages. Highlight of the tour so far must be the frequent pilgrimages to the cultural centre of the island, Nissi Beach, where not so many friends have been made. At present we are in the middle of R and R. Three of us have elected to stay on the island and make the most of the beauty that the island has to offer and one, Sig Mitchell, is going to America to renew an old friendship.

Altogether an enjoyable tour so far, our hosts have adopted us into the family and encouraged us to participate in all aspects of Regimental life. However, they do continue to remind us at every opportunity about their innumerable Battle Honours....



OP D03 - accommodation and a well kept 'garden'

ERENKÖY or KOKKINA

KOKKINA is an enclave placed on the North West coast of Cyprus. This area has been populated mainly by Turkish Cypriots. Nowadays the population consists of about a hundred sheep and goats, a Turkish Cypriot unit and a UN rifle platoon, all encircled by a Greek Cypriot unit.

The KOKKINA area is very fruitful and it is covered with fig - and almond trees. Among the trees a ghostlike village gives the impression of a Hitchcock movie especially in moonlight.

The view over the Mediterranean from OP D 01 gives an impression of sitting in a millionaire's house in Cannes. The sunset over Pomos Point is so beautiful that one does not know how to describe it.

OP D 03 is nearly surrounded by mountains which gives the impression of being on the bottom of a bowl. Only from the top of the OP you have a view over KOKKINA village and a part of the bay. In this special part of the BZ you can see many kinds of hawks and falcons, even eagles have been seen from the OP.

In the centre of the KOKKINA area on the coast you will find the platoon camp from which the OP's are supported with everything, except for women!

Only fifty metres from the camp you find a very fine sand beach, from where you can have a swim as much as you want, of course, if you are not on duty. Most of the soldiers are using the possibilities of aquadiving along the reefs, which are very beautiful and you will find at least twenty different kinds of fish. A lot of fish are harpooned and taste very good, like the red mullet and some which we give to "the snake killing cats of Kokkina".

By I.Lt. P.M.A. Jørgensen
Photographs from the archives, Sector One



Briefing on OP D01, with Pomos Point in the background

UNFICYP SWIMMING GALA

The UNFICYP Swimming Gala held in the UNPA at Nicosia on Monday 22 August ended in a very convincing win by the Swedish Contingent, with the Support Regiment coming second and the Military Police in third place. AUSTCIVPOL, who had only four competitors, managed to obtain a creditable 8 points.

The final results were as follows:—

Event	Winner	Time
50m Freestyle	Victoren (SWEDCON)	25.6 seconds
50m Backstroke	Eriksson (MP Coy)	32.3 seconds
50m Breaststroke	Townsend (Sp Regt)	34.8 seconds
50m Butterfly	Wennberg (SWEDCON)	29.8 seconds
100m Freestyle	Jacobsen (SWEDCON)	60.9 seconds
4x50m Breaststroke	SWEDCON	2 minutes 29.3 seconds
4x50m Freestyle	Sp Regt	1 minute 51.4 seconds
4x50m Medley Relay	SWEDCON	2 minutes 10.7 seconds
Veterans 50m Freestyle	Ryding (SWEDCIVPOL)	28.3 seconds
6x50m Chain of Command	CANCON	3 minutes 32.7 seconds

TEAM PLACINGS

SWEDCON	83 points
Sp Regt	41 points
MP Coy	35 points
CANCON	27 points
FSC Sqn	23 points
AUSCON	15 points
Sector 2	14 points
SWEDCIVPOL	13 points
DANCON	9 points
AUSTCIVPOL	8 points



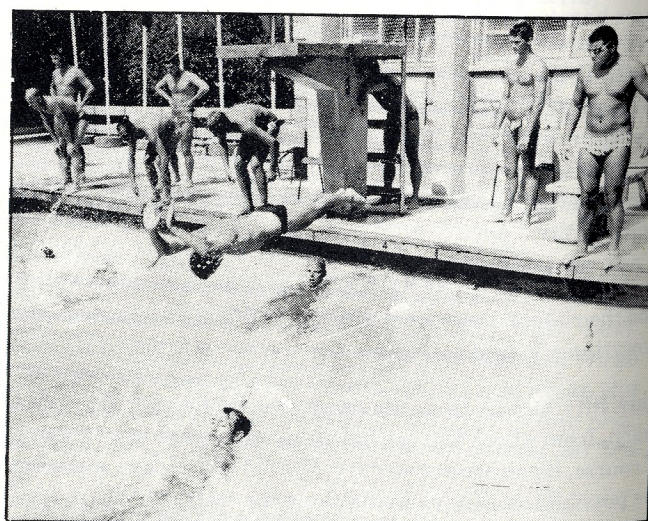
Photographs By
Sergeant Tony Hodgetts



Take your marks



The Force Commander acknowledges the win by SWEDCON of the tournament and Private Wennberg collects the trophy on behalf of the SWEDCON team.



4 x 50m Medley Relay



INTERNATIONAL COOKBOOK



BRITISH RECIPES

FROM SECTOR TWO

Supplied by Sgt Preece ACC

Whilst the recipes below cannot be considered wholly British, nor indeed are they particularly seasonal, they do provide good recipes for the home-made versions of two of the commoner items which find their way onto our tables.

Scotch Eggs

Ingredients:

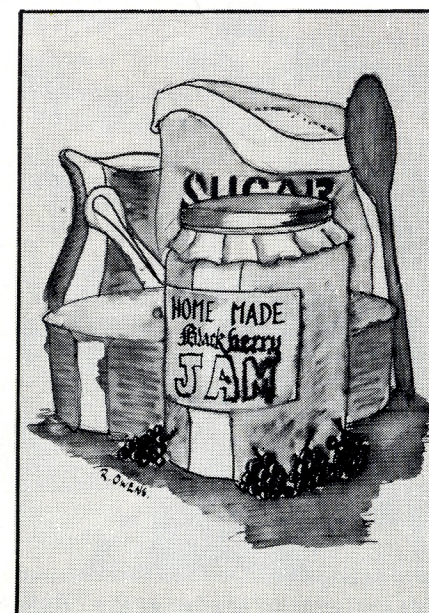
- 6 eggs (hard boiled)
- 9 sausages
- 2 egg whites
- 2 ounces flour
- 6 ounces bread crumbs

The sausages should be skinned and the meat divided into six equal portions which should be then shaped into 2 "round circles, 1½" thick. The hard boiled eggs should now be placed in the centre of the meat which then should be wrapped around the egg evenly, ensuring that no gaps are left in the meat. Beat the egg whites, season the flour with salt and pepper to taste, the eggs should then be rolled in the seasoned flour, any surplus brushed off, rolled in the beaten egg whites then in the bread crumbs. The bread crumbs should then be shaped and firmed into the sausage. The result is then cooked in deep, hot fat, gently until they turn a golden brown colour.

Scotch eggs can be eaten hot or cold with salad making them ideal for a buffet or picnic.



(Sgt Preece, before joining the Army Catering Corps, worked in many establishments, notably the Savoy Hotel in London, where, he admits, a lot of his culinary skills were learnt).



Blackcurrant Jam

Ingredients:

- ¼ gill water
- 1 lb fresh or frozen blackcurrants
- 1¼lb granulated sugar

This will make 2½ - 3lb of jam.
Cooking time 20 minutes.

Equipment:

- 1 large heavy base saucepan
- 1 wooden spoon
- 1 small china plate
- 5 jam jars
- 1 pyrex dish

The water and blackcurrants are put into the large saucepan, brought quickly to the boil, stirring gently. Whilst you are boiling the blackcurrants, put the sugar into the Pyrex dish and warm for about 10 minutes; warm sugar will dissolve more quickly. Once the skins of the blackcurrants are tender they should be mashed and stirred with the wooden spoon. Remove the saucepan from the heat, pour in the warmed sugar and stir until it has all dissolved. The mixture should then be placed back onto the heat and rapidly brought to the boil then simmered for 5-10 minutes: at this point the plate should be put into the fridge to cool. To test the jam to see if it is ready without using a sugar thermometer, put some drops of hot jam onto the cold plate and leave for 20 seconds; if the jam remains firm without running when the plate is tipped to one side then the jam is ready, if not, the mixture should be boiled a little longer then tested again. Remove the jam from the heat and stir to thoroughly disperse the blackcurrants through the jam. The jam should then be poured into warmed jam jars and allowed to cool and set before covering.

Blackcurrant jam is the only one which does not require extra setting agents and is therefore one of the easiest to make.

AUSTCIVPOL MORNING MEDICAL ESCORT

By Station Sergeant Jeff Brown

Photographs by Sergeant Tony Hodgetts

Every morning from Monday to Friday, with the occasional Saturday, members of AUSTCIVPOL at Wolseley Barracks carry out medical escorts of persons from the Turkish Cypriot hospital to the Greek Cypriot hospital and Vocational Rehabilitation Centre for Disabled Persons. "It is one of the most rewarding jobs that UNFICYP has", says Senior Sergeant Ross O' Connor, who was himself seriously injured in 1977 whilst serving with AUSTCIVPOL in Cyprus.

You see the bus leave Wolseley Barracks at about 8.00 am for a drive across the buffer zone to pick up the sick and injured, and about twenty minutes later you see it slowly returning, sometimes with only five or six passengers. However, today it is full and the driver almost winces in pain for his passengers as the bus goes slowly over the traffic hump at the checkpoint. He knows his passengers now, some by name and nearly all by sight. He knows what their injuries or illnesses are — after all, he has been seeing most of them daily for weeks or months now.

Where is the elderly man who usually sits in the second row of seats? The driver doesn't ask as he is afraid of the answer. He looks further down the aisle; there is the lady that he shared a plum with on the last trip, and behind her a man that used to travel with his wife; now he travels alone. The blind lady is in her usual place just behind the driver and beside her in the seat usually taken by the nursing sister that accompanies each trip, is a young man with one leg missing. The driver wonders what happened to him, but he doesn't ask.



Snr Sgts Ross O' Connor and Brent Aldridge help patients off the bus at the hospital

The bus is full today and he must return for more. "Perhaps the elderly man is in the next lot", he thinks as he pulls up at the entrance to the hospital and gets out to help his passengers alight. "Watch your head", he says to the blind lady as he reaches out to her, and "You're all right, I've got you", to the lady with her legs bandaged.

He then drives to the Rehabilitation Centre to let off the remaining passengers and guides them inside. He checks to see when they will be ready for the return journey so as not to keep them waiting.

As he drives off, he doesn't know it, but he will be rewarded today when he returns, as one of his 'regulars' will have his artificial limb fitted and will be smiling for the first time in weeks. After all, what more reward could you ask for?



Snr Sgt Ross O' Connor helps patients off the bus at the Rehabilitation Centre

MILITARY POLICE IN SECTOR SIX

When I go back through the Blue Beret issues during the months I have served with UNFICYP I cannot find any article about a UNMP Detachment. As I look to our Famagusta detachment I can see the reason: only two of the six soldiers there belong to AUSCON, since the crew is always made up of different



From left to right: Sgt Lars Callin (Swedish), 1/Cpl Wernfried Stuhlpfarrer (Austrian), WOII Johann Andert (Austrian), SSgt Leo Ryyanen (Finnish), MCpl Martin Vermeer (Canadian)

contingents. On the other hand they carry out their MP duties in the Sector Six area of responsibility and therefore it might be worth having a closer look at them...

WOII Johann Andert is Detachment Commander of the Famagusta Detachment; he is 28 years old and now on his second tour with UNFICYP. Back home in Austria he is also with the military police, as he was on his previous tour here. He volunteered again since he likes to travel abroad and see the world.

The other Austrian here is 1/Cpl Wernfried Stuhlpfarrer who has a more strange curriculum vitae: born in Australia where he lived with his parents for 21 years, he came to Austria eight years ago, but spent four of them in UN service abroad: he has been three times with AUSBATT/UNDOF on the Golan Heights and is now on his second tour with UNFICYP.

Showing an example of a multinational force in miniature, we have UN MP soldiers from Canada, Sweden, Finland and Denmark in Famagusta Detachment. Canadian MCpl Martin Vermeer was born in the Netherlands and before he came to Cyprus he was



Speed check by radar

based in Germany for some years where he picked up a reasonable knowledge of the language. An MP soldier back home as well, he thinks MP duties in Cyprus are generally more simple to carry out than they have been in other places, but the different contingent regulations are confusing. He likes his duties but off-duty he is an amateur photographer and feels too restricted here.

Swedish Sgt Lars Callin is a civilian policeman back home. He thinks there are many differences between civilian police duties and MP duties although there is close co-operation between UN MP and CYPOL (and furthermore with the Royal Military Police from Dhekelia). SSgt Leo Ryyanen and Danish Sgt Søren Feder make up the Famagusta Detachment team.

It should be mentioned that four other Austrian MP soldiers presently serve with UN MP Company — in Nicosia and Larnaca (they change about every three months).

Everybody has an idea about the tasks of the MP in general (security tasks, traffic supervisions, intervention at any incidents, investigations and so on) and the very serious cases are handed over to UNFICYP SIS. In Sector Six the situation is slightly different since the main tasks are not in the Famagusta area but in Ayia Napa which is very popular not only for tourists but for soldiers also. It is very important to show the presence of the UN MP to avoid the occurrence of any unpleasant



Traffic check: driver's licence, work-ticket

events. To do so, an MP sub-detachment has been established in Ayia Napa which is manned from Friday night to Monday evening, thus increasing the number of working hours for the UN MP personnel in Sector Six. They walk around wherever UN soldiers are to be found: by day on the beach (what seems to be a fine duty but is really a hard one with temperatures of more than forty degrees centigrade), and by night in the disco's. Although this seems to be a nice job as well, in reality it isn't since they cannot rest. They are here first to avoid problems — only by their presence do they help to maintain discipline and by doing so they help the soldiers to maintain a good reputation. Furthermore, if the soldiers have any trouble, for example with a saloonkeeper, then call the MP — they are there help! From this point of view you will start to like the UN MP much more than you probably did before when you only thought of traffic speed checks and so on) but even these will finally help you: to increase traffic discipline and thereby road safety).



UN NEWS



BRITISH FAMILY RESCUED BY SWEDISH MEMBER OF UNFICYP

Photograph by Sergeant Tony Hodgetts

On 15 August Sergeant P Edwards (a shift clerk in HQ UNFICYP's Ops Branch) assisted in a traffic accident involving a family of five Britons who were seriously injured. The mother had a throat laceration and had lost a lot of blood; the father had injured his breast bone and the three children were in shock and crying.

On arrival at the scene of the accident, Sergeant Edwards called for help, treated the family as best he could, escorted them to Paphos Hospital, stayed there until he left with the children, took them back to their holiday villa and remained with them overnight. He spent the next day looking after the children until taking them back to the hospital to see their parents, who are now recovering well from their injuries.



FOOD AND THE UN SYSTEM

FAO

The Food and Agriculture Organization of the United Nations (FAO) was the first United Nations specialized agency founded after World War II. It originated in the hope expressed in the Atlantic Charter that all men in all lands may live out their lives in freedom from want. It was established on 16 October 1945, when its Constitution was signed in Quebec.

Its purposes are to raise levels of nutrition and standards of living; to secure improvements in the efficiency of the production and distribution of all food and agricultural products from farms, forests and fisheries; and to better the conditions of rural populations; and, by these means, to contribute to an expanding world economy and to ensure humanity's freedom from hunger.

WFP

The World Food Programme (WFP), a joint undertaking of the United Nations and the FAO, seeks to stimulate economic and social development through aid in the form of food. Its resources come mainly from voluntary contributions in commodities, cash or services provided by Governments.

IFAD

The purpose of the International Fund for Agricultural Development (IFAD) is to mobilize additional funds for agricultural and rural development in developing countries through projects and programmes directly benefiting the poorest rural populations. The agreement establishing the Fund, the newest of the United Nations specialized agencies, was adopted by 91 government representatives on 18 June 1976 at a United

Nations Conference of Plenipotentiaries.

WFC

In response to a recommendation by the 1974 World Food Conference, the General Assembly established the 36-member World Food Council (WFC) to review major problems and policy issues affecting the world food situation and to develop an integrated approach to their solution. WFC also serves as the co-ordinating mechanism to follow up the implementation by the relevant bodies of the United Nations system of the World Food Conference resolutions on food production, nutrition, food security, food trade and food aid, as well as other related matters. Functioning at the ministerial level, the Council is the highest political body in the world to deal exclusively with food problems.