

THE BLUE BERET



JUNE 1986



MAY IN RETROSPECT

VISITS

| | | | |
|-------|--|-------|--|
| 12-15 | Ms Eriksson and party of four visited SWEDCON. | 19 | Lt Gen (Retired) and Mrs Stilasvuo visited FINCON. |
| 12-15 | Lt Col Hylten-Cruallius visited SWEDCON. | 20-24 | Lt Col Hallink and party of 4 visited CANCON. |
| 12-15 | Maj Wansweth, Maj Tornquist and Capt Karlsson visited SWEDCON. | 21-28 | Lt Dilnot and Lt Millen visited BRITCON. |
| 13 | Gen Sir Richard Trant visited BRITCON. | 22-29 | Lt Col V A Goodhew visited BRITCON. |
| 15 | Capt Leigh visited BRITCON. | 24-26 | Maj Pittarelli and party of 3 visited CANCON. |
| 19-20 | Brig LFH Busk visited BRITCON | 25-30 | Minister for Defence O'Toole and party of 4 visited IRCON. |

FUTURE EVENTS

SPORT

| | |
|-----------|---------------------------------|
| 18th June | UNFICYP Swimming Gala. |
| 25th June | UNFICYP Water Polo Competition. |

"Whats On In Cyprus"

| | |
|-----------|--|
| 27-6 July | Limmasol International Art Festival, with folk singers, live bands and dancers. To held at Limmasol Municipal Gardens each evening at 8.30 pm. |
| 4-7 July | Carlsberg Beer Festival - Carlsberg Grounds Nicosia - with food, drink and entertainment. |

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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. 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.

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Front cover

A Salute from the Swedish Contingent

Photograph by:
Sgt A Thomson

THE BLUE BERET



Editorial

The office has finally said farewell to your last editor, Major Rod MacArthur, who returned to England at the end of May. Judging by all the last minute well wishers who contacted the Blue Beret Office he was a most popular and successful MPIO in this UN Force. We send him and his family best wishes in their new post in Camberley.

There has also been a change in the Top Management of the force. Brigadier Robin Duchesne left us to take up a civilian appointment as Secretary General of the Royal Yachting Association and Colonel Dean Wellsman returned to Canada to work at the National Defence Headquarters College.

The new faces are Brigadier General John MacInnis, our new Chief of Staff, who has joined the force from Canada where he was Director of Artillery, and Colonel James Hamilton-Russell the new Deputy Chief of Staff, who comes to us from a military appointment in the Royal Household.

As the summer months are approaching and we are all heading for the beaches in our cars, please spare a thought for the poor old police who have to pick-up the pieces if you have a traffic accident'. Don't take chances Drive Carefully.

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THE BIG AUSTRIAN TATOO

By: 1 Lt Hochtl



Each Medal Parade is an outstanding event for UN soldiers. The AUSTRIAN Medal Parade had its own charm, because of the performance by the ST GEORGE'S BAND of the ROYAL REGIMENT of FUSILIERS, of the "BIG AUSTRIAN TATOO".

Let me explain the history of the Tatoo - to Austrian soldiers ever since the early middle ages, the "Big Tatoo" has meant the order is out for "night's rest". In former times the drums were beaten as an announcement of this. Later when the trumpet was introduced to the army, a trumpeter took over the task. This beautiful and solemn trumpet signal, like all royal trumpet signals, was composed by Michael Haydn, who lived in Salzburg, he was the brother of Joseph Haydn and also conductor of the Emperor's Royal Band.

This signal told many generations of Austrian soldiers that it was time for "night's rest". The whereabouts and the meaning of the word



"Zapfenstreich" can not be yet traced to its origin. One possible explanation that goes back to the old traditions of camp life in the middle ages, is that at a certain time, the sutler (a man who followed the camps, selling his wine) had to "strike the spigot" back into the cask, to seal it. No drinks were allowed to be served after that. In small camps one



Photos by: SGT BEATON

It's worth mentioning that this was the first time a foreign band played this Tatoo in Cyprus. We are pleased to thank the bandmaster, WO1 C ARTRILL and his men for their presentation of our Austrian tradition and congratulate them for their wonderful performance.



By: Capt C Davidson

3rd Battalion The Royal Regiment started arriving on the island of Cyprus on 16 Feb 86. The majority of the advance party were from Quebec Company - the company that provides the Combat Service Support and Administration to the unit. Quebec Company is located at Blue Beret Camp in the UNPA, next door to HQ UNFICYP. As such, we have the advantage for suntanning over the rest of our unit because of our altitude!

QUEBEC COMPANY, 3RCR

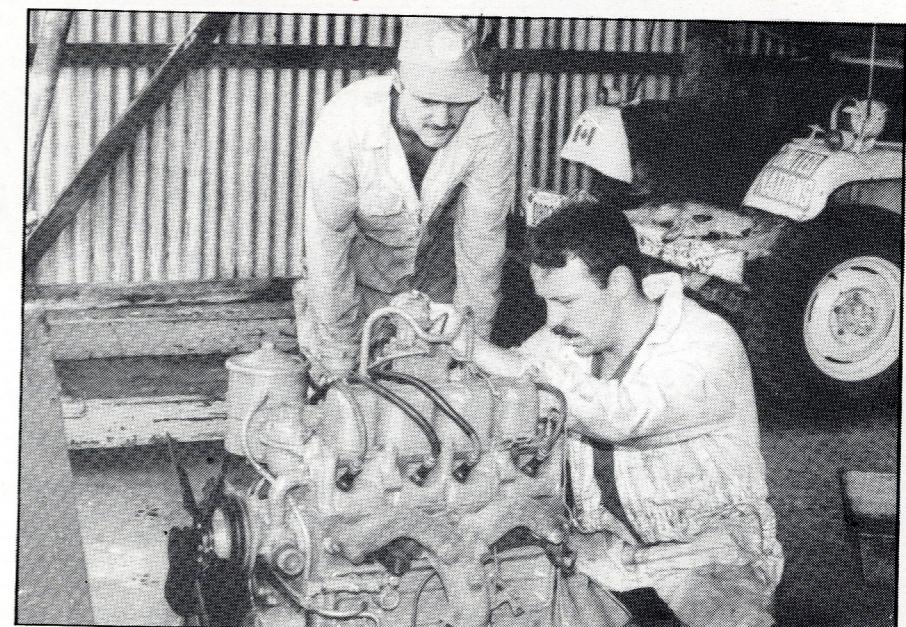


"Welcome to Quebec Company"



The Logistics Company performs a dual role while in Cyprus. Quebec Company provides the first line support to 3 RCR through Company Quarter Master Sergeants and Distribution Account Holders. These personnel control everything that is required to support 3 RCR in Cyprus. As well, Quebec Company provides second line support to the Canadian Contingent. This is not as easy as it seems but Quebec Company has come through with flying colours. We have also greatly contributed to the unit teams that have participated in the DANCON March, Tug-of-War, Rugby, Soccer and Basketball Competitions. In no small part Quebec Company's support led to the success of all of these teams.

Helen & Sgt Bob Frasch from Welfare take care of our leave arrangements



Maintenance Platoon hard at work



Photos by: Cpl D Hall

Quebec Company is heavily augmented from other Canadian Bases and units. These augmentees have become a valuable part of a cohesive team that provides support second to none. While these augmentees do not normally serve a full tour with the unit, they do contribute greatly to the efficient operation of the Company.

For those of you who don't know, and there are probably many, Quebec Company is a very diversified organization in Cyprus.

The company has a total of 23 different trades and it is no easy task to make them all work together let alone get along. Our compliments to Company Sergeant Major, Master Warrant Officer Steve Douglas, who makes it all come together.

Quebec Company welcomes its opportunity to serve in Cyprus, especially as part of a very professional organization like 3rd Battalion The Royal Canadian Regiment.

Pro Patria
Servitum Nulli Secundus

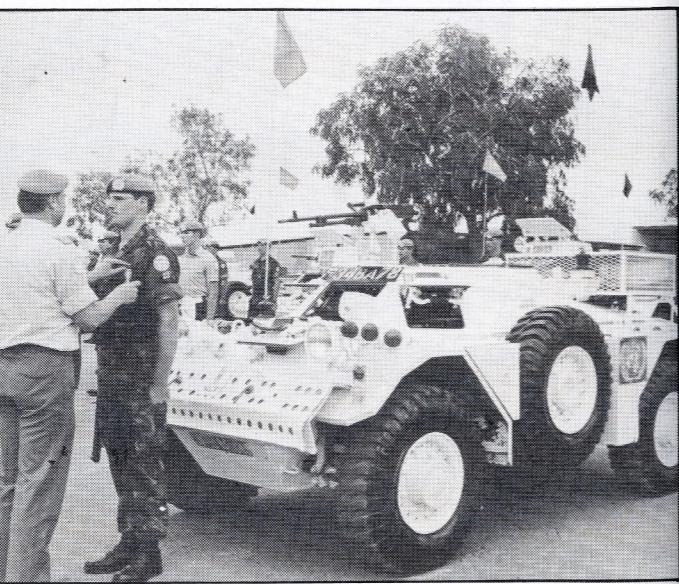
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BUFFER ZONE CHARITY RUN
Capt France - 21C AAC Flt & Capt Dyson-21C FSC ran 275 KM in 5 days through the Buffer Zone, raising approx £500 for various charities.



Gen Sir Richard Trant visiting SWEDCON.



FSC Sqn Medal Parade

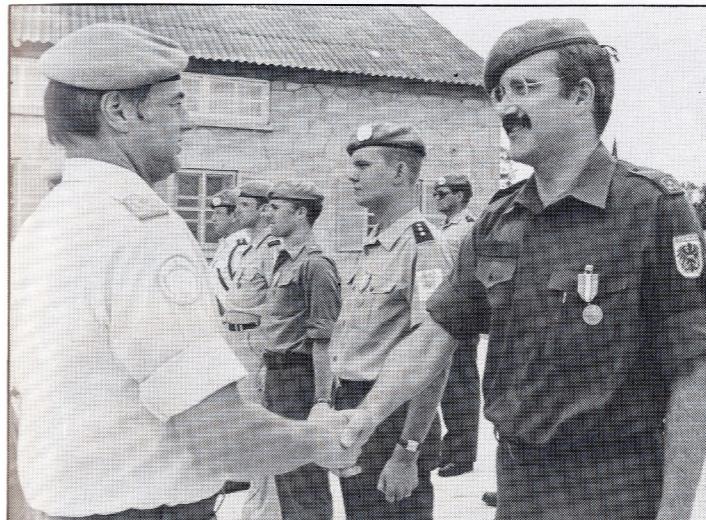
Tina Heath (ex presenter of Blue Peter television series) chatting to UNPA children.



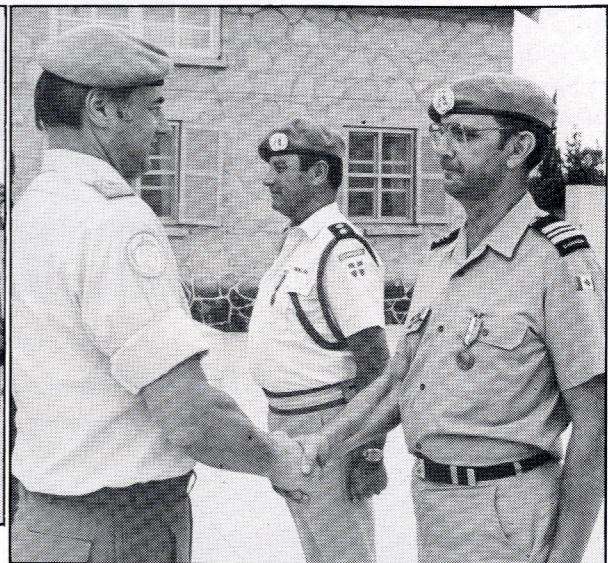
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St Michael's School Sports Day
Champions of the Day "The Blue Team", with Team Capt Holly Williams holding the trophy.



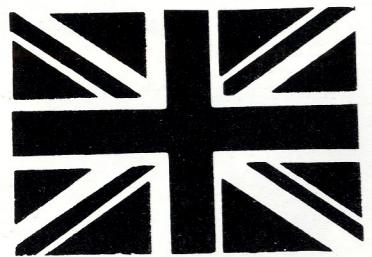
Mini Medal Parade HQUNFICYP



"Delusions of Grandeur" - S/Sgt Flinn celebrating on hearing of his promotion.



WO 1 (RCM) Lou Villers being dined out of Jubilee Mess in true "Cavalry" style!

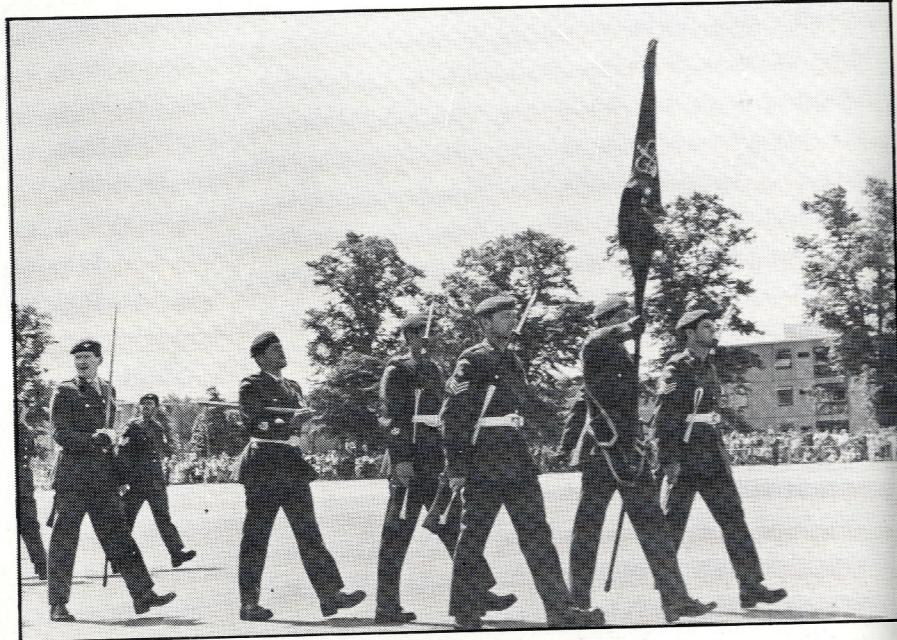


3rd Battalion



UTRINQUE PARATUS

The 1st Parachute Brigade was formed under Brigadier R N Gale in September 1941. In August 1942 the parachute battalions, which until then had no parent corps or regiment, were formed into the Parachute Regiment. The Regiment today comprises a Regimental Headquarters, three regular battalions (1 PARA, 2 PARA, 3 PARA), three territorial battalions (Part-time reserves) (4 PARA, 10 PARA, 15 PARA) plus a training depot (Depot PARA).



Trooping the Colour - Airborne Forces Day

Parachute assault on a recent Brigade exercise



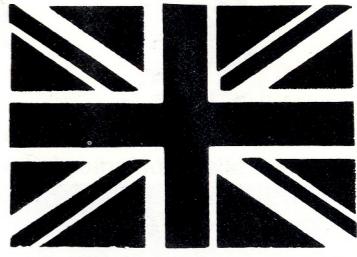
The Regiment fought with distinction in the Second World War, collecting nine battle honours which are borne on the Queen's Colour of each battalion. Post war the Regiment has been much involved around the world seeing active service in: Far East

45-46, Palestine 45-48, Middle East including Suez and Cyprus 51-56, Malaya 55-57, Jordan 58, Gulf 61-67, Cyprus 64, Radfan 64, Borneo 65, British Guiana 65-66, Aden 67, Anguilla 69, Northern Ireland 69-86, Falklands 82.

Officers and soldiers are recruited nationwide. Approximately sixty percent of officers join the Regiment after completing a university degree course followed by the traditional training at the Royal Military Academy Sandhurst. The remainder either join from school, transfer from other units, or are commissioned from the ranks. Soldiers attend a twenty six week training course at the Depot prior to acceptance into the Regiment.

Both officer and soldier has to prove his physical ability whilst under training by attending a rigorous physical selection course called P Company. Failures either leave the Army or may transfer to other units. Those who pass, proceed to RAF Brize Norton to attend a parachute course. On completion of this course the individual is entitled to wear the parachute badge (blue wings worn on the right shoulder) and red beret.

The Parachute Regiment



By: Capt R Gash

READY FOR ANYTHING

The Regimental home is in Aldershot, Hampshire which is some thirty miles south west of London. Regimental Headquarters, Depot and the famous Red Devils Free Fall Team are permanently based in Aldershot whilst also being the present station for both 2 PARA and 3 PARA. 1 PARA is presently located in Bulford, SW England and the territorial battalions in Scotland, the Midlands and London.

The Colonel in Chief of the Regiment is His Royal Highness The Prince of Wales. The Colonel Commandant is General Sir Geoffrey Howlett. The battalion is commanded by Lieutenant Colonel Dair Farrar-Hockley who was commissioned into the Regiment in 1967. In 1982 he won the Military Cross whilst serving with 2 PARA in the Falklands.



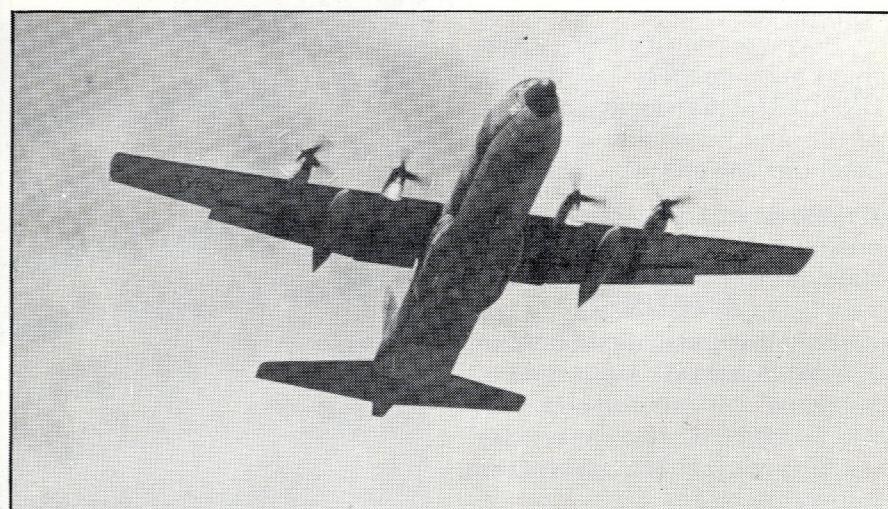
General purpose Machine Gun 7.62 mm

The Second in Command of 3 PARA is Major Donald Campbell who, whilst not serving with the UN Force directly, will provide and control much of the essential resupply for UNFICYP via the British Sovereign Base Area at Dhekelia.

The battalion deployed to Cyprus in early June, having relieved The 2nd Battalion Royal Regiment Fusiliers. This will be the second UN tour for 3 PARA who last served on the line from

May to October 1972. Many members who deployed on that tour, are still serving with the battalion today, of whom WO1 Caithness the Regimental Sergeant Major, is but one.

After a busy five months in 1986 which included a six week exercise in the USA, 3 PARA is looking forward to a change of scenery and the unique soldiering that serving with the United Nations demands.



Inside a C130 Hercules MK1 Aircraft - waiting to jump



THE VOLLEY DOLLIES

By Mrs Fran Young



The ladies volleyball team, which is made up of ladies from all nationalities, was formed nineteen months ago. Although it has been difficult at times, with members coming and going, we have always managed to make up a full team to play various units and contingents. As we are the only ladies team, we have only managed to take a few games from the men, but we have now entered the ACC Island Ladies League. This runs from May to July, and we are pleased to say that we have won our first four games! We have 17 team members but are always looking for new people. So ladies, why not come along and join us, you don't need to know the game. We have a new coach, Sgt Jay Gravelle, who is with the Canadian Contingent. He has taken over from Sgt Pete Collins who returns

to UK this month. We train every Thursday at St Michaels School playground and usually play a game on Tuesdays. Any ladies interested contact Mrs Ulli Flinn on Ext 2702. In July we say goodbye to our captain, Mrs Glenice Murphy who has been with us since the Volley Dollies were formed. We would all like to

express our thanks to her for all her efforts and hard work. She has made a good job of being Captain. We also say farewell to three ladies from the Irish Contingent, Bernadette, Kamar and Muriel. We wish them all and their families best wishes for the future from all The Volley Dollies.

FAREWELL MESSAGE FROM THE CHIEF OF STAFF

I leave UNFICYP after two memorable, rewarding and very happy years here. I congratulate all ranks in our multi-national Force on their splendid efforts to maintain the cease fire, to promote the well being of those in the Buffer Zone and on their hard work under often boring and tiring conditions. The peace and tranquillity on this lovely Island is in no small measure due to your efforts.

However I particularly want to thank my comrades of all ranks in UNFICYP for the friendship, sense of fun and hospitality shown to Jenny, myself and to our children.

A real reward in the Force is the outstanding integration of the Nations involved, which results in real friendships and overwhelming hospitality, despite very minor occasional problems of language. My thanks and best wishes to you all. I look forward to meeting many of you again in the future.

Brigadier Robin Duchesne



FORCE COMMANDER'S COMMENDATION TO SERGEANT BERTELSON MILITARY POLICE

A British soldier managed to get on the roof of a hotel on the south east coast of the Island and there tried to commit suicide. Because of his confused state of mind, this threat was taken seriously.

Sergeant Bertelson went to the hotel and after much patient talking, managed to persuade the soldier to hand over a knife he was holding and come down from the roof.

Subsequent evidence has since shown that the suicide threat was a very serious one and the soldier has since been admitted to hospital.

Without Sergeant Bertelson's timely and swift intervention the soldier would surely have suffered serious injuries. The Force Commander therefore awarded Sergeant Bertelson the UNFICYP Commendation for outstanding service to the Force.



"1 TROOP IN SECTOR 1"

By Lt C N Mitford-Slade



One Troop, B Squadron The Life Guards were under command of Sector 1, Dancon, from 11 April until 2 May. Having just returned from two weeks on leave this was a most interesting and challenging area to patrol. Apart from the normal daily routine we arranged patrols for Mrs Birgit Larsson (wife of Lt Col Larsson CHO, HQUNFICYP) and Capt Lorna McGregor (Adj Sup Regt). The Troop were only too delighted to be back in female company!

The Scout Car Troop is normally located at Skouriotissa but for the first time this year the troop spent three days in the C Coy area living at the Farm, D14. This was a fabulous experience and it tested the driver's capability on extremely difficult tracks. The Ferrets had no problems coping with the steep hills and Z bends but a simple mistake could easily have ended in a disaster. As it was there were no mistakes but the newly formed patrol track between D24 and D14 was the most difficult and dangerous to patrol.



The cooking in the C Coy OPs was of a very high standard (far better than B Coy HQ!) and fresh bread and cakes were baked daily. The Danes were most hospitable as it was a rare sight to see Ferrets at their OPs (and an even rarer sight when Capt Lorna McGregor turned up!)

WELCOME NEW CO SP REGT



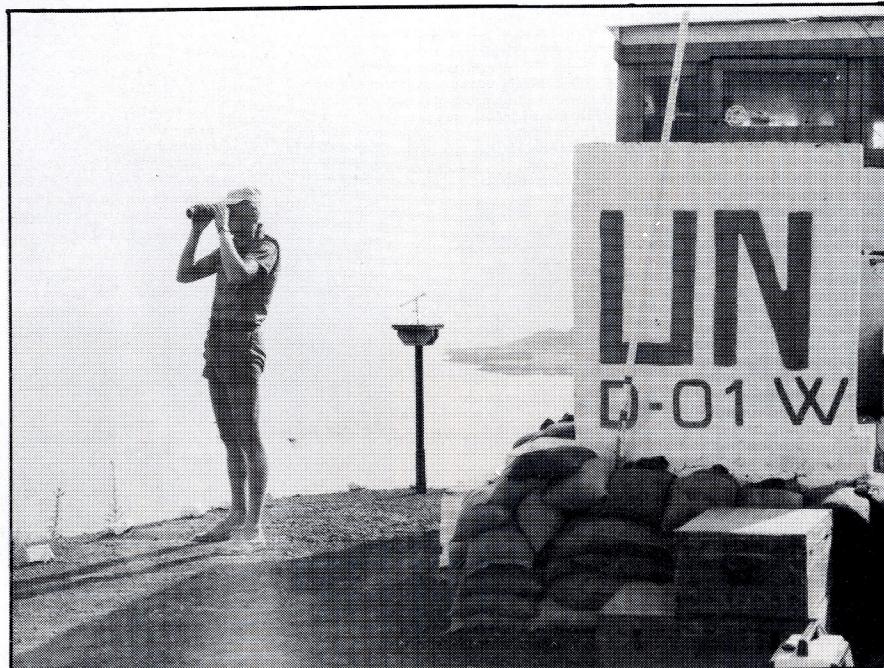
Lt Col Pyman arrives as Commanding Officer UNFICYP Support Regiment from The Royal Scots Dragoon Guards. This posting to UNFICYP is Lt Col Pyman's first appointment in Cyprus.



**THE
KOKKINA
RIFLE
PLATOON**

By: 1 LT P HOLM

The KOKKINA rifle platoon from the C-COY/DANCON, consists of 27 soldiers, 1 Lt - 1 Sgt - 6 Cpl - 19 Privates, organised into 4 OP teams and 2 RECCE squads. The task for the platoon is observation and patrolling, which the platoon carries out from two manned OPs D-01 and D-03 MOSQUITO, 3 OPs (unmanned) D-02 SOUTH - D-04 STAVROMENI - D-05 MANSURA, and also by driving patrols every day, in the area around the city of KOKKINA - KATO PYRGOS - POMOS - and PAKHYAMMOS. The platoon also has the task of solving minor problems and disputes between the two parties.



OP D01 WEST

The KOKKINA Viking



far away from anything and everybody, but perhaps therefore you will find a unique fellowship, co-operation and high morale, which might be difficult to find anywhere else. You must have many qualities to be a member of the KOKKINA rifle platoon, which is the first link of UNFICYP across Cyprus.

RECCE on patrol



INTERNATIONAL COOKBOOK

SKÅL!



The word "Skål" (pronounced skoal) is probably the best known Danish word in the world. In Denmark we say "Skål" as our toast before drinking. The "Skål" tradition is known in many countries, but the following little "ritual" is closely associated with Danish Akvavit:

1. Raise your glass, look your partner in the eyes - say Skål!.
2. Bottoms up!
3. - and raise your empty glass towards your partner.

We can trace the word "Skål" and the "Skål" ceremony all the way back to our distant ancestors, the Vikings. The word "Skål" itself also means a little bowl which the Vikings used for drinking and according to legend the "Skål" ritual came into existence to protect lives. The Vikings were always armed at their animated parties and to avoid the risk of having their head cut off whilst drinking they always tried to catch their table companions eyes, and hold them while emptying the "Skål", thus diminishing the risk of being sliced up into bacon - a risk which was considerable in those days!!

We often start our lunches with herrings and one of the nicest ways to have them is 'Curry Herring'. After a variety of herring dishes we continue with different pork dishes. One of the favourites is liver pate.

**Curry Herring
for 4 persons**
4 herrings
7 fl ozs sweet vinegar
3 fl ozs mayonnaise
3 teaspoons of curry powder
2 medium carrots
1 onion
4 bay leaves
1 teaspoonful white pepper



A Danish Lunch

The sweet vinegar is made of half vinegar and half sugar brought quickly to the boil and left to cool.

Beat the mayonnaise, curry and freshly ground pepper in a bowl, add the vinegar and mix thoroughly. Slice the carrots and onion finely, place in the bowl. Finally cut the herrings into 1" pieces and add to the mixture. Leave for 1 hour and garnish with onion rings, thin slices of carrots and bay leaves.

**Danish Liver Pate
Starter - Serves 6**
750 g pigs liver
400 g minced bacon fat
1 small onion
10 anchovy fillets

Bechamel:
50 g margarine
4 tbsp flour
2 dl milk or cream
2 eggs
salt and pepper



By: Mrs Birgit Larsen
Mrs Susanne Stoltenborg

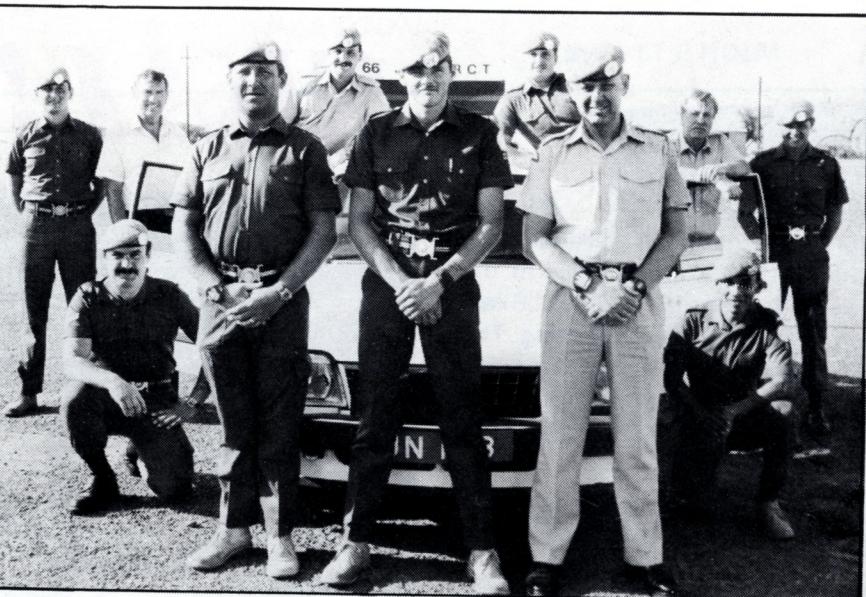
SKÅL!





66 SQN RCT SAY "AU REVOIR"

By: Capt N W Rooney



66 Sqn RCT, The UN Transport Squadron since November 1985, will be departing the gentle shores of Cyprus and heading back to merry England the first week in June. The Sqn has thoroughly enjoyed its tour, becoming involved in and enjoying success in many of the sporting and other events on the Island.

The Sqn was recently visited by the Master Driver, WO1 Dodgson from Episkopi, together with two examiners from the Institute of Advanced Motorists. Eight persons from the Sqn were tested and passed the I.A.M. test, a 100% pass rate.

On Friday 16 May the Force Commander came to say goodbye

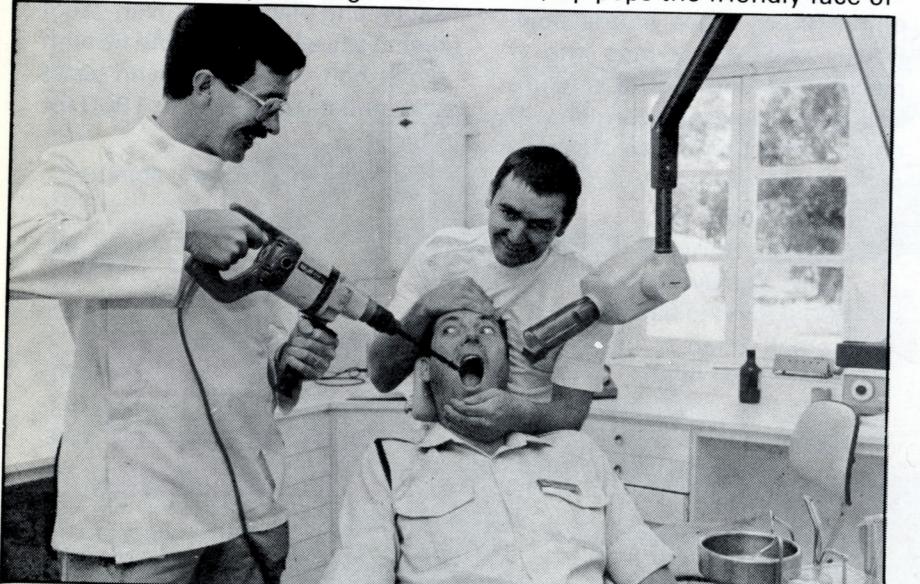
to the Squadron and to hand over his Award for Road Safety (Excellence Class), the Sqn achieving 77,903 miles between accidents. The Sqn will have driven over 800,000 miles before we depart the Island.

Finally, we would like to wish the new incumbent Sqn, 7 Sqn RCT, and all the friends we have made here all the best for the future and to take care on the roads until our return in 3 years time.

THE NEW DENTAL CENTRE FIRST IMPRESSIONS

Patients arriving at the BRITCON Dental Clinic these past few weeks have been taken aback by the 'new look' facility. Let us follow one such patient on his first visit.

On finding the door marked "Waiting Room", he is pleasantly surprised, if not a little dazzled, by the bright homely waiting area.



By: Maj R McCormick and Sgt R Robertson

Given time the patient will find, above a hatch, a sign written in big friendly letters - "PLEASE RING BELL ONCE AND TAKE A SEAT".

Pressing the button causes a delightful "BING BONG" to be heard in the distant surgery and just as the tuneful harmonies fade, up pops the friendly face of

your ever popular dental sergeant - "Welcome to Paradise", he says, "Please take a seat and we will see you in a twinkling".

As the patient sinks into one of the new armchairs, hearing the faint sounds of music and the gentle hum of well oiled machinery, he is overcome with feelings of wellbeing and contentment. Within a few moments the Surgery door flies open and there stands the dental sergeant "do come in" he says, smiling quietly to himself.

As the patient enters the Surgery he is confronted by the happy, bespectacled, hairy face of Mr Clever the Dentist, "Please sit down" he says - all 'good feelings' immediately evaporate to be replaced by white knuckled fear. "There there" say the dental team, re-assuring the patient, "which channel of BFBS would you like to listen to".

Within a flash its all over and the door stands open "Please come back and see us soon" says Mr Clever.

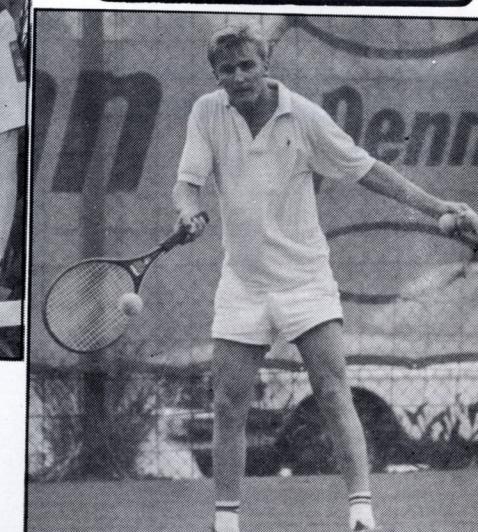
UNFICYP TENNIS COMPETITION



1st in "B" Class Doubles.

2nd in "A" Class Doubles

2nd in Best Team overall



UNFICYP ATHLETICS COMPETITION



400 metres - "First at the line" 2 RRF

Start of the 1500 metres race





UN NEWS



WELCOME

CHIEF OF STAFF BRIGADIER GENERAL JOHN ARCHIBALD MACINNIS

Brigadier General J A MacInnis was born in Cape Breton, Nova Scotia, Canada in May 1940. He attended Le College Militaire Royal De St-Jean and is a graduate of Queen's University of Kingston.

Brigadier General MacInnis began his Regimental Duty in 1961 with the First Regiment, Royal Canadian Horse Artillery (1 RCHA) in Camp Gagetown, New Brunswick. Following a tour of duty as Instructor at the Royal Canadian School of Artillery in Shilo, Manitoba, he returned to 1 RCHA in 1966 and accompanied the unit to Germany where he served in the rank of Captain until 1969.



Promoted to Lieutenant-Colonel in 1977, he became Senior Staff Officer Plans at Mobile Command Headquarters in Montreal. Following a tour as Commanding Officer 3 RCHA, he spent a year as Director of Land Requirements 2 (DLR 2) in NDHQ. He was promoted to the rank of Colonel in August 1982 and attended the National Defence College (NDC) at Kingston, Ontario.

Brigadier General MacInnis was promoted to his current rank in May 1986 and appointed Chief of Staff/Canadian Contingent Commander, United Nations Forces Cyprus.

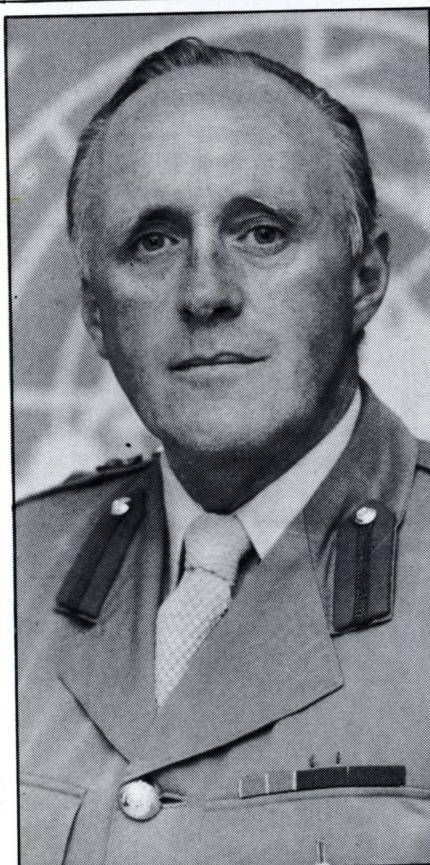
Brigadier General MacInnis is married to Barbara Hykle formerly of Montreal, Quebec and they have three daughters Barbara, Cynthia and Elizabeth.



DEPUTY CHIEF OF STAFF COLONEL JAMES HAMILTON-RUSSELL MBE

Colonel James Hamilton-Russell was born in London, in 1938 and joined the Army in 1957 as a Trooper in the 11th Hussars. He was then trained at Mons Officer Cadet School and was commissioned into the Royal Dragoons in 1958.

In 1969 The Royal Dragoons amalgamated with The Royal Horse Guards (The Blues) to form The Blues and Royals, shortly after which Colonel Hamilton-Russell went to Southern India to attend the Indian Staff College, returning to London in 1971 for a two year staff appointment.



Between 1980 to 1982 at Windsor he commanded his Regiment, The Blues and Royals, which was assigned to the United Kingdom Mobile Force and equipped as an Armoured Reconnaissance Regiment. During this time part of the Regiment fought in the Falkland Islands. After this he was promoted to Colonel and assumed command of the three Regiments of Household Cavalry as well as becoming Silver Stick in Waiting, an appointment within the Royal Household. He relinquished these posts in January 1986 prior to his appointment to UNFICYP.

In 1965 he married Alison Heard and they have three children, Julia aged 18, and twins, Mark and Edward aged 17.