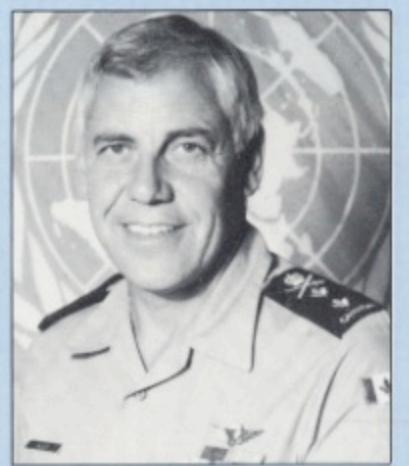


# THE Blue Beret

December 1991





## FORCE COMMANDER'S CHRISTMAS MESSAGE

The festive season is upon us once again and, traditionally, this is the time we choose to spend with relatives and loved ones; however, for some of you serving here in UNFICYP, this will not be possible.

Whilst you may be missing home comforts and your families, you should take heart in the knowledge that, in serving here in Cyprus, you are in fact observing the very essence of Christmas — the pursuit of peace and goodwill. You should feel proud, as indeed I am, of the important contribution you are making to UNFICYP and peace in Cyprus. Your dedication and perseverance, your patience and good humour are to be commended.

We should also pause to remember those who have suffered injury or loss of life whilst in UNFICYP service over the past years — their sacrifices should not be forgotten.

I wish you all a happy and safe Christmas and a peaceful New Year.

## WINNERS OF THE UNFICYP CHRISTMAS CARD COMPETITION



Pictured here with the Force Commander are the prize winners of the UNFICYP Christmas Card Competition. The winning card was designed by Major Rusty Bassarab (above). Bottom left is the runner up, Sgt Lennie Law, and bottom right is the winner of the children's section, Miss Vikki MacTaggart.

Congratulations go to the winners, and many thanks to everyone who participated in this competition.



The Reverend Paddy Cable comes to BRITCON from Paderborn Garrison in Germany where he served as Brigade Chaplain to 33 Armoured Brigade. He is married to Liz and they have three children who attend school in England.

This posting is number eight during 13 1/2 years in the Army. Other postings have found him in Northern Ireland, Belize, Salisbury Plain, Winchester and, of course, Germany. He has served in the arctic wastes of Norway and is trained to pray in any temperature! The jungles of Belize proved to be no match for him, but he has been known to lose an entire night's sleep worrying about a cockroach the size of a small Volkswagen!

Prior to his arrival in UNFICYP, he served for two months in West Belfast with the Third Battalion The Light Infantry. He and his wife are delighted to be here, and the children can't wait to come out at Christmas. Denominational differences mean little to Padre Cable, who confesses that some of his best friends are Catholics. He is, as you might expect, Church of England.



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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

Christmas Greetings  
from UNFICYP  
by SSgt Kev Capon

# The Blue Beret



## EDITORIAL

The most widely celebrated festival of the year beckons and everyone has his own way of celebrating it. Here, as members of UNFICYP, we are somewhat sheltered from the very commercial aspects of this festive season that otherwise prevail in our own countries, and which serve only to detract from its main message. Being in Cyprus, as a member of an international organisation working for peace, also gives each of us a unique opportunity both to enjoy the festive season for itself, and to learn more of the customs and traditions of other nations.

So why not make every effort to ensure that this Christmas is a memorable one by extending fellowship and goodwill to others.

As 1992 ends, I wish to thank the staff of this office for their enthusiasm, commitment and hard work which has contributed to the continued high standards of this magazine throughout the year.

Additionally, on their behalf through this editorial, I would like to wish all our readers, contributors and critics a very Happy Christmas and a Prosperous New Year.



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## CHRISTMAS IN DENMARK

by Chaplain Vilhelm Vaerge



When Christmas comes closer, those of us away from home always turn our thoughts to our family and friends in Denmark. I will try here to describe to you some of the traditions and customs of our country.

Shop windows have displays as early as November with all sorts of Christmas scenes and decorations, not to mention the gifts and food on display! In the larger cities, electric lights are hung on very tall Christmas trees (usually spruces) and these are used to decorate public places.

In homes, the coming of Christmas festivities usually commences with an advent wreath — a wreath of straw decorated with branches from the fir tree and four candles, one lit each Sunday before Christmas. You will find many advent wreaths in the churches as well, and more people attend services at this time of the year. Extra activities are organised with many special events and concerts taking place. One custom of note is a "Lucia procession". This is a group of girls, dressed in white with candles in their hands and a "Lucia bride" who leads the procession with a wreath of four lit candles set in a special hair band.

Food and drinks are also in abundance at Christmas time. All offices, factories, etc hold a lunch for their employees which usually begins with herrings, followed by other special Danish lunch dishes, accompanied by rye bread, beer and snaps — the last often in plentiful amounts!

By Christmas Eve, everything has been prepared. In the afternoon, many ceremonies are held and the churches are full. Often it is necessary for parishes to hold two or three ceremonies in order to make room for everyone. Of course, the churches are also decorated with a Christmas tree and candles. The service always repeats the gospel about the



birth of Christ, not forgetting the singing of good, Danish Christmas hymns.

Following the ceremony, families get together for Christmas dinner, traditionally duck or goose with rice pudding for dessert. Then, especially when the children are around, the Christmas tree is lit and everyone dances around it, singing Christmas carols and hymns. Finally, the gifts are unwrapped and the children start playing with their new toys.

On Christmas morning, 25 December, some people sleep later than usual, however many find their way to the Church for the Christmas Day service, although not as many as on Christmas Eve. Lunchtime is normally a family affair with traditional Danish lunch dishes together with beer and snaps.

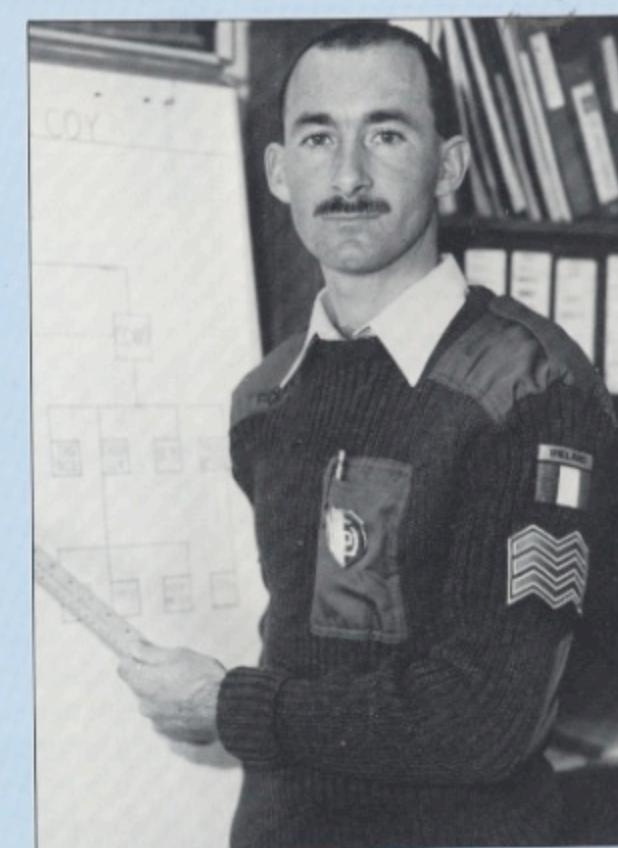
Festivities end one day later, 26 December, St Stephen's Day.

## UN MP COY TRAINING NCO AND SPORTS OFFICER - Sgt P Folan

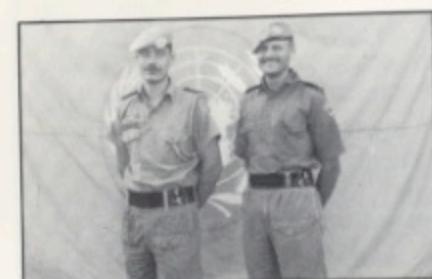
The UN MP Coy Training NCO is responsible for conducting initial arrival lectures when new members arrive in the MP Coy. Each new member spends three days with the Training NCO. During this time, they are briefed and updated on a variety of subjects, including UNFICYP organisation and the responsibilities of the MP Coy which is one of the uniquely multi-national units of UNFICYP. Training also covers driver training and testing in addition to personal weapon firing.

When the new members have completed their initial three day training, they are sent to one of the detachments where they take over duty under the supervision of their shift commander.

The Training NCO also has responsibility for running mini skills competitions within the Company and assisting in the UNFICYP Military Skills and Shooting Competitions. On the sport side too, he co-ordinates MP Coy sporting activities in addition to miscellaneous tasks. All these activities are done with the aim of establishing and maintaining a good level of proficiency and providing a better service to all UNFICYP personnel.



## NEW PERSONNEL IN SECTOR ONE



Capt THS Ronsov (left) arrived in UNFICYP as the new Sector One Engineer Officer. Back in Denmark, he was a Combat Engineer. He took over from Capt K Gertsen, who returns to the Physical Training School in Denmark — but not before he takes a long holiday with his family!



The new Commander DANCON, Lt Col K Bache, started duty on 3 November.



Capt E Arildslund (right) comes from the UN Dept in Denmark, where he left his job as Personnel Administration Officer. This is his third tour with UNFICYP as Admin Officer at HQ DANCON, and he takes over from Capt VS Vestergaard.



On 4 November 1991, Maj Arne Kristian Larsen (left) took over as SLO in Sector One from Maj Kurt Herman. The new SLO was serving in The Royal Lifeguards as OC before his departure from Denmark.



The new OC Workshop is Capt F E Praegl (right), who takes over from Capt J L Petersen.



On 3 November, Capt B Mejholm (right) took over as Ops Info Officer, Sector One from Capt G Nalve. Capt Mejholm comes from the Northern Jutland Artillery Regiment, where he left his job as Battery Commander.



At the beginning of November, Capt Jan Geo Jensen (left) took over as Signals Officer, DANCON from Capt Hans Ryding. Capt Jensen comes from the Zealand Signal Regiment.



Capt F Dahl (left) comes from the Sealand Life Regiment. He takes over as 2 i/c HQ Coy, DANCON from Capt S Fischer.



On 3 November, Maj K-E Tang (left) took over as Senior Personnel Officer from Maj H-E Bonde. Maj Tang comes from the Royal Danish Air Force. He is also the Press Officer for Sector One.

## NEW CCWO FOR THE UN MP COY

CWO Blanchard joined the MP Coy as the Coy CWO on 5 Nov 91, replacing CWO Butchart. He comes from CFB Goose Bay, Canada, which is a multi-national operation base with the German, Dutch and British operating fighter squadrons.

CWO Blanchard is married with two children. He joined the Canadian Forces in 1966 and comes to the MP Coy with a varied background in shift work, investigations, pass control, security, field instruction, polygraph, SIU, etc.





## NEWS FROM 4 RTR



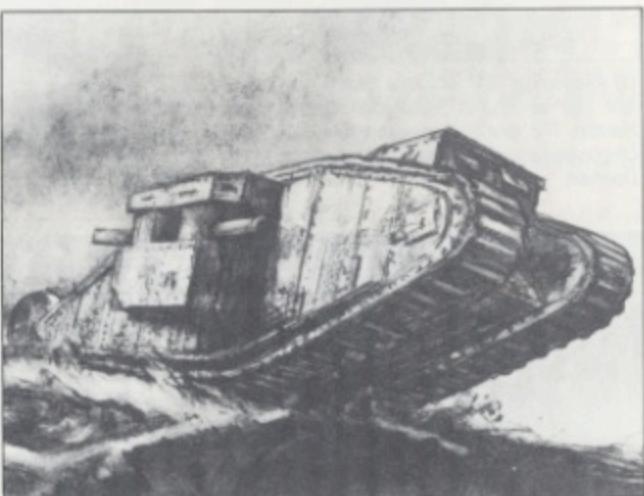
## TIME TO GO HOME



A Chieftain Main Battle Tank of 4 RTR

It doesn't seem possible that 4 RTR have already spent six months in Cyprus. Since arriving, we have renewed many old friendships and forged many more; we have been made welcome wherever we went and the hospitality shown to us has been unforgettable. Unfortunately, the time has come for us to return to Osnabrück in West Germany and our tanks. It would be impossible to personally thank everyone in the United Nations, both military and civilian, for all your help and friendship. However, on our return to Osnabrück, many of us will depart for Scotland ready to celebrate "Hogmanay", and on that occasion, we will raise our glasses to our many friends in Cyprus - *Sláinte*.

## THE BATTLE OF CAMBRAI



The type of vehicle used in the Battle of Cambrai

Of the 4 RTR battle honours, one of the most famous is that of Cambrai. The Battle of Cambrai was fought on 20 November 1917, the first time tanks were used on the battlefield. They were a resounding success, so much so that church bells were rung around Britain for the only time during WWI.

The Regiment now celebrates Cambrai wherever we might be serving, this year here in Cyprus. Cambrai begins with the soldiers receiving gunfire from the Officers, Warrant Officers and Sergeants. They are woken by the traditional skirl of the pipes, the gunfire itself being strong tea laced with Scottish spring water and barley (whiskey to the uneducated). The Regiment then musters for the Drumhead Service, this year held at Waynes Keep, after which the Cambrai Cup football match is fought out with a ferocity second only to the original battle itself!

Lunch for the soldiers is again served by the Regimental hierarchy, this again only being interrupted by the honorary drinking from the Cambrai Trophy by the winners and losers alike.

The Warrant Officers and Sergeants' Mess members are then invited to attend the Officers' Mess for drinks. It usually takes the Mess the whole year to recoup their profits!

In the evening, each of the Squadrons hosts its own function — jovial occasions with much humour and mirth,

## MARTIAL ARTS IN SECTOR TWO

October has been a very busy time for SSgt "Moose" Cameron and the Shokutan Karate Club. On 10 October, the Club, known as **Ronin** (Wandering Samurai), performed a charity display in the gymnasium at St David's Camp, where they raised £C550 for a children's home in Dundee, Scotland.

19 October saw the Ronin Club in action at the RAF Akrotiri Open Karate Tournament. Considering the Ronin Club was only formed on 4 RTR's deployment to Cyprus, the results they achieved were excellent. Compliments go to all on their sportsmanship and competitive fighting.



Members of the Ronin Club



## THE FAMOUS ENGLISH CHRISTMAS PUD

by WO2 Mortimer, Master Chef, 4 RTR

125 gms self raising flour  
Pinch of salt  
1 level teaspn ground cinnamon  
1/2 level teaspn ground nutmeg  
1 level teaspn mixed spice  
125 gms shredded beef or veg suet  
125 gms butter  
250 gms fresh white breadcrumbs  
Grated rind and juice of 1 lemon  
375 gms soft brown sugar  
50 gms blanched chopped almonds  
250 gms each raisins, currants, sultanas  
125 gms chopped mixed peel  
125 gms prunes soaked  
2 tablespns black treacle  
1/2 wine glass brandy  
1/2 pint Guinness  
3 large eggs

Sieve flour, salt and spices into a large mixing bowl. Add suet, breadcrumbs, grated lemon rind, sugar, almonds, vine fruits and mixed peel. Stone and chop prunes and add. Mix thoroughly (the Victorians knew why they

wanted the entire family to stir the pudding mixture and wish!) and make a well in the centre.

Warm treacle with butter until both are thin and runny. Remove from heat and add the lemon juice and brandy. Pour into the dry ingredients, together with the Guinness and the lightly beaten eggs, and mix thoroughly with a large spoon.

Cover the basin with a cloth and leave until the next day. Stir up the mixture and spoon into well-buttered 1 lb and 2 lb basins. Allow room for the puddings to rise. Cover with a round of well-buttered greaseproof paper and then with two sheets of greaseproof paper, tied in the usual way. Steam gently for 5-6 hours. When puddings are cool, remove damp papers and recover loosely. Store in a cool but airy place. Do not cover airtight.

On Christmas Day, recover with buttered papers and steam for 1 1/2 to 2 hours. Serve with cream or brandy sauce.



## BRANDY SAUCE

1 pint milk  
2 rounded tablespns cornflour  
Piece of vanilla pod  
Caster sugar to taste (approx 4 oz)  
Up to 125 gms butter  
Good pinch of salt  
Brandy to taste (do not begrudge it)

Heat milk, vanilla pod and half the butter in a heavy based saucepan. Stir cornflour, salt and sugar in a small basin with a little water. Pour some of the warm milk into the cornflour mixture, return it all to the saucepan and continue heating gently until it thickens. Add the brandy and remaining butter. Boil briefly, check sugar and serve.



## ERSKINE HOSPITAL CHARITY RUN

Erskine Hospital, just outside Glasgow, cares for servicemen disabled, both mentally and physically, in conflicts this century. Patients range from WWI veterans to soldiers injured in Northern Ireland and the Gulf.

4 RTR has made many voluntary donations over the years. Cpl Calum Townsley decided that Rhine Sqn personnel shown left would "do their bit" for Erskine and complete 108 kms between Dhekelia and Episkopi Garrisons in under 8 hours — all 10 runners finally completed the run in just over 7 hours.





## AUSCON NEWS

## AUSTRIAN PRESIDENT VISITS CYPRUS



Dr Kurt Waldheim with Lt Col P Resch, Commander AUSCON and Lt Col G Rieszland, Commander Sector Four

Dr Kurt Waldheim, President of Austria, made an official visit to UNFICYP between 6-8 November 1991. On 7 November, Dr Waldheim and the Austrian peace-keepers were entertained by the Austrian Ambassador, Dr George Calice, at the International Conference Centre in Nicosia.

## MOUNTAIN BIKE BIATHLON

On 9 November, the first Mountain Bike Biathlon took place in the area of 1 Coy, Sector Four. The participants had to cover a total of 12.5 km, starting with the cross-country section on mountain bikes and ending with two shooting practices. The winner was Cpl Stopfer (AUSCON) in second place was WO1 Danglmaier (AUSCON), third came Capt Sullivan from CANCON and in fourth place was Lt Haaning from DANCON.



Prize presentation by the DCO, Maj Epple

## AUSCON MEDAL PARADE

There are 410 Austrian regular and militia soldiers serving with UNFICYP. AUSCON is the third largest Contingent in the Force, after Great Britain and Canada. For the past 27 years, Austrian soldiers have been serving on this island, first as a Field Hospital unit and thereafter as an infantry battalion.

18 October 1991 was a day for 140 members of AUSCON to remember. In the presence of international spectators, they were presented with their UN medals "in the service of peace". In his speech, the Force Commander showed his appreciation for the Austrian peace-keepers by unexpectedly using the German language.

After the parade, guests were treated to an excellent buffet prepared by the Austrian cooks. The day was considered a great success and a suitable occasion to become familiar with the Austrian way of life.



Inspection by the Force Commander and CO Sector Four



Small talk with the FC in the Men's Mess at CDL V

## THE "GIMPEL" VISIT FAMAGUSTA

A visit with a difference took place in Camp Duke Leopold V when the "Cabaret Gimpel" from Graz in Styria (one of the nine Austrian provinces) was welcomed by AUSCON. The trio, Herbie Trummler, Fritz Schicho and Winfried P Vollmann, offered outstanding entertainment at their two performances. Their humour spared nothing and no one, in particular the Austrian Army and AUSCON! Their visit was a roaring success, and the grateful Austrians sincerely hope such visits will be repeated.



The three Gimpels (the German word for "bullfinches")!



## AUSTRIAN CHRISTMAS CUSTOMS



St Nicolas and the "Krampus"

country. The children in particular eagerly look forward to this event, since this Saint knows everything about their good and bad deeds. Shoes, socks and plates are prepared to receive what Saint Nicolas will deliver. He is accompanied by his groom, who carries either a basket full of presents or the "rod", wearing the mask of the devil called "Krampus", "Klabaut" or "Bartl".

The bishop and his attendant appear in the various Austrian provinces in different fashions. In Styria, he is accompanied by noisy "Niklo'n". Hidden in bundles of straw, these "Schabmänner" are really fantastic looking figures. In some villages of the Tyrol, St Nicolas gives his presents to the boys only, and on 13 December, the day of Santa Lucia, the "Luzelfrau" visits the girls and gives them their presents.

On 21 December, the shortest day of the year, the Austrians celebrate the feast of St Thomas. On this day, people consider what the future has in store for them. To get rid of the "evil spirits", the farmer walks through the rooms and stables in his farmhouse with his groom or eldest son. They carry a pan and sprinkle Holy Water everywhere, while the rest of the family pray for the Virgin Mary's blessing.

Two days later, on 6 December, Saint Nicolas travels throughout the

There are countless other variations of these customs and



Schabmänner

traditions, for example in the Tyrol where country lads walk from farm to farm, shouting and wearing different masks (Gstampa- and Glöcklenschäfte or the frightening "schiachen Perchten") with the intention of banishing all evil and to pave the way for God.

In common with many countries, a characteristic feature of advent is the wreath, made up of fir sprigs with



Children dressed up as the Three Wise Men with the Epiphany carol singer

four candles. Every Sunday before Christmas, one candle is lit.

The peak of advent, Christmas Eve, is represented by various nativity scenes, set up in most households and churches.

On 26 December, St Stephen's Day, there is a tradition of blessing animals with Holy Water and salt.

The last custom of this festive season is on 6 January, when children dress up as the Three Wise Men — Caspar, Melchior and Balthasar, walking through the villages and writing the initials "C+M+B" on street doors in blessed chalk. These letters help people in the fight against "evil demons".

In brief, this describes some of the Austrian traditions which unfortunately, as time goes by, are slowly dying away.



## FSC SQN NEWS



Maj Colin Good has recently taken over the FSC Sqn from Maj Simon Ledger. Maj Good is a Canadian by birth who joined the 13th/18th Royal Hussars (QMO) in 1984, having lived in England since 1970. After a very varied career so far, he is obviously delighted with the opportunity of Sabre Squadron Command with the FSC Sqn as part of UNFICYP.

The month of October has been very busy for all, whether operationally, on the sporting side or socially.

We began with the lead up to the UNFICYP Military Skills Competition. All the training the team had undertaken paid off on Competition day. The team came a very credible fourth, which is not bad for a Sqn!

A few days later, the Shooting Competition was underway which again proved that we are not the snipers of this world. Mind you, not all would be au fait with a Scorpion on a range!

More recently, the Football Competition took place on the UN sports pitches. The finals ended up with the FSC Sqn versus DANCON, in which DANCON came out deserved victors.

The following weekend was taken up with our annual Regimental celebrations. A history follows for all interested.

136 years ago, Friday 25 October, the Regiment on the right of the first line took part in the Charge of the Light Brigade at "Balaklava", probably the best known battle of the Crimean War.



FSC Sqn Military Skills Team

Lord Raglan, the allied Commander in Chief, noticed the Russians dragging away the guns recently captured by the allies. He at once sent a written message to "order the Cavalry to advance rapidly and try to prevent the enemy from carrying away the guns." Lord Lucan, out of sight of the guns that Lord Raglan had seen, could only see a battery of Russian guns nearly two miles away at the end of the valley.

Mustering only 673 all ranks, due to sickness and battle casualties, the Brigade was formed. Led by the Commander, Lord Cardigan, the five Regiments advanced down the valley — to their front a battery of Russian guns, to their right Russian guns on the Causeway Heights, and more guns and infantry to their left.

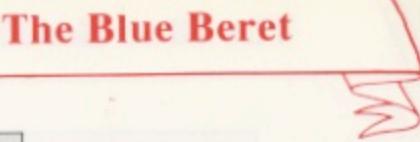
The Officers and men of the Light Brigade obeyed their orders with such devotion and steadiness that it is no wonder the memory of Balaklava is held in ever-lasting honour.

Through a storm of shot and shell, the British Cavalry charged to their front, into the Russians beyond.

Cannon to the right of them,  
Cannon to the left of them,  
Volley'd and thunder'd,  
Storm'd at with shot and shell  
Boldly they rode and well  
Into the jaws of death,  
Into the mouth of hell,  
Rode the six hundred.  
Flash'd all their sabres bare,  
Flash'd as they turned in air,  
Sabring the gunners there,  
Charging an army, while  
All the world wonder'd:



The officers and soldiers of the 13th Light Dragoons in preparation for battle



## THE AUSSIE CHRISTMAS



For many of the Australians here, this will be their first winter Christmas because the Australian Christmas always occurs in summer. The buzz of cicadas and the arrival of a large glossy, herbivorous insect, called appropriately the "Christmas Beetle", informs Australians that Christmas is not far away. Office parties become more prevalent, the better ones providing prawns, oysters and champagne for their staff.

Shops are usually open seven days a week for the two weeks before Christmas, and on Christmas Eve they stay open until midnight for last minute purchases. The streets and malls of the major cities are decorated with coloured lights and decorations and are packed with shoppers.

Christmas time in Australia may also bring tragedy. In Australia's tropical North it is the cyclone season whilst elsewhere, due to the high temperatures and lack of rain, there is great danger from bush fires, both of which can cause considerable damage to townships in the area.

Christmas is also a time for families to get together, many travelling thousands of kilometres to be with their loved ones. Children always wake early on Christmas morning to see what "Santa" has brought.

Christmas lunch is a family affair and the table is decorated with flowers and bon-bons (Christmas crackers). The preparation of the meal is usually shared between family or friends — each responsible for providing part of the meal. Christmas lunch is normally served hot but cold dishes are also popular. Ham, roast pork, chicken and turkey with stuffing is the usual fare together with baked

vegetables (potatoes, sweet potatoes, onions, pumpkin, carrots), green vegetables or salads. Afterwards a traditional plum pudding is served with custard, ice cream or hot brandy sauce followed by mince pies and Christmas Cake.

After the big meal, if the day is fine, many Australians will go for a swim or play outdoor games such as cricket or table tennis with the children. Others try to find a cool place for a nap. Alternatives to a hot Christmas lunch can be a BBQ in the bush or chicken salad or shellfish on the beach.

In the lead up to Christmas, the major parks of most Australian cities hold "Carols by Candlelight", where crowds gather with lighted candles and sing Christmas songs to the accompaniment of a band or orchestra. This is often televised. The day after Christmas — Boxing Day — sees the start of Australia's premier ocean yacht race from Sydney Harbour to Hobart in Tasmania. This very dangerous race often proves hazardous for the contestants.

Christmas 1991 for the Australians here in Cyprus will be quite different to those previously experienced in Australia. We will be thinking about our families enjoying the hot summer sun whilst we wear our winter woollies and sit around fires. The experience will be memorable and — who knows — it may snow!



Service with UNFICYP brought two infantry soldiers from the same Regiment together again after eight years. Major Vince Hazlewood, 2/c Support Regiment, and Cpl Andy Callan, Ration Storeman with Support Regiment, last served together with the 1st Battalion The 22nd (CHESHIRE) Regiment in Bally Kelly, Northern Ireland in 1983. When Cpl Callan completes his six month tour with UNFICYP, he will return to 1 CHESHIRE in Falling Bostel, West Germany after end of tour leave.



## SUPPORT REGIMENT NEWS

### UNFICYP WKSP EX MELANDA BOND: 1 and 2 November 1991

The Workshop held its twice-yearly adventurous training exercise from Melanda Bay Beach near Episkopi. A varied training programme included sailing, waterskiing, jet skiing, windsurfing, canoeing, speed boating, mountain biking, rock climbing, horse riding, dry slope skiing, SCUBA diving and banana boating!

All this enjoyable training was by way of preparation for a light-hearted exercise, geared to test the resourcefulness and initiative of the participants. The challenge ultimately was Exercise "Melanda Bond", run over Friday and Saturday and based on a James Bond 007 theme. Following Lt Clark's "within the law" directions, five teams of "special agents" performed their missions with varying degrees of success throughout Friday night. Eventually, by mid morning Saturday when teams regrouped, they faced other tasks en route to the objective in Melanda. Ultimately, there was the 007 style abseil down a 150' cliff to a "speed boat" and into the arms of the lovely "Moneypenny", cleverly disguised as Maj Merrett.



From the left: Cfn Dooris, Cpl Laity, Cpl Smith and Sgt Reeves

### EXERCISE APHRODITE'S CONQUEST 254 (UNFICYP) SIG SQN

Ex Aphrodite's Conquest is the successor to Ex Aphrodite's Amble, and as the name suggests, it has been made slightly harder and more demanding for those taking part. The exercise consisted of a 2-3 day military training exercise held over the period 4-9 November. The sections made up from the three troops had to complete a 70km route around Episkopi training area within 2 1/2 days. In addition, they were made to go through a number of military skills stands: NBC, First Aid, Command Tasks and Signals. For those who didn't complete the March, map reading proved to be their downfall. Congratulations go to those teams who completed the March and to the winners from Radio Tp.



Cpl Paul Coates leading his Section down to recover the "vital piece of equipment".

### UN TRANSPORT SQUADRON

Festivals are meant to be both joyful and family unions. Both the Chinese and the Gurkha elements of UNFICYP Tpt Sqn had an opportunity to celebrate one of their major festivals here in Cyprus.

On 21 September, the Hong Kong Military Service Corps soldiers had their Chinese mid-autumn festival, also known as the Moon Festival. Fortunately, their Commander and the Gurkha Major were with them on an official tour. They had kindly agreed to bring in some "moon cakes", and the occasion was celebrated in traditional style. Many guests from other Contingents were invited who enjoyed the evening, particularly the Lion Dance.



Chinese mid-autumn festival — the Lion Dance team, who started off the festival



The Gurkha festival of Dasain: Capt Manbahadur Limbu with the Sqn Sgt Maj W02 (SSM) Shivsaran Gurung, who took the role of the Pundit (priest) just about to let fly a pigeon — a symbol of peace and prosperity

The Gurkhas celebrated their festival of "Dashain" on the morning of 17 October, where an offering of goats was made to a Goddess. In the evening of 18 October, a small party was held, followed by traditional singing and dancing.

Although family gatherings were not possible this time, the soldiers certainly enjoyed themselves.



## SWEDCIVPOL NEWS

### THE SWEDISH CHRISTMAS

For the Swedes, Christmas is the most important festival of the year.

Even as early as 13 December, a little of the Christmas spirit is in the air because on that day, the Swedes celebrate the feast of Saint Lucia, who was burned to death a long time ago on the island of Sicily. Some weeks before 13 December, Santa Lucia Day, Swedish people select the most beautiful girl in each town all over the country. "Lucia of the year" then parades around her home town with a crown of candles on her head, singing special songs and Christmas carols to the places she visits. While the audience listens, they drink coffee and eat



special cookies called "lussekatter". This celebration is very special for the Swedes.

On Christmas Eve, Swedish families get together with their friends for the Xmas meal, after which "Jultomten" (Santa Claus) gives the children their presents. When Christmas Eve is over, all the kids start longing for next year's Xmas!

The Swedish Civilian Police Officers in Larnaca will try to make the Xmas atmosphere here in Cyprus as much like home as possible. 10 of the 18 Police Officers will bring their families to the Swedish Camp for the Christmas celebrations.



### Commander SWEDCON/ SWEDCIVPOL

Commander SWEDCON, Chief Superintendent Claes Johansson, aged 46 from Köping in Sweden, took over responsibility on 7 October from Chief Superintendent Håkan Thelin. Claes is a highly qualified police officer. Having finished university, he studied at the Police Academy for two and a half years, during which time he was an ordinary police officer, a court secretary and finally a judge. In 1979, Claes was appointed as a Chief Superintendent in Köping, an appointment which he still holds.

Claes has two daughters, 12 and 15 years old. His interests are in many sports, shooting and hunting. This is his first UN mission. He will remain as Commander SWEDCON/SWEDCIVPOL until October 1992.

### THE STRONG ARM OF THE LAW!

30-year-old Anna Restrup is the new policewoman at Camp Flamingo, Larnaca, where she is one of the strongest police officers in the Camp, in spite of the fact that she is a woman. Anna is actually the strongest women in Europe in her weight-class, holding two European records in bench-pressing. She started her sporting career as a gymnast and competed for Sweden in the Swedish Gymnastics Team during 1975-76.

In 1982, Anna joined the Swedish Police Academy. As a police officer, she showed particular interest in weight-lifting, for which she gained many medals. Anna still keeps up her training at the Swedish Camp, but now it is only to keep fit!





## NEWS FROM SECTOR THREE

## CANCON ENGINEERS AND THEIR "BEAVER TALES"

by Capt Jean-Francois Legault



The CANCON Engineer Troop "at its best" in front of their M113 dozer.

Symbol of the Canadian Engineer (MCE) Branch for over 20 years, the beaver was adopted as it reflects directly the hard work and dedication of its members. Led by the Engineering Officer, Capt Legault, the CANCON Engr Troop is composed of 12 NCMs of all trades. Its role is to provide a combination of both construction and combat engineer services to Sector 3. Apart from the daily maintenance requirement, these services include construction designing, fire prevention and technical assistance as well as mine and booby trap warfare (counter measures).

Working in Cyprus constitutes a real challenge. Having to look after 45 OPs as well as other numerous tasks, the workload can be quite demanding at times. Faced with different construction standards than Canada's, the tradesmen have quickly learned to improvise and adapt to any situation.

One of the highlights of wearing a blue beret is the interaction we have with the Engineers of other

Contingents. Joint projects such as the renovation of Camp Maple Leaf (CML) enhance the esprit de corps and experience of all military engineers, no matter what country they are from. This "culture" exchange is certainly a noteworthy and worthwhile experience.

A major project will be the renovation of Camp Maple Leaf in addition to a few accommodation upgrading projects at Frezenburg, Berger and Richardson Houses that will be starting very shortly. The aim of the game is to ensure the troops' well-being by providing the best living and working conditions possible.

On a final note, you'll often hear or see the word CHIMO when dealing with CME. It comes from the Eskimo language and simply means "To our friendship" or "Let's be friends". It is a symbol and a reminder to all Canadian Military Engineers of our long tradition and sense of family, and has a special meaning for the upcoming Christmas season.



WO Lamoureux explains his plan for solving the leaking roof problem at Camp Berger.

## CANADIAN CHRISTMAS FAVORITES

## WHITE FRUIT CAKE

1 3/4 cup plain flour  
1 cup sugar  
1/2 tsp salt  
1/2 tsp baking powder  
1 1/2 cups marg or butter, softened  
1 tbsp vanilla  
1 tbsp lemon extract  
5 eggs  
1 lb pecan halves  
1 lb candied peel, chopped  
3/4 lb glace cherries, whole or chopped

Heat oven to 300°F. Grease and lightly flour two 8" x 4" loaf tins. Blend all ingredients except nuts and fruit until

moistened, then beat for two minutes at medium speed. Stir in nuts and fruit. Spoon batter into prepared tins. Bake for 1 1/4 - 2 hours until cooked. Cool and remove from tins; wrap tightly in greaseproof paper or foil. Cakes can be stored in refrigerator for up to six months.

Tip: Fruitcakes can be wrapped in cheesecloth that has been soaked in brandy or fruit juices. Cover with silver foil and store in fridge. Moisten cloth every two weeks.

## SHORTBREAD COOKIES

1 cup butter  
1/2 cup sugar  
3 1/2 cups sifted plain flour

Cream butter and sugar until light and fluffy. Gradually add flour until well blended (mixture will be crumbly). Using a spatula, turn dough into pan and spread carefully until level (1/2 cm thick). Bake at 325°F for 45 minutes or until light golden brown. Remove from oven and cut with cutter into various shapes - shortbread must be cut while hot. Cool cookies in pan placed on cooling rack. Sprinkle with sifted icing sugar. Makes 2-3 dozen cookies.



## the Canadian Christmas



by Lt Dave Salhany

Once again, the mystical, magical holiday season is here. For many Canadian soldiers serving in Cyprus, this will be their first Christmas away from home and certainly their first without that fluffy white stuff! For those not familiar with the traditional Canadian Christmas, we would like to reflect on some of the more famous aspects of this holiday season.

In spite of the advent of the artificial Christmas trees, many die-hard Canadians brave the wintery elements and venture into the wilds in search of the "perfect tree". In the presence of family and friends, children and elders alike transform this once ordinary pine tree into their own personal tribute to the spirit of the season.

Children everywhere, growing increasingly restless, listen attentively to news reports tracking the progress of Santa Claus from

his snowy abode somewhere in the Canadian North Pole. Reluctantly, the little ones are put to bed with "visions of sugar plums dancing in their heads". Awakened briefly during the night, perhaps by Santa's sled and eight reindeer, these children will hopefully dream their Christmas fantasies repeatedly throughout the night.

Meanwhile, Mom, Dad, relatives and friends gather by the fireplace to enjoy a mug of Egg Nog, Hot Rum Toddy or Moose Milk. A popular Canadian beverage, Moose Milk is a cheeky blend of ice cream, milk and nutmeg with moderate portions of dark rum and Kahlua. Cheers!

Christmas morning arrives early with a flurry of reckless abandonment and torn wrapping paper as the children receive from jolly St Nicholas their just rewards for being good boys and girls throughout the past year (batteries

not included!). A seemingly simple and peaceful day becomes increasingly frustrating when ridiculous assembly instructions and directions prohibit the immediate enjoyment of Santa's gifts.

The second greatest moment of Christmas Day is experienced at the dinner table. Finally we get to enjoy the fruits of mother's labour, the Christmas dinner. Dad, the king of his modest castle, perched majestically at the head of the table, describes in detail the correct procedure for carving up the Christmas bird...

Bellies bulging and belts loosening, a quiet evening of reflection settles upon the gathered clans. Winds howling, snow blowing and tree lights glistening, communities all over the Great North settle in and give thanks to the things that are important to them - family, friends and loved ones. Have a Merry Christmas everybody!



## At peace with the world



by SSgt Kev Capon

### THE 1991 MELBOURNE CUP



The Chief Steward Commander Cooper, the President of AUSTCIVPOL Mess Committee, Superintendent Hunt and members of the Australian Civilian Police Contingent were on hand to welcome over 150 guests to the 129th running of the Melbourne Cup on Tuesday 5th November.

The race is held annually at Flemington racecourse in Melbourne, Australia and has been run since 13 November 1861. The Cup, which is run on the first Tuesday of November, is today the richest stake race in Australia. The whole country literally stops and listens to the race which is run over 3200 metres.

Guests were invited to experience a little of the Flemington spirit on the UNPA. A chicken and champagne lunch was served at the "Nosebag" in the exclusive Members' Enclosure — and punters were invited to buy a ticket in the Cup Sweepstakes or participate

in the UNPA Autumn Carnival and jockey their own horse. The Chief Steward announced the winners

of the Most Outrageous Hat, a tied decision between Jane Gladwin and Dave Mackey.



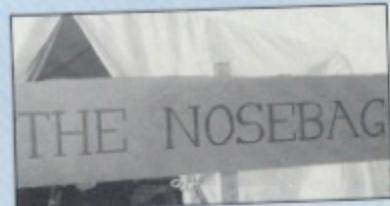
The winners are paid by Bagman Jurosz



A group of well dressed punters watching the favourite flying down the straight.



Watched by wide-eyed bystanders, Jane Gladwin receives the prize for the "most outrageous hat" from AUSTCIVPOL Commander John Cooper



"The Nosebag", the exclusive eatery in the members' enclosure proved popular