

THE BLUE BERET

JOURNAL OF THE UNITED NATIONS FORCE IN CYPRUS



JUNE 83



DRIVE SLOWER - AND LIVE LONGER

MAY IN RETROSPECT

ROTATIONS

The Swedish Civilian Police Contingent
The Swedish Contingent
Half of the Austrian Contingent
The Danish Contingent
The British Contingent

MEDAL PARADES

None

VISITS

- 4—11 Major Levert and Chief Warrant Officer Sabourin visited UNFICYP.
5—8 Lieutenant Colonel R J S Wardle and a film team visited Sector Two.
6 Mr R Gcmme, Director of Defence Services I, his wife and Mr J W Allen visited UNFICYP.
6—7 Mr B E Robson, Deputy Under Secretary of State (Army) and the Command Secretary British Forces Cyprus, Mr W D Fraser visited the British Contingent.
9—12 Brigadier C F Jebens, Commander Army Air Corps UKLF and a team of officers visited UNFICYP Flight AAC.
10 Air Vice Marshal J M D Sutton and Captain R G Bridgeman visited UNFICYP.
10—8 Captain L Sweeney and Chief Warrant Officer F Fife visited the Canadian Contingent.
10—18 Colonel J K Matheson and Captain R L Fillman visited the Canadian Contingent.
10—18 Major General R Ringma and Mrs Ringma visited the Canadian Contingent.
12—15 Lieutenant Colonel W Hessulf and Lieutenant Colonel C Harleman visited the Swedish Contingent.

- 12—15 Major H Purola visited UNFICYP.
12—19 Major M J H Goodson, OC B Sqn 4 RTR, visited the Force Scout Car Squadron.
14—19 Colonel S Wiberg visited the Swedish Contingent.
14—26 Lieutenant Colonel Rose visited UNFICYP. He was joined on 20 May by Officer Cadet Cribb.
20 Mr A J Cragg, Chief Officer SBA Administration, and Mr P A Rotheram visited the British Contingent.
24 Major General A J Trythall visited HQ UNFICYP.
24—28 Colonel A D Mitchell visited the Canadian Contingent.
24 May—1 June Major L E Garvin, Captain D Buchet and Warrant Officer G Munro visited the Canadian Contingent.
26 Major General Sir Desmond Langley visited Sector Two.
26 Lieutenant Colonel F A Bush, CO 30 Regt RCT, visited UNFICYP Transport Squadron and Support Regiment.
26 Mr Ken Howard, military artist, arrived to start work on an UNFICYP sketch book.
28—29 Messrs Traskman and Heinikainen made an overnight stop en route to UNIFIL.
29—31 A team of instructors of the Nordic United Nations peace-keeping course visited UNFICYP.

UNFICYP COMPETITIONS

None

FUTURE EVENTS

16, 17 and 18 June at Curium amphitheatre 8.30 pm.
MACBETH. Produced by the Limassol Committee for Chest Diseases. Reserved seats at £3.000 and a few at £2.000. Tickets available from the British Council, Nicosia and the District Administration Office, Limassol.

17 and 18 June at the School for the Blind, Nicosia at 8.30 pm.

Ancient Drama Festival—ELECTRA with Irene Papa and directed by Michael Kakoyiannis. Tickets at £1.500 each available from the Municipal Theatre, Nicosia.

21 June at Famagusta Gate, Nicosia at 8.00 pm.

Cultural Festival, under the auspices of the UN Association of Cyprus and organised on the occasion of the anniversary of the ratification of the UN Charter.

25, 26 and 27 June.

Kataklysmos Fair. Held in Limassol, Paphos and Larnaca. The **Scottish Ballet Company** will perform in Limassol on 5 and 6 July, in Nicosia on 8 and 9 July and in Paphos on 10 July. Further details available from the British Council, Nicosia (tel 42152) or the Cyprus Tourism Organisation.

JUNE 1983

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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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on the cover

Mine-clearing in Sector One.

Photograph by Tony Hodgetts

THE BLUE BERET



Editorial

Firstly I must welcome the new Press Officers to UNFICYP. We all hope that they will continue like their predecessors to provide us with interesting articles concerning the activities of their nations.

Unfortunately we failed to get any articles on sport this month, which was disappointing. I ask all our readers, especially when the person is organising an activity, to give us an account with a photograph of any sporting activity, ranging from darts to water-polo. We would like to hear about it! Please don't forget your magazine—the Blue Beret.

Finally it is good to see so many articles being submitted by 84 Sqn RAF, whose Wessex helicopters support the United Nations Force. They may have moved locations but it certainly has not deterred them from giving us material for the Blue Beret. Thank you.

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8 SQUADRON ROYAL CORPS OF TRANSPORT (RCT)



Major D C C Doyle, OC of 8 Sqn RCT, receiving the key to the UN Transport Squadron Hangar from the departing OC of 66 Sqn RCT.



On 1st May, 8 Squadron RCT took over from 66 Squadron RCT as the UNFICYP Transport Squadron. In keeping with many RCT units, we have a crest which we feel is a true reflection of our esteem. Last year saw the Mushroom of 60 Squadron RCT, then the Phoenix of 66 Squadron, now replaced by our own "Lightning Flash".

While we are delighted to have a tour of duty in Cyprus, the Squadron's primary role is that of support to the United Kingdom Mobile Force (UKMF) by virtue of being one of the units in the UKMF Logistic Support Group.

In the UK, the Squadron is equipped with 48 Foden 16 Tonne vehicles, larger even than the Mammoth Majors in use here in UNFICYP.

In the past twelve months, 8 Squadron has been particularly busy, as the Squadron's vehicles formed the backbone of the massive logistic effort to

launch the South Atlantic Fleet. The continuing requirement to support this logistic effort, in addition to our normal tasking and exercises, has kept the Squadron working hard right up to the time of our departure for Cyprus.

The Squadron has a long history which can be traced back through its predecessors to its formation in 1806 as 8 Company, Corps of Military Artificers. As 8 Railway Company Royal Engineers and latterly 8 Railway Squadron RCT, the unit has been involved in campaigns in the Crimea, China, Egypt, South Africa and Palestine and obviously in both World Wars serving in France.

One of the unit's previous Squadron Commanders was General Gordon and ironically the unit formed part of the force under General Wolsley in its attempt to relieve Gordon at Khartoum. In keeping with this tradition, the present and previous Commanders of the Logistic Support Group were both former Officers Commanding 8 Squadron RCT.

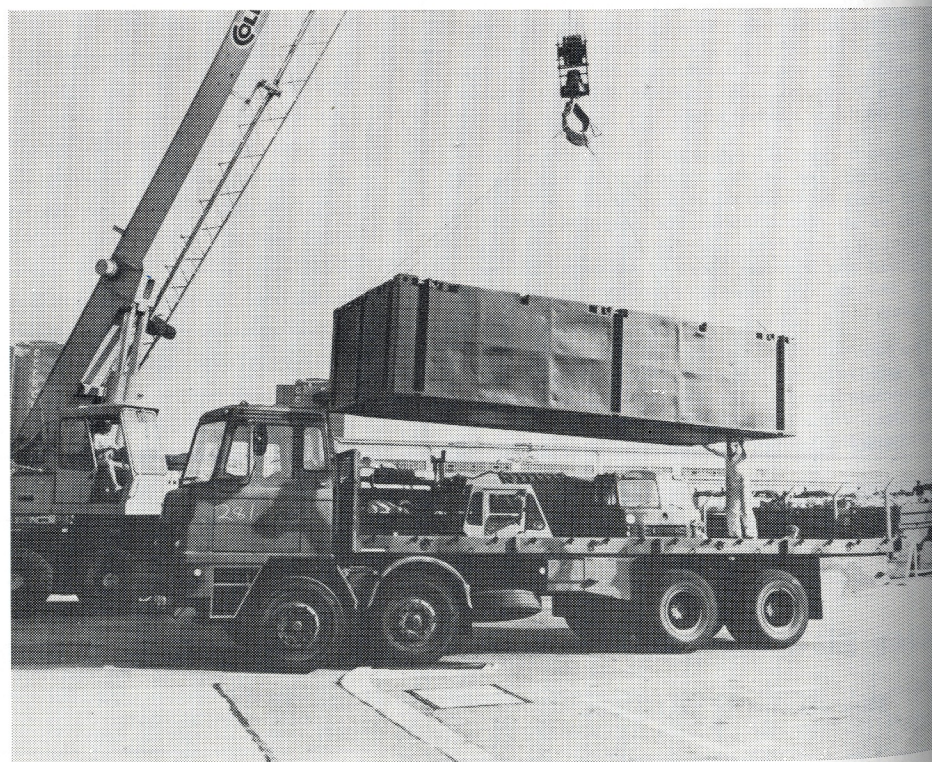
In addition to service with the UN in Egypt, 8 Squadron has completed five tours as the UNFICYP Transport Squadron. Many of the present personnel have served in previous UN tours.

During a short handover parade on 27th April 1983, the Squadron received the key to Hangar 872. The following day 66 Squadron departed, leaving 8 Squadron to get on with the job.

'A' Troop consists of one officer and 45 other ranks and is the "heavy" troop of the Squadron. Tasks include resupply of stores, fuel and water to contingents and the local community. Also they operate the refrigerated trucks and the sewage trucks. These tasks provide a heavy workload with constant access to both the North and South of the Island.

'B' Troop on the other hand provides the light transport, including staff cars, buses, hire cars and landrovers. The troop provides vehicles and drivers to a wide selection of departments within the UNPA. Tasks include staff cars, school buses, engineer transport and drivers for recreational transport. The Troop strength is fifty all ranks and the Troop generally has a hectic work programme.

In the short time the Squadron has been in Cyprus, we have made many friends. Over the coming months we hope to provide a friendly and efficient support to the Force, both at work and at play.



One of our vehicles being loaded with a section of mexefloat.

84 SQUADRON AWARDS



By Flight Lieutenant Nick Hall

Photographs by Corporal Bill Downing

On a recent visit to RAF Akrotiri the air officer commanding Cyprus, Air Commodore R J Offord, made presentations to two members of 84 Squadron. The first was the Queen's commendation for valuable service in the air, awarded to Squadron Leader Bertie Cann for the work he did throughout his tour in Cyprus as the Squadron's qualified helicopter instructor, and in particular for converting the Squadron aircrew to the Wessex helicopters which provide valuable service to UNFICYP. Sadly, he and his wife, Betty have now left Cyprus to return to the UK on completion of his tour.

Senior Aircraftman Al Waddington's vigilance in spotting some debris in a Wessex fuel pipe earned him a RAF strike command flight safety 'Good Show' award, presented to him by the Air Commodore. He had spotted a strange wire mesh strainer in the pipe which looked as though it might have belonged there but, in fact, it did not. On investigating further, he found some other debris which could have been drawn into one of the engines along with the fuel and caused damage. The strainer and associated debris came from the wrong end of a portable refuelling pump, but how it got there is still a mystery.



Squadron Leader Cann receiving the Queen's commendation from Air Commodore Offord.



Senior Aircraftman Waddington receiving his 'Good Show' award from the Air Commodore.

84 SQN RAF MAKES HISTORY

By Sergeant Shaun Ekberg

The weather was good with a ten knot wind. This lent itself to aid Flt Lt Keith Thomas and Sgt Shaun Ekberg to achieve a little piece of aviation history for 84 Sqn at RAF Akrotiri.

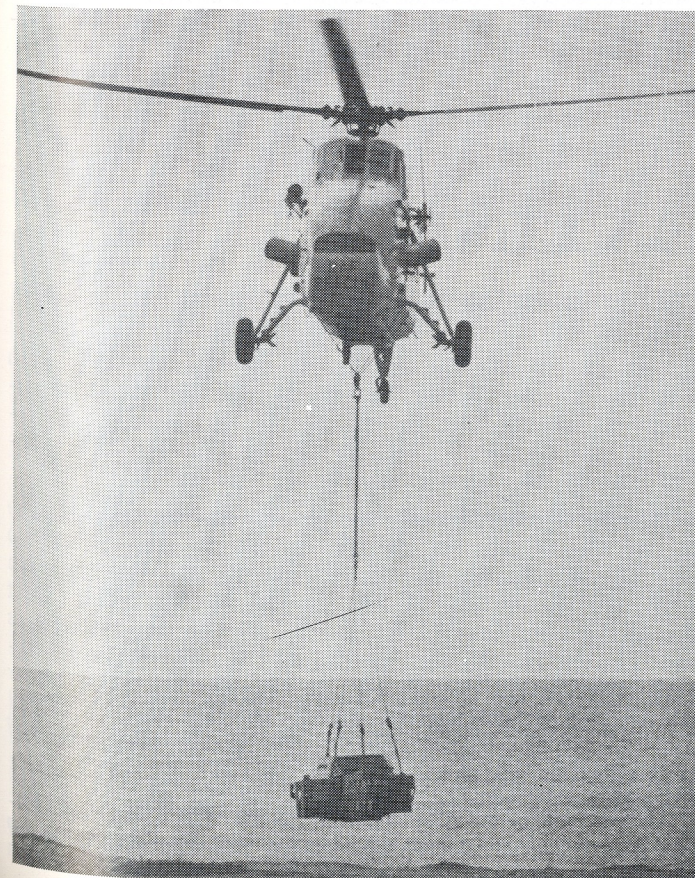
The task was to lift the shell of a ferret armoured scout car into position at Akamus firing range. This was an unusual request for us, as the ferret is rather a heavy load for our "Queen of the Skies" to carry.

However, as it was to be used as a range target all the non-essential 'bits and pieces' were removed which brought the weight of the ferret to within our 'limits' and enabled us to lift it.

Prior to the sortie we sought advice from the Joint Air Transport Establishment (JATE) on the correct way to carry this type of load. Unfortunately, they could offer little advice because it had never been done before, but they wished us luck in a unique venture.

You can see by the photograph that the Glorious 84th have once again achieved the hitherto unknown!

(It is flying skills of this quality which play such an important part when these pilots are flying in support of the UN).





TIME FOR THE AUSSIES TO RETURN SOUTH- THEY'RE ON TOP OF THE WORLD!

By Inspector Mark Anstee

With a minimum of words (thanks Mrs Singh!), I would like to take this opportunity to say goodbye to all our friends and colleagues in UNFICYP, to the many close acquaintances we've made on both sides of the line and to sincerely thank a handful of people for their help over the last year. AUSTCIVPOL's 19th Contingent leaves Cyprus feeling some satisfaction, having been given the opportunity during their tour of duty to have contributed to the restoration of normal conditions on the Island by peaceful means.

Those 'handful' of people to whom I referred have given the Australian Contingent the means with which to become a little better known, in most issues of this publication, and thereby assisted us in our civilian policing role during our stay. So, to the little mentioned, ever hard working staff of the MPIO's office, thank you all for your continued support. In particular, thanks to the MPIO himself, Major David Emmett, his secretary, Mrs Angela Singh, and to the photographers past and present, Sergeants Frank Voice, Tony Jones and Tony Hodgetts.

It goes without saying that it is indeed a pleasure and a very rewarding experience for Australian Police officers to come and work in the military environment of Cyprus, alongside the wholly professional units making up UNFICYP. The Commander AUSTCIVPOL, Chief Superintendent Harry Carveth sends special thanks and best wishes to the Force

Commander, Major General Günther Greindl and the Chief of Staff, Brigadier General Bill Hewson, senior staff of HQ UNFICYP and the Sector Commanders. The Chief Superintendent also expresses his warmest thanks to the UNFICYP

to duty in Police related matters—to all, the very best in the future.

Lastly, from all members of the 19th Contingent, welcome Chief Superintendent Don Morrison and the 20th AUST-



Part of the new AUSTCIVPOL Headquarters adjacent to Nicosia Airport (presently unused).

civilian staff for their support throughout the year and in setting up the new AUSTCIVPOL HQ and to all the soldiers in the three sectors where we are commonly responsible, for their vigilant attention

CIVPOL Contingent. We wish you a successful tour of duty assured by the co-operation existing within the United Nations Force in Cyprus.

THE PROOF OF THE PUDDING... ...IS IN THE EATING

By Warrant Officer Roy Singleton



The presentation... Sergeant Wilhelmsson, Mr Georgiou, WO1 Singleton and Major Sjöblom.

A total of fifty civilian employees serve as cooks within UNFICYP. As part of the ongoing effort to improve catering standards within the Force, and to assist these employees in their career training and progress, periodic upgrading tests are carried out.

Recently Mr Michael Georgiou, who works with the Swedish Contingent at Camp Victoria, took such a test. He was required to produce a variety of dishes, among them such Swedish favourites as Sill Cocktail (Herring), Köttbullar (Meat balls) and Apple Kaka (Apple Cake). The testing board was headed by the Force Catering Warrant Officer WO1 Roy Singleton, ably assisted by Major Arne Sjöblom, Staff Officer Maintenance, and Sergeant Mats Wilhelmsson, SWEDCON Chief Cook. On the conclusion of the test it was the turn of the "Proving Committee" to sit.

This committee was made up of SWEDCON Staff Officers, the hungrier the better under the Chairmanship of Commander SWEDCON, Colonel Per Lundbeck.



WHAT HAPPENS IN SECTOR ONE?

By Major K Estrup

Photographs by Private M Jensen

The best way to get an answer to that question is to visit the Joint Operations Centre of Sector One in Viking Camp, Xeros.

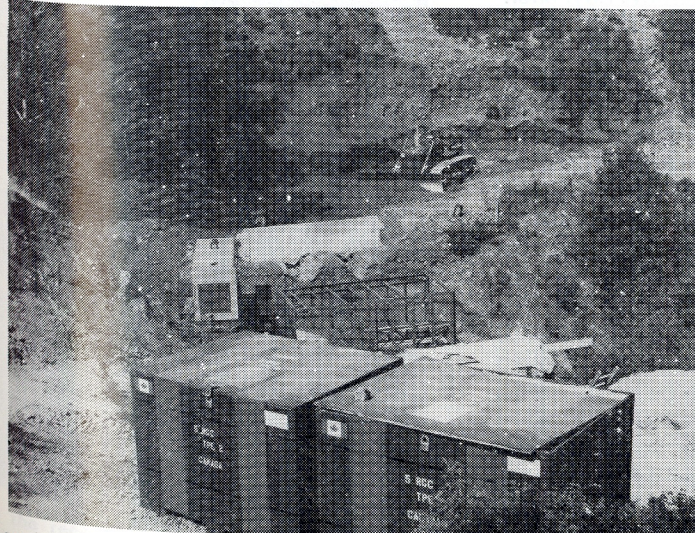
Here you will meet the personnel of the sector's operational branch, which includes the Senior Operations Officer (Major), the Operations and Information Officer (Captain), the Sector Humanitarian Officer (Major), three Duty Officers (Lieutenants) and three Duty NCO's (Sergeants). All threads



Some of the JOC personnel from DANCON seen from left: Sgt C M Henriksen, Sgt P L Nielsen, 2Lt L H Troelsen, Lt F G P Wette, Maj K V Estrup, Capt O L Pedersen and Maj C W Frederiksen.



Planning a helicopter flight. From left: Lt F G P Wette, Maj K V Estrup and Maj I Bell.



Work on the new bridge in Sector One is carried out by a Canadian Engineer Detachment.

of the sector end in the JOC, where the duty personnel is kept busy throughout the day.

Besides receiving the many telephone—and radio—messages to and from the sector, the JOC now also operates a teleprinter with connection to HQ UNFICYP. This job has recently been taken over from a Canadian Signal Detachment which, after more than thirteen years of good support to Sector One, has been withdrawn.

The JOC personnel is not specially trained in operating a teleprinter, so it had to learn it the hard way and finally with success.

Concerning operational tasks, Sector One does not differ much from the other sectors, but due to the mountainous terrain, in particular in the western part of the sector, many tasks are made difficult and often demand unconventional solutions.

For example, the patrol tracks between the OP's in the Troodos mountains are so precipitous and often impassable that the OP crews have to be rotated and supplied by helicopter. These operations demand helicopter training of the OP crews and a careful planning of the flights, which is one of the many duties carried out by the JOC personnel in co-operation with the companies.

The difficult terrain also necessitates preplanned medical evacuation (MEDEVAC) by helicopter—operations which have been conducted several times, even at night.

Recently a new road was opened in the central part of the sector, the Lefka Road connecting the northern and the southern part of the sector, saving a lot of miles and hours. Sector One has established a new UN checkpoint on the road, which can only be used after a special clearance from the JOC of Sector One has been obtained.

For the time being another interesting project is going on in Sector One—establishment of a new patrol track which, when finished, will connect the already existing patrol tracks in the two rifle companies' area of responsibility.

This operation, named "Grey Beard", which also includes construction of a relatively large bridge, is carried out by a Canadian Engineer Detachment of approximately forty engineers, deployed directly from Canada in order to conduct this important operation.

The operation has demanded careful preparation, planning and close co-operation between Force Engineer, the Canadian Engineer Detachment and Sector One, resulting in a very well executed, constructive project, which, like the Lefka Road project, will save miles, hours and money. Add to these projects the many daily tasks including reporting, visits, meetings, briefings etc.—and you will realize that something is happening in the sector of DANCON.



Commander Sector One passes through the Lefka Road UN checkpoint, saluted by Privates S Hansen and S K Hansen.



The Queen's Lancashires were landed by helicopter during a test exercise in April this year.

By
Captain Mike Shearman

Photographs by
Unit Photographers

The Queen's Lancashire Regiment, who took over responsibility for Sector Two at the beginning of June from the Grenadier Guards, are no strangers to the island of Cyprus. Apart from some of its predecessor regiments stationed here in the 1950's, the Regiment sent a platoon (commanded by Captain Mike Gouldstone, who now returns as Operations Officer) to assist the Royal Irish Rangers in 1977, and then returned in Battalion strength for a two and a half year tour between 1978 and 1980. Despite this fairly recent experience of the island, a return to Cyprus and a chance to serve with the United Nations Force is most welcome and particularly after a typically English winter and even wetter than usual spring!

The Regiment traces its history back to 1689 when Castleton's Regiment was raised. Since the very early days, however, the regiments which today make up the Queen's Lancashires very quickly centred on the county of Lancashire so that today almost all the soldiers come from this one area. In contrast to this rather confined recruiting area, however, the Regiment and its predecessors have served in almost every theatre available to the British Army and can immodestly claim that in the process they have earned over two hundred battle honours—more than any other single battalion English regiment.

In the three hundred years of its history, the Regiment has won three unique battle honours. During the Second China War, the 59th was the only regiment available to put down a local uprising in the city of Canton in 1857. The second battle honour was won during the Boer War by the Loyal Regiment (North Lancashire), who relieved the town of Kimberley which had been placed under siege and in doing so freed Cecil Rhodes, the founder of Rhodesia. The battle honour named after Kilimanjaro was given to the Regiment for a long and difficult campaign fought in Africa during the 1st World War when the South Lancashires denied the vital raw materials grown there to the German Forces.

Despite these battles, the Battalion celebrates the anniversaries of two other campaigns as Regimental Days. On the 18th June the Battle of Waterloo will be commemorated in Dhekelia with a Beating Retreat and, throughout the day, each member of the Regiment will wear a laurel leaf behind his cap-badge in memory of the dead. Two of the regiments which now make up the Queen's Lancashires took part in the battle and one of them lost twelve officers and nineteen sergeants guarding the colours while the other lost half its numbers. Mention of the second Regimental Day should be made with all due apologies to Le 12e Régiment Blindé du Canada, since the 47th Foot were among the troops who, under General Wolfe, fought the French for control of their home city of Quebec. Le 12 RBC can, however, take pride from the close-fought battle, during which General Wolfe died and it was the Commanding Officer of the 47th who was given the honour of returning to England with this news and that of the English victory. For this service, Lieute-



Training in Cyprus during the photograph shows the primrose normally worn cap badge.



UNITATURE



THE 1st BATTALION THE QUEEN'S LANCASHIRE REGIMENT



Training near Episkopi

during the recent Annual Review of the Unit, the Battalion's headquarters' vehicles were delivered to the training area as underslung loads.



A detachment of the Anti-Tank Platoon man-handling a WOMBAT anti-tank gun.

nant Colonel Hale was given a pension of £600 a year and the right to raise his own Regiment. To this day, one of the colours of the Regimental flag and its uniforms is black—in memory of General Wolfe.

In its more recent history, however, the Queen's Lancashire Regiment has seen service in the British Army of the Rhine, Northern Ireland and Cyprus, as well as in the United Kingdom and indeed for the last three years it has been stationed in the Midlands where it has a Home Defence role. This has hardly been a settled time for the Lancashire soldiers, however, as can be seen by the events of the last twelve months. May and June of 1982 saw the Battalion on exercise in the Camp Wainwright area of Canada where they were lucky enough to train with the 1st Canadian Brigade Group and Princess Patricia's Canadian Light Infantry in particular. Having returned from the heat, mosquitoes and dust, the Queen's Lancashires were ideally trained for the cold of a South Atlantic winter! 'A' Company, commanded by Major Richard Gething, joined the Queen's Own Highlanders as the first garrison troops after the withdrawal of the Task Force and stayed there for five months until they in their turn were relieved. As they were on their way back, 'B' Company were getting ready for much warmer climates and in January 1983 flew to Belize in Central America, to act as enemy during a routine training exercise being run for the roulement troops there. The Battalion's third Rifle Company could by this stage have been feeling that they had been forgotten, but were far too busy putting the final touches to their drill because, under Major Alex Birtwhistle, they had the honour to



guard the Royal residences of Buckingham Palace and St. James's Palace during February of this year, instead of the more usual Guard found from the regiments of the Brigade of Guards. It should be mentioned in passing that HM The Queen is Colonel in Chief of the Queen's Lancashire Regiment—a rare distinction among Regiments of the Line.

As well as the events outlined above, the Battalion has had to fit in the normal range of in-role exercises, inspections and visits that all armies are subject to. This sort of hectic timetable will undoubtedly seem very familiar to all the contingent forces and, in common with them, The Queen's Lancashires look forward to the tour in Cyprus as a fairly settled, if demanding period. Obviously, the Battalion's Commanding Officer, Lieutenant Colonel John Diffin, has put the operational demands of the United Nations as the Battalion's firm, first priority, but also hopes that there will be time available to allow the soldiers to make use of the island's excellent facilities for adventurous training as well. Whatever the operational commitments of the tour, however, The Queen's Lancashires are sure that they will be able to return to England, having made many new and firm friends among the members of the United Nations Force in Cyprus.

BRITCON - CANCON EXCHANGE 2-6 MAY 1983



By
Major Sir Hervey Bruce

The flexibility, versatility and compatibility of UNFICYP were put to a test recently as Support Company, 2nd Bn Grenadier Guards conducted an exchange with D Squadron 12e Régiment Blindé du Canada. Six men from each unit changed places for five days and had a chance to see life on the line from another viewpoint. Initial concern about the ability to communicate was soon forgotten as the universal character of the soldier forged new friendships and overcame the language barrier.

During the course of the week, both D Squadron 2 i/c, Captain Jean-Claude Chapados and Support Company Commander, Major Jamie Bruce, visited their men in their new environments and found the exchange going almost too well. Variety was most definitely proving to be the spice of life.

At the conclusion of the visit, both



Major Sir Hervey Bruce presents Cavalier Sawyer with his Support Company T-shirt.

contingents exchanged souvenirs, having cemented a close relationship between the two units. Support Company left Cyprus at the end of May and, before

leaving, thanked all ranks of D Squadron for making the exchange so worthwhile and wished them a successful and happy tour in Cyprus.



Gdsmn Hopkins shows Cavalier Lamontagne his new area.



Changing the Guard—LSgt O'Hara briefs Cavalier Theberge and Gdsmn Walker at B24S.



INTERNATIONAL COOKBOOK



Summer Recipes

By Anne Emmett

Illustration by Charlotte Emmett

HOME MADE MEAT ROLL

- 2 lbs minced meat
- 1 cup bread crumbs
- 1 finely chopped onion
- 1 small grated carrot
- 1 teaspoon mixed herbs
- 1/2 teaspoon curry powder
- 2 rashers bacon, finely chopped
- Grated rind of small lemon
- Salt and pepper
- 2 eggs, beaten

Put all the ingredients into a mixing bowl. Stir well. Roll the mixture into a fat sausage shape. Wrap the roll in, first, greaseproof paper and then aluminium foil. Put into a saucepan full of water. Bring to the boil and cook slowly for two hours. Cool and put into the 'fridge. Serve with a salad.

PASTA SALAD

- 1 packet attractively shaped pasta
- 1 cup finely chopped ham or salami
- 1/2 cup raisins
- 1/2 cup salted peanuts
- 1 finely sliced green pepper
- 1 drained tin sweetcorn
- Salt and pepper or garlic salt
- 2 tablespoons mayonnaise
- 1 teaspoon curry powder

Put all the ingredients into a mixing bowl. Mix well together. Serve in a glass bowl.

Decorate with a few olives and chopped parsley.

BANANA WHIP

- 6 bananas
- 1/2 pint double cream, whipped
- 3 egg whites
- 2 teaspoons lemon juice
- 2 tablespoons caster sugar

Mash the bananas with the sugar and lemon juice. Fold in the whipped cream. Whisk the egg whites until firm. Lightly fold the egg whites into the mixture. Decorate with cream, chopped walnuts or chocolate chips. Chill before serving.

PORK CASSEROLE IN WINE

(Serves 8-10)

- 4 lbs fillet of pork
- 1 lb fresh tomatoes
- 2 small onions, finely chopped
- 3" piece orange peel
- Sprig of thyme or bay leaf
- 1 lb fresh mushrooms
- Salt and pepper to taste

For the sauce:-

- 1/2 pint stock
- 1 bottle white or red wine
- 3 tablespoons flour
- 4 oz butter

Cut the pork fillet into cubes or small thin slices. Brown gently on each side in 3 oz of the butter. Drain off excess fat on kitchen paper. Transfer the browned

pork into a casserole. Sprinkle with flour, salt and pepper (or ground garlic if preferred) and stir well into the meat. Add the finely chopped onion to the remaining butter and brown very slightly. Add the wine and stock and bring to the boil and then pour over the casserole of pork. Skin and de-seed the tomatoes, add to the casserole with the strip of orange peel, thyme or bay leaf. Cook gently in the oven for two hours at 300°F/150°C or Gas Mark 2. Add the mushrooms during the last thirty minutes' cooking time. Serve with chopped parsley.

This casserole tastes much nicer if cooked twenty-four hours before serving and, when cool, stored overnight in the 'fridge.





On the patrol track in Sector One.



FAREWELL FROM CAPTAIN WILLIE HOLE, FORCE SCOUT CAR SQUADRON

Two thirds of the tour gone, everyone has qualified for their medal—and the real advantages of drop head armoured vehicles show in our suntans.

In the middle of April the Squadron heard that it was to continue in its slimline form for the whole of the tour, the only difference being a change of Squadron Leader with Captain Willie Hole being posted to Canada and Captain Mark Joyce arriving to carry on the good work.

The task of patrolling the whole of the buffer zone provides us with continuous variety and interest and makes our job here one of the most interesting in UNFICYP. However, it would not be possible without the wholehearted assistance and support we receive from all five sectors and we take this opportunity in words and pictures to give our thanks to them.

Our present deployment leaves us with very little chance to get involved in outside activities and we have thus con-



BGen Hewson inspects 6th Tp at Prince William Camp.

centrated our attention on improving our living accommodation. In Prince William Camp this has involved exchanging or repainting the rooms and the furniture, while at Athienou the troops have used their off-duty time to build themselves a patio and barbecue. The Canadians, building the bridge on Operation Greybeard, are presently occupying our accommodation at Skouriotissa and thus any improvements there will have to await completion of their task which itself will be to the benefit of the Scout Car Squadron.

Captain Hole would like to take this opportunity to say goodbye and to thank firstly, C Squadron for a marvellous four-month tour—it has been a privilege to command them, he says—and secondly, to UNFICYP Headquarters and the Sectors for their understanding and assistance throughout what, at times, has been a difficult and confusing period for the Ferrets, due to outside events.



Along 'The Green Line' in Sector Four.



Patrol brief in Sector Five.

THE "RAT PATROLS" OF SECTOR FOUR

By Lieutenant Raymond Bertrand

Photographs by Corporal Luc O'Bomsawin



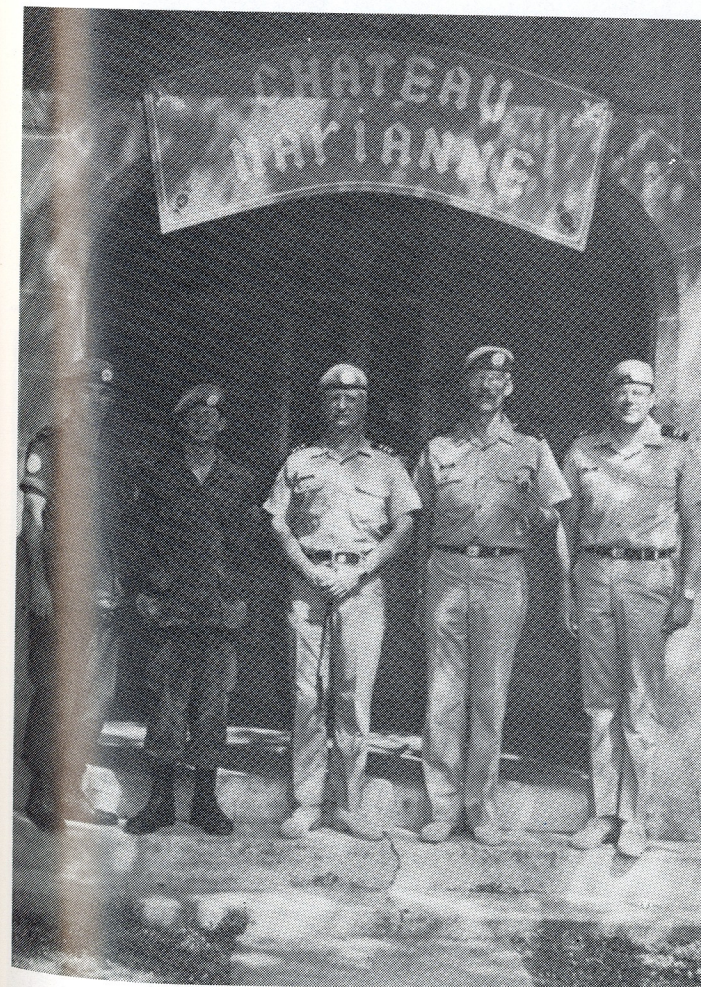
RECCE ALL THE WAY



CUR Jacques

Welcome once again from CANCON. On a sunny day, shining against the sand, two white jeeps drive along the BZ. Yes, they are from the recce troop of Sector Four. Based at Wolseley Barracks, the recce troop patrols forty kilometres of the BZ each day with a strength of nineteen men divided in three sections of six men. They carry out many tasks and for these they are equipped with four APC's and two Lynx's as escorts.

The recent opening of the "Chateau Marianne", our house, was done by our CO, commanding Sector Four, Lieutenant Colonel G T Service. Chateau Marianne is full of activities each day. The troop maintains an operational readiness with a stand-by section on a thirty minutes notice to move. Equipment and vehicles are cleaned and maintained. The three months of training that the recce troop received before coming to Cyprus are paying off as we are now able to put our expertise to the service of peace.



The opening of "Chateau Marianne" by Lieutenant Colonel G T Service. From left to right: WO Michaud, Lt Bertrand, LCol Service, CWO Fournier, Capt Smith.



A patrol from recce troop ready to go!



The recce troop ready to practise Operation Nightingale.

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Above: Colonel H W K Pye, Comd BRITCON presenting WO2 (SSM) P Darbyshire with the UN (Cyprus) medal at the 66 Sqn RCT medal parade on 27 April.

Below: Colonel H W K Pye, Comd BRITCON addressing members of 66 Sqn RCT at their medal parade on 27 April.



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SCENES FROM AUSCON MEDAL PARADE



Scenes from the AUSCON Medal Parade, held on 29 April at Camp Duke Leopold. The Force Commander, Maj Gen Greindl presented medals, assisted by the Chief of Staff, BGen Hewson, the Contingent Commander, LtCol Trözmüller, and the Battalion Commander, LtCol Buttinger.



To mark the 350th anniversary of the raising of the Royal Scots (The Royal Regiment), a special medallion and a Muster Roll have been designed. It was intended to present every serving member in the Regiment with both the medallion and Muster Roll on 19th May, 1983. One such member, serving with UNFICYP Support Regiment, is Cpl Archie Balfour. The presentation was made by his Commanding Officer, Lt Col M Brooke in Jubilee Camp.

Left:

Lieutenant Colonel Buttinger, the Austrian Battalion Commander receives the Road Safety Certificate from Major General Greindl, the Force Commander.





UN NEWS



HEALTH FOR ALL BY THE YEAR 2000 THE COUNT-DOWN HAS BEGUN

Reproduced from 'World Health', the magazine of the World Health Organization.

Only 17 years are left until the target date of health for all by the year 2000. The Member States of WHO have pledged themselves to work together so that, by then, all people everywhere will have at least such a level of health that they will be capable of working productively and taking an active part in the social life of the community in which they live.

But Member States are not made up of governments alone. To be sure, governments have a responsibility for the health of the people, but people, too, have the right and the duty to take an active part in maintaining their own health and, when they are ill, in looking after themselves. They have the same duty with respect to their families, their workmates, their neighbours.

To what kind of people am I referring? I am referring to people in all walks of life. All of them can be agents of change for health—ordinary citizens going about their daily business in villages and towns, grouping together in families and communities, and associating with one another in all forms of social and political groups, educational and research institutions, nongovernmental organizations, and professional associations. Health workers, too, are part of the people; so are others who have community responsibility, such as civic and religious leaders, teachers, magistrates, community workers and social workers. Without the dedicated involvement of people, health for all will be a constantly receding horizon.

But to act wisely, people must understand what health is all about. And it is the duty of those who possess health knowledge to share it with others. The days are over when action for health was the prerogative of all-knowing individuals holding their professional secrets to themselves and handing out doses of it to ignorant, passive, patients lining up for charity. To bring about widespread understanding about health was the reason for giving pride of place among the essential elements of primary health care

to education concerning prevailing health problems and methods of preventing and controlling them.

What *can* people do about their health? To give a few examples, they can take individual and community action to ensure that they have sufficient food of the right kind. They can get together to make the most of whatever safe water is available, or can be made available, making sure that it is protected from pollution. They can insist on acceptable standards of hygiene in and around their homes, in market places and shops, in schools, in factories, in canteens and restaurants. They can learn how to space the children they desire in such a way as to give each and everyone of them a good chance of survival, a reasonable education, and a decent quality of life.

Women can help one another to remain healthy during pregnancy and breastfeeding, seeking the advice of health workers as necessary. Parents can learn how to rear their infants in a healthy manner, to look after them if they get diarrhoea or respiratory infections, and to ensure that their children are immunized against the prevailing infectious diseases, for which the country and community can afford to provide immunizations. They can be taught to recognise those serious conditions that require attention from more knowledgeable health workers.

Communities, with the help and guidance of community health workers, can undertake to fight against such diseases as malaria and other parasitic diseases, for example, by organizing insecticide spraying and the control of insects and other carriers of disease such as rats and snails. Mothers and fathers can make sure that their children get the drugs they need to prevent and treat malaria and ensure that their elderly parents or the disabled receive the care they need but are unable to provide by themselves. Communities can see to it that school children receive training in first aid and

in the elementary care of simple illnesses. Communities can also take action, in accordance with the country's political, social and administrative procedures, to ensure that those drugs that are essential become available to them at a cost they can afford.

Please do not think that all this relates to people in developing countries alone. On the contrary, people in more affluent countries, most of whom have had the privilege of a formal education, must rise to their health responsibilities, eating wisely, drinking moderately, smoking not at all, driving carefully, taking enough exercise, learning to live under the stress of city life, and helping one another to do so.

Education for health requires both motivation and communication. For communication *can* and *should* not only provide insight into what is needed to remain healthy and what should be done when health begins to fail; it also *can* and *should* heighten individual and community aspirations towards better health. Effective communication will give rise to greater motivation and this in turn to improved communication.

A steady flow of information is required, not only by the written word, whether once a year on World Health Day or through local, national and international newspapers and journals, but also through talks, group discussions, radio, television, comic strips, plays, films, vocal music and the like. And this communication should take place in families, schools, factories, offices, universities, social and religious groups, trade unions, political parties, and wherever people meet.

This is the urgent message I should like to get across on this World Health Day: 'All people have the power to act for health; the time to act is now'.

The count-down for health for all by the year 2000 has begun.