On 23 March 1999, Lieutenant General Giulio Fraticelli, the UN’s Military Adviser, arrived in Cyprus. A comprehensive visit programme started on 24 March with an honour guard by the multinational Mobile Force Reserve, followed by an integrated briefing led by the Chief of Mission at HQ UNFICYP where Lieutenant General Fraticelli said that he had come to UNFICYP: “to learn, identify problems and help solve them, if possible”.

Members of the MFR then put into effect an exercise which had taken them several days to practise. First there was a static display of three Tactica Armoured Personnel Carriers. A simulated accident then took place whereby a Pajero hit a mine which exploded, damaging the vehicle and injuring two UN personnel.

The MFR immediately deployed to the scene, converting their Tactica into an ambulance and calling for medical assistance. UN Fit despatched a helicopter which landed nearby at a landing site prepared by the MFR and flew the casualties straight to the UNFICYP Medical Centre. The whole exercise, watched by the Military Adviser through binoculars, was carried out in under 15 minutes.

Lieutenant General Fraticelli’s visit to UNFICYP, which also included a day and a half along the line in Sectors One, Two and Four, follows a visit to UN missions in Georgia and Tajikistan.


Lt. General Fraticelli visitierte auch das Personal entlang der Linie in den Sektoren 1, 2 und 4. Im Anschluss reiste er weiter nach Georgien und Tadschikistan wo er weitere Visiten durchzuführen hat.
THE BLUE BERET
The newspaper for UNIFCYP's civilian, military and police personnel

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As all of us working for UNIFCYP know, a great deal of enormously valuable work has gone into maintaining peace along these ceasefire lines and supporting the humanitarian needs of both communities over a period of many years.

The success of these joint operaions has demanded commitment, professionalism, patience and constant attention to detail. Accurate and timely reporting forms a vital part of our operational success in Cyprus and gives our HQ in New York crucial information.

The work of every individual in our integrated political, military, civilian mission is deeply appreciated by all New York personnel involved with Cyprus. It was an honour for UNIFCYP to host the recent visit of the Military Adviser to the Head of the Department of Peacekeeping Operations. He was impressed by our integrated organisation and joint operation. He was equally clear that keeping the peace on Cyprus is both important and demanding.

Lt Gen Fratielli’s visit symbolises the Secretary General’s close interest in all that we do here, and I congratulate you all on the professionalism Lt Gen Fratielli witnessed in all parts of the mission.

Christopher Coats
Chief of Staff

TODAY’S TOPICS:
The Dos and Don’ts of First Aid

DO:
• Calm yourself and calm down the casualty
• Make room around the casualty
• Apply mouth-to-mouth respiration if there is no breathing
• Apply chest compression if there is no pulse
• Lay casualty on the ground, facing to one side
• Compress bleeding
• Immobilise fractures with a splint
• Cover and bandage wounds
• Wash burns for 10 minutes and cover lightly
• Cover the casualty

CALL FOR HELP!!!

DON’T:
• Move the casualty
• Allow the casualty to stand up
• Give an unconscious casualty water
• Give water if casualty has an abdominal wound
• Put creams on wounds or burns
• Break blisters
• Use cotton to cover injuries
• Try to remove foreign bodies if they are not impairing breathing
• Cut, tourniquet or burn bite or sting wounds
• Use hot water bottles
• Give hot beverages, alcohol or cigarettes

RISK YOUR OWN SAFETY

SF:
• Cut (ayse) and calm the accidented
• Despeje el area proxima al accidentado
• Si no respira, realice respiración boca a boca.
• Si no hay pulso, apilale masaje cardiopulmonario.
• Tienda al herido en el suelo, con la cama hacia un lado.
• Comprima la hemorragia
• Inmovilice la fractura con una tabla.
• Vaya y verle la herida.
• Lave la quemadura durante 10 minutos y cubralla ligeramente.
• Abrijote al accidentado.

PDA AYUDA!!!

NO:
• Mover al accidentado
• Que el accidentado se incorpore.
• Darle agua si el accidentado esta inconsciente.
• Darle agua si el accidentado tiene una herida abdominal.
• Ponerle cremas en heridas o quemaduras.
• Romper las ampollas.
• Usar algodón para cubrir las lesiones.
• Tratar de guiar cuerpos extraños si estos no afectan la respiración.
• Cortar, o aplicar toquinces o morder la pielcura de una vía.
• Usar bolsas de agua caliente.
• Darle bebidas calientes, alcohol o cigarrillos.

PONGA EN RIESGO SU PROPIA SEGURIDAD.

TODOS los que trabajamos para UNIFCYP sabemos el gran trabajo que ha demandado la paz a la Lorenzo de las líneas de cese el fuego y apoyan las necesidades humanitarias de ambas comunidades, a lo largo de un periodo de muchos años.

El éxito de estas operaciones conjuntas ha demandado un destacable compromiso, profesionalismo, paciencia y constante atención a los detalles. Accurate and timely reporting forms a vital part of our operational success in Cyprus and gives our HQ in New York crucial information.

The work of every individual in our integrated political, military, civilian mission is deeply appreciated by all New York personnel involved with Cyprus. It was an honour for UNIFCYP to host the recent visit of the Military Adviser to the Head of the Department of Peacekeeping Operations. He was impressed by our integrated organisation and joint operation. He was equally clear that keeping the peace on Cyprus is both important and demanding.

Lt Gen Fratielli’s visit symbolises the Secretary General’s close interest in all that we do here, and I congratulate you all on the professionalism Lt Gen Fratielli witnessed in all parts of the mission.

Christopher Coats
Chief of Staff

ZU TUN:
• Ruhe bewahren und den Verunglückten beruhigen
• Raum um den Verletzten schaffen
• wenn keine Atmungsstörung besteht, beginne mit der Mund-zu-Mund-Beratung
• wenn kein Puls feststellbar ist, beginne mit der Herzmassage
• den Verletzten in eine stabile Seitenlage bringen
• Blutungen durch Kompressionen stoppen
• Brüche durch eine Schiene fixieren und denken
• Brandstellen ca. 10 Minuten langer Kalteabkühlung ausprobieren
• Unfallopfer absichern

NICHT ZU TUN:
• den Verletzten unnötig bewegen
• den Verunglückten erlauben auzustehen
• einem Bewusstlosen Wasser verabreichen
• einem Verletzten bei einer Unterleibsbewegung Wasser zum Trinken geben
• Salben oder Medikamente verwenden
• Blasen aufschneiden
• Bauchwunden oder Wundverband verwenden
• Fremde Körper verschließen, wenn sie nicht die Atmung beeinträchtigen
• Massage oder Aufschneiden von Ris- sen
• heisses Wasser benutzen
• Verbrühungen von heißen Gegenständen, Alkohol oder Zigaretten

DIE EIGENE SICHERHEIT RISIKIEREN
Children are lining up to jump on the bouncy castle. Others wander about with painted faces, impersonating tigers, bears and clowns. The whole village seems to be here.

The occasion? An UNFICYP celebration on 17 March (coinciding with St Patrick’s Day) in Pyla, hosted by Irish personnel.

As well as Pyla residents, personnel from throughout the UNFICYP have turned up for an afternoon of entertainment and Irish food and drink. The Chief of Mission made a speech, emphasising the importance of Greek Cypriots and Turkish Cypriots making decisions together “for the future of Pyla”. Later, the two mukhtars met with her - the first time that the two men have sat down together for weeks. That’s a good sign,” says Dame Ann.

Police Officer Simon Duignan is mixing Irish coffee, and stew and tripe are proving popular with guests. Coffee shops and bars are doing good business.

On the roof of the Pyla UN Observation Post stands Austrian-born Corporal Jason Rados, watching the people down on the square enjoying themselves. With his Italian, Austrian and Croatian roots, Jason seems to have been born to serve with a multinational force.

He’s been serving in Pyla for almost a year, and flies home to Austria at the end of this month to go back to university.

“I joined the army because I needed money to pay for my studies. Now I’ve saved enough to live and study for two and a half years. I’m studying Political Sciences, and my experiences in Cyprus have been very useful.”

“Gesturing towards the people in the square he comments: “It’s great to see the children playing together.”

As the sun sets, the Hungarian musicians take over from their Argentinian colleagues who in turn have followed the Irish contribution. It’s been a good day for the UN with the citizens of Pyla.

Kinder stellen sich in einer Reihe auf um in das Laufschloss springen zu können. Andere laufen mit bemalen Gesichter, Tiger, Clowns und Bären nachahmend, umher.

Der Anlass? Eine Feier am 17. März (“St Patrick’s Day”) in Pyla, welche durch das irische Personal unterstützt wurde.


Die Gäste erfreuten sich nicht nur am “Irish Coffee” gemast vom Polizeioffizier Simon Duignan, sondern auch am köstlichen Eintopf und diversen Kleinigkeiten. Kaffeebars und Geschäfte verzeichneten ebenfalls einen guten Erfolg.


Temporary Closure of Ledra Checkpoints
All UNFICYP personnel are informed that the Ledra Checkpoints will be closed on Monday 12 April 1999, due to the Greek Cypriot pilgrimage to Apostolos Andreas on the Karpas peninsula between the following times:

07.00 to 10.00 am
18.00 to 20.30 pm

Horst of all trades
Staff Sergeant Horst Guenther (40) can justly be called a missionary, not only because he has served four months on the Golan Heights and three with UNFICYP. “No,” he admits: “I have also been a missionary for my church. I spent two years in the United Kingdom ringing door bells and approaching people in the streets to tell them about my faith, about what is commonly known as the Mormon church.”

Horst is clearly something of a “Jack of all trades”. “I’m a qualified optician. I am also qualified to give Chinese medical treatment and I have a trading licence too. Apart from that, I used to work in the Signal Corps and have been a Military Policeman. I now work in the Sector Four Civil Affairs Team.”

He’s also a husband and father: his wife and five children live in Lakatameia, south west Nicosia, where the children attend the grammar school.
1. ¿Qué año fue establecido UNIFICYP?
   a. 1964
   b. 1974
   c. 1984
2. ¿Cuál es la longitud aproximada del BZ?
   a. 180 km
   b. 190 km
   c. 200 km
3. ¿Cuál es la parte más angosta del BZ?
   a. 3 metros
   b. 10 metros
   c. 15 metros
4. ¿Cuántos contingentes componen UNIFICYP?
   a. 8
   b. 9
   c. 13
5. ¿Cuál es la fuerza efectiva aproximada de UNIFICYP?
   a. 2,510
   b. 1,500
   c. 1,000
6. ¿Cuál es la velocidad límite dentro de la UNPA?
   a. 40 km/h
   b. 50 km/h
   c. 70 km/h
7. ¿Cuántos OP’s hay?
   a. 116
   b. 146
   c. 164
8. ¿Qué significa OPT?
   a. Puesto de Observación
   b. Puesto de Observación Transitorio
   c. Puesto Ocupado Transitoriamente
9. ¿Qué es la “Linea Verde”? ¿Porqué?
   a. UNIFICYP es consciente del medioambiente
   b. Se usa un lípiz verde para dibujar la línea sobre el mapa
   c. El verde es un color neutral
10. ¿Por qué es la Linea Verde “Green Line”?
    a. UNIFICYP es consciente del medioambiente
    b. Se usa un lápiz verde para dibujar la línea sobre el mapa
    c. El verde es un color neutral
11. ¿Cuál es el nombre del actual Secretario General de las Naciones Unidas?
    a. Jacques Santer
    b. Javier Solana
    c. Kofi Annan
12. ¿Quién es el actual Secretario General de las Naciones Unidas?
    a. Jacques Santer
    b. Javier Solana
    c. Kofi Annan
13. ¿En qué año se estableció UNIFICYP?
    a. 1964
    b. 1974
    c. 1984
14. ¿Cuál es la velocidad límite dentro de la UNPA?
    a. 40 km/h
    b. 50 km/h
    c. 60 km/h
15. ¿Cuántos OP’s hay?
    a. 116
    b. 146
    c. 164
16. ¿Qué significa OPT?
    a. Puesto de Observación
    b. Puesto de Observación Transitorio
    c. Puesto Ocupado Transitoriamente
17. ¿Qué es la “Linea Verde”? ¿Porqué?
    a. UNIFICYP es consciente del medioambiente
    b. Se usa un lápiz verde para dibujar la línea sobre el mapa
    c. El verde es un color neutral
18. ¿Por qué es la Linea Verde “Green Line”?
    a. UNIFICYP es consciente del medioambiente
    b. Se usa un lápiz verde para dibujar la línea sobre el mapa
    c. El verde es un color neutral
19. ¿Cuál es el nombre del actual Secretario General de las Naciones Unidas?
    a. Jacques Santer
    b. Javier Solana
    c. Kofi Annan
20. ¿En qué año se estableció UNIFICYP?
    a. 1964
    b. 1974
    c. 1984
21. ¿Kúrribelől milyen hosszú a Buffer Zóna?
    a. 180 km
    b. 190 km
    c. 200 km
22. ¿Szon széles a Buffer Zóna a legkésesebb részén?
    a. 3 m
    b. 10 m
    c. 15 m
23. ¿Hány nemzet alkotja az UNIFICYP-et?
    a. 8
    b. 9
    c. 13
24. ¿Kúrribelől hónap f alkotja az UNIFICYP-et?
    a. 2510
    b. 1500
    c. 1000
25. ¿Mennyi a maxim. megengedett sebesség az UNPA-n?
    a. 40 km/h
    b. 50 km/h
    c. 60 km/h
26. ¿Hónap OP van az UNPA-n?
    a. 116
    b. 146
    c. 164
27. ¿Mit jelent el “OPT” rövidítés?
    a. Megfigyelő Post.
    b. Időleges Megfigyelő Post
    c. Olaj, Üzemanyag, Alkatrész
28. ¿Mit jelent “GREEN LINE”?
    a. A Buffer Zóna egy része
    b. Egy képződés vonal Varosháza és Famagusta között
    c. A Dhekéliát Áyios Nikólaos-szol összeköt újat
29. Mi a “ZÖLD VONAL”?
    a. Mert az UNIFICYP környezetbarát
    b. Mert zöld tollal huzattak a vonalat a térképre
    c. Mert a zöld egy személyes szín
30. A következő k közül melyik van Nicosia Örővárosában?
    a. Lovenzy-pálya
    b. Ormoszta stélánya
    c. Familia folyó
31. Előkészít a következő játék játékkal?
    a. 1-es szett
    b. 2-es szett
    c. 3-as szett
32. Melyik országból jött a CM férje?
    a. USA
    b. Fidzsi
    c. Afgánisztán
33. Hány havonta kell az UNIFICYP mandátumát meghosszabbítani?
    a. 3 havonta
    b. 6 havonta
    c. 12 havonta
34. Melyik a legnagyobb fegyvergyűjtő?
    a. Keleti Tengerparti Angol Terület
    b. Keleti Szávannán Básti Terület
    c. Keleti Első Angol Légibázis
35. Melyik a legnagyobb fegyvergyűjtő?
    a. Keleti Tengerparti Angol Terület
    b. Keleti Szávannán Básti Terület
    c. Keleti Első Angol Légibázis
36. Melyik telefonszámmal kell tárkézni, ha Délről Eszakra és Északról Délre akarunk telefonálni?
    a. E-D = 0139  D-E = 0123
    b. E-D = 0193  D-E = 3210
    c. E-D = 0093  D-E = 0123
37. Melyik telefonszámmal kell tárkézni, ha Délről Eszakra és Északról Délre akarunk telefonálni?
    a. E-D = 0139  D-E = 0123
    b. E-D = 0193  D-E = 3210
    c. E-D = 0093  D-E = 0123
38. Ki az ENSZ jelenlegi tiktára?
    a. Jacques Santer
    b. Javier Solana
    c. Kofi Annan
39. Ki az ENSZ jelenlegi tiktára?
    a. Jacques Santer
    b. Javier Solana
    c. Kofi Annan

How ready are our readers to enter a quiz? The above questions should be reasonably simple to answer for members of UNIFICYP who have arrived on the island within the last month - at least, if you read about what's going on within the Force on the odd occasion! So, put your thinking cap on and pen to paper - the winner will be able to go home with a portrait of him/herself taken with the compliments of the Public Information Office.

So get to it! - answers must reach the PIO, HQ UNIFICYP, by Monday 12 April 1999.
PEOPLE

LIFE WITH EDRA TROOP

By Pte Kath A Griffiths

I was all excited and nervous when we left for Cyprus because I had never flown before and, as you would expect, I kept thinking about all those plane crash stories which didn’t help, but I made it.

The flight touched down in Larnaca Airport at some unearthly hour in the morning and we were immediately shuttled into some coaches and driven to the place where we would be spending the next six months.

As soon as we got to Ledra Palace Hotel, we were all herded into what would be known as the “Ballroom” and met by the advance party who were all smiles! After an introduction to Cyprus by the CO and RSM (something like “You’ll enjoy it”), we were issued our ID cards and UN driving licences, then shown to our accommodation.

The Troop doctors dispersed to be briefed about where we would be working, in my case Ledra Troop. We were then given an AOR tour by our TSM and Tp Sgt - aka the “Shaved Apes”. The next couple of days was a “getting to know you” period and time to get over administration problems.

On day five, one such problem was the loading bay just outside the Troop Ops Room. It needed a facelift. Three of us who were standing in the Ops Room were detained to go and do this, we set outside and started tidying it up, but the sandbags didn’t approve so they promptly exploded on us, making the job a much bigger task. The outgoing 19 Regt lads watched and sniggered at our efforts, as we would doubtless do if we were in their position.

A few days later, we had totally got rid of 19 Regt RA and started our six-month task of standing on. I have encountered a few dramas, one particular highlight was my first demonstration. I just happened to be on OP 02. I was logging every movement enthusiastically and managed to keep on top of the reports so enthusiastically that my Tp Sgt, who was at the scene, had to tell me to calm down over the net, and inform me that he had control of the situation.

Another major event was the CRA’s visit where we did a rehearsal of a Contingency Operational Plan “Woodpecker Ledra”, setting a situation which could happen at the Ledra Palace. This particular exercise had us shutting all of the exits, dealing with demonstrators and doing gate duties. We think he was impressed.

It isn’t all work though. Ledra Troop get three days off every 15 to go on TAS (Training, Administration and Stand Down). We get many opportunities to go to Phoebe and do some adventure training, and we also get a chance to go to the Troodos mountains, which I did and participated in hill walking, mountain biking, rock climbing and abseiling. I have also done some skiing (or tried to) which I thoroughly enjoyed, even though I spent a lot of time taking a close-up look at the snow, because I was always covered in it.

Since I have become part of an operational section I have noticed a dependence on each other, not only on a professional level but a social level as well. This creates a sense of teamwork, not only within the section but the whole of Ledra Troop, that cannot be rivaled by any other I have experienced to date.

Blue Beret Favourites

This issue’s candidate for the Blue Beret Favourites quiz is... the Commanding Officer of Sector Four, Lt Col Helmut Pleschegneker. His favourites are:

- Colour: “blue”
- Food: “Italian”
- Place: “Tuscany”
- Heroine: “Mother Theresa”

CYPRUS REVISITED

By Steve Whitehouse

A trip back to Cyprus on a brief mission brings back many memories.

In the 1980s, UNFICYP had nearly twice the personnel it has today. As a result, there was less bustle around HQ Nicosia these days. Half the married quarters and a number of other landmarks have been literally razed to the ground. The camp is looking quite sparse, however, especially as spring rain has lent a touch of green and flowers are blooming before the relentless summer dries everything out.

Other changes are noticeable too. The Officers’ Mess has become the International Cafeteria; the Hibernian Club has shifted location; the flags outside HQ have changed somewhat as contingents have come and gone; and people seem to be taking the speed limit in the UNPA more seriously. The cricket grounds have been dug up (temporarily, I hope) and my thoughts go back to many a hot afternoon spent defending UNFICYP’s sporting honour against upstart teams from other parts of the island.

Oh, and there’s the airport. Or more precisely the acres of tarmac upon which I used to much enjoy controlled model aircraft. A miniature adjunct to the UN Flight. Despite numerous crashes I somehow managed to avoid creating an international incident with an inadvertent launch. Now, I see, large areas adjacent to runways have been overtaken by, horror of horrors, golfers! Not all is progress...

But most of all, I remember people. Some of whom, I am glad to say, are still around. For it is the human factor that remains in the memory. The young and shy lieutenant who revealed an entirely unexpected dimension to his personality when dressed in women’s clothes in the UNFICYP Christmas show. Costas, who ran the general store near my flat and stocked just about everything, if he could only find it in the gloomy recesses behind the counter. Mehmet, the backgammon whiz and jazz piano fan. Michael, the skinny 10-year-old who took his first high dive at the swimming pool and is now, I am told, finishing his PhD in Physics in the UK!

There are some flash new buildings downtown, and the number of cars on the roads seems to have tripled. The local talent for finding a spare plot of land and turning it into an instant road or shortcut has not disappeared, however.

The only really disturbing discovery I have made on my return visit is to find that the sentiments of the old photos from the Blue Beret files from 1985 reveal me to have completely black hair, rather than the distinguished grey I now prefer. It just goes to show that pictures can lie...

Oh, and by the way, compared with New York, the food in today’s UNFICYP cafeteria is great. Especially the cake pudding with the chocolate custard sauce.

My thoughts drift back to the good old days. The problems there inevitably seemed to have faded in my recollection, Cyprus sticks in the mind and the heart. I’m sure I’m not the only one.

Steve Whitehouse covering the work of the MFR

New Zealander Steve Whitehouse was UNFICYP Spokesman from 1983 to 1985. He is now the Chief of the Video Section of the UN Department of Public Information in New York. He was back in Cyprus this month filming the work of the Force as it marks its 35th Anniversary. His stories will be broadcast on the CNN World Report programme among other broadcast outlets worldwide. He shared with Blue Beret some impressions on how things have changed over the past 16 years...
The row of buses neatly lined up at the edge of the square is the first visible sign of the Sector Four departure. Apart from that, everything seems to be quiet in Camp Duke, Popoli V. Then suddenly, music sums up over the camp, so loud it roars people to put their hands over their ears.

"Falling home, flying home" is today's favourite song. But duty calls till the very last moment. Although their packed bags are at hand, Corporal Christian Willing and Master Corporal Thomas Kistis still perform their duties in the "heart and mind" Sector Four, the Operations Office.

Christian has been working as a clerk with UNFICYP. "I joined the Austrian army to save money so I can study business and economics. When I get home, I face a life with a low budget," he explains. Thomas has different plans. "I'm going to spend the money I've earned, and then I hope to come back to UNFICYP for another tour. That's what I did before. In 1994 I served on the line; this time I worked in the communications field. I must say that the job on the line, with my mutes in the platoons, was more fun. But this was all right too."

At roll call, smiling faces indicate everybody is happy to go home to their nearest and dearest again. The newly arrived Commanding Officer, Lieutenant Colonel Helmut Pliessnegger however, has mixed feelings about seeing his personnel depart. "A lot of key people are leaving, so there is not much continuity. This means there'll be a lot of training in Sector Four the coming month."

Major Horst Ehling has been Sector Four's Senior Operations Officer, but for the remaining months of his tour he will be the Operations Information officer. "Not only that, I will also be the Unit Press Officer, making sure that visiting journalists get the right message and, of course, that Sector Four articles are included in The Blue Beret."

Meanwhile, the departing Slovenian peacekeepers have made sure they will be remembered. Captain Andrej Pisarevic has seen it to it that a plate with their names on it is nailed to the kezleri, the hay rack in front of OP 139, a reminder to the incoming contingent, led by Captain Gregor Hvastaj, of the Slovenians who have already spent time with UNFICYP.

The Secretary-General's Message

World Health Day, 7 April 1999

"Active ageing makes the difference" - the theme of this year’s World Health Day observance - applies, first and foremost, to the 580 million men and women throughout the world who are now 60 years of age or older. But it also concerns each one of us, regardless of our age: first, of course, because we will all grow old, and secondly, because over the past century, the average lifespan has increased by 30 years.

Indeed, within 50 years, older persons will outnumber the very young. That is why 1999 has been designated as the International Year of Older Persons. And it is why the question of the ageing of the global population will figure prominently on the agenda of the special session of the General Assembly to be held this summer, to review progress in implementing the programme of action adopted at the International Conference on Population and Development in Cairo in 1994. We are, in short, in the midst of a demographic revolution whose social and economic consequences we cannot ignore.

Meeting this challenge will mean changing commonly held views of older persons. It will mean no longer thinking of the aged population as a burden, but rather as a treasure trove of resources acquired over a lifetime. It will mean recognizing the vast potential of older persons and the invaluable contributions they can make to society.

To realize that potential, older persons must have their means. If good health is needed to remain active, it is also true that remaining active helps to preserve health. This implies integrated action on several fronts, from health care and social services to employment, continuing education, leisure and information.

And if a longer life is to be a richer life for all, investment must be made at all stages of life. Sadly, not all people are born with the same opportunities, and inequalities tend to perpetuate themselves and be reinforced over time. To be poor, to have a low level of education, even to be a woman: such factors often reduce the chances of having an active and fruitful old age. In the twilight of life, as in childhood, a significant share of these inequalities result from injustices that we can and must combat with all our strength.

World Health Day 1999 is an occasion for us to reaffirm that all human beings are equal in dignity, regardless of their origin, gender or age. It is also an opportunity to recall that the ultimate goal of all United Nations efforts is to contribute to the progress of humanity by helping each individual, without exception, to develop fully at all stages of life.

Don't Touch! NAPKAI MAYIN MINES

Following last week's tragic mine accident in which a National Guard sergeant lost his life, UNFICYP reminds all personnel of the daily dangers posed by landmines. A fresh batch of mine-awareness material is being produced in several languages, and will be distributed to all branches and units.

In brief, whenever you observe an unmarked mine or unexploded ordnance:

DO NOT TOUCH IT
MARK THE LOCATION CLEARLY
REPORT THROUGH THE CHAIN OF COMMAND
ITEMS FOR SALE

CARS FOR SALE
BMW E30 in excellent condition, stereo radio, 1986, fully serviced, good condition, duty free - £2,500. Tel: 08222966. Klaus Thalinger on 02-359966.
Honda Civic EL 1993, duty free. Silver, air conditioning, automatic, hatchback, good condition. £2,000. Contact Padre Richard on 02-2034888.
Nissan Sunny Saloon, white, 1992, duty free, 4WD, new tyres in excellent condition, price £1,200. Available from April. Contact Noel on 02 8657986.
Mazda 626 Estate 2.0 GT. German delivery, air conditioning, excellent condition, ex-02-864746 (O) & 924519 (H).
Motorhome 1993, duty free, 4-door sedan. 5-speed, a/c, power windows/locks, new battery/tires. Very good condition, 60,500 km. Duty free: £1,200 O.B.O. Available from April. Tel: 02 864520 (O) 825962 (H).
Volkswagen Golf automatic saloon, 1994, low milage. £11,750. low price. Call 02 7718349.
OTHER ITEMS FOR SALE
Brand new computer table, light wood finish. Sale £10. Phone Shona on 02-454600 (O) or 351349 (H).
SHARP cordless phone, one year old, price £50. Contact Noel on 02 864524 (O) or 352690 (H).
As new ladies' medium sized full drive suit (Marin) with half price at £35. Phone Joanne on 02 864485.

ITEMS FOR HIRE

HJV ITEMS FOR HIRE
The Nicosia HVIE operates a comprehensive loan scheme on items available are: VAX machine, child's car seats, pushchairs, backpacks, high chair, travel cots, children's toys and bikes, cool box, sun loungers, golf clubs, radio/cassette players, BBQ, etc. Call the Nicosia HVIE to check availability.

DISCO FOR HIRE
The UNPA WOs' & Sgts' Mess (The Vic Cl 50) has acquired its disco equipment to a high standard. This is available for hire for fund raisers. The cost of hire is now £50.00 per event. Two DJs are also available and separate 1600s can be made with either DJing regard fees. For bookings for the disco should be made through the PMC, WO2 Miller on 02 3599127 (W) at least seven days in advance.

HAVING A PARTY?
The Nicosia HVIE is now available for hire. Many facilities including new disco equipment and lighting add up to a quality space! Contact Pam on 02 359912 for more details.

PROPERTY TO LET
Very spacious four-bedroom apartment in quiet residential area in Engomi, occupying third and fourth floors. Elevator, parking, nice views all around, four A/C units, main bath en-suite, roof-terrace oven. Contact (09) 688870 or Nightline 999.
House in a cul-de-sac in Strovolos. 3 bedrooms, 3 WCs, kitchen, lounge, 2 living rooms a/c, in master bedroom, ceiling fans, c/h, unfurnished, garden, patio, in quiet area. Contact (09) 92072. £480. Contact: 02-320397.
Flat to let in Lycavitos. Three rooms, covered parking, c/h, provision for wardrobe, furniture unfurnished. Rent: £400 (negotiable). Phone Yannos on (02) 3444693 or Yanna on 02 864524.
First floor house in Strovolos (11 Herodou Attalou St). 220 sq.m, with 3 bedrooms, hall, living room, office, kitchen, 2 WC's, laundry, A/C, solar water heater. Rent: £400. Tel: (02) 422516.

Nicosia HVIE News
The Nicosia HVIE is open for information and bookings. It is located at 21 Sycamore Road, UNP Area (Nicosia Quarter area). Tel: 02 359916. The Nicosia HVIE Co-ordinator is Geraldine McKendrick.
All events must be registered in the HVIE Opening Times: Mon-Wed-Fri, 09:30-1230 and 1500-1700 hrs.
Notice: The HVIE is closed for Easter on 3, 5, 9 and 12 April.

Nicosia Dog Shelter requires a trained volunteer for mornings with a view to full employment time at the end of March/April. Call 02 359010. It also desperately needs good homes for some of their dogs and volunteer help at the shelter. The Charity Shop is open daily and needs donations of good clothing, household items, books, bric-a-brac, etc. Please call 02 359058 or 671877.

English Lessons
Qualified and experienced teachers available to teach English to small groups or on a one-to-one basis.

Mature Babysitter Required, mature lady available for babysitting, please call 02 623850 to help after 1600 hrs.

Easter is approaching fast and it’s time get your Easter cards again. Don’t forget that we in the Public Information Office still have a considerable stock (above shown) which will suit members of UNCFYP when writing home to their nearest and dearest. Cost: £2 each for 10.

Greetings from UNCFYP
From our children, a little something for you.

CYPUS KARTING CHAMPIONSHIP
Kart drivers from the local community, the Sovereign Base Areas and UNCFYP will take part in the first round of the Cypriot Karting Championship at 11.00 am on Sunday 4 April at the Nicosia Circuit. Come and watch this spectacular sport with karting speeds of up to 180 kph. Free entrance, drinks and hotdog stands available. Not to be missed!

For your diary: the second round will take place on Sunday 18 April.

Travel to advertise in the Blue Beret, send your ads to the Public Information Office at QO Box 3892, Nicosia. Tel: 02 359010. blueberetcyprus@hotmail.com.

Travel Tips
A Brief View of Jordan
The Hashemite Kingdom of Jordan has an interesting heritage with a history as old as time itself. The country, which is bordered by Israel, Syria, and Iraq, in the north, is a mere 45 minute flight away and yet it is far different to its stark neighbours.

Main Places to Visit:
- The Nabatean City of Petra (2-3 hours from Amman), one of the seven famous sights and an experience not to be for
- The Dead Sea, the lowest point of land on earth at 426 meters below sea level.
- Wadi Rum, the largest and most magnificent of Jordan's Empty Deserts (where the famous Lawrence of Arabia was filmed). Transportation: Local transport is cheap. Yellow government buses are reliable and run on a meter.
- The Crusader Castles
- Madaba and Mount Nebo
- Jerash (1½ hour from Amman, very easy to get there from any Jordanian city has survived an incredible 2,000 years.
- Ben Ghazi, the ancient Phoenician city of Tyre.

Currency: The Jordanian Dinar. You can order dinars in advance from your bank, alternatively you can take US dollars and change them in any local bank.

Visas and taxes: All nationals require visas and prices vary. Check with the Jordanian Consulate before departure.

On departure from Jordan, everyone must pay an entry tax at Queen Alia Airport (approximately Jod 10).

Final Words: Jordan is a very friendly country for the traveller to visit, whether on the beach or the mountains. Stay in a hotel in the Dead Sea Mountains. The locals are very friendly and the food is delicious. Local Arabic food is delicious. Local foods include stuffed hot and cold soups, hand ground, jewellery, rug and spices.

Aisha Wa Sultan! Welcome to Jordan
It is recommended that you travel by air, or by bus.

"Travel Tips" prepared by Penny of Chronos Travel
BLUE BERET SPORTS SECTION

Louroujina Village 4: UN 2

Louroujina is a little village southeast of Nicosia, just north of the Buffer Zone. It is also the base for Camp Berger, inhabited by a Hungarian UN-troop. The 370 residents of Louroujina were invited to get a football team together and play against the peacekeepers on Sunday 21 March. At stake: the losers were to treat the winners to drinks and snacks.

The pitch is surrounded by cars, pick-ups and an occasional tractor. Men, women and children left their houses to support the smart red shirted local team. Yusuf, who normally assists in the kitchen at Camp Berger, wears his whistle with pride and acts as the referee. "I have played football myself, but it's the first time I've acted as an official during a match." Two other villagers assist him as linesmen, waving T-shirts instead of flags.

The atmosphere is good. Every well performed effort or courageous action receives cheers from the public, regardless of the team they support. When one of the Hungarian players is downed, spectator Mehemet Ibrahim cries out: "Oh no, I am ashamed. It's a friendly game, he shouldn't do that!" But the players help each other back to their feet, shake hands and play on. Ten minutes before the final whistle the score is even: 2-2. But in a final effort both Tarik Yeniceri and Huseyin Agdacan manage to kick the ball behind the Hungarian keeper. 4-2.

Mastercorporal Tibor Szajos signed for both the Hungarian goals.

That means the Louroujina team will be treated by the Hungarian team. According to Captain Laszlo Horvath: "Losing a game is no problem. At least we have been active again and had a lot of fun." And according to the spectators, more matches like these should be organised.

High level of activity in Louroujina

Villagers and footballers having a good time!

DHERINIA-DASH

Just before the Austrians rotated back to their beloved homeland in the Alps, platoon commander Horst Karas organised a march in the Buffer Zone.

All started at OP-146, the most eastern observation post at the coast of the Mediterranean. All two member teams were dressed in sports outfit, but carried a lot of equipment, which they would need during the event, with them. They were issued with a very brief map of the Buffer Zone, but it could also have been a tourist map to Soho.

What was supposed to be a smooth walk, turned out to be a sweating struggle. Horst Karas planned different competitions, amongst which were a military knowledge test, knife-throwing and dummy hand grenade throwing.

After the highly appreciated happening, Lieutenant Sebastian Hitz and Sergeant Franz Santner proved to have finished best.

The Argentinians believe that all military personnel should be qualified physically and mentally for any kind of military operation - including peacekeeping operations. To check that all is well, Argentina's Armed Forces undertake two physical tests per year.

On Monday 16 March, the Sector One Operations Officer selected an area for the test. The topography around the bases varies a lot. There are hills in the Kokkina pocket and plains around Astromeritis. Sector One personnel ended up gathering at the Box Factory to do the test on the flat open land.

You will like to know what kind of test was taken. OK, here we go...

The soldiers started off with a four-kilometre race around track 200 between Patrol Base 33 and the Box Factory entrance. Then they moved on to sit-up exercises and finally they did the famous push-ups.

Next month two other parts, shooting and swimming, will have to be tested. Meanwhile, if you want to assess your own fitness, below you find the Argentinian Army standards.

Box Factory to do the test on the flat open land.

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<table>
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<th>1/25</th>
<th>26/30</th>
<th>31/35</th>
<th>36/40</th>
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