Cypriot & Dutch Students Visit UNFICYP

UNFICYP welcomes a wide range of visitors. Among recent groups were 50 Dutch students. Half of these were Greek Cypriot students from Paphos, who were, in turn, hosting 25 students from Ede in The Netherlands. Public Information Officer Major Paul Kolken briefed the group about UNFICYP - what the organisation is and what it does.

After this, Liri Troop Commander Lieutenant Stijn Renders gave an insight into the life of a soldier on the line. He highlighted the advantages of serving in a multinational and multicultural mission, emphasising that every single person, however his or her level, has a lot of responsibility. He also talked about the pros and cons of living and working on the island of Cyprus.

He described some of the things that mean that working in Cyprus is no picnic. These include the long working hours under what can be harsh, hot conditions; being away from friends, partners, and families for six months; and living under a curfew with a two-can rule. His picture of conditions that are so familiar to soldiers on a mission, surprised the teenagers. The Dutch visitors, fresh from temperatures of 17 degrees, were particularly struck by the challenge of working in a heat that at present is "only 36 degrees. It'll get hotter," he said.

John Biermans, who teaches Greek at the visiting Marnix College, said: "Of course we know Dutch soldiers are serving in Cyprus. We see the news and read the papers, but walking here and seeing everything with our own eyes is more impressive than I expected."

A guided tour around the United Nations Protected Area concluded the visit. Yianna Lottidou, one of the Greek Cypriot students, commented: "More students should visit UNFICYP. It was very interesting. I appreciate that the United Nations are trying to help to solve the Cyprus problem. Hopefully you will succeed soon, so that you all can go home."

AUSTRIAN TRAINING CENTRE COMMANDER VISITS SECTOR 4

At the beginning of May, Colonel Winkler, CO of the Austrian Training Centre from 1996-1999, visited Sector 4. Colonel Winkler, who served as a platoon leader in Larnaca 1974-75, has served three times with UNDOF, and once each with UNTSO and UNOMIL. From next month he will serve as Deputy Chief of the Military Observer Group in Georgia.

AMERICANS COME TO TOWN

On 19 May, UNFICYP hosted two high-level American visits. The first of these was made by Ambassador Nancy Sodeberg, Alternate US Permanent Representative to the UN, who has special responsibility for peacekeeping. Ambassador Sodeberg was fully briefed on all aspects of UNFICYP and toured Sector 2.

The second involved 12 representatives of the American National War College (one instructor; 11 students) who were briefed at UNFICYP headquarters before going out to visit all sectors. On their way back, the visitors commented on the excellent working relationships between the different nationalities, and said they had been particularly pleased to get an idea of some of the issues the soldiers on the line have to deal with on a daily basis.

INSIDE: BB TIPS - PEOPLE - REAL LIFE - CLASSIFIED - SPORT
Summer is here, bringing with it special health concerns for all personnel working outdoors. The first thing to be aware of is that sunshine and heat can cause serious illness. Extreme care should be taken when working or exercising out of doors, particularly between the hours of 11:00 and 16:00 when temperatures are highest. Personnel working in kitchens and other areas where it can become very hot, should also be careful. So do, please, pay close attention to the Heat Stress Index announcements made throughout each day (see page 6 for a copy of the index), and follow the guidelines laid out in the “Tips” section below.

Item two involves mosquitoes. The local variety can give a nasty bite (it’s worth investing in good skin and room repellant, but many have been virtually eliminated from the island. The third point is that summer temperatures can increase susceptibility to meningitis. Last year, one of our colleagues contracted this serious but rarely fatal, disease, and was treated in Niciosa Hospital. Meningitis symptoms are similar to a lot of a lot of a lot of UV damage. For example, you may include vomiting, fever, severe headache, stiff neck, dislike of bright light, drowsiness, and aching joints. If you experience any of contact, your medical centre. Treatment (by antibiotics) is relatively simple and effective - so long as the disease is caught in time. Meanwhile, if you have any health queries, get in touch with your medical centre or call us at the UNPA. Remember, prevention is better than cure, - it’s an old cliché, but it’s true.

LA Col Gerhard Pernik Force Medical Officer

The Blue Beret
The newspaper for UNIFICT’s civilian, military and police personnel

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LABEL INSTRUCTIONS ON CONSUMER GOODS

On a bottle of children’s cough medicine:
“Do not drive car or operate machinery”

On a kitchen knife:
“Warning, keep out of children”

On a chainsaw:
“Do not attempt to stop chain with your hands”

On a child’s Superman costume:
“Wearing of this garment does not enable you to fly.”

On a packet of peanuts:
“Warning: contains peanuts.”

Editorial

The verano ya está aquí, trayendo consigo algunas preocupaciones de salud para el personal que trabaja en Chipre. Para empezar, hay que considerar que el sol y el calor causan serios problemas a la salud. Hay que tener extremo cuidado tanto dentro del trabajo como al hacer ejercicio al aire libre, particularmente entre las 11:00 y 16:00 horas que es cuando la temperatura alcanza su grado máximo. El personal que trabaja en la cocina donde hace bastante calor, debe de tener mucho cuidado también. Asf es de que por favor estén especialmente atentos a los anuncios de sus clases durante el verano en el “Reporte de Tempera- tura”. (Ver págs X Y) y siga las instrucciones detalladas en él. El segundo tema, es de los “mosquitos”. Debido a que el tipo de mosquito local, pica seriamente, valdría la pena comprar repelentes para la piel. En cuanto a la enfer- medad de mal de la isla, esta se ha eliminado virtualmente.

El tercer tema, es de que debido a las altas temperaturas durante el verano, aumenta el riesgo de contraer meningitis. El año pasado una de nuestras compañeras contrajo esta enfermedad, aunque no fatal enfer- medad y tuvo que ser atendido en el hospital “Niciosa”. Los síntomas de meningitis son similares a los de un resfriado; incluyen: vomitar, fiebre, dolores de cabeza, cuello adolorido, mareo y dolor muscular. Si usted percibe cualquiera de estos síntomas, favor de contactar a su médico. El tratamiento por medio de antibió- ticos es relativamente simple y efectivo, siempre y cuando la enfermedad sea detectada a tiempo. En caso de que usted tenga cualquier duda al respecto, favor de contactar a su centro médico o bien a nosotros en "UNPA", y recuerde: "es mejor prevenir que curar".

Teniente Coronel Gerhard Pernik Oficial Medico

BB TIPS: HOW TO SURVIVE THE SUN

1. Wear a hat: a hat with a good brim halves ultra violet (UV) exposure to the eyes, reducing the risk of eye damage. Wear a wet hat if you’re on field duties.

2. Use sunscreen - apply a sunscreen of at least SPF15 before you go into the sun (this enables the water in the sunscreen to evaporate, leaving the solid oil film to protect you). Reapply every two hours.

3. Wear a shirt or T-shirt: the tighter the weave of the fabric, the better the protection.

4. Keep out of the sun as far as possible - especially between 11:00 and 17:00.

5. Drink lots of water.

6. Avoid alcohol and coffee - both dehydrate.

7. Avoid eating too much at lunchtime.

8. Wear a hat: a hat with a regular head gear is not required when driving UNV vehicles in summer.

9. Bear in mind that white paint, concrete, sand, and asphalt absorb the sun’s heat.

10. Head for grass, trees, and earth: they all absorb UV.

Remember the Slip, Slap, Slop routine:
 - slip on a shirt
 - slap on a hat
 - slop on sunscreen

1. Draag een pet. Een pet met een goede klap halveert de UV-straling op de ogen. De kans op oogschade neemt af. Draag vooral een pet bij veldtochten.


3. Draag een shirt of T-shirt. Hoe dieper de weefselpatroon van de sjaal, hoe beter de bescherming. Bij je zover als mogelijk uit de zon, vooral tussen 11:00 en 17:00.

4. Drink veel water.


7. Bedenk dat in de zomer het dragen van een hoed of een UV-halsdoek je bescherming vergropt.

8. Bedenk dat witte verf, beton, zand en water schadelijke UV-straling reflecteren.


Outhoud:
 - trek een shirt aan
 - zet een pet op
 - sneer je goed in

Lo que se debe hacer:

1. Utilice sombrero o gorra para el sol, de preferencia con mica contra rayas ultra violeta para proteger sus ojos. Si trabaja en el terreno, utilice un sombrero húmedo.

2. Use protector solar para la piel. Antes de exponerse al sol, aplique un protector solar de por lo menos "15" (con ello logra que el agua se evapore antes del protector dejando un revestimiento acelerado de proteína). Aplique el protector solar nuevamente cada dos horas.

3. Póngase una camiseta de algodón (mientras más cerrado sea el tejido de la camiseta más es la protección.

4. Manténgase lo más que pueda, fuera de los rayos solares (especialmente entre las 11:00 y 17:00 horas)

5. Menos agua.


7. Evite comer más, a la hora del almuerzo.

8. Recuerda que durante el verano los habitantes de Naciones Unidas, no requiere poner equipo protector para la cabeza.

9. Tome en cuenta que tanto la pintura blanca, el concreto, la arena y el agua, aumentan más los reflejos de los rayos ultra violeta.

10. Las puntas del pasto, los árboles y la tierra en sí, también absorben rayos ultra violeta.
SUN, HANDLE WITH CARE

Many of us come to UNFICYP from places where sunshine is a rare and precious commodity. This means that we are especially vulnerable to sunburn and other heat-related illnesses.

Overexposure to heat or sun can lead to damage to the kidneys, liver, brain, and skin. It damages eyes. It can even believe in us or result in death.

Just about the worst thing you can do is go to sleep in the sun. UV rays also pierce through the eyelids, burning the cornea and, over time, increasing the risk of cutaneous cancer.

UV rays also burn the skin, causing short-term redness and blistering. Longer-term problems include the three types of skin cancer, the worst of which is malignant melanoma. Like internal cancers, this spreads to other parts of the body if it is not detected early. It usually starts with a mole, freckle, or birthmark, but can appear on normal skin.

Finally, it’s worth remembering that a suntan isn’t a form of protection: in fact, it’s a form of skin damage. It will not protect you against skin cancer. What will help is using a sunscreen of at least SPF 15.

CHARITY CHEQUES PRESENTED

On Friday 30 April, Mrs Susie Coats, on behalf of the UNFICYP Welfare Committee, presented a cheque for 250 pounds sterling to the committee of the Red Cross Society in Kyrenia. The money will be donated to the intensive care unit at the (north) Nicosia General Hospital and put towards an aspirator.

Two weeks later, Despo Yiapani, representing the Greek Cypriot Nea Eleousa Home, accepted a cheque for the same amount. This money will help to buy a specialist wheelchair for Chris, a 19-year-old boy with a malformed spine. The only way he can sit in a chair, is by leaning over the arm of the chair in a lot of discomfort.

WEAPONS HANDLING

By Major Horst Ehling

Exercises in weapon handling and live firing are a key element of all military training - even in a peacekeeping mission like this one, where the use of armed force is absolutely the last resort. Nevertheless, even though we will only ever fire in self-defence, we must make sure it’s done properly. It isn’t always easy to fit in shooting exercises. First, our primary task, monitoring the Buffer Zone, has to continue. Shooting exercises have to be fitted in around this - which often means they have to be carried out when some personnel would normally be sleeping. Other constraints are the fact that there are not many firing ranges and those that there are lie far away.

Nevertheless, shooting exercises mark a break in the daily routine, and keep military skills up to scratch. Moreover, shooting exercises on a competition basis can also help increase motivation and raise morale. So, in Sector 4, we run a series of special exercises to make sure that everyone in the sector gets a chance to take part.

ENGLISH LESSONS

On 15 May, 21 members of the Mobile Force Reserve and one from the Force of the Mobile Force Police Unit completed a five-month English course. The course, run by Mexican-born Maria Cecilia del Alba, aims to prepare Argentinian members of UNFICYP for the Level One English Test in the Argentinian Army Languages Institute. It’s hard work, but all participants took the course on a voluntary basis, in their spare time. And, as one MFR member puts it: “Learning a language is an example of how working in a multinational mission like this one helps us to acquire new skills and become culturally, professionally, and socially integrated with people from other countries.” At the end of the course, all the students were presented with a diploma at a small reception at Maria Cecilia’s house.

BEOFELGE:

2. Gebrauche eine Sonnencreme mit einem Sonnen- schutzfaktor 15 und creme dichte mindestens alle 2 Stunden ein.
3. Trage ein Hemd oder ein T-Shirt mit einem festen Gewebe.
4. Vermeide die Sonne soweit es moeglich ist, besonders zwischen 11 und 16 Uhr.
5. Trinke ausreichend.
7. Vermeide ein scheiniges Mittagessen.
8. Im Auto ist keine Kopfbedeckung notwendig.

MITZUHABEN:

Sonnenhut
Sonnenschirm
Shirt
Sind notwendige Mittel gegen zwoel Sonne.

VO BUJ PROTI VRONCI

1. Nosi pokrivale, kapo z dobrim sciom, ki prepozna zrancene in varuje oce pred poskadbami zaradi ultra-vijoljavnih zork.
2. Uporabljajte kremo za sonce; namazi se s fektorjem 15, preden se izpostavite suncu... to zmanjšuje izločanje telnih svetlin in sičit kozo pred skodljivimi zarki. Namazi se vsaki dve uri.
3. Nosi strojac ali majico; gosteja kot je tkanina, boljja je zelina.
4. Izogibajte se soncu; v oviru današnje moznosti, predvsem pa med 11. in 17. uru.
5. V vtečno vodo.
6. Ne pij alkohola in kave; oboje pospešuje dehidracijo.
7. Ne je preoblinego kosila.
8. Zapomini si v polnetem casu, ko vozi UN vozilo, ni obvezno nosenje standardnih pokrivak.
9. Ne pozablj: bela barva, beton, pesek in voda odihajo in tako povezujejo količino skodljivih UV.
10. Zadrzaji se raj na blizini trave, dreves in zemlje, za vse krvavajo UV zarki.
Zapomni si:
- Gate na glavo
- pa dva svincnca v nos,
- vročin, zarkom, bodi kus.
COLOUR YOUR LIFE AT ART CLASS

By Chamari Keast

As time progresses, we have become more and more enthusiastic and encouraged by the paintings we've produced at our watercolour classes, held at St Michael's School in the UNPA. And it's definitely true, that practice really does make one, well... more perfect than at the beginning.

Of course, you could argue that there's no such thing as perfection in art, and every work of art could be improved upon. Certainly, we budding artists at the UNPA agree, we have a long, long road to walk (with easel, brush and paints in hand, of course). But imperfection does not deter us. We are excited that every time we embark on a new picture, our drawing gets better, our colour sense becomes more intuitive and our subjects increasingly recognisable.

At each class we learn more about compositional space perspective, and the exciting techniques of colour mixing. We get lots of encouragement from Lindsay, our talented teacher from Zimbabwe, but even more importantly, from each other.

Some of you may recall that we put on an exhibition at the International Women’s Day event held in the grounds of Ledra Palace at the beginning of March this year. This made us quite proud. Some of us even sold a few paintings to the quick and wise. Bearing in mind, art always increases in value.

We look forward to Tuesday evenings, from 6:00-8:00 pm, when we can guarantee ourselves quiet meditation in the form of painting, and a special camaraderie that you just can't compare with that found in a busy office environment.

The class might seem a somewhat motley crew. We range from the highest level of management to the busiest assistant. But in the painting class, all become equal with cerulean blue under the finger nails and alizarin crimson on the cheeks. We have worked over the past few months to produce an interesting collection of watercolour paintings. They cover a wide scope from scenic views of Cyprus to still life flowers, fabrics and terracotta pots.

Now, everyone at UNFICYP can enjoy the fruits of our labours and take a “Grand Tour”. We’re not quite aiming for Paris and Florence yet, but have decided to make our paintings more accessible to United Nations Peace keepers through an exhibition at the International Mess that will then move on to the Ledra Palace.

Our opening reception will be held from 4:00-6:00 pm on Tuesday, 8 June at the International Mess. It promises to be a lively event with wine and snacks to fortify you while you view the paintings. Do come, and bring your friends along too. We hope you will enjoy looking at our works as much as we enjoyed producing them, and note - most of the paintings in the exhibition will be available for sale.

There are still a few spare places on our Tuesday evening classes. If you’d like to join us, come along with your own paints, brushes, paper and inspiration. In return, you’ll get lots of encouragement and a special joy when you tap into your creative self.

HELLO AND GOODBYE AT SECTOR 1

Argentine Task Force (ATF) 12 has finally finished its tour and ATF 13 has come to take over from us. On 14 May, Lt Col Mujica went to meet the first batch of newcomers, who arrived with the new 2IC of Sector 1, Lt Col Soa Bari del Valle. The 128 newcomers showed in their faces the same doubts we had when we arrived at the end of November last year. It had taken them 18 hours to get here on an Argentine Air Force plane, which stopped for a couple of hours in the Canary Islands.

We welcome them all and also hope their stay in Cyprus will be good and productive one. We wish them the best of luck.

In addition, all of us who are leaving with the rest of ATF 12 were really pleased to work with all the UNFICYP contingents over the past month. We would like to thank everyone for the support and friendship we have received during our stay here - and to wish all the best to our friends in the other sectors and at Headquarters UNFICYP.

HANDBOVER/TAKEOVER AT CAMP IZAY

On 8 May, the outgoing Hungarian contingent from Sector 4 got together with their successors to celebrate the handover/takeover. The photo shows the Coy Briefing by OIC 1 Coy.

Tucked away in the corner of the Blue Beret Camp on the UNPA is the De Vergara Medical Centre. Opened at the end of last year, and currently staffed by an Argentinian doctor (Carlos) and two British nurses (Elaine and Shirley), the centre supports UNFICYP personnel and their families. Also attached to the Medical Centre is a nurses’ auxiliary, WO2 Dieter Tichy.

In addition to the morning soldiers’ sick parade, the centre is open forIrish and British families to come to see Dr Irene Cotter at her clinic on Monday and Friday afternoons. Dr Caroline Hunter has been taking care of soldiers from Sector 2 at a surgery on Tuesdays and Thursdays.

Dr Carlos Caviglia is currently the Chief Medical Officer and is in the process of handing over to his successor, Dr Carlos Iglesias. Asked what the most common complaints are, he replied: “Most definitely sports injuries. We have a good turnover of knee sprains, twisted ankles and back pain. Next on the list are injuries from physical training. Allergies, hay fever and minor problems come up every now and then, but these are mainly due to the change in climate and this type of problem usually settles down after the first month or so.”

Asking what happens if something more serious occurs, he replies: “I make the initial assessment here in the Medical Centre and then, if necessary, I refer the patient to the appropriate specialist in Nicosia.”

Nurse (Cpl) Elaine Finlayson, who is half-way through her six-month tour, says: “The troops of UNFICYP are very healthy. In the last three months, we’ve only had to admit four in-patients to our wards.”

She adds: “However, I’m rarely off duty. Whenever I go, there’s always someone who comes up to ask for advice on this complaint or that. And whenever I go to the swimming pool, I always take suntan lotion with me. I force one person without barrier cream on, I give them some. There’s no excuse not to take care in this heat. We haven’t had any serious sun-related problems yet. But it’s better to be safe than sorry.

There is one British ambulance attached to the Medical Centre, “But,” says Dr Caviglia, “Support Services are currently in the process of providing us with a UN ambulance. Hopefully, it will be delivered in the not-too-distant future.”

Dr Caviglia, an orthopedic surgeon at his military base in Argentina, returned home this week. Asked how he has enjoyed his tour with UNFICYP, he says: “It’s been a wonderful experience working with and for my fellow peacekeepers. This is the first time I’ve worked abroad, and if I’m asked to return, I’ll gladly accept.”
B eing away from friends and family is one of the toughest aspects of life for all military personnel, police, and civilian personnel who come to UNIFCYP on "unaccompanied" posts.

Support is, however, available in many ways. On Wednesday in Sector 2 is that military personnel have access to a Welfare Officer, provided by the Women's Royal Voluntary Service (WRVS) with funding from the UK's Ministry of Defence.

Jane Lock is one of three UK Welfare Officers in Cyprus - the other three work on the British bases. Her job is to run a recreation club (located, like her office, in the Ledra complex), offer a listening ear and provide practical help.

She regularly visits each troop location within Sector 2, delivering magazines, newspapers, books, games, and sweets. She also carries a supply of greeting cards and stamps, and takes orders for flowers to be sent to loved ones back home.

Jane, who comes from a military family, has been a WRVS officer for 11 years. "It's a challenging job," she says. "Before joining the army, I was a nurse in an isolation ward in a hospital in Dartford, Kent. Then I decided I wanted to travel. So here I am."

Asks what she likes most about the job, she says "Visiting the Dutch troops! They make great coffee and love Dutch pancakes."

"More seriously, though, I've found it incredibly rewarding to see soldiers at their passing out parades, and know that I have been part of the regimental team that has helped train them. Working with new recruits before they are fully-fledged soldiers is something quite special. For many of these young men and women, joining the army is their first taste of freedom and responsibility. It's very important that they feel free to confide in me because often they get disillusioned and feel they just can't manage."

"Life for a young recruit can be very difficult. Sometimes people come from broken homes. A mother may have remarried and decided she doesn't want a son or daughter at home any more. The army can offer these young people a lot, and help them make a good start in life."

"When they get to the passing out parade, they've proved to themselves, and their families and friends, that they can."

What sort of things does Jane get asked to help with?

"It can be something like advice on how to write a letter or address an envelope in the right way. Or it can be something totally bizarre like the request I got from a young soldier recently for a set of women's clothing - it turned out this was for a pantomime."

Out here in Cyprus, Jane is never too busy to sit down and chat. Calls of "Hello Jane," and "What have you got for us today?" herald her everywhere.

THE PADRES

As macht ein Soldat von Sektor 4 wenn er ein Problem bezüglich seines Dienstes oder seines Lebens hat, und er nicht in der Lage ist, es alleine zu bewältigen?

Wen der Soldat ein dienstliches Problem hat, und das Vertrauen seines Kommandanten besitzt, so wäre es der rechte Weg, den Konflikt zuerst mit seinem Kommandanten oder mit seinem Spiel auszulösen, bevor er andere Dienstkollegen anklagt. Wenn der Soldat jedoch widerwillig oder mit seinem Kapitän oder seinem Persönlichen Adjutanten spricht, so erweckt das den Verdacht auf Verbrechen. Der Soldat muss also nach den Regeln des Bundesgesetzes des Bundesgesetzes darauf hinweisend angeben, dass er seinen Kommandanten nicht vertraut oder seine Meinung nicht gehört.

Mit Erlaubnis des Soldaten mag es auch durchaus sein, dass der Kommandant das Problem teilen und seine Kenntnisse aussuchen, um das Problem zu lösen. Wenn es sich um eine militärische Angelegenheit des Hauptauftrages der Regelung von Waffengeschäften, so wendet sich der Soldat an den Kommandanten, um auf seine eigenen Meinungen, Auffassungen und Meinungen einzugehen. Der Soldat muss auch seine Meinungen und Meinungen, die er nicht teilt, mit Personen, die ihn nicht teilen, aufstellen. Der Soldat muss auch seine Meinungen und Meinungen, die er nicht teilt, mit Personen, die ihn nicht teilen, aufstellen.

Der Kommandant von Sektor 4, Kapitän Alexander Pynnik, betrachtet sich selbst nicht als einen professionellen Psychologen, sondern viel mehr als Kameraden, der in erster Linie versucht, den persönlichen Glauben zu vertiefen und seinen Beitrag zur friedlichen Problembewältigung zu leisten. Seine Hauptaufgabe als katholischer Priester ist es, das Katholische Christentum auf eine glaubhafte Art und Weise zu leben und zu teilen. Er weiß, wie wichtig es ist, an die jungen Menschen zu gehen, die sich fragen, wie sie am besten mithelfen können, bei dem Problem, das sie haben. Er weiß, wie wichtig es ist, an die jungen Menschen zu gehen, die sich fragen, wie sie am besten mithelfen können, bei dem Problem, das sie haben.

The UNIFCYP padres are busy people. As well as holding church services and hearing confession, they tour the line, visiting observation posts and troop houses, helping to solve problems as they arise.

Common work-related problems include bullying, lower ranks leaving people out, not giving credit for work well done, and blaming people for things they have not done - scapegoating, in other words.

When this sort of thing happens, people prefer to discuss the matter with a commanding officer. Others are more comfortable talking to the padre, and if necessary, the medical officer. The latter is most likely to occur if a soldier is suffering from depression or low self esteem.

Says Alexander Pynnik, the padre in Sector 4: "I don't pretend to be a professional psychologist, I see myself more as a confidante. It is my job to help deepen an individual's personal faith and to look for peaceful solutions to problems. I hope that everyone in Sector 4 knows that they can come to see me any time, and I will do my best to help."
This index is not simply based on temperature - the numbers you see on the left of the columns relate to levels of discomfort - or "heat stress". They are derived from calculations based on readings of both temperature and humidity from different locations around Cyprus.

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### WB GT INDEX

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<thead>
<tr>
<th>WB GT INDEX</th>
<th>Aklimatisierter</th>
<th>Még nem aklimatiszalódott személy (1 hónapnál rövidebb idő)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Menos de 26 (BALSZONNE)</td>
<td>Munka: normális</td>
<td>Munka: normális</td>
</tr>
<tr>
<td>26 (ZÖLD)</td>
<td>Munka: normális</td>
<td>Munka: normális</td>
</tr>
<tr>
<td>29 (ZÖLD ALFA)</td>
<td>Normál munka de vízdögéz a nehéz főzés munkáján, 30 perc munkát 1 órára lehet napsütésre kapni.</td>
<td>Nincs nehéz főzési munka.</td>
</tr>
<tr>
<td>31 (AMBRI)</td>
<td>Nincs nehéz főzési munka.</td>
<td>Nincs nehéz főzési munka.</td>
</tr>
<tr>
<td>32+ (TRÓJÁS)</td>
<td>PARA TODO EL PERSONAL: Prohibido toda actividad física al aire libre que sea innecesaria.</td>
<td>Mindenféle szabadidő munka szüntetett.</td>
</tr>
</tbody>
</table>
**ITEMS FOR SALE**

**CARS FOR SALE**

*Made 66 GLX, 1993, 4 door sedan, auto, a/c, 54,000 km, great condition, runs and drives great. Call Mary, (07) 771921*  
*MBR Super Saloon 1800, auto, 99/99, 64,500 km, d/f, $1,700. Ph. (07) 664518.*  
*Hyundai Excel L5, 1991, 30,000 km, automatic, 8 doors, air conditioning, sunroof, good condition. Call (07) 799842.*  
*Volkswagen Polo SP, ltd, 1984, trade in, free, 100,000 km, etc others, extra $1,260. Phone M. Schroder, (07) 664362 during working hours.*

**SUBARU 1.3DL, white, new brakes and shock absorbers, runs and drives. Phone (07) 698374.**

**Lada Niva 1600, 4x4, cream, automatic, 1987, good condition. Phone (07) 698374.**

**Mobile Sandwich van, new engine, new electrics, gas grill, 2 built-in electric fridges. Phone (07) 799249.**

**Berten 260, 2 bed, 2 glass, genuine 7-seater, a/c, cruise control, electric windows, sun roof, long mileage. Excellent condition. $5,000.00 ONO. Tel John (07) 750408 or (07) 665997 (H).**

**Mercedes 323, 1993, white, 4-door sedan, automatic, new windows/locks, new battery/tyres. Very good condition, 60,000km. Phone (07) 723045, or (07) 6112000.**

**OTHER ITEMS FOR SALE**

*Sony TV with super trianon 72 cm corner. Price negotiable, also video recorder PAL/SECAM/NTSC. $500. Phone Front Line Perc. (07) 9927882 (or) 0254575 (H) or (07) 6644002.*

**Household Items. TV + VCR, $350.00; Coffee table, $60.00; Gaming machine, $75; drinks trolley, $25; plus other items. All as new or nearly new. Phone (07) 75925878.**

**IBM Compaq 200 XM computer, 32 MB RAM, 3.2 GB hard drive, 24 sp CD ROM, software, monitor, colour printer, Windows 95, $450. OVVN. Computer Table 151. Contact WO Barry Green on 4550 or (07) 359001.**

**Black dining table with 8 chairs, new club upholstery, $220. Phone (07) 774325 or (07) 4106.**

**Complete house contents for sale including furniture, curtains, carpets, bookshelves, coffee table, crystal, pot plants and many, many extras! Prices are low and negotiable. Phone (07) 7709111/12 or (07) 313993 (H).**

**ITEMS FOR HIRE**

**HIVE ITEMS FOR HIRE**

*The NICEO HIVE operates a comprehensive range of items available for hire. Items currently available are: VAX machine, child’s car seats, pushchairs, barbecues, high chair, travel cot, lots, children’s toys and bikes, cool boxes, sun loungers, golf clubs, radio/cassette players, BBQ, etc. Call the Hive to check availability.*

**DISCO FOR HIRE**

*A disco and DJ service for hire. Kid’s disco & Staff’s Mess (The Vic Club) has upgraded its disco equipment to a high quality, state-of-the-art system suitable for hire for functions etc. The cost of hire is $50.00 per evening. Two DJs are also available and separate arrangements should be made regarding DJ fees and transport fees. Bookings for the disco should be made through the Vic Club. Contact (07) 359760 ext 126 (W) at least seven days in advance.**

**HAVING A PARTY?**

*The Hive is now available for hire. Many facilities including new disco equipment and lights, barbeque and plenty of space on site. Contact Pat (07) 359912 for more details.*

**PROPERTY TO LET**

*Fully furnished three-bedroom penthouse flat to let in Acropolis (Hilton area), 175 sq.m. with city view, modern furniture, covered study, large kitchen, 2 bathrooms. Includes all electricity and gas appliances. Split unit and separate shower in master bedroom. Large balcony overlooking park. C/h and solar water heater. Available from 1/9. Rental $450.00. Contact (07) 350404 (O) or 353554 (H).* 

*2 bed, 2 bath, 60 sqm house, Anthousis area, 10 min from UPNA. Big living room, large terrace, 2 bedrooms, kitchen, split unit and separate water heater in master bedroom, yard, c/h and solar water heater. $400. Contact Stelios: (07) 686412.*

**LUXURY house at 33 Ioannis Psychiris Street, Ayios Andreas. 3 bedrooms + master bedroom, sitting room with bar, modern kitchen with all amenities, c/h, washing machine, built in cupboards. Contact (07) 771039 or call Mrs Alexia Hadjegeorgiou.*

*Flat in Lycavitos: Third-floor, 3 rooms, 64 sqm, parking, 3b/windows, c/h, provision for a/c. Can be let furnished or unfurnished. Rent from $400. Contact (07) 344461 or phone Yannos on (07) 864524.*

*Second floor apartment in Romiosinou Street (Hilton area). For rent. Living room, 3 bedrooms, 2 WCs, bathroom, CH, car park. Rent: $120. Phone Mrs Lito, (07) 373802 or 591153.*

*First floor house in Strovolos (11 Hliacos Antinou St) (S), 220 sqm with 3 bedrooms, hall, living room, office, kitchen, 2 WCs, laundry room, garage and c/h. Solar water heater. Rent: $400. Contact (07) 358616.*

**FOR SALE**

*Detached, 3-bedroom furnished house in Agios Dimitrios Village, 15 minutes from UPNA. Large garden with orange and lemon trees. Phone: (07) 394820.*

**BABY ROOM Nursery & Equipment for sale. Great range of baby furniture, places, a full range of educational toys, morning and afternoon care available. We are experienced in infant admissions, baby care for toddlers and newborns and baby parking by the hour. See the principal, Child Psychologist Irene Louca, at 2a Vasilias Michaelides Street, Engomi, (07) 665978 (O) or (07) 665978 (H).*

**NICOISA LIBRARY**

*The NICOISA Library, 23 Syama, University Road, Tel. (07) 359316 is open to all UNPA students. Books are available. For the new entrance hours see below. To borrow the arrows round the side.*

**Opening Hours:**

*Monday: 17.30-18.00 hrs
*Tuesday: 14.00-16.00 hrs
*Wednesday: 10.00-12.00 and 17.00-18.00 hrs
*Thursday: 12.00-14.00 hrs
*Monday between 09.00-18.00 hrs
*Telephone: (07) 776645.*

**MISCELLANEOUS**

**ENGLISH LESSONS**

*Qualified and experienced teacher available to teach English to small groups or on a one-to-one basis. Tel: (07) 727291.*

**EVENING BABYSITTING AND NIGHTSITTERS**

*Lady available for evening babysitting and assisting at dinner-time. Will babysit in Nicosia. Call (07) 350296 after 16.00 hrs.*

**MATURE BABY SITTERS**

*Relatable, experienced babysitter available for daily babysitting, evenings, weekend babysitting. Tel: (07) 628385 after 14.00 hrs.*

**VENUS & TEXT THE IBON**

*Campaign and sales are ongoing throughout the year. We need more babysitters in the University. Contact Stella on (07) 358874.*

**FOR VOURAGE**

*Wanted for looking after houses, offices and staircases in Nicosia + area to clean. Own transport available. 2 years experience. Call (07) 343811.*

**BRITISH TRAINED BABYSITTERS**

*Speaks in dressmaking for formal occasions; ball gowns, wedding dresses and outfits, etc. Also alterations and repairs. Mrs Jane Morris, Ayaion Odyellon, Pafos, Ayia Thekla, Nicosia (close to the Diara Astra garage). Tel: (07) 773206.*

**TENTS / SWAGS /YARD CLOTHES HARDWARE / TENT ACCESSORIES**

For sale in UNPA, Mon-Fri, 0800-1300 hrs. Would suit a student, $50. Contact (07) 359318 or enquire at the UNPA.*

**MILITARY BAND CONCERT featuring THE BAND OF THE PARACHUTE REGIMENT**

*1900 hrs, Monday 7th March, Church of St. Peter, Nicosia. Site UNPA. Tickets available from Hive, Limes, Mihaela St., Moderno & RAO & WO Sector 2. Adults: £2, Children over 5: £1.*

**HOMEMAKERS HEAVEN**

*Has its first sale at St. Paul’s Church Hall on Saturday 5th June from 4 to 8 p.m. A variety of handcrafted decorative items: quilting, glass painting, decoupage, woodwork, patchwork, etc. Home-made cakes and refreshments available. We look forward to seeing you.*

**THE NICOISA CAFE**

*Volunteers needed to help in our charity shop. Can you spare a couple of hours at any time? Phone the committee - money is raised for the Nicosia dog shelter. Please help. Call the shop manager (07) 359316 or our office (07) 359122 for information.*

*One beautiful, intelligent puppy needs a new home. Small breed.*

**Three months old and wonderful with children Tel: (07) 624758 or (07) 542154.*
THE 69-KM ORDEAL

Fancy yourself as a triathlete? Ask any of the four teams of athletes who forged their way through the grueling five and a half hours of Sector 2’s triathlon on 15 May, and they’ll tell you “it’s hard work.”

The first competitors in the first category of the competition, the bike leg, started off from a point near OP-90 at the easternmost end of the sector, at 06.30 in the morning. By the time all four teams had made it through Kingston and Bengal to Ledra Palace, they’d cycled 45km of Buffer Zone.

Before everyone had finished the bike-leg, the first rowers were away over a course of 20km. And then, at about 10.30am, everyone congregated at Ledra for the swimming section. The battle for supremacy of the pool was fought over 160 lengths, or about 4km. By the time they’d completed the course, competitors had biked, rowed, and swum 69km.

Strategy played as much a role in the competition as hard work. Every team of four was given the distance and the route they each had to travel in their respective legs. How they actually tackled this, was left up to them. In the cycle leg, 31HQ Bty chose to stay in pairs for the duration of the course. The members of the other three teams, however, chose to go it alone. They hoped that their individual times would be sufficient to win. 31HQ Bty’s strategy proved to be a wise choice, though, and they won easily.

Individual teams could also work out how to attack the rowing leg. Here, each team selected a similar strategy, and only about four minutes separated the fastest, (Sector 2 West) from the slowest.

Tactics in the pool proved to be the big decider in the difference between first and last place. Each individual competitor had to complete 40 lengths in which ever order they chose. The final showdown was between Sector-2 East and 31 HQ Bty. Both neared the completion of the swim with only one nail-biting length separating them. Sector-2 East held out to take first place, but 31HQ Bty’s combined achievements over the day were sufficient to see them as overall winners of the triathlon.

O n Saturday 22 May, UNFICYP sent a volleyball team to Akrótori to participate in a Volleyball Knockout Tournament. 12 teams had entered the competition. Each game was to last 20 minutes: the final would be the best of three sets.

The United Nations Team was exactly that: we had civilians and military from Argentina, Ireland, Nepal, Netherlands and Scotland represented. The team was expecting a long hard day, but spirits were high and the prospect of some good volleyball promising.

For our first match, we were drawn against last year’s league winners. If we were to win this match, we could go all the way. That was the theory anyway. It proved to be a very tough match with some great rallies. With five minutes to play it was 12 - 12, both sides watching the clock and trying to gain the advantage. UNFICYP managed to do this and, despite dropping some points, won 13-16. On to the next round.

Before the next game we shared tea and banter with our next opponents. They informed us they were the best team on the island and we might as well go home. We turned down their advice and beat them 23 - 7. Now for the semifinal: win this and we were in the silverware department. The games were getting harder and it was taking us longer to settle down. We dropped nine points in minutes and were a bit shaken. We took a time-out and used the 30 seconds to gather our wits and regain our confidence again. It worked. We came storming back to win 26 - 15. Now for the final!

They were a good team and this last match promised to be a challenge. In the first set we dropped seven straight points but again we fought hard and slowly pulled back. We went on to win 15 - 12. One more set and the cup would be ours. The second set followed the same pattern as the first. We dropped points early in the game. This time it was getting harder to score, they had a lot of experience and were beginning to read our game. Heads up, it was 13 - 11 and we were serving. Two match points and we could go home. The pressure was on them now and we took advantage of that to finish it 15 - 13.

We brought back the cup to the UNPA. What was that about the best team on the island?

United’s the Best