Blue Beret August 1997





PREVENTION, RECOGNITION AND TREATMENT OF HEAT ILLNESS

by Dr Martin Enk, Force Medical Officer

C ummer is well under way in Cyprus at the moment, and the months from June until end of enough during exercise. Hard physical exercise will living in this climate zone may experience difficulties in dealing with this environmental factor. Thus, here follows some information about prevention, The brain will function more slowly and the muscles recognition and basic first aid of heat illness.

Heat illness occurs when the body's heat regulating mechanism becomes overloaded. To prevent heat illness, it is important to understand how the body keeps cool.

How does the body keep cool? The most important way for the body to keep cool is by the evaporation of sweat from the skin. Sweating, in itself, does not cool the body - the sweat must be able to evaporate and take heat out of the body in the process. Therefore, the most important factor in the prevention of heat illness is water.

How do I know if my body is lacking water or - in other words - dehydrated? There are two reasons as to why the body may lack water. The first is by starting off already dehydrated. This is most likely to occur in the early morning when you have had nothing to drink overnight. It will be made worse by drinking alcohol the previous evening. It can also occur later if you have had little to drink during the day. A hint is to pass the CPT - the 'Clear Pee Test'. If your urine is clear and water-like, you are well hydrated; if it is becoming dark, like apple juice or even darker, you are already dehydrated.

The second reason for dehydration is not drinking September are very hot. People not used to result in up to one litre of sweat being lost every hour. When the body has lost one litre of body water (sweat), it will start to develop signs of heat illness. will not be able to work so well. So replacement of fluids is essential. You cannot drink too much water - you will get rid of any excess in your urine.

How do I recognise Heat Illness? The early signs of heat illness are weakness, exhaustion, sweating aches and pain, as well as nausea. As the condition worsens, there may be an obvious rise in body temperature, the skin will become flushed and then pale; dizziness and confusion may occur; vomiting may start; the breathing and pulse rate will be rapid: collapse will eventually occur, followed by loss of consciousness.

What shall I do in case of Heat Illness? Generally, first aid treatment should be started as soon as possible. The casualty should rest in the shade or any other cool place. Remove clothing and soak him/her in water. Fan vigorously to help the water on the skin to evaporate. Give lots of water to drink -if he/she is nauseated or vomiting, it is best just to give sips of water. NEVER GIVE WATER TO UNCONSCIOUS PERSONS. Call for medical help and continue the treatment until it arrives.

Below is a summary of the most common types of heat illness and the treatment.

HEAT STROKE

Rapid onset, serious condition

Cause: breakdown of the body's heat regulating mechanism

Symptoms:

- Body temperature > 40°C
- · skin red, hot and dry
- · harsh, loud breathing
- · unconsciousness and convulsions may be present.

First Aid:

- · rest in shade, loosen clothes, soak body in water
- · fan constantly
- · provide cool liquids (only conscious patients)
- · seek medical aid

HEAT EXHAUSTION

Slow onset, less serious

Cause: loss of body water and salt

Symptoms:

- · body temperature normal or increased
- · skin pale, cool and with perspiration
- · normal breathing
- dizziness, delirium, nausea and cramps may occur

First Aid

- remove patient to a cool place
- · loosen tight clothing
- · give cool, salty drinks
- seek medical aid

HEAT CRAMPS

Slow onset, not serious

Cause: lack of salt in the body

Symptoms:

- · attacks of cramps in almost any part of the body
- · extreme pain is experienced

First Aid (= Prevention):

- · additional salt should be taken in solution, or
- · electrolyte drinks administered

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The Blue Beret is the 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, together with captions, should accompany the articles.

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FRONT COVER:

THE QUIET REVOLUTION: **UNFICYP ALSO** TIGHTENS ITS BELT

PHOTO BY SGT BOBBIE LIPSETT

The **Blue Beret**



EDITORIAL

"This is my pledge to you, and the world: that starting today, we begin a quiet revolution in the United Nations". This was said by the Secretary-General, Kofi Annan, just few weeks ago in New York when he introduced a package of measures aimed, among other institutional, cultural and managerial changes, at creating a United Nations with a leaner and more cost-effective structure. This edition of the Blue Beret carries an article which explains the character of the proposed measures, offered by the Force's Chief Administrative Officer. We would like you to read it carefully, as it projects vital changes which will find their way through and will be transformed into the daily life of UNFICYP.

Savings, efficiency, cost-effectiveness, managerial improvements, cuts, belt-tightening - these are notions which are repeatedly stressed upon in our daily activities. The question, though, remains as to whether we implement them seriously, carefully and steadily enough. Have we always thought exhaustively about the changes we have made, and of their consequential short- and long-term effects? How often have we implemented and proudly announced new sectoral measures, only to find that they backfired later because their immediate effects proved to be very different to those detected in the long run? How often have we confused the basic difference between cuts and economy?

The "Quiet Revolution in the United Nations", as proposed by the Secretary-General, imposed upon us all very serious, far reaching and most responsible obligations. In order to meet the challenges of the 21st century, our Organization is undergoing a process of radical changes. In order to meet them, implement them effectively and add to them, we, too, have to change.

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THE QUIEREVOLUTION

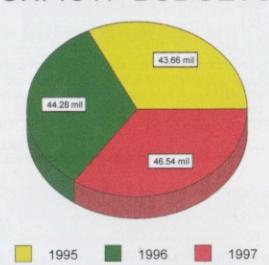
August 1997

reaching reform measures calling for bold value, even as the demand for its core services in institutional, cultural and managerial changes.

The Reform proposals encompass the five core missions of the United Nations around which the Secretary-General has already and budget discussed today, and any further restructured the Secretariat's substantive work programme: peace and security; economic and social affairs; development cooperation; humanitarian affairs; and human rights.

Mr. Annan said that in formulating his proposals he had one goal in mind; to transform the Organization and to bring greater unity of

UNFICYP BUDGETS



In line with the UN-wide efficiency and economic policy during the last few vears, the UNFICYP budget has shown no real growth. This is due to every effort made within the Force to minimize expenses, as can be seen from the above chart. In real terms, slightly higher yearly costs of the Organization should be attributed to inflation and other factors, which are beyond our control.

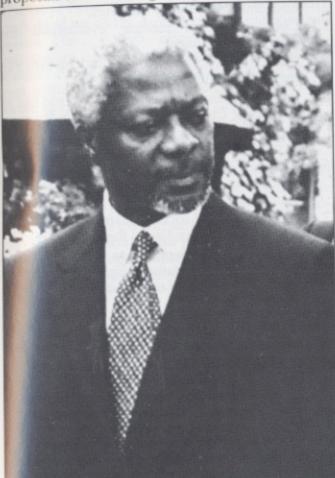
n a bid to enhance overall efficiency of the purpose, greater coherence of efforts, and greater UN and prepare it for the challenges of the agility in responding to an increasingly dynamic 21st Century, Secretary-General Kofi Annan and complex world. He said the UN had to unveiled a package of extensive and far- achieve greater efficiencies and deliver more peace and security, and development continued to increase.

> "The reform of the Secretariat administration recommendations made to the General Assembly, will create a United Nations that has a leaner and more cost-effective structure, a budget that is more committed to solvency and development priorities, and a management that is better coordinated and accountable", said the Secretary-General.

Mr. Annan's measures to enhance UN costeffectiveness include the merger of three UN departments in economic and social affairs, and budget for 1998-1999 that implements the cutting of 1,000 Secretariat posts. UN programmes in fighting crime, drug trafficking, money laundering, and terrorism are to be combined in Vienna under one administration.

In another vital area of UN activities promoting development and addressing the root causes of poverty and conflict - he proposed to consolidate UN funds and programmes in a United Nations Development Group. He also called for simplification of UN personnel administrative rules and 30% reduction in documentation. He also wanted to end the persistent state of near-bankruptcy in which the Organization had been living for far too long. He proposed that Member States establish a Revolving Credit Fund, initially at a level of up to \$1 billion. He stressed that assuring the Organization's financial viability was a condition for the very success of reform.

Specific measures to refine leadership and management included setting up a cabinet-style Senior Management Group and a recommendation to the General Assembly to establish the post of Deputy Secretary-General who would spearhead efforts to raise financing for development and ensure the coherence of the every activity of the United Nations. "It contains strict accountability". proposals for increasing the speed with which we



can deploy peacekeeping and other field operations. It focuses on our capacity for peacebuilding, advancing disarmament agenda and strengthening the environmental dimension of the United Nations activities", said Mr. Annan.

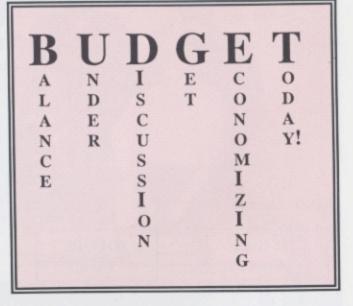
Reform, he added, entailed certain changes of a more fundamental nature, which could be undertaken only by Member States. Some of these changes relate to the General Assembly, he said, suggesting that the Assembly focus its work on issues of highest priority and reduce the length of its sessions. "Perhaps most significantly, I urge this Assembly to consider adopting a new system of budgeting - a shift from input accounting to 'results-based budgeting'. This

Organization's cross-sectoral activities. The approach, which many Member States already Secretary-General stressed that his programme of use at the national level, would give the reform affected virtually every department and Secretariat greater flexibility while maintaining

> The UN, he declared, stood at the threshold of a new beginning. "This is my pledge to you, and to the world: that starting today, we begin a quiet revolution in the United Nations", he said. He emphasized that the reforms he was proposing would allow the United Nations to do even more, even better. "They will allow us to rise to the occasion of the age of global opportunity and make the United Nations truly the expression of humanity's highest aims", said Mr. Annan.

Excerpted from Secretariat News Reform Special July 1997







VIEW OF THE HUNITARIAN BRANCH

August 1997

he Humanitarian Branch in UNFICYP's Headquarters is a small organisation which performs a major and important role for the benefit of the people of Cyprus.

Its responsibilities involve the implementation of Force policy, coordinating support for intercommunal activities under the Force Commander's direction and acting as the link in dealing with 2. authorities on both sides, always bearing in mind the 3. welfare of the Cypriot population and the necessity to return the Island to normal conditions.

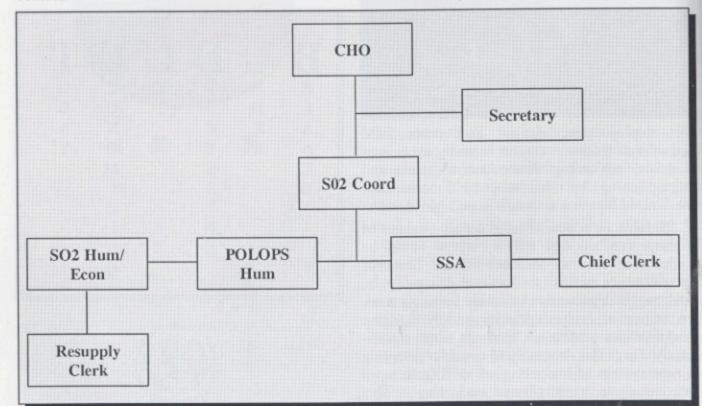
The main area of responsibility for the Humanitarian Branch is to provide support to those 5. groups of people living in areas controlled by the other community and to encourage the two sides to cooperate more directly with each other in the humanitarian field.

The number of Greek Cypriots remaining in the area controlled by the Turkish Cypriot authorities is now 475, of whom 473 live on the Karpas peninsula 7. with the remaining two in Kyrenia. In the Kormakiti area, there are 177 Maronites, with 360 Turkish Cypriots living in the south, mainly in the Pafos, Limassol and Larnaca areas.

UNFICYP's humanitarian commitment is to 9. ensure that these groups receive at least the basic 10. Facilitation for the processing of visa needs in terms of food, medical care and family contact

This is never an easy task and, since Hum Branch deals with individuals, it presents a wide range of issues which, at times, are difficult to solve within the framework of the Cyprus problem. Some of the humanitarian activities are as follows:

- Permanent and temporary transfers from one side to the other;
- Coordination of family meetings;
- Coordination of medical evacuations for emergency treatment;
- Purchase of medicines in the south on behalf of the ICRC in the north;
- Provision of food, medicine, clothing and fuel to the Greek Cypriot and Maronite communities living in the area controlled by the Turkish Cypriot authorities;
- Welfare visits to members of both communities residing in the area controlled by the other community;
- Disbursement of social welfare and pensions to Greek Cypriots residing in the Karpas area;
- Coordination of funerals when either the body is transferred or the relatives request transfer from one side to the other to attend the funeral;
- Transfer of mail:
- applications for Turkish Cypriots by accredited embassies;



sentences in prisons run by the other commu-

Coordination with health authorities on both and ownership, are complied with. sides in an effort to prevent the spread of diseases in the Buffer Zone.

Exchange Point of the Ledra Palace Hotel, which is staffed and run by the Australian Civilian Police with whom Hum Branch enjoys a close working relationship. A similar rapport applies to the Irish Civilian Police, who are responsible for the eastern part of the island, and who conduct the Money Run to the Karpas area on a monthly basis.

The second area of responsibility for UNFICYP's development in the BZ and, indeed, on the island by liaising and ensuring the fair distribution of public that supplies are distributed as equitably as possible.

With regard to the BZ, the humanitarian task is to encourage and facilitate the post-1974 "civilian use" of the BZ, including commercial and industrial enterprises and farming in selected areas. UNFICYP's

11. Visits to prisoners of one community serving Hum Branch is the authority that may grant permission for activities to proceed within the BZ, provided certain criteria, such as security implications

Lt Col Jorge Tisi Baña, who has been the Chief Humanitarian Officer since July 1996, is supported by Most of these activities take place at the a team of humanitarian personnel who are hardworking, professional and enjoy an excellent working relationship within the Branch. In addition to the normal staff work, the CHO and Staff Officers (SO2 Coord and SO2 Hum/Econ) are engaged in liaison and negotiation duties with various authorities, agencies and individuals.

Attached to the Hum Branch is a Police Officer from IRCIVPOL who acts as POLOPS (Hum) and humanitarian staff is to encourage the economic liaises with the Cyprus Police (CYPOL), the Turkish Civilian Police Element (TCPE) and UNCIVPOL.

The SSA (Social Sciences Assistant) is not only utilities such as water and electricity, and to ensure the Branch's interpreter: through her experience stemming from continuity, she also provides the link with individuals of both communities with whom she has built a bond over the years. This helps the Branch to perform in an atmosphere of confidence and excellent cooperation with those it works for.



From the left, standing: Insp Frank O'Brien, Maj Stuart Eaton, Maj Carlos Perez-Aquino, Ms Sarah Sharpe, Sgt Guido Abl, Mrs Dolly Olsson and CQMS John O'Connor. Sitting: Lt Col Jorge Tisi Baña

August 1997

A BRIEF ENCOUNTER WITH THE CULTURAL HERITAGE OF CYPRUS - Part XII

Larnaka.

Excavated parts of this old city allow us an insight into its rich past. Established by the into a prosperous industrial and commercial centre, indigenous Cypriots, reconstructed by the Achaean as shown by the architectural remains and the rich settlers, occupied by the Phoenicians for many finds exhibited in Cypriot and foreign museums.

Lew cities in the world can boast of such a long centuries, dominated at times by the Assyrians, history of continued occupancy as the ancient Egyptians and Persians, liberated by Alexander the port-city of Kition in Cyprus. Founded in about Great, it was abolished as a kingdom by the Egypt-1300 BC, it is still going strong under the name of ian Pharoah in 312 BC. All these dominations have left the hallmark of their own civilization.

Despite its eventful history, the city developed

HISTORY

The entire city of Kition (Citium in Latin) lies beneath the modern town of Larnaka on the south-east coast of Cyprus. A British excavation last century and a Swedish one in 1930 showed Kition to be a Phoenician city of the 9th century BC. However, recent excavations by the Department of Antiquities revealed that it was an Mycenaean merindigenous Cypriot establishment of chants the 13th century BC. In addition, the attracted to Kit-French University of Lyons unearthed ion. They were Kition's ancient port at Bamboula.

In the 13th century BC, Kition was fortified by a mud-brick wall, reinforced by large, rectangular towers and possessed two temples and copper workshops. Rich tomb finds included



A faience rhyton from Area I, decorated with animal and hunting scenes. Mid 13th century BC.

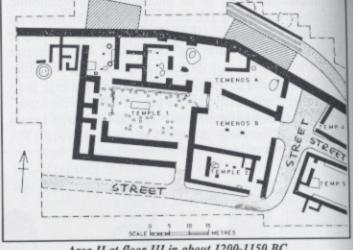
some imported artifacts, indicating an excellent state of trade relations with neighbouring countries, even at this early age.

Unsurprisingly, were followed by Achaean settlers, fleeing to Cyprus from the Dorian invasion of Greece at

about the end of the 13th century BC.

settlers not only brought a new language and new blood to Kition, it commercial activity of the city. Having under their control. a port and copper-smelting workshops, where copper ores from nearby mines were brought by sea to be refined and exported in ingot form, Kition developed into an important trade centre.

The Achaeans also introduced radical changes. They replaced the city wall with a stronger one, built of ashlar blocks, and changed the town plan. An earthquake destroyed Kition around 1075 BC, following which the city was rebuilt. It continued in existence for some years before this site was abandoned in about 1000 BC for another one closer to the sea, either because the navigable channel linking



Area II at floor III in about 1200-1150 BC

Kition to the sea was destroyed by The arrival of the first Achaean silting over, or because the Phoenicians began to arrive. They took over the city in the middle of the 9th century also invigorated the industrial and BC, and Kition prospered enormously

> The names of the Bronze Age city and that built by the Achaeans are not known. The name "Kition" was given by the Phoenicians and, as such, is referred to by classical writers when they write about the Cypriot kingdoms.

> Most of the information available about the city after 312 BC derives from literary sources and inscriptions. According to them, Kition possessed important architectural monuments, and as for the Kitians themselves, they excelled in both the arts and the sciences. Zeno (335/3 - 263 BC), the founder of the stoic school of philosophy, was born here.

KITION

DESCRIPTION

As archaeologists were restricted to THE TEMPLES digging in non-built-up parts of Larnaka, the excavations so far cover only five areas which are situated as Area II is off Pampulas Street, Area III is in Chrysopolitissa Street and Area IV (refilled) is in Kilkis Street. They can all be seen from the street. The port of Kition lies in the backyard of the Museum, which is worth seeing as it contains finds from Kition.

Only Area II is open to the public, TEMPLE 1 and comprises the religious and industrial quarters of the city with four temples, two holy precincts and three copper-smelting workshops. A fifth temple from the 13th century is only slightly visible.

This complex constitutes one of the most spectacular architectural monuments of Cyprus in the late Bronze Age. Extending to 50 metres from east to west, it demonstrates by its plan and execution a great technical dexterity in architectural matters.

The proximity between the religious buildings and the copper-smelting workshops suggests the worshipping of a copper deity. This is supported by the finding of two 12th century BC bronze statuettes on ingot bases, the Enkomi Ingot God, and the Bromford "Astarte" at Oxford Ashmolean Museum.



Aerial view of Area II

All five Temples were situated on an east-to-west axis and had a rectangular courtyard with the larger sides on the follows. Area I is in Kimon Street, same axis. The courtyards were divided into an open-air central aisle and two covered side porticos along the same axis. Temples 1, 2, 3 and 5 had an adytum (the innermost part of a TEMPLE 4 temple) at the western end of the courtvard, while Temple 4 had the adytum at the eastern end.

Built by the Achaeans, Temple 1 is the most magnificent of all. It had two monumental entrances to the courtyard. The adytum consisted of three small rooms, each individually entered from the courtyard. A walled corridor along the inside of the south wall was probably used for religious processions. Still visible on the outer façade of the south wall are graffiti of crude representations of various ships.

The shrine was reconstructed by the Phoenicians with major modifications on the same foundations in the 9th century BC as a huge and impressive temple of Astarte (their equivalent of Aphrodite), which measures 35 m x 22 m. The two porticos were supported on four rows of seven pillars (28 in total), of which only the bases remain.

This Temple was burnt in 800 BC and rebuilt with two rows of six pillars

each. Benches along the inside of the north and deposit of offerings.

TEMPLE 2

Originally built in the 13th century BC. Temple 2 had a courtyard divided by two rows of three columns of which only the rectangular bases remain. A hearth altar was situated at the head of the aisle. This Temple was rebuilt with ashlar blocks by the Achaeans, who retained only the northern portico. A southern entrance was added onto the street side in the south.



Only the stone foundations of this Achaean Temple remain. Two stone column bases are found in the courtvard. The advtum comprises two small rooms, where many important finds were revealed including ivory items such as a large plaque of the Egyptian god Bes and a pipe for smoking opium, some of them bearing inscriptions in the yet undeciphered Cypro-Minoan script. Following the earthquake, an altar was built in the centre of the courtyard.

TEMPLE 5

Only the foundation walls of Temple 5, dating to about 1200 BC, remain. Its courtyard, with an altar, is divided by two rows of four stone-column bases. The entrance was in the south.

TEMENOS A

Temenos A contained to the west a rectangular altar of ashlar blocks. At the base of the altar there is a limestone block carved in the shape of consecration horns which are reminiscent of Mycenaean symbols. A low, round, cement altar nearby was probably used for animal sacrifices, south walls were built for since ashes and carbonised bones were found on it.

TEMENOS B

Temenos B contains two stone capitals with stepped profiles and two column bases.

COPPER-SMELTING WORKSHOPS

Three adjoining workshops are situated west of Temenos A and north of the western half of Temple 1. They were large, rectangular rooms deprived of roofs in order to let escape the poisonous fumes of copper-smelting. They communicated with Temple 1 and Temenos A (religious reasons).

All areas are in the vicinity of the archaeological museum.

FOCUS ON THE FORCE PHOTOGRAPHER

he time has come to zoom in on (Bobbie) Lipsett. Bobbie arrived in Cyprus with No 5 Camp Command IRCON on 20 March 1996. For reasons beyond his control, he has since accepted extensions with No 6 and No 7 Camp Commands, and is now on course to becoming the longest serving Irish NCO in one single tour with UNFICYP. He will then return to his appointment in the Military College in the Curragh in Ireland.

Bobbie's artistry has been adorning the pages of the Blue Beret magazine since his arrival. His work, by its very nature, is always very much on public display. He possesses a keen eye for the "out of the ordinary" shot. He is dedicated to his profession and is very much the perfectionist when operating in his studio.

Bobbie is to be found at all news-I the man behind the lens - Force worthy events in the mission area Photographer Sgt Robert including training activities, exercises, VIP visits, incidents etc. He is particularly adroit at working away in the background getting his "scoop" without obtruding into the event being covered. It is testament to his professionalism that some people only discover that they have been photographed when they read the Blue Beret. His hallmarks have always been courtesy and cooperation.

Examples of Bobbie's versatility are numerous and his portfolio spans the entire spectrum from action shots to studio portraits. It is a tribute to his work that photos which appear in the Blue Beret are often sought by other publications for reproduction in some of their features. Bobbie's expertise is the source of much pride for IRCON in general and Camp Command in particular.



Bobbie in action!

Bobbie has completed 21 years of service in the Irish Defence Forces, and has served with the UN on four previous occasions with UNIFIL (Lebanon). He is single and comes from County Sligo in the west of Ireland. Apart from photography, his hobbies include swimming, fun running and music.

E-MAIL KEEPING AUSTCIVPOL IN TOUCH

he stress of working thousands of miles from our loved ones has been alleviated to a certain extent for many of the AUSTCIVPOL contingent with the introduction of the e-mail and Internet systems.

The e-mail system allows members to communicate with their families and workplaces back in Australia. It also provides a direct point of contact between persons, allowing important news to be shared instantaneously.

There are two terminals currently connected to the email system available for use by AUSTCIVPOL members in Cyprus. One is situated in the Administration Office at the UNPA, and the other is in the Operations Office at the Ledra Palace Hotel. Members of AUSTCIVPOL have living accommodation at both these locations and, as such, access to the systems may be utilized after office hours.

the workplace to receive timely information regarding news in the police gazette, assisting with information required for position applications, transfers, etc. The Internet system gives members an opportunity to access information concerning world news events, research material for projects - in fact, anything at all. The choice is limited only to the imagination of the user.



Recently, the Internet was utilized by members of AUSTCIVPOL to retrieve information regarding Aboriginals within Australia. This information had been The e-mail system also allows members isolated from requested by the Police Officers from the South Ledra Checkpoint. The recipients were pleased and most surprised with the speed and depth of the information they received.

The systems are a great benefit to all members of AUSTCIVPOL. There is no longer such a feeling of isolation when the world is only as far as a fingertip away.

FIRE IGNITES REAL EASY ...

DRAGON FIRE

and the bondu fire.

a reed bed in Line Battery West's area of responsibility, south of UN finally extinguished, apart from 55. The fire was quickly reported to some "hot spots" which had to be UN 51 Kingston by the OP sentry at monitored. The fire burned a strip of UN 55.

from Mojave Troop was immediately deployed to the scene, was completely destroyed, even after armed with fire beaters and water valiant attempts by the Battery jerricans in an attempt to extinguish Commander and others to save it. t. At this stage, UN 51 had also Turkish Cypriot fire brigades.

Ops Offr and the Ops Info Sgt from are aware of this fact in the hot Kingston, who happened to be in the summer months.

This article is not about the last area at the time. Together with the Firing Camp, as perhaps the QRF, they tried to prevent the fire title would suggest. It is about from destroying the temporary OP at P Battery (The Dragon Troop) RA UN 56. This was barely achieved, but only after several retreats from On 9 June 1997, a fire started in the ferocity and heat of the fire.

After four hours, the flames were the Buffer Zone measuring The Quick Reaction Force (QRF) approximately 600 m by 300 m. Unfortunately, the lavatory at UN 56

However, this was a lesson to be informed both the Greek Cypriot and learnt - fires are nearly always extremely fast and dangerous and it Also on the scene were the Asst is imperative that all UN personnel



Sgt Curtis and LBdr Watling beside the fire at UN 56

FIRE PREVENTION IN SECTOR ONE

The Humanitarian Branch of Sector One, led by Maj and also the Forestry Department. Subsequently, fire Lavia, is responsible for planning and checking the execution of fire prevention tasks in ARGCON's area of One, some of them in dangerous mountainous areas. responsibility. During summertime, fire prevention is one of the most important points of concern.

the Ministry of the Interior, the Ministry of Agriculture



A bulldozer belonging to the Forestry Department in the western part of Sector One

breaks were set up all along the Buffer Zone in Sector

For Sector One personnel, there were several additional aspects of this assignment. The works on the Three meetings were recently held with officials from ground were preceded by the issue of passes to the workers, and UN escorts had to be provided by personnel on the line. The TF Liaison Officer was constantly kept informed of the activity within the Buffer Zone, and of course, a very detailed recce was carried out to know where the trails and fire breaks would run.

> Finally, fire breaks were installed by the crews in the various Observation Posts and Patrol Bases surrounding all ARGCON's installations along the line, under the supervision of Sector One's Fire Officer.

> It is hoped that fires will not start, however, in the event that one does break out, provision has been made in Sector One to deal with such a situation. It is vital for all to be aware of the danger to human life and to the environment, a lesson sorely learnt from the damage caused by the biggest fire ever in the Kyrenia area in

TRAINING IN SECTOR ONE

On Thursday 26 June 1997, ARGCON conducted an impromptu Evacuation Exercise. Since only a handful of people had been informed, most of Sector One's personnel were carrying out their normal duties within the Camps and OPs.

At 08:30 am, the Ops Officer in San Martin Camp, Mai Dieterich Tonazzi, was ordered to initiate the exercise. It started with an Ops Branch brief on action to be taken by a Company Commander to abandon UN installations under his responsibility, if the need arose. The whole Sector took part; however on this occasion, Marines Coy was selected to execute the evacuation.

Personnel were informed about the operation over the loudspeakers. Everyone reacted immediately and, one by one, the soldiers with their equipment prepared themselves to leave the Camp. At the very start of the exercise dress, kit and special equipment were issued in accordance with standing orders. Then at 10:15 am, the second step began with the first group of personnel boarding the vehicles.



Argentinian soldiers preparing to move out of Admiral Brown Camp

Three groups were formed to carry out the different activities and, when the last one was ready to leave, the Coy Commander received the order to end the exercise. At 13:30 pm all groups and their equipment were checked, and following a number of specific observations, the training ended.

ARGCON ENGINEERS

The Engineer Platoon has been fully occupied during its tour with UNFICYP, but the last four months have been exceptionally busy. A considerable effort was necessary to improve accommodation, electrical installations, plumbing, many repairs and construction jobs at UN11...

The finished OP is a symbol of the effort made by the Engineer Platoon. It is a job which reflects the hard work and dedication put in by all concerned. During this venture, 1,300 bricks were used, together with 120 bags of cement, 120 bags of lime, 80 litres of paint, 30 m3 of sand, 35 m3 of stone, 80 m2 of tiles, 85 m2 of matchboard, five doors and five windows.

Led by the Engineer Officer, 1/Lt Wissinger, the ARGCON Engineer Team is composed of 16 men of



UN 25 - Repair work taking place after the storm which destroyed the roof in May



ARGCON engineers in the process of renovating UN 11

different rank. Its role is to provide a combination of both construction and combat engineer services to Sector One. Apart from the daily maintenance requirement, these services include construction design, fire prevention and technical assistance, as well as mine and booby-trap counter measures.

The real challenge was to use material and construction standards different from those used in Argentina. The men also had to deal with high temperatures and with the difficult mountainous terrain in the western part of Sector One. They quickly learned how to adapt themselves to this new environment in order to reach their final objective - to support every single soldier serving on the line.

CHIEF OPERATIONS OFFICER LIEUTENANT COLONEL JOHANN TRUMMER

The Blue Beret

On 18 July 1997, Lt Col Johann Trummer took over duty as Chief Operations Officer in HO UNFICYP.

Lt Col Trummer joined the Theresian Military Academy in Wiener Neustadt as an army cadet in 1982, and was commissioned as 2/Lt to an Infantry Regiment in 1986. At the beginning of his military career, he served as a platoon leader and as Coy Commander of an Infantry Coy. From 1989 to 1991, he was posted to the Ops Branch of a logistics regiment.

From 1991 to 1994, he attended the General Staff course in Vienna. For the next



three years, he was posted to the MOD in Vienna for special projects. He was then the Deputy Logistics Officer in the III Mechanised Corps, and for the last two years, he served as a tactical instructor at the Military Academy in Wiener Neustadt. He also worked as a trainer in the staff officers' courses for peace-keeping operations. His posting with UNFICYP is for two years.

Lt Col Trummer is married to Norma and they have a 15-month old son, Bernd.

Lt Col Trummer enjoys skiing, soccer and horse riding. He is also a very experienced

COMMANDER IRCIVPOL CHIEF SUPERINTENDENT MICHAEL DIFFILY

Michael Diffily was born in County Roscommon, Ireland, in 1938. He was educated locally and joined An Garda was appointed Head of Siochana (Ireland's National Police Service) in September the National Security

Following completion of training, Ch Supt Diffily was Dublin. assigned to the Dublin Metropolitan Area. He has served in the Special Detective Unit, Dublin, and seen service in responsibilities, this Cork City as well as border duty. In 1975, he was position required active allocated to the National Security Branch, Police HQ, as participation at EU an Intelligence Analyst.

In the period 1974 to 1987, Ch Supt Diffily advanced committees and workwithin the security section to the position of Detective ing groups held on Superintendent in charge of the National Intelligence International Terrorism, section.

In 1987, he was appointed as Private Secretary to the and liaison with senior Garda Commissioner, a position he held until 1991 when, police and security on his promotion to Chief Superintendent, he was special responsibility for Administration and Planning.

In early 1994, he Section at Garda HQ,

Apart from national level in the various resulting in much travel



service personnel throughout the world. Ch Supt Diffily appointed Deputy to the Metropolitan Commissioner with retained this position until his appointment as Commander IRCIVPOL.

MEMORIAL SERVICE FOR UNIFIL SOLDIER

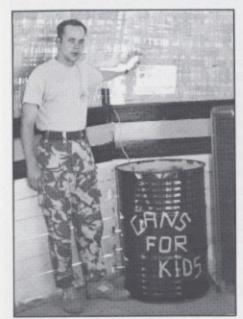
A 27-year-old soldier serving with the Finnish Battalion in South Lebanon, Staff Sergeant Marko Gröndahl, tragically lost his life in a traffic accident on 25 July 1997 while on leave in Ayia Napa.

At a memorial service held at Santa Maria Catholic Church in Larnaca on Friday 1 August 1997, the Force Commander placed a blue beret on the UN flag-draped coffin and the Finnish Contingent



Commander, Maj Jouko Seitakari, laid a wreath. The service was conducted by Rev Franz Goldenitz, the AUSCON padre. Military honours were rendered by an AUSCON honour guard and pallbearers under the command of Capt Rudolf Peschl before the cortege departed for Larnaca Airport and shipment of the coffin to the late soldier's home in Finland.

UNFICYP'S HELPING HANDS



LBdr Watling at Mojave

CANS FOR KIDS

CANS FOR KIDS is an environmenttally friendly way to save aluminium cans, the profits of which help provide much needed equipment for the children's ward at the Makarios Hospital, Nicosia. 5 Regt RA are actively saving Cans For Kids. Every troop has a collection point.

WAYNE'S LUCKY 13TH DIVE!

LBdr Wayne Gregory, 29 years old from 5th Regiment Royal Artillery and currently serving on the Green Line, saved the life of a Swedish diver on Saturday 26 July

Wayne had just completed a dive off the wreck Zenobia near Larnaca as part of his Dive Master's Course. He had clambered back on board the boat, when one of the instructors brought a member of the group to the surface unconscious.

After pulling him on board, Wayne and a CYPOL serviceman, also on the boat, quickly reacted by carrying out mouth-to-mouth resuscitation. The Swedish tourist, a pulse. He began breathing after an attack after panicking in the water. intense five minutes of cardiopulmonary resuscitation (CPR), board that day, and when asked Once ashore, he was taken by about it, he smiled as he admitted: ambulance to hospital for tests and "it was my 13th dive in Cyprus observation, where Wayne was told too ...!"



middle-aged qualified diver, had no that the man had suffered a heart

It was lucky that Wayne was on

15 KM WALK IN AID OF THE CHERNOBYL CHILDREN'S **PROJECT**

On Sunday 11 May 1997, the second walk in aid of the Chernobyl Children's Project took place, this time in Nicosia.

The event was organised by BS Pat Kelleher. As before the first walk, which took place in Kyrenia last November, he gave a presentation on the disaster which occurred in Chernobyl in 1986 and on his experience in collecting for this charity. This time, pupils and teachers from local schools were also invited to participate together with members of UNFICYP. To everyone's delight, the response was enormous.

The Force Commander led the 15 km walk, and the participants totalled over 150 adults and children. It was a hot, humid day, so the water points along the route were most welcome. The humour was great and everyone enjoyed themselves.



An incredible amount of just over £9,500 sterling was finally collected. BS Kelleher has guaranteed to personally deliver this money in the form of aid to the people of Chernobyl who need it most.

There will be other events organised in aid of this charity and, with the enthusiasm and generosity shown by all in the past, it will again be a great success.

PYLA - THE UNHCR PHYSICAL DEVELOPMENT PLAN

The Blue Beret

Dyla, located in the Buffer Zone, is situated in a region Development Plan for the old village of Pyla. of very ancient occupancy. Archaeological populated during the Bronze Age. Evidence of crafts- produced a comprehensive set of proposals - the Pyla manship in copper, gold and silver dating back to the 13th Physical Development Plan. This plan recommends a century BC has been discovered in the region.

in relatively narrow streets. Parts of the old centre have Turkish Cypriot men were hired for a job. been neglected and poor developed, with many appearance of the village.

Pyla is unique in one major aspect: both Greek Cypriot and Turkish Cypriot communities live side by side and work together to solve the problems of their village. Following last year's tragic events in Dherinia area, the rate of unemployment has risen amongst the Turkish Cypriot community.

Recently, in consultation with the local authorities, the NHCR committed funds and commissioned an Urban own Planner, Mr Henry Jacobi, for drawing up an Urban

Mr Jacobi commenced work in April 1997 and worked excavations in the area show that it was densely closely with the local mukhtars and IRCIVPOL. He phased development of the old village area. Phase I The old village of Pyla, with a current population of involves the restoration of the Turkish Cypriot coffee approximately 1,600, is essentially a residential area with shop located in the main square. Work on this a medieval tower, one/two storied shops and houses often commenced on 30 July 1997; eight local unemployed

Phase I also covers the restoration of the Greek dilapidated physical structures scarring the general Cypriot Orthodox Church located nearby. Work on this commenced on 10 July 1997.

> The Urban Development Plan for the old village centre of Pyla is designed to enable this ancient and nowadays highly symbolic area to resume its function for the benefit of both communities.

> > Corrigendum

In the May edition of the Blue Beret (page 7), it was stated that Pyla is located "in the south". Pyla is, of course, located in the Buffer Zone. The Blue Beret apologizes for this error.

BEING PREPARED - CROWD CONTROL AND UNFICYP

ollowing the 1996 events at Dherinia area, during which two Greek Cypriots died, UNFICYP decided to review its practices and standards for dealing with violent and potentially violent civilian behaviour in the Buffer Zone.

Members of AUSTCIVPOL have recently completed a review of crowd control procedures for UNFICYP and, as a result, a new training package has been implemented to standardise crowd control methods.

Crowd control has historically been a police function and members of AUSTCIVPOL and IRCIVPOL have the necessary expertise to conduct the training programmes.

It is the responsibility of the military and police elements of the two sides to deny civilian access to the Buffer Zone. UNFICYP's task is to prevent those who do enter from reaching the opposing forces. This task becomes difficult when emotions are high and tempers flare.

To this end, traditional principles of crowd control formation and basic defensive skills are taught. However, in the new package, emphasis is put on measures to decrease danger of conflict. Crowd psychology, self management and media awareness are now integral in crowd control training.

UNFICYP's response in demonstration situations must be based on an ethic of minimum force. This is of particular importance in view of the high media focus on this kind of events. UNFICYP must be seen to be acting decisively and



The PFR and AUSTCIVPOL training for demonstrations

effectively; its actions should be seen as just and firm.

UNFICYP personnel must also rely more on skills of conciliation and negotiation in order to prevent incidents from escalating. In difficult situations personnel must control their feelings of anger and frustration in order to be able to deal effectively with highly emotional locals.

Last, but not least, the package deals with the important issue of members' physical well-being, taking into account environmental stress such as heat and dehydration.

DISCUSSING PYLA



From the left: The Greek Cypriot Mukhtar, Mr Christakis Antoniou, Commander IRCIVPOL, Chief Superintendent Diffily, and the Turkish Cypriot Mukhtar, Mr Ahmet Kuleli, discussing Pyla