New CM arrives
Fighting the Fire at Lefka
Pilgrimage to Kokkina
This month we welcome our new Chief of Mission, Zbigniew Włosowicz, seen on the front cover being greeted by an MFR honour guard at UNFICYP HQ. There are also new faces in Sector 2 and some recent arrivals in Sector 1 and the MFR.

Visitors to UNFICYP have included the Austrian Defence Minister and Special Advisor Alvaro de Soto, who came to the island as part of the preparations for the next phase of negotiations in Geneva. This is the season when fire becomes a major hazard. Cyprus has already suffered extensive fire damage and those of us working in the buffer zone need to be particularly alert. A tiny spark can become a raging inferno in no time at all - as we discovered on 13 June.

Also in this issue: new technology links Nicosia with New York; UNFICYP supports visits to Kokkina and Apostolos Andreas (and saves a life in the process); a British team cycle and run the length of the buffer zone, and the UN Flight pays tribute to its star team member - the Hughes 500.

Note: sharp-eyed readers will note that this issue is marked July not June. This is because UNFICYP is a forward-looking, optimistic organisation and we thought it made sense to date The Blue Beret with the month in which it appears and is read instead of the month that has just passed.

Published monthly by the Public Information Service of the United Nations Force in Cyprus. HQ UNFICYP, PO Box 21642, Nicosia, Cyprus. Tel: (02) 864550/864416/864408 Fax: (02) 864461 E-mail: info@unficipros@hotmail.com

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A month in the MFR

By Lt/Lt Luis Fernando Polo

A fter only one month on the island, the newly arrived Argentine personnel of the MFR have already realised the importance of belonging to such a unit, both personally and professionally.

We have already learned many new things. Of course, we all go through training prior to our tour, but it is only when we arrive and spend time with personnel from other countries and begin to learn about their customs, traditions and ways of working that we really begin to appreciate what a unit like the MFR is all about.

In only 30 days, we in the APC Platoon have already taken part in activities such as:
- Crowd control training (thanks to Lt Roelen and S/Sgt Dorst)
- Fire picket training (thanks to Paul the fireman)
- Patrols to the three sectors (thank you Sectors 1, 2, and 4 - now we think we know our way around)
- Recce of Dhekelia, Akrotiri and Episkopi
- Exercises with the APC Tacticas in the buffer zone (along the patrol tracks in the UNPA and newly arrived Argentinian personnel of the Sector 4)
- Visit of the Argentine Chief of the Army Staff, Gen Brinizoni (no thanks to BSM Kerrigan who has us out lined up in the sun for hours on end waiting to provide honour guards to VIPs)
- Crowd control exercises for the local reserve of the Sector 4.

Our greatest challenge at present is to get the Tactica 4 into operation. The MFR’s doors are always open - so drop in for tea, coffee, or mate.

Music for all the family

T his year’s BRITCON charity concert took place on 13 June at the UNPA swimming pool, which opened on 21 April.

Earlier in the month, a multi-national team of 13 Austrian, Dutch and Hungarian soldiers went on a week-long lifeguarding course in the British Base of Ayios Nicolaos.

Inspired by instructors Ann and Sam, they worked very hard but admitted they enjoyed the course.

The Dolphin swimming pool is now carefully watched over by 13 qualified lifeguards who look forward to seeing as many members of UNFICYP (and their families) there as possible.

One of the more attractive tasks of the MFR during the summer tour is lifeguard duty at the UNPA swimming pool. which opened on 21 April.

During the concert, the late Alkionides Charity and the Fire Picket Staff Council arranged for the local children’s section to be entertained by the Lowland Band of the Scottish Division (KOSB) beginning to play music and entertain.

At 6:00 pm, the Lowland Band of the Scottish Division (KOSB) began to play music and entertain.

The evening finished off with a disco, which was heard over most of the UNPA.

FC General Rana visits Sector 4

G eneral Victory Rana, UNFICYP’s Force Commander, recently paid an official visit to Sector 4 to inspect the soldiers of the Austrian-Hungarian-Stevenian Battalion (UNAHSB).

After a “Social Sunday” with the Commanding Officer of Sector 4, Lt Col Kimberger, he and his delegation from the Headquarters were given detailed briefings and taken on a tour of Sector 4’s area of responsibility. Two days were spent at Camp Duke Leopold V in Famagusta and at the two Company Command Posts in Dherinia and Athienou. He also visited all Platoon Command Posts, Observation Posts and Patrol Bases. All members of the inspection team were informed about the tasks of the peacekeepers in the south-east part of the buffer zone, especially where potential problems could arise.

Sector 4 were very pleased to have had the chance to host the Force Commander on his visit. When the helicopter with General Rana took off from OP 91, we felt assured that he now knows exactly what the duties of Sector 4 are and that he can count on us any time.

The Handymen

U nfortunately for a widowed mother-of-two living in Nisou, members of the Mobile Force Reserve responded to a plea from Alkionides Charity and gave up some of their precious spare time to refurbish her house. Some of the paint and other materials were donated by a local company and subsidised by the charity.

Just before the really hot weather set in, the roof was re-insulated, all bedrooms were repainted, tapis were repaired and, with the help of the Finnish engineers, worktops were replaced.

The video conference was presided over by Mrs Rafiah Salim, Assistant Secretary-General of the Office of the Human Resource Management (OHRM), assisted by other management representatives from OHRM at the UN HQ end, whilst FSSC staff representatives, UNFICYP local and international staff were at this end. A briefing was given to the FSSC and UNFICYP staff on the ongoing reform process in the organisation, followed by a question and answer session.

Overall, the conference lasted approximately two hours and brought up many queries which had lain dormant for a while. UNFICYP staff hope that this new line of communication will remain open and that such issues now be resolved.
Before leaving London for Nicosia, 16 Regiment RA spent a month training for the six-month United Nations Rellentiment Regiment tour. A difficult part of the pre-deployment tasking was to arrange the area. Approximately two-thirds of the Regiment have deployed, with one battery remaining out in Woolwich, southeast London, to carry on vital Rapier Field Standard C training.

Those who came to Cyprus started in-barracks training on 24 March. The Dutch Contingent carried out their own in-barracks training, but travelled over to the United Kingdom for the Commanders’ cadre, the United Nations Training Advisory Team (UNTAT) week, and finally for the Commanding Officers’ final exercise. For the British, training was at battery and regimental level and covered a vast array of topics. All personnel deploying to Cyprus were required to pass their annual weapons test (APWT) so the training included daily sessions on weapon handling.

16th Regiment Royal Artillery

Understanding the rules of engagement is critical on any United Nations operational tour. With this in mind, scenarios were created for training on understanding of these rules. A knowledge of Cyprus history and the role of the United Nations enables soldiers to understand their specific role whilst deployed. It also enables them to deal with incidents in the appropriate manner. So history lessons and tests were held.

Negotiation is a key element of UN life in Cyprus - at all levels. To practise this skill, soldiers were placed in scenarios where they had to negotiate in order to find a solution. Incidents such as stone throwing, verbal abuse, over-manning of observation posts, construction of installations, and cocking and pointing of weapons were used as examples.

Other subjects included first aid, external relations, mine awareness, recognition of opposing forces’ weapons, and personal fitness.

After completing the training, and taking a week’s leave, the Regiment set off with its Dutch colleagues for the Nicosia region of the UN buffer zone.

New CO: Lt Col Paul Lane

Born in 1957 into a family of gunner officers, Lt Col Paul Lane studied psychology at Brunel University and was commissioned in 1980. His first posting was to Otarma-bruck, Germany. In 1984, he moved to 29 Commando Regi-ment, and a year later in the 1980s did the Army’s technical staff course. He subsequently took command of 79 (Kuree) Commando Battery during an operational tour with 42 Commando RM in Northern Ireland, before taking the Battery on exercises around the UK, and to Canada, Cyprus, Portugal and Norway with 3 Commando Brigade. He then took up a weapons staff appointment and returned to the technical staff college. A year later he took command of the direct- ing staff with specific responsibil- ities for Surface-to-Air Guided Weapons.

Lt Col Lane assumed command of the London-based 16 Regiment, Royal Artillery in March 1998 and has taken the Regiment on operations to Northern Ireland, the USA and the Outer Hebrides (north of Scotland). He and his wife Sarah have three children. He says he enjoys travelling, mountain biking, and riding.

16th Regiment Royal Artillery has been based in Woolwich, southeast London, since 1994, when it moved back from Dortmund, Germany.

The Regiment is equipped with Rapier Field Standard C (FSC), the world’s most advanced mobile air defence system. It was re-formed in 1994 as part of the post-war organisation of the Royal Artillery, and was equipped first with the 3.75 inch surface-to-aircraft gun and then with the Bofors 40/70 gun. In 1997, the Regiment began converting to the Rapier system and in 1999 brought Kapit FSC into service.

10th Regiment Royal Artillery was last in Cyprus in autumn 1956, when it was deployed to defend the airfields being used for the Suez war organisation of the Royal Artillery, and was equipped first with the 3.75 inch surface-to-aircraft gun and then with the Bofors 40/70 gun. In 1967, the Regiment began converting to the Rapier system and in 1999 brought Kapit FSC into service.

Medical Test

By Capt Fran Recchia

Captain Jeremy Carter started work as the Sector 2 doctor on 7 June. On 11 June he saved his first Cypriot life: a pilgrim who was returning from an UNIFIL task visit to Apostolos Andreas.

65-year-old Mr Iosif Elia collapsed in the buffer zone just outside the Ledra Palace Hotel. He was holding his chest and had stopped breathing. Within seconds, Jeremy Carter and his team were on the scene.

“He was unresponsive and breathing had stopped. There were no obvious signs of cardiac output,” explained the doctor. The medical team quickly assessed the patient’s respiratory and oxygenation, and the patient was breathing again and well.

The UN ambulance then rushed him to hospital. He was in the right time.”

Royal Artillery: Background Notes

In addition to the Regiment’s normal Batteries, the Sector 2 Forces include 11 Armoured Air Defence Battery of the Netherlands Army, which is responsible for Sector Two West. Part of 41 Mechanised Brigade, they are equipped with a shorter launched air defence system, and Cheeta, an armoured, self-propelled air defence system. They have 100 personnel serving in Cyprus.

The Regiment also combines many individuals from associated Corps into a large family of 550 with the Royal Electrical and Mechanical Engineers Workshop being the largest component. The Royal Signals, the Royal Army Chaplain’s Department, the Royal Logistic Corps, the Royal Army Medical Corps, the Adjutant General’s Corps and the Army Physical Training Corps also play an important role in the functioning of the Regiment.

Also attached to the Regi-ment is a Royal Engineer detachment from 20 Field Squadron, which is part of 36 Engineer Regiment. The detachment is 13 strong and consists of electricians, painters, plumbers, carpenters, pest controllers, and component repairers.

A number of UNFICYP-facilitated visits to Apostolos Andreas. From early service in the West Indies the Battery, renamed Rogers’s Company after its then commanding officer, was awarded the UNFICYP plaque for its major contribution to the UNFICYP mission. It was awarded the UNFICYP plaque for its major contribution to the UNFICYP mission.
FIGHTING THE FIRE AT LEFKA

By Maj Chris Wilkes

The week starting 12 June was an unusually hot one for the time of year, and fires swept across the island. Greece, Israel, and the UK came to Cyprus’ aid - and the UN did what it could too.

On 13 June at 13:40 hours, UN 18 (C Coy, Sector 1), situated above the Lefka Road, spotted a fire burning just north of the buffer zone in the fields next to the Lefka/Nicosia road. Sector 1 JOC immediately alerted fire brigades north and south of the buffer zone and contacted liaison officers from both opposing forces.

But there was a slight breeze from the northeast and the fire quickly took hold and spread south into the buffer zone, where minefields made it difficult to fight the fire. There was a constant danger that the heat from the fire might explode the mines, so fire teams had to be escorted into the buffer zone from both sides by UN patrols.

Personnel from Sector 1 did their best to get the blaze under control, as did Greek Cypriots, Turkish Cypriots, and the Turkish Forces. But the fire quickly spread up the sides of the valley and out of the buffer zone. HQ UNFICYP was notified of the threat to UN 18 and a UN Flight Hughes 500 was deployed to the area to observe the progress of the fire. A second UN helicopter was put on standby to evacuate the OP, should it become necessary.

It was tough terrain to work in. OP 18 is in a mountainous part of the buffer zone, and access is restricted, so the fire fighters concentrated on creating firebreaks to halt the flames. South of the buffer zone, National Guard and Greek Cypriot fire fighters tried to block the fire's advance. Early on in the afternoon, they asked the British Bases to send up two RAf 54m Wessex helicopters with Rain Maker buckets. Ops Branch HQ UNFICYP gained clearance from the Turkish Forces so the helicopters could cross the buffer zone into the north to fill their buckets from the sea in Morphou Bay. UN Flight provided refuelling facilities for the RAf Wessex at the UNPA.

FIRE FACTS AND FIGURES

UNFICYP Fire Department records show that in 1999, there were 37 fires in the buffer zone. Out of these, 58 were grass fires, while nine fell into the electrical/domestic category. There were another six false alarms.

The damage cost UNFICYP approximately US$10,000. Nine people were injured.

During 1999, the UN HQ Fire Department has trained 367 personnel, military, police and civilian, and serviced a total of 1,640 different types of fire extinguisher.

REMEMBER: FIRE WILL TRAVEL AT THE SPEED OF WIND!

PILGRIMAGE TO KOKKINA

By 1/Lt Maximiliano Vega

It's a long way from Famagusta to Kokkina, but on 18 May, 312 Turkish Cypriot students made the trip to commemorate the 13 students who died in Kokkina in 1964. They travelled in a convoy of 15 buses, accompanied by an ambulance. When they reached the buffer zone, they were escorted by UNCVPOL and the Sector Civil Affairs Teams of Sector 1, who made arrangements for them to pass through the buffer zone and into the south.

For us, the Argentinians helping to ensure that the visit went smoothly, it was great to see the convoy drive through the villages of Kato Pyrgos and Agios Theodhoros and watch the Greek Cypriot residents and the young Turkish Cypriots wave at each other in such a friendly manner.

When the convoy arrived at the cemetery where the Kokkina students are buried, there was a ceremony led by the “Erenkoy” Company Commander.

COMBINED FORCES CELEBRATE

By Major Roberto Agusti Dambrosi and 1/Lt Maximiliano Vega

Until May 1810, Argentina was under the direct rule of the Spanish monarch. However when Napoleon Bonaparte crowned his brother, Jose Bonaparte, King of Spain, the inhabitants of Buenos Aires refused to recognise the new king’s authority. Civilians, military, and members of the church all resolved to replace the viceroy.

The first national government came into existence on 25 May 1810. Four days later, the government established a national army to defend and consolidate the security and freedom of the new state. ARGCOn has named its camps after military heroes such as Gen San Martin. To commemorate the 190th anniversary of Army Day in San Martin Camp, Argentina is a cosmopolitan society: one of its most famous admirals, Guillermo Brown, was an Irishman. ARGN’s Brown Camp commemorates this man who played an important role in the Argentinian war of independence, and provided the location for this year’s Navy Day celebrations on 17 May. Brown Camp (aka the Box Factory) is home to the members of the Argentine Navy Marine Corps who serve in Charlie Coy. 109 Marines celebrated Navy Day in Cyprus this year.
DRIVING

DEFENSIVE DRIVING

In the first four months of this year, 101 traffic accidents were reported to the FMPU. Some of these involved vehicles being completely written off and a few resulted in injuries. Every accident caused by a UN driver involves UNFICYP money being spent on repairs and consequently less money available for other things.

All of us can do something about this problem. The key is defensive driving. This means anticipating problems and holding back from potentially dangerous situations.

The three main causes of accidents in UNFICYP result from simple, but expensive and potentially dangerous, carelessness:

- Reversing in car parks
- Running into the back of another vehicle in traffic
- Hitting another vehicle when turning right at a junction

This all points to the fact that drivers don’t seem to be paying enough attention to what they’re doing. Remember, as a driver you are in charge of what can be a deadly weapon - a momentary lapse of concentration could be all it takes for you to cause an accident and maybe kill a pedestrian.

For further advice, call the Master Driver on Ext 4451 or the MP Station Nicosia on Ext 4666.

NEW POLICE CAR FOR MPs

The Force Military Police recently received a new town patrol car from Chief Support Services. The car is destined for the Dherinia Detachment, and is seen here being formally handed over to Dherinia Detachment Commander WOII Peter Ham by FPM Major Richard Moore.

This is a much smaller and more effective and easier to use patrol car. It has been designed for use outside the military police head quarters in the UNPA. The car will principally be used to patrol the narrow and congested streets of Ayia Napa and Protaras during the summer months and should be much more effective and easier to use than a large and cumbersome twin-cab truck.

DRINKING AND DRIVING

A DEADLY COMBINATION

Do not drink and drive.

Don’t drink and drive.

A FLAVOUR OF NEPAL

On 14 June, the sounds and smells of the Himalayan region of Nepal filled the corridors of the International Officers’ Club on the UNPA. The occasion was the fortnightly meeting of the International Wives’ Club, who were being treated to a presentation on the culture and history of Nepal by the Force Commander’s wife, Padma Rana.

More than 45 UNFICYP wives and guests turned up. Highlights included traditional Nepali folk dancing by Sanjeeva Poudel and Mandir Rana, a selection of Nepalese cuisine and the modelling of a traditional Nepali bridal sari by Nayla Moore.

WE LOVE OUR HUGHES 500

Hughes MD 500

McDonald Douglas is a one-engine, multipurpose helicopter. Designed to carry around 750kg, it’s very versatile and can be used for a number of purposes such as observation, search and rescue operations, to carry internal/external cargo, for medevac and case-vac, to transport personnel and for tactical flights.

The Hughes team at UN Flight consists of: WOII Darro Garbarini, Ssgt Hugo Montero, Ssgt Carlos Palacios, Sgt Pedro Jaimes, Inspector “Black Shark” WOII Luis Bustos and test pilot 1/Lt Adrian Ferrari.

Darro Garbarini has been working with this machine for 18 years. He spent last summer fire fighting in the south of Argentina and is clearly quite a fan of the helicopter.

“The Hughes can cope with difficult operations at high altitudes and in high temperatures. It is very good for rescuing people in mountain ranges. And it can be used in a lot of different configurations. Here, for example, it is good to be able to transport people without doors as this improves visibility and makes flying more comfortable when it is hot. Shaking is minimal, which is good when people need to take photos.”

Hugo Montero describes the Hughes 500 as a "simple and great helicopter." He adds that the Flight is “a team” and that the Hughes is the team’s baby. Inspections are a regular feature of the UN Flight workplan. Luis Bustos supervises every main inspection item by item with the other technicians, examining frame, blades, articulation, engine and commands, to make sure that the aircraft follows the requirements of the Federal Aviation Authority.

Santiago Martín explains that because it is easy to maintain, it is a very popular machine in both military and civilian fields.

After everything is ready, test pilot Adrian Ferrari takes the helicopter up to check for problems such as abnormal vibrations. This happens when the main rotor blades are not properly balanced, and means that the team has to go back to synchronise all the blades. It is important to minimise all kinds of vibration to prolong the life of every component of the helicopter. He tests the engine too, checking a host of elements and putting it through different take-offs and landings and high-degree turns.

Finally, with the baby working 100%, the team can take a rest and watch its beloved helicopter flying through the Cyprus sky in search of peace.
**COP SUNFLOWER**

By Capt Andreas Scherer

What do you do when something happens in a mixed populated village? The deserted village of Petrophani, located close to Athienou, was the scenario for the exercise which took place on 6 June, designed to train UNFICYP troops for such an occasion. A forward command post and reinforces by Sector 4's Ops Branch for the purpose of setting up a COP Coy and reserve elements, made up by soldiers from 1st and 2nd Coy and reinforced by UNCIVPOL and the MFR.

Their common task was to prevent the outbreak of riots inside and unauthorised entry into the village. They also had to plan the reinforcement by Force Reserve Elements, who arrived with three Tacticars. Therefore, checkpoints were set up on all access roads and several additional roadblocks were constructed and manned. Proper medical treatment and evacuation of injured soldiers and “demonstrators” were also part of the exercise objectives, and training took place with support of the helicopters from UN Flight.

During the day, a number of incidents had to be dealt with in an escalating scenario. All those involved, including highly motivated “demonstrators”, gave of their best.

Following the exercise, a debriefing took place where the umpires, command post personnel and military leaders discussed lessons learned. The most important lesson: that this sort of training is both necessary and motivating.

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**Sector 4: A drugs free zone**

By Capt Andreas Scherer

A four-legged visitor was on the island at the end of May. Bambo, a dog trained in drug-sniffing, arrived to check a random selection of offices and accommodation in Sector 4. The positive result: no drugs were found.

“Comrade Bambo” belongs to the Austrian Armed Forces Dog Squad, which is equipped with about 100 Rottweilers and shepherd dogs. They are mainly used for safeguarding purposes at important military installations like warehouse. But with the other specialists for the detection of drugs, explosives Bambo is a V.I.D. there - a very important dog.

The visit was part of a pilot project for measures against drug abuse. Therefore, the Chief of the Austrian Armed Forces Dog Squad, Lt Col Lacchini, came himself in the role of a high-ranking dog handler to have a close look with Bambo. Drugs are a serious threat in modern times, but they fortunately proved to be no problem among the peacekeepers of Sector 4.
**IS YERBA MATE THE DRINK OF THE GODS?**

Beneath the rainforest canopy in South America, the Guarani Indians have been drinking the steeped juice of the leaves of the wild yerba tree-bush for centuries. Here in Cyprus, take a trip out to Sector 1, or up to the flightline, and you’ll see South American colleagues sipping Yerba Maté.

Why are they so keen on it? Because it’s good for you.

The leaves offer numerous health benefits: increased immune system strength, improved digestion, stress reduction and stimulation of mental processes. They’re used in popular medicine and employed in commercial herbal preparations as a stimulant to the central nervous system, a diuretic, and an anti-inflammatory.

Yerba Maté literally, the “Maté Herb”) has won many admirers in wide-ranging parts of the world, but especially in South America. Enthusiasts say that it’s a natural stimulant, devoid of side effects and toxicity, an invigorator of the mind and body, a natural source of nutrition and a health promoter par excellence.

**Maté** is a tea-like beverage consumed mainly in Argentina, Uruguay, Paraguay and southern Brazil. It was given to it by the French naturalist and botanist, Auguste de Saint Hilaire in 1822. Today, over 30,000 tons of Yerba Maté is produced yearly for consumption in Brazil, Argentina, Uruguay and Paraguay. It is common to see men and women walking around in shops selling yerba mate, and on beaches carrying their Maté gourds and thermostats of hot water. They drink it everywhere – on walks, at sporting events, picnics, student parties.

Yerba Maté gets its name from the traditional cup (the Maté) used to drink it. This vessel, originally a dried and decorated gourd, can be made out of almost anything these days. In South America, where Maté was introduced to the world, the drink is still sipped from the Mate cup using a metal or wooden decorative straw and filter called a bombilla.

But the modern Maté drinker can drink it in any number of ways. It can be brewed like normal loose-leaf tea and filtered before pouring into a cup. It can be made into an iced tea to drink on a hot summer day. It can be made like coffee, in a standard automatic coffee maker (make sure you use a large amount of the herb). And, if you have a Mate cup and a bombilla (or an Argentinian friend who can lend you one), you can go traditional.

The leaves are packed with beneficial polyphenol antioxidants and flavonoids which help to fight free radicals and the immune system, increasing energy, boosting the central nervous system and stress reduction and stimulation of mental processes. They’re used in popular medicine and employed in commercial herbal preparations as a stimulant to the central nervous system, a diuretic, and an anti-inflammatory.

A number of people gave us a lot of support for this event. We would like to thank personnel at all the OPs who stopped at for their hospitality and encouragement, Col Wakelin, DA of the British High Commission, and everyone from HQ UNIFCYP who liaised to ensure everyone who needed to be was made aware of the exercise; also Col Potter for giving us permission to pass through the SBA on bikes, as well as Micromania and T-Shirt Designs next to us. Also Col Potts for giving us permission to pass through the SBA on bikes, and everyone from the Army General Headquarters in UNIKOM for sponsoring us for the event. Many thanks to them all for making this mission impossible possible.

**Exercice Buffer Zone**

It was quite an undertaking for a small team of 1 Staffords to cross the entire buffer zone by cycling and running in under 24 hours - but we did it.

We had been training for a small team of 1 Staffords to cross the entire buffer zone by cycling and running in under 24 hours - but we did it.

The day began at 0440 hrs. We were lying on the floor of a room in UN 09, the OP at the far western point in the buffer zone. There were five of us: Capt Bayliss and Pte Sweete, who had volunteered to join me in this scintillating task along with Cpl Nicholls, our logistics man, and Cpl Watson, who provided driving support and also medical backs in the event of an emergency. After freeing up the first patrol track was a piece of cake, but even the support vehicle struggled to get up the first ascent. Freewheeling the second hill was not so easy when you are desperately holding onto handlebars and tentatively squeezing the brakes so as not to lose control. With sweat stinging your eyes, trying to choose the best path is not easy. And getting your breath back is out of the question as fear grips you as you take another wide sweeping corner, hoping that you have judged it correctly, otherwise you could find yourself tumbling down the sheer drop that forms one side of the track. But we passed through Sector 1 without incident, completing the final 5 miles in around seven hours.

At 1000 hrs, we still faced 22 hours on foot and 60 miles of cycling. Our legs felt like lead, but we made it to Bengal where we refreshed up and changed. It took four hours to shuffle through Sector 2 on foot, so when we started again with bikes at the beginning of Sector’s AOR, we seemed to fly along, especially since the wind was in our favour.

The climb up past Pyla afforded us a great experience to take part, with many spectators watching the event in a variety of multi-coloured T-shirts, which gave quite a party atmosphere. But the climb up past Pyla afforded us a great experience to take part, with many spectators watching the event in a variety of multi-coloured T-shirts, which gave quite a party atmosphere.

As we neared the end of the exercise, it seemed hard to accept that even though we were approaching the coast, we were still going uphill - so maybe it just felt that way after so many miles in the saddle. We finally reached the gates of UN 146 17 hours, 43 minutes after we started. A bottle of bubbly was produced to celebrate the occasion.

**Rugby Seven a Side Championship**

Major Jorge Alberto Cisternas was born on 12 January 1958 in Curuzú Cuatiá, province of Corrientes, Argentina.

He joined the Argentinean Army in 1977 at the National Military College, and graduated four years later as a 2/Lt. Early on in his career, he took up cycling, training as a para-trooper and commando skills for example. He then rose to become a captain and did the Staff Officer’s course. His first peacekeeping experience was with UNIKOM in 1991. In 1996 he was promoted to the rank of Major and now he is serving in the Army General Staff.

Major Cisternas is married to María Carolina del Valle, and they have five children, Lucas (11), Jorge (8), Candelaria (6), Micaela (4) and Soledad (2).

The leaves are packed with beneficial polyphenol antioxidants and flavonoids which help to fight free radicals and the immune system, increasing energy, boosting the central nervous system and stress reduction and stimulation of mental processes. They’re used in popular medicine and employed in commercial herbal preparations as a stimulant to the central nervous system, a diuretic, and an anti-inflammatory.

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**New 2/IC, Sector 1**

**By Lt Richard Hoy**

**By Lt Maximiliano Vega**

We Argentinians feel pretty pleased with ourselves for making it through to the semi-finals of the rugby seven-a-side championship at the British Sovereign Base Area in Episkopi 17-19 May. Opponents included teams from England, Wales, Scotland, Ireland and New Zealand.

The matches were well support-ed - entire families turned up to watch the event in a variety of multi-coloured T-shirts, which gave quite a party atmosphere.

We had had long to train, but it was a great exercise for us and we certainly didn’t disgrace our-selves.

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UNFICYP'S JOINT OPERATIONS CENTRE, 24 HOURS A DAY, THE BEATING HEART OF THE FORCE