

The Blue Beret

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The Nobel
Peace Prize



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editorial

Challenges in a New World

The United Nations and Secretary-General Kofi Annan will receive the Nobel Prize for Peace in Oslo in December, the close of a turbulent last quarter in this troubling year 2001. During these past three months we have seen the instrumentality of the UN, which had come increasingly into its own since the end of the Cold War, face new and unprecedented challenges.

When we turned the corner of the 21st century to enter the new millennium, expectations were high, buoyed by the much-heralded panacea of globalization. Everyone's vessel -- liferaft or liner -- was supposed to float a little higher as the economic waters of prosperity spread.

But, as we all know, the world we live in changed on September 11th. Three months ago, who would have thought the Blue Beret would be running an article on how to deal with the threat of anthrax! It just underscores how a sense of fragility and vulnerability now imbues even the most routine of our activities.

True, the international community is making a determined drive to forge the fight against the undemocratic forces of stealth and terrorism.

But the Secretary-General has said the UN is the common house of humankind in its entirety. If we are to preserve this house, we must be sure to address the underlying grievances that can fester in a climate of neglect where only poverty and want flourish. The struggle for human dignity and human security must go forward hand in hand. Otherwise, we are all the losers.

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**Front Cover:
The Nobel Peace Prize**

The Facts on Anthrax

Following the recent outbreak of anthrax, and the threat of more such outbreaks in various parts of the globe, the World Health Organisation has circulated details on how to fight the disease and on the protective measures to be taken. HQ UNFICYP has distributed similar circulars covering the points below:

Q. What is anthrax?

A. Anthrax is a disease caused by a bacterium called Bacillus anthracis. It has existed for hundreds of years and still occurs naturally in both animals and humans in many parts of the world, including Asia, southern Europe, sub-Saharan Africa and parts of Australia. Anthrax bacteria can survive in the environment by forming spores. In its most common natural form, it creates dark sores on the skin, from which it derives its name (anthrax is Greek for coal).

Q. How can I find out what's happening right now?

A. The World Health Organisation posts updated situation reports on its website (www.who.int) whenever there is an outbreak of anthrax or any other infectious disease.

Q. How could I be infected by anthrax?

A. There are three ways of contracting anthrax, each with different symptoms:

- Cutaneous, or skin, anthrax is the most common form. It is usually contracted when a person with a break in their skin, such as a cut or abrasion, comes into direct contact with anthrax spores. The resulting itchy bump rapidly develops into a black sore. Some people can then develop headaches, muscle aches, fever and vomiting. Cutaneous anthrax must be treated quickly. Appropriate medical evaluation and treatment are essential.
- Gastrointestinal anthrax is caught from eating meat from an infected animal. It causes initial symptoms similar to food poisoning but these can worsen to produce severe abdominal pain, vomiting of blood and severe diarrhoea. Appropriate medical evaluation and treatment are essential.
- The most severe form of human anthrax is called inhalation or pulmonary anthrax. Though the rarest, it is the form of human anthrax causing the most current concern. It is caused when a person is directly exposed to a large number of anthrax spores suspended in the air, and breathes them in. The first symptoms are similar to those of a common cold, but this can rapidly progress to severe breathing difficulties and shock. Appropriate medical evaluation and treatment are essential.

Q. How is it treated or prevented?

A. Anthrax responds well to antibiotic treatment. Antibiotics must be prescribed and taken with medical advice. Nobody should attempt to use antibiotics or any other drugs to treat or protect themselves without first getting medical advice.

Q. Is there a vaccine?

A. There is a vaccine against anthrax, but it is not approved for widespread use because it has never been comprehensively tested in human trials. The vaccine is sometimes given to people who are likely to be exposed to anthrax through their occupation, for example, tannery workers, or to military personnel. It is not widely available, nor is its use for mass immunization recommended.

Q. Can I catch it from someone else?

A. Inhalation anthrax cannot be transmitted from person to person. Therefore, there is no need to worry about catching the disease from anyone else. In the case of cutaneous anthrax, there is a small risk of direct infection from the lesions on another person's body.

Q. I feel like I have a cold. Could it be anthrax?

A. Only people who have been directly exposed to the spores can catch anthrax. If you feel unwell, you should get medical advice in exactly the same way as you normally would. In most places, that means going to the doctor. If you are ill, the doctor will then be able to prescribe the most appropriate treatment.

Q. Do I have to go to a hospital to get tests?

A. Any doctor or medical practitioner is trained to diagnose infectious diseases and has access to the necessary tests. If required, you will be given the tests you need. It is not necessary to go to a hospital.

Q. I'm worried about anthrax. Should I take antibiotics just in case?

A. Nobody should take antibiotics without first getting medical advice. Antibiotics are very powerful and effective tools, but they are designed to work against the bacteria that cause specific diseases. Unless you are taking the correct antibiotic, it may not be the best way to treat the disease you have.

Q. What do I do if I get a suspicious package or letter?

A. Common sense is critical in dealing with this unfamiliar situation. Unopened envelopes or packages present a low risk. The risk of exposure is greatest after a suspicious package or letter is opened. Some key points about what to do if you receive a suspicious package or letter are summarized below.

Q. What constitutes a suspicious letter or parcel?

A. Some typical characteristics that ought to trigger suspicion include letters or parcels that:

- Have any powdery substance on the outside.
- Are unexpected or from someone unfamiliar to you.
- Have excessive postage, handwritten or poorly typed address, incorrect titles or titles with no name, or misspellings of common words.
- Are addressed to someone no longer at your workplace or home or are otherwise outdated.
- Have no return address, or have one that can't be verified as legitimate.
- Are of unusual weight, given their size, or are lopsided or oddly shaped.
- Have an unusual amount of tape.
- Are marked with restrictive endorsements, such as "Personal" or "Confidential."
- Have strange odours or stains.

Q. What should I do if I receive an anthrax threat by mail?

- Do not handle the mail piece or package suspected of contamination.
- Make sure that damaged or suspicious packages are isolated and the immediate area cordoned off.
- Ensure that all persons who have touched the mail piece wash their hands with soap and water.
- List all persons who have touched the letter and/or envelope.
- Include contact information and have this information available for the authorities.
- Place all items worn when in contact with the suspected mail piece in plastic bags and have them available for authorities.
- As soon as practical, shower with soap and water.
- Contact the:
JOC (Ext: 4555),
Force Medical Officer (Ext 4597), and
Force Hygiene Officer (Ext 4534)



Nobel Peace Prize for 2001 Awarded to the United Nations and Secretary-General Kofi Annan

The only negotiable route to global peace and cooperation goes by way of the United Nations -- Nobel Committee, 12 October 2001

On 12 October, the Norwegian Nobel Committee announced its decision to award the Nobel Peace Prize for 2001 to the United Nations and to its Secretary-General, Kofi Annan. This is the first time in the Committee's 100-year history that the Peace Prize has been awarded to the United Nations as an entity, and only the second time that it has recognised a UN Secretary-General.

By announcing the award just one month after the terrorist attacks on the United States, the Nobel Committee made it clear it was recognising the efforts of the UN and Mr. Annan to ensure a better and more peaceful world.

"The end of the cold war has at last made it possible for the UN to perform more fully the part it was originally intended to play," the Committee said. "Today, the organisation is at the forefront of efforts to achieve peace and security in the world, and of the international mobilization aimed at meeting the world's economic, social and environmental challenges."

For 100 years, the Norwegian Nobel Committee has sought to strengthen organized cooperation between states, recognizing the wishes of industrialist Alfred Nobel, the award's benefactor, that prizes should be given to those who have conferred the greatest benefit on mankind, including one for the best work towards fraternity between nations.

United Nations High Commissioner for Human Rights Mary Robinson noted the Peace Prize's timely recognition of the UN and Mr. Annan's leadership in seeking world peace. "In the aftermath of the horrific attacks in the United States and in light of the terrible humanitarian situation facing civilians in Afghanistan and in that region, this recognition heartens all human rights defenders, in the United Nations and in civil society, and encourages us to continue the struggle for human dignity and human security," she said.

In acknowledging the honour given the UN, Mr. Annan spoke of the commitment of its 189 member states and of its staff of more than 52,000 people around the world. "Let me say that if the UN has achieved anything, it is because of the work that you do, and your dedication," Mr. Annan told UN staff on 12 October. "To wake up to a morning like this, a morning of recognition, a morning of encourage-

ment for all of us, is something that we should cherish. But we should cherish this in a sense of deciding to try even harder."

His words were an example of the spirit recognised by the Nobel Committee. Noting that Mr. Annan has devoted almost his entire working life to the UN, the Committee said that as Secretary-General, he has been pre-eminent in bringing new life to the organisation. "While clearly underlining the UN's traditional responsibility for peace and security, he has also emphasised its obligations with regard to human rights," the Committee said. "He has risen to such new challenges as HIV/AIDS and international terrorism, and brought about more efficient utilization of the UN's modest resources."

"It is the right decision at the right time to honour and praise Secretary-General Kofi Annan and the United Nations as the stronghold of our shared values and commitment for peace, security, freedom and prosperity," said Dr. Gro Harlem Brundtland, Director-General of the WHO. "Kofi Annan has tirelessly rallied support for these values. Through his strong personal commitment, he has increased the credibility of the United Nations as we begin a new millennium."

Mr. Annan is the first Secretary-General to be elected from the ranks of UN staff, and began his term in office on 1 January 1997. It was the culmination of a UN career that began in 1962, when Mr. Annan joined the UN system as an administrative and budget officer with the WHO. Since then, he has served various of the UN's bodies, including the UN Economic Commission for Africa, the Office of the UN High Commissioner for Refugees, and the Department of Peacekeeping Operations.

In June 2001, recognising his achievements as Secretary-General in such diverse fields as organisational renewal and conflict resolution, the General Assembly appointed Mr. Annan by acclamation to a second term, ending 31 December 2006.

The United Nations system has been awarded the Nobel Peace Prize on five previous occasions: in 1988, to United Nations Peacekeeping Operations; in 1954 and 1981, to the Office of the United Nations High Commissioner for Refugees; in 1965, to the United Nations Children's Fund; and in 1969, to the International Labour Organisation. In addition, the UN's second Secretary-General, Dag Hammarskjöld, was awarded the prize posthumously in 1961, for his action in strengthening the UN.



The Secretary-General and Mrs Annan met the media on their doorstep in New York early in the morning, shortly after being informed of the Oslo announcement of the Nobel Peace Prize

Towards Peace

On 12 October 2001, Kofi Annan, the UN Secretary-General, spoke to the press about the awarding of the 100th Nobel Peace Prize to the United Nations. These are his remarks.

[The Nobel Peace Prize] is truly an honour for the whole United Nations -- its Member States, the General Assembly and the Security Council, and especially its dedicated staff around the world. They work hard every day to make the world a more just, more peaceful, and happier place. Many of them risk their lives. They richly deserve this award.

A year ago, world leaders at the Millennium Summit reaffirmed the indispensable role of the United Nations as the common house of the entire humankind. In a world which is growing ever closer and more interconnected, and is yet still torn by brutal conflict and cruel injustice, this role is ever more important.

All of us who work for the United Nations should be proud today -- but also be humbled, humbled because even more will be expected of us in the future.

This award is a tribute, above all, to our colleagues who have made the supreme sacrifice in the service of humanity. The only true prize, for them and for us, will be peace itself.

Working with the Secretary-General

A Personal Perspective from the Acting Special Representative of the Secretary-General and UNFICYP's Chief of Mission

UNFICYP Chief of Mission Zbigniew Wlosowicz first met the Secretary-General in 1993 when he was serving as Poland's ambassador to the UN, and Mr. Annan was Under-Secretary-General heading the Department of Peacekeeping Operations.

"Poland then was one of the leading peacekeeping contributors, so I would meet with Mr. Annan quite regularly to discuss a wide range of issues," explains Mr. Wlosowicz, who also worked with Mr. Annan after his election to Secretary-General. "In particular, I enjoyed Mr. Annan's support and cooperation when I presided over the Security Council in March 1997, a memorable month in which the Security Council -- after lengthy day and night meetings -- eventually, on Good Friday authorized Multinational Forces to enter Albania (then in a very serious crisis) on a humanitarian mission. In situations like that, one appreciates the Secretary-General's ultimate commitment and his thorough knowledge of the international scene."

Mr. Wlosowicz describes Mr. Annan as a fantastic communicator who appeals to people through his caring manner and his wonderful sense of humour. "When you talk to the people working in UN headquarters, they will



tell you that Mr. Annan has the same smile, handshake and jokes as he used to have before he became the Secretary-General. He has devoted almost his entire working life to the UN, and I think that there is a sense of pride that someone from within the UN has become the top international civil servant in the world."

Mr. Annan's thorough knowledge and understanding of the UN, his belief in people and his lack of cynicism make him successful in working towards his vision of the UN's role in world peace and security, notes UNFICYP's Chief of Mission. And Mr. Annan's concern for other people, from those working with him to those whom the UN cares for around the world, is inspirational.

"Several years ago I had a chance to introduce my mother to Mr. Annan," Mr. Wlosowicz explains. "Since he learnt about my father's death, he would not start our conversation with anything other than: 'How is your mother?' It is touching..."

The Guirins

By Maj. A. Alvarez

Missing family back home is an emotion shared by most mission personnel. For two of Sector 1's personnel, the challenges are rather different: the Guirins have been married for 18 months, and by happy coincidence are both posted to ARGCON in UNFICYP.

2/Lt. Elizabeth Barvoza de Guirin is a professional nurse who works in San Martin Camp's Medical Centre. Her husband, 2/Lt. Cristian Guirin, works in the Logistics Branch as Transport Officer for Sector 1.

Back home in Argentina, in keeping with Army regulations dealing with military marriages, the couple work in different units within the same garrison. There, Elizabeth works at the Military Hospital and Cristian with the 9th Mechanised Signals Coy, both located in Comodoro Rivadavia, a windy town on the Patagonian coast in southern Argentina.

In Cyprus, the couple's working days begin in Evrychou, where they rent a small apartment. They wake up at 6:00 am to be at the 7:30 am morning parade. After a vigorous half-hour of gymnastics, they go their separate ways to Logistics and to the Medical Centre. They meet up again at lunchtime. Their return to the apartment depends on their jobs: Elizabeth is often on duty, while Cristian often works outside the camp, arriving late.

"All in all this has been a great experience, mostly because all we had to think about was ourselves and our



work," says Elizabeth of the posting to UNFICYP. The shared posting also enabled them to fulfil a life-long dream trip to the Middle East and Egypt. The only drawback has been poor communication with their families in Argentina. Even this, however, has brought them closer.

"Absolutely, we would recommend the mission for a couple, though it would be better without children, as with ourselves," they agree.

They are returning to Argentina with a sense of fulfilment, leaving behind many friends and look forward to a personal and professional life that is just beginning.

Mucking In Together

On 25 September, Sector 2 joined forces with Anglanzia Municipality and the National Guard to clean up their area of responsibility within the Buffer Zone, where there has been a lot of illegal dumping over the past few years.

Troops from the United Nations, including S2 East and SCAT (Sector Civil Affairs Team) personnel, worked with soldiers from the National Guard's 212 Battalion, and were assisted by two HGVs and a JCB provided by the Anglanzia Municipality. The multinational team worked hard throughout the morning and managed to clear four truckloads of rubbish: the improvement to the area was substantial and all are to be congratulated for their cooperative efforts.



New DCO Sector 4 Lt. Col. Zoltan Horvath



Sector 4's new DCO, Lt. Col. Zoltan Horvath, is no stranger to UNFICYP. From 1997 to 1999 he served as SO2 Pers in UNFICYP HQ, and says that it is always a pleasure to meet former colleagues.

He notes many changes, including material improvements to roads, buildings, patrol tracks and kitchen equipment, plus the proliferation of electronic communication devices such as mobile phones and e-mail. "I cannot forget the changes in the Hungarian Contingent," he says. "When we came here in 1995 we were

beginners, but now we have six years' experience in HQ UNFICYP, Military Police, MFR and of course Sector 4. HUNCON has become an organic part of UNFICYP."

Lt. Col. Horvath was born in Győr, Hungary, and graduated from the Military Technical College in Budapest in 1974. He has served in the Tank and Military Vehicle Training Centre, the Maintenance Regiment, the Peacekeeping Forces Training Centre, and in the Ministry of Defence, and has taken part in peacekeeping courses in Canada and several European countries.

Visits to UNFICYP

During September and October, Headquarters UNFICYP welcomed a number of visitors to the Force.

Among those received by Chief of Mission Zbigniew Wlosowicz and Force Commander Maj.Gen. Victory Rana was European Commission **President Romano Prodi (far right)**, who arrived on the 26 October at the Ledra Palace. The EU party, which included Commissioner Günter Verheugen (**left**), was escorted on a Green Line tour and were briefed on the tasks of British soldiers on the line.



High Commissioner of India to Cyprus, **His Excellency Mr. Pavan K. Vama (left)**, paid a courtesy call to HQ UNFICYP on 13 September.



Gen. Sir Alex Harley KBE CB (right), Master Gunner at St James's Park, visited UNFICYP on 18 September.

This was not Gen. Sir Alex's first visit to Cyprus. In 1993, he served as the Administrative Officer of the Sovereign Base Areas in Cyprus (as the Queen's representative) and the Joint Service Commander of the British Forces in Cyprus. His programme included a visit to Sector 2.



Mr. Michael Smith, Irish Minister for Defence (right), visited UNFICYP on 29 and 30 September.

Having travelled from the Lebanon and Damascus, he visited HQ UNFICYP as well as Sectors 1 and 2, where he was given briefings and escorted on line tours in the buffer zone.



Mr. Lyn Parker (left), the new British High Commissioner in Cyprus, visited UNFICYP on 3 October.

As well as meeting members of the Headquarters staff, Mr. Parker visited Sector 2 where he received a briefing and was conducted on a Green Line Tour.

VIPS Gain a Personal Glimpse of UNFICYP

Record Numbers Celebrate UN Day in Style

They say that for 354 days of the year, it's sunny in Cyprus. Well, that was definitely the case on Sunday 21 October, when the gates of Ledra Palace were opened to the public between 11 a.m. and 7 p.m. to celebrate United Nations Day (24 October).

It is estimated that well over 7,000 Cypriots and visitors from north and south of the buffer zone entered the Ledra Palace grounds and spent the day together, recognising the UN's 56th birthday and the highlight of UNFICYP's social calendar. This is a new attendance record for the day. To give you an idea of this accomplishment, consider this -- 15,000 people visited the Palais des Nations in Geneva, the UN's Headquarters in Europe, over two days.

Here at our own Ledra Palace, Chief of Mission Zbigniew Wlosowicz opened the event after a march of children with UN flags. He welcomed everyone, "especially the children of the island," to a very special United Nations Day, which this year has added meaning "since the recently announced award of the Nobel Peace Prize to the UN and to our Secretary-General Kofi Annan".

Hundreds of UN staff, civilian and

military, spent months preparing for the day, and were rightly happy that Cypriots and visitors of all ages spent their Sunday enjoying the music and a variety of activities in such a friendly atmosphere.

At the end of the day, Ledra Palace's swimming pool area became the venue for an outstanding concert of classical music performed by internationally-acclaimed artists of Cypriot origin. Returning home especially for the occasion, Martino Tirimo (piano), Turgay Hilmi (French horn) and Harris Hadjigeorgiou (violin) joined the Cyprus Fulbright Ensemble led by Artistic Director Peter Sulski in a recital of excerpts from works by Brahms, Britten, Mozart and Schumann. The concert concluded with the singers Katie Economidou and Erol Refikoğlu performing traditional songs from the two communities.

UN Day at Ledra Palace is now a Cyprus tradition -- an open house where everyone is welcome and everyone feels comfortable. Whether or not visitors stayed for the concert, they left with gift packages including a pen, cap and mug -- all carrying UNFICYP's logo -- as a small reminder of their special UN Day.



The First Brazilian Soldier in UNFICYP

By Capt. J. De Andrade

Although Brazilian participation in ARGCON began in 1995, this was not the first time that a Brazilian soldier had arrived in Cyprus. In fact, the first days of the mission saw a Brazilian making a significant contribution to UNFICYP's establishment.

Maj. Gen. Paiva Chaves was the Force Commander of the United Nations Emergency Force (UNEF) in the Middle East when hostilities in Cyprus reached the level that led Archbishop Makarios to ask for the presence of the United Nations. In those tense and uncertain days, when the mission was not yet operational, Maj. Gen. Paiva Chaves came to Cyprus to lend his experience to the

enormous work involved in setting up a peace-keeping operation.

Maj. Gen. Paiva Chaves participated in the talks regarding the mission's establishment with Archbishop Makarios and Mr. Denktash. On 20 March 1964, he received the first Canadian soldiers to arrive in Cyprus, and, after the arrival of Gen. Gyani, the first UNFICYP Force Commander, he witnessed the negotiations that took place in Ledra Palace.

Although present for only a short time, Brazil is very proud at having been in Cyprus at such a crucial and sensitive moment. Maj. Gen. Paiva Chaves returned to Brazil, but the record of his time on the island can be

seen in those photographs from his personal files. These images have a special meaning for us, Brazilian soldiers, especially for those who are now, as in the beginning, working for peace in Cyprus.



Gen Paiva Chaves with Mr. Denktash



Gen. Paiva Chaves with Archbishop Makarios



Gen. Paiva Chaves with Gen Gyani in front of the Ledra Palace



Gen. Paiva Chaves receiving the first Canadian soldiers

A Scenic Day in Sector 1

By Charlotte Mortensen

I was recently invited to visit San Martin Camp, to see something outside UNFICYP Headquarters in Nicosia, and to get a tour of the buffer zone in the Argentinian area of responsibility on the island.

Thanks to SSgt. Mario Bosco, our tour guide from the Civil Affairs Team, it was a great day. Argentinians are fantastic hosts: so hospitable, friendly and accommodating. We could never leave a camp, an OP or a cabin without being offered something to drink and eat.

Our tour started with a visit to OP18, where we were met by eight soldiers, all standing in line, saluting us - this is not the sort of greeting that I am most often met with, so I loved it. We were invited into their accommodation, which turned out to be a very small house. My daughter noticed that there were only six beds -- obviously, two of the peacekeepers must be on duty throughout the night. The kitchen was barely a kitchen and I won't even get into their bathroom facilities!

When we were invited up in the OP tower, we of course went along, but boy, are some of those towers tall! I felt every step to the top, and when I finally reached the dizzying heights, I immediately started dreading having to go back down. But the view overlooking the valleys, the mountains and Morphou Bay was fabulous -- it was a clear, beautiful day and I believe we could see the Turkish coastline.



"Mi casa es tu casa" says OP 18

We continued our buffer zone touring, including a short break at Camp Brown, where we had lunch and enjoyed again the same warmth and friendliness. It's no surprise that the Argentinians have a worldwide reputation for their hospitality.

Despite five hours in a UN vehicle on dirt roads and bumpy mountain tracks, it was worth it all, for the magnificent scenery, some rare viewings of moufflons, and of course the welcome we received. At the end of the day, we came back to San Martín Camp for a refreshing dip in the pool.

I was left with the feeling that the Argentinians have succeeded in making themselves a home away from home, in their camp at the foot of the Troodos Mountains.



Competition and Climate Prove Fierce in Military Skills Competition

By Maj. G. Ratcliffe

On an unusually hot 11 October, eight six-man teams battled it out over 10 hours, 10 events and 14.2 kms for a chance to win the coveted Military Skills Competition Trophy. As the day progressed, it was hard to tell whether the soaking uniforms were from the swimming pool stand or from the troops' physical exertions over the obstacle course. The heat certainly tested the teams' water-drinking skills.

The teams -- one from MFR, two from Sector 1, three from Sector 2 and two from Sector 4 -- were also tested on a range of practical driving skills including signals, first aid, driving, map reading, observation and reporting, operational information, shooting and weapon assembly.

Congratulations to the winning team from HQ Sector 2, and to all those who took part: competitors, stand and team controllers and umpires, as well as the admin staff from MFR, for a thoroughly worthwhile, well organised and close run day. MFR placed second, with Sector 2B coming in third.

Drinking And Driving - The Facts And The Fiction

By Sgt. R. Whitehead

Drink Driving, or "Impaired Driving" to give it the correct title, is one of the most dangerous crimes to either participate in, or be unlucky enough to be the victim of. In the United Kingdom alone, 3,500 people are killed or seriously injured each year in drink drive accidents.

"Drinking and driving will not be tolerated, and any military/civilian/CIVPOL member of UNFICYP found guilty of drinking and driving may be repatriated."

These figures are, of course, proportionate to the driving population, and are on a par with most countries throughout the world. UNFICYP SOP Chapter 3, Part 2, Section 4, paragraph 16 is very clear about impaired driving. "Drinking and driving will not be tolerated, and any military/civilian/CIVPOL member of UNFICYP found guilty of drinking and driving may be repatriated." UNFICYP SOP, Chapter 3, Section 4, Part 1, paragraphs 86 and 87 go on to stipulate that disciplinary action will be taken against any member of UNFICYP who is caught "driving under the influence of alcohol or drugs exceeding the limits set by local authorities." It also says, "after an initial breath sample, taken using roadside equipment, a further breath sample will be taken using calibrated equipment with a computer printout. The printout will be sufficient to meet the Force Commander's requirement for repatriation."

To separate fact from fiction, here is the real



Testing..1, 2, 3!

story on some common impaired driving concerns and misconceptions:

"I'll be all right, so long as I don't have more than two beers." Wrong! There is no failsafe guide to how much you can drink and stay under the current limit. The amount, the type of alcohol, your weight, sex, age, and metabolism all play their part. After only 10 minutes of drinking, 50 percent of the alcohol consumed will have been absorbed into your bloodstream; after an hour, all of the alcohol from that drink will have been absorbed. The only safe thing to do is not drink and drive.

"Why was I stopped?" There are many reasons why police may stop a driver. Not all impaired drivers speed: some are over-cautious, and drive well below the speed limit. Some forget to switch on their lights at night, or fail to switch their

There is no failsafe guide to how much you can drink and stay under the current limit.

UNFICYP'S ZERO TOLERANCE POLICY

<i>UNFICYP Vehicles</i>	<i>ZERO micrograms (ug) of alcohol per 100 millilitres of breath</i>
<i>Republic of Cyprus</i>	<i>39 micrograms (ug) of alcohol per 100 millilitres of breath</i>
<i>Sovereign Border Areas</i>	<i>37 micrograms (ug) of alcohol per 100 millilitres of breath</i>
<i>Northern Cyprus</i>	<i>24 micrograms (ug) of alcohol per 100 millilitres of breath</i>

headlights to low beam for other road users. Some are unaware that they are straying across the road into oncoming traffic, or indicating for no apparent reason. Upon being stopped, some are unable to even walk, let alone drive a car!

"I didn't know that I was over the limit." Ignorance of the law is not normally accepted as an excuse. The impaired driving limits in Cyprus are listed above - so now you know. To put these figures into context, most people will lose consciousness with readings of 140 ug, and readings of 200 ug will result in the person (or perhaps "blubbering wreck" might be a better description) becoming comatose, immediately prior to death.

"Why does alcohol make me a danger when I'm driving?" After one drink, your judgement is affected, starting with your judgement about whether you should have another alcoholic drink!



Your ability to react to events and situations will be severely affected, which decreases your ability to stop the vehicle. Your judgement of the overall risk will be affected, making you over-confident in your ability to drive, resulting in putting yourself, your passengers, or others at risk. "I'm a better driver after a couple of pints" is simply not true.

"What are the legal consequences if I am caught?" In the UK, for example, if you are found to be over the legal limit, you can be fined up to £2,500 sterling, be disqualified for at least six months, and be jailed for up to three months (disqualification begins when you are released from prison). If you refuse to, or because of the amount of alcohol you have consumed, you are unable to

You don't have to mix drinking and driving



Never offer an alcoholic drink to someone who is driving



Stick to non-alcoholic and soft drinks



Arrange for someone who is not drinking to drive



Use public transport or grab a cab



Stay overnight

Have none for the road

provide a sample of breath, the fine is increased to £5,000 sterling, you may be jailed for up to six months, and disqualified for at least one year. Most other countries throughout the world have similar, or even harsher penalties than the UK. Within the UN, your problems will start with your likely repatriation home, in disgrace.

"I had to take my car - there was no other way to get there and back." This is an annoying excuse, heard all too often. Arrange for someone who is not drinking to drive. Take a taxi, stay overnight, use unit transport, or even try walking! Try any of these, but do not drink and drive. If you are arranging a unit function, why not also arrange unit transport to stop your colleagues drinking and driving? Never buy an alcoholic drink for a person you know is driving.

"I went to a barbeque last night, and I have to work today. I have had a good night's sleep and a cup of coffee. I'll be okay to drive." Possibly, but consider this: if you go to bed at midnight, after an evening's drinking, you may have 110 ug of alcohol per 100 ml of breath, well over the limit! You go to bed, and wake up at 7 a.m., when there may still be 50 ug of alcohol per 100 ml of breath in your system. You are still over the legal limit. By lunchtime, your body has continued to expel the alcohol, and has reduced your amount to only 20 ug of alcohol. Although this is now technically below the legal limit (unless driving UN Vehicles), your ability to drive may still be affected. It is impossible to speed up alcohol elimination. Cold showers, strong coffee, Red Bull, or other ways of sobering up do not work. Time is the only way of reducing your alcohol content.

If in doubt - **DON'T!** Leave your vehicle at home (or wherever you have been drinking) and find another means of transport instead.

Have a safe and alcohol-free journey.



**DON'T
DRINK
AND
DIE**

On a Philosophical Note...

A philosophy professor stood before his class and had some items in front of him. When class began, wordlessly he picked up a large empty mayonnaise jar and proceeded to fill it with rocks right to the top, rocks about 2" diameter. He then asked the students if the jar was full? They agreed that it was.

So the professor then picked up a box of pebbles and poured them in to the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. The students laughed.

He asked his students again if the jar was full? They agreed that yes, it was. The professor then picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

"Now," said the professor, "I want you to recognise that this is your life. The rocks are the important things -- your family, your partner, your

health, your children -- anything that is so important to you that if it were lost, you would be nearly destroyed. The pebbles are the other things in life that matter, but on a smaller scale. The pebbles represent things like your job, your house, your car. The sand is everything else. The small stuff. If you put the sand or the pebbles into the jar first, there is no room for the rocks.

The same goes for your life. If you spend all your energy and time on the small stuff, material things, you will never have room for the things that are truly most important. Pay attention to the things that are critical in your life. Play with your children. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal. Take care of the rocks first -- the things that really matter. Set your priorities. The rest is just pebbles and sand."



Caption Competition



1. Synchronised swimming -- easy to do on your own.
2. We all live in a yellow submarine -- and you don't!
3. The great white shark's eye view of an appetizer, entrée and dessert (Charles -- come and collect your prize!)
4. Nothing like a nice big cup of water on a hot day...
5. The idea was in its embryonic stages...
6. I DARE you to come burst my bubble!!!
7. Did somebody say Iceberg?!
8. We all held our breath for the arrival of the Canadian Contingent.
9. Self-preservation -- the secret to perpetual youth...

Well now, readers, we ARE improving. This issue, we have several entries for the caption competition, and some are so funny that we have listed them below.

Now let's see what we come up with next time....



The best caption for the above photograph will receive a prize. All entries should be submitted to the Public Information Office by:

29 November 2001

MFR Outflanked by Sector 1

By Maj. A. Alvarez and 1/Lt. R. Lucarino

The MFR football team opened their 13 September challenge game with Sector 1 by putting the opposing team under immediate pressure, scoring a goal within the first minute of play. Sector 1 quickly rebounded, however, with a reorganised line-up and turned the game in their favour, with the first

half ending 1-1. In the second half, Sector 1 moved the ball to both flanks, setting up very good attacks that produced a 5-1 final result.

Spectators and players alike enjoyed the high standard of football from both sides, and the spirit of friendship with which the game was played.



Six of the Best

By Maj. A. Alvarez and 1/Lt. R. Lucarino

On 16 September, the "14th Annual International Running Contest" took place in the Village of Agros. The 7km race was organized by the Achilleas Agrou Athletic Club and the Cyprus Amateur Running Club Perikles Demetriou.

Thirty-three ARGCON members joined the challenging

event, with six finishing in the top three in their respective age group: Pte. Queupo third in the 20/29 age group; 1/Sgt. Vera third in the 35/39 age group; WO2 Moyano second and WO2 Vazquez third in the 40/45 age group; and WO2 Mamani and Lt. Col. Patoco third in the 46/50 age group. Well done all!



Why Keep Score?

By 1/Lt. L. Klima



Football matches between Sector 4's Hungarian and Slovak teams started almost immediately after SLOVCON arrived on the island. On 3 October, however, Camp General Stefanik in Fama-gusta witnessed a match with a significant change. Hungarians and Slovaks created a joint team and played against a local telephone company team.

Sector 4 set the pace early

on, scoring several times. In the best sports spirit, both sides played well and nobody was able to provide a final score. The player of the day, scoring the most goals, was Maj. Matej, Sector 4's senior logistic officer. The CO and DCO Sector 4 invited all players to the officers club, where rumour has it that discussion about the final score -- which no one kept track of -- lasted late into the night.

Golfers Land on Moon!

By Lt. Col. M. O'Farragher



Ever wondered whether you'd enjoy golf? Do you play back home? Membership at the thriving UN Golf Club, located at the old Nicosia International Airport, is open to all those serving with the UN in Cyprus, at only £10 per month. Golf lessons are available at the practice area from 3:00 pm to 5:00 pm every Friday, and other golf clubs are hosted throughout the year for open competitions.

On 12 and 13 October, the Ballantines Open Golf Competition, played over 36 holes, attracted island golfers with handicaps ranging from 3 to 21. Capt. J.J. Simon of Ops Branch -- who only began to play golf two years ago -- won the best net with a 130 net score over the two days. Other UNFICYP/UNCIVPOL prize winners included Maj. Gen. V. Rana, Lt. Col. M. Farragher and Sgt. D. Sheedy.

No Game is Easy!

By Bdr. A. Crouch

The UN opened their hockey league account on 14 October with a fight against the "Saxons" from Episkopi. Wearing their newly sponsored kit from KEO, the UN side looked a match for anyone: with some slick passing, it was soon 2-0 to the UN. With a quick counter-attack, the Saxons were back in the

game, however with the score reaching 5-2 to the Saxons before the UN side began to show their spirit in the face of adversity, reaching a final score of 5-4 to the Saxons.

A few more seconds could have made all the difference, with the UN team playing its best as the game neared its conclusion.



UN DAY 2001

