UNIFICYP MILITARY SKILLS COMPETITION

1st – Sector 4 – B Team
2nd – Sector 4 – A Team
3rd – FSC Sqn

Front cover
THE SALT LAKE-LARNACA
By: S/Sgt A. Beaton

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THE KARPAS CREW OF SECTOR SIX

By Capt Dr. K. Miklautsch

OP stands for Observation Post and LP for Liaison Post, of which the Austrian Contingent has two—LO A-02 in Leonarissos and LP A-04 in Yalouzas. Their tasks differ a great deal from the ordinary OPs. Originally, there were four LPs due to the number of 2,000 Greek Cypriots living in the Karpas area after the 1974 war. At present there are about 690 left, therefore, the number of LPs has been reduced to two. The LPs have purely humanitarian observation tasks, that is to assist the Greek Cypriot minority. Especially twice a week, normally on Tuesday and Wednesday, when the UN re-supply convoy takes the necessary food and other articles of necessity to the Greek Cypriots, the Karpas crew is of great help to the Sector Head of Operations Capt J. Ernst, who is actively supported by his assistant, Sgt Manzì. The two LPs are manned by nine men and are supplied with foodstuffs by their company in Famagusta. But despite that, the crew has to prepare all the meals itself. All those who have ever been a guest there know that almost every single man of the crew is an excellent cook. As a rule the soldier stays at the LP for six months. Therefore it is of great importance that the LP commander knows how to handle his men. It is also of importance that all of them cultivate some kind of hobby in their spare time, I, as a frequent visitor of the LPs, can only recommend this activity, and congratulate the brave guys up there for their true comradship and for the excellent work they carry out every single day in the service of peace.

RUGBY 3 RRF vs 1 RRF

The rugby teams of 3 RRF and 1 RRF met for the second time in two weeks on Saturday 21st February in what is becoming a Regimental Test series. After their defeat on 7th February 3 RRF were looking to even the score but were attempting to do so with a weakened pack. Fortunately 1 RRF were similarly indisposed which resulted in a cracking game.

The scoring was opened by 3 RRF with a penalty from skipper Capt John, quickly followed by a supertry from the three quarters putting full back Sg t Charity over, which was converted by Capt John.

1 RRF played themselves back into the game with a penalty but again the 3 RRF threeply quarters ran in a try from Lt Whitwam and put a lot more pressure onto 1 RRF by steamrolling their forwards over their goal line three times only to

RE-SUPPLY PROBLEMS IN DANC O N

As the readers know, DANC O N in Sector 1 is placed in a beautiful and mountainous region—especially the westernmost company, C Coy. Until 86 the re-supply and rotation of the OP crew in C Company was done by Wessex helicopters. This was because the patrol and communications track linking the OPs is generally too risky to drive on, particularly when wet.

Now, due to budget spending cuts, the re-supply has to take place without the help of helicopters and with wheeled vehicles only. After a lot of rain in these first few winter months, we are left with some problems concerning the re-supply. Our narrow mountain patrol track is constantly repaired and cleared by the Force Engineers and our own soldiers, but the erosion, especially in the rainy season is heavy. Following the rains the track needs clearing of fallen rocks and stones. This is not in itself a great problem. On some parts of the track the surface is solid rock, on other parts it is soft soil with a lot of it. The main problem occurs on the soft soil area which is softened by the

Nicosia Kart Club invites you to come and watch the first round of the Summer Championship League on 22 March. Racing starts at 1100hrs. For the first time this season there will be a team of ladies who have never raced before. Come along and enjoy the races, refreshments and be in with a chance of winning the Grand Raffle. You could be in the running to win one of the weekends away or one of the many other great prizes. Bar facilities are available.

So just follow the Nicosia Kart Racing Club signs towards AUSTIVPOL.
WEDDING IN AUSCON

M/Cpl M Kremmer and his wife Erika during the wedding

Two of the most important things about the Cypriot way of life are eating and
drinking! It has been said many times that
Cyprus is the cross-roads of the Middle
East—the point where east and west meet
and blend, and it is true to say that many

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cultures have left their stamp on the culi-
nary traditions of the island. In the course
of one meal it is possible to savour spicy
dishes of the Levant, subtle flavours of the
east and the more solid traditional cooking
of the west.

Most visitors to Cyprus are introduced
to the gastronomic delights of the island by
way of a "Meze Glendi", which literally
translated means a "feast of delicacies".
"Meze" means a collection of small dishes
are usually appreciated more if they come
in small quantities — which is probably
why they are served on small dishes!

What most people do not realise is that
there is no set menu for a Meze. It consists
of what happens to be in season in the par-
cular time of year, and since all ingre-
dients are fresh the dishes will vary trem-
endously from one time of year to an-
other. Every restaurant has a different idea
of what a meze should consist of, and
since there are several hundred dishes to
choose from, it is very rarely that you will

Come across two restaurants which serve
the same Meze.

The most important thing to remember
about a Meze is that you should never eat
too much of any one course. The dishes
are brought in instalments, and if you eat
too much at the beginning you will be too
full to enjoy the excellent meat dishes
which are brought towards the end of the
meal!

The starter course consists mainly of
dips which are accompanied by hot pitte
bread and fresh salad vegetables:

Taramosalata — this delicious dish which
is bright pink in colour is made from
smoked cod's roe mixed with onion, lemon
juice and parsley.

Grilled Hallowini — grilled goat's milk
cheese

Tahinosalata — a dip made from tahine,
garlic, lemon and water. Delicious with
fresh bread or as a salad dressing.

Yemista — various stuffed vegetables
such as small onions tomatoes, potatoes
and vine leaves stuffed with a meat and
rice mixture.

Melitzanosalata — a dip made from the
pulp of cooked aubergine mixed with bread
crumbs, olive oil, garlic, lemon juice, fresh
mint and parsley, oregano and black pep-
per, freshly ground.

The next stage in the meze is several
dishes with very subtle flavours with an
egg base:

Egg and Spinach — fresh spinach leaves
chopped and then cooked with scrambled
egg. Served with lemon and freshly
ground black pepper.

Chicken Livers — chicken livers fried with
fresh tomatoes and onion and mixed with
scrambled egg.

At this point in the meze you may be
brought dishes of mushrooms sautéed in
butter, slices of fried eggplant, fresh beet-
root or other vegetables according to the
season.

There will normally be a short break at
about this time, and you will begin to
wonder if the meal is finished. However,
after a few minutes your waiter will start
bringing on the grilled dishes and casse-
roles. Usually the fish dishes first, follo-
wing by the meat:

Maridhes — deep fried whitebait, to be
eaten whole, heads, tails and all!
Octapodi Kraasto — octopus marinated in
red wine, cooked with tomato, onion, bay
leaves and cinnamon.

Savore — tiny red mullet, deep fried and
served cold in a wine vinegar sauce.
Kalamarski — baby squid deep fried.
Afalila — small chunks of pork marinated
in red wine and cooked with coriander
seeds.
Tavas — cubed lamb cooked in an ear-
thenware pot in the oven with onions and
tomatoes flavoured with cumin.
Stifado — beef stew cooked in wine vin-
ergar with onions and spices.
Loukaniko — spicy sausages from Paphos
flavoured with hot chillies.
Kifteades — tiny meat balls flavoured
with onion and parsley.
Lamb chops — tiny baby lamb chops gril-
ed on charcoal.
Souvlakia — cubes of lamb or pork grilled
over charcoal.
Sheftalia — a kind of sausage made from
minced pork and lamb, parsley, onion and
cinnamon.

All these grills will be accompanied by
a mixed salad of tomatoes, cucumber,
cabbage, olives and lettuce, garnished
with feta cheese and dressed with olive
oil and lemon juice.

To finish your meal, there should be
masses of fresh fruit in season, and a cup
of good strong coffee to help you digest
this feast.
The Danish Minister of Defence and Danish Chief of Defence visited UNFICYP from 24-27 February. DANCON had the pleasure of a visit from Mr Hans Engell, the Minister of Defence, accompanied by Admiral S.E. Thiede, the Chief of Defence. During their visit Mr Engell and Admiral Thiede managed to see the entire area of Sector 1 and the DANCON medal parade. They also paid visits to HQ UNFICYP and MP HQ. While they were on the island quite a few Danish soldiers had the opportunity to have informal talks with both men. Mr Engell and Admiral Thiede both came to Cyprus following a visit to Israel, after a busy four days they left for Denmark on a Gulfstream from the Royal Danish Airforce.

Mr Feissel presents Sgt M. Higgins with his UN Medal.

Mr Goulding presents Sgt R. Diamond with his UN Medal.

Early March saw the 3rd Fusiliers at the halfway point in their six month tour and the rotation of the rifle companies. B Company as Eastern Company were relieved by A Company and Fire Support Company as Western Company were replaced by C Company. Both B and Fire Support Company will be at Dhekelia and revert to wearing the Fusiliers more familiar headdress of the beret and hackle.

The month has been a busy one with our sports teams entering all UN Competitions and notably winning the road relay race around the UNPA. We have as expected, hosted many visitors including Mr John Stanley, the Minister for the Armed Forces in the British Government. Other visitors have included ambassadors, journalists and of course our friends from the other contingents. All have been welcome and the Fusiliers on the OPs have continued to brief them with confidence.
UNIFICYP TABLE TENNIS COMPETITION

RESULT:

INDIVIDUAL - FIRST - SP REGT - MP COY
SECOND - THIRD - SECTOR 1 - SECTOR 5

DOUBLES - FIRST - SP REGT - SECTOR 1
SECOND - THIRD - SECTOR 5

THE BEAVERS ARE BACK...

The Royal 22e Regiment (R22eR) has been an active member of the United Nations Peacekeeping Force in Cyprus ever since its beginning in 1964. The Regiment had the privilege of being the first Canadian Representatives to be sent for a tour of duty on the Island. Since the formation of UNIFICYP, the R22eR has undertaken this task on eight occasions.

The 2nd Battalion of the Regiment, has been deployed on four of eight tours: 1969, 71, 76 and 81. With the Battalion scheduled to deploy in March 1987 to replace the Canadian Airborne Regiment, this will be raised to 5. This rotation is the 47th such rotation to be carried out by CANCON in the 23 years of the peacekeeping effort on Cyprus.

The Royal 22e Regiment was formed on 21 October, 1914, since then the Regiment has seen active service in both World Wars, the Korean Conflict, and numerous peacekeeping missions in such places as the Congo and Lebanon. On all these occasions, the men and officers of the R22eR, or the “Vandoos” as we are often referred to by our English compatriots, have earned the respect from friend and foe for the professionalism and the determination which is displayed while accomplishing our tasks.

part of the 4th Canadian Mechanized Brigade Group. The 2nd and the 3rd Battalions are stationed at Quebec City and Valcartier, 30 km outside Quebec City, respectively. These Battalions represent an integral part of the 5th Canadian Brigade Group (5eGBC).

In addition to participating in various operational tasks, the 2nd Battalion, had the responsibility bestowed upon her in 1968 for the garrisoning and upkeep of “la Citadelle” in Quebec City, which is the Regimental Home Station. La Citadelle is an historic fortress constructed in the 1820s, which overlooks the city of Quebec and St-Laurence River. The fortress proved to be quite effective in dominating the entrance to the Great lakes and to the Heart of the North American Continent. Each summer thousands of tourists pour in to witness a rather old and unique event of Canadian heritage, the “Garde en Rouge”. The “Garde en Rouge” literally translated means Red Guard, which consists of a changing of the guard and a sunset ceremony which has been historically performed in Quebec City since the early 1700’s.

While the majority of the Battalion will be carrying out its peacekeeping role in Cyprus, the rear party will have their hands completely occupied. With a rifle company, several combat support and combat services support Platoons left behind, they will deploy and play an active part as a member of 5eGBC on several spring exercises. Also, for the duration of the summer, rear party will be responsible for the “Garde en Rouge”.

So hold on to your hats, because the “Vandoos are back... Je me souviens”
THE SECRET OF THE VENETIAN MARBLE LION OF FAMAGUSTA

By Capt Dr. K. Miklautsch

The world-famous Othello Tower of Famagusta - the setting of Shakespeare's drama Othello.

places are parts of the walled city of Old Famagusta and are superb examples of Franco - Venetian architecture. Above the Sea Gate one can still see the winged lion of the once so mighty and arrogant Signoria of Venice. Today the gate is kept closed. Inside the old entrance you can see a forlorn marble lion near the wall. Its purpose is not quite known. But what we still know today is a legend that goes as follows. It is said that once a year, at midnight, the animal opens its mouth wide, so that the person who knows the exact moment, can let his arm glide down the lion’s throat to get hold of a precious treasure in the beast’s stomach. So far nobody has been able to guess the time of recovery. My friends, you have 365 possible nights, 366 in a leap year! Have a try and take time by the forelock!

Good luck!

On 9th February 1987 the UN Road Relay race resulted in a fine win for the Fusiliers who were clear front runners all the way.

Due to unforeseen circumstances one of the team had to withdraw before the start and a quick replacement had to be found. Fus Allen of the Ration Stores was duly "Volunteered" and then managed to run the second fastest individual time of 21.40.

FUSILIERS ROAD RELAY CHAMPIONS

The team lead by 2Lt NANSON consisted of:
Cpl Turrington  Cpl Taylor  LCpl Garrett  Fus Jones  Fus Allen

THINK AND DRIVE - DON'T LET THIS HAPPEN TO YOU

By Capt P. Duma

Is it because articles are boring, that people don’t like being told how to drive, or just that they think it won’t happen to them? Whatever, considering local driving standards, accidents happen all too often, resulting in death or serious injury which can devastate the lives of family and friends.

The chances of such an accident happening to you can be vastly reduced through defensive driving.

Defensive driving is nothing to be ashamed of - it is professional driving and will be appreciated by many road users and particularly your passengers! It can be achieved by following a few simple rules:

Don't drive too closely to the vehicle in front; leave enough room to react in case he does something unexpected, or his brake lights fail to work.

Read the road - look beyond the area immediately in front of your car and anticipate hazards early.

Don't speed - don't drive so fast that you are unable to anticipate hazards and react to other road users.

Finally, don't drive aggressively. It increases wear and tear on your vehicle and provokes other road users to drive dangerously and challenge your right of way.

R E M E M B E R - B E A PROFESSIONAL? BE A DEFENSIVE DRIVER.

CANCON EXIT, EXIT, EXIT

As the Feb/Mar period of 1987 approaches, the Canadian Airborne Regiment in CANCON is very much looking forward to being "GONECON". We will arrive back in Petawawa, Ontario with just barely enough time to rest, refit and gear up for the Rendezvous 87 Divisional Exercise to be held in Wainwright, Alberta. This should see us back home at Petawawa sometime in June. Oh Joy! Rumour has it that when 3 Commando returned home last year, the troops were sun-burned to a rich bronze colour. The "power-tanning" apparently starts in mid-Feb according to our reliable sources!

Many members of the Regiment attended a weekend boat tour to Israel at the end of January and came back wearing the traditional burnouse. We were strongly advised that it was not in our best interest to wear them in Jerusalem, so Nicosia will have to bear the brunt of our new look!

The tour took us to Jerusalem, Bethlehem, Tel Aviv, Haifa and around the Sea of Galilee. Wet weather on the way home contributed to a heavy dose of unplanned rocking and rolling, with the boat eventually docking at 1300 hrs instead of 0700 hrs. Still, as a final 48hrs fling at leave from Cyprus, it proved to be an interesting trip.

The Regiment continues to look sharp and be sharp, but then nothing less is expected, and the handover to the 2R22E should be very smooth and efficient.

As members of the 46th Rotation of Canadians in Cyprus we have both sides of the line from many viewpoints. We will probably be back for a further tour. Let us hope, for the Island’s sake that the next time will be the last time for a repeat visit, and that a permanent peace will have come to the island.

Until the next time, AIRBORNE! COMMANDO!
THE COLOURS OF THE FUSILIERS

The Regimental Colour of the Royal Regiment of Fusiliers proclaims the Regiment's origin by displaying in its four corners the historic emblems of the four old regiments.

In the first corner, the Fifth or Royal Northumberland Fusiliers are represented by the United Red and White Rose 'slipped ensigned with the Royal Crest'. This derives from their formation along with the Sixth or Royal Warwickshire Fusiliers, in 1674. In that year these two regiments were raised in the Low Countries from United Kingdom companies fighting in Dutch service against the French, and collectively known as the Holland Regiment. Companies of that regiment wore for their badge the Sixth United Red and White Rose; the two newly raised regiments kept this badge, but wore it for difference as a 'slipped rose' - that is, one torn from the parent stock, so keeping a small piece of stalk attached to it.

In the second corner of the Regimental Colour the Sixth or Royal Warwickshire Fusiliers are represented by their old badge of the Antelope. This probably derives from the House of Lancaster, dating back to Henry VI, and it was certainly one of the ancient badges of the royal family of England. The Antelope within the Garter is on the regimental button and for the past 100 years or so the Regiment has had an Antelope as its mascot.

In the third corner of the Regimental Colour the Seventh Royal Fusiliers (City of London Regiment) are represented by the White Horse of Hanover. The regiment was also cast on the cannon which it guarded. The regiment was given precedence before the Seventh, becoming known as the Royal Fusiliers - a Royal regiment since its inception.

In the fourth corner of the Regimental Colour the Twentieth or Lancashire Fusiliers were represented by the Red Rose of Lancaster. The colour also bears a distinction won late by the regiment, namely the Sphinx superscribed 'Egypt'. The Twentieth was raised in 1688 by Prince William of Orange who, at the invitation of English Protestants, had come from Holland to assume the throne from his father-in-law, James II. He landed with his army in Torbay, and was soon in Exeter where he commissioned one of his English Officers, Sir Robert Peyton, to raise a regiment. This became the Twentieth.

The regiment was raised personally in 1685 by James II; alarmed by the Duke of Monmouth's rebellion in that year, and especially by opposition to himself in London, the King resolved to increase his standing army. The first of the new regiments to be formed was raised in the City of London, and quartered in the Tower. The King called his new regiment 'Our Royal Regiment of Fusiliers' having decreed that it was to be armed with the new snap-hance musket which was already in service in the French army and known as the 'fusil'; from this the regiment took its name. Its primary task was to defend the King's artillery-train, or ordnance, which was also quartered in the Tower of London, and hence the regiment was initially designated an Ordinance Regiment.

As a further mark of royal patronage, the regiment was granted as its badge the Tudor rose within the Garter surmounted by the Crown, which

OVERT HILLS, OVER DALES.... AS WORKSHOPS GO MARCHING ALONG

By Lt R Laurie

The UNICYP Support Regiment Workshop REME has its soldiers posted on a roulement basis; this means that in general there is a good level of continuity. It also means that short training exercises can occur periodically on a six month cycle without anyone attending the same exercise twice in a tour.

The Workshop runs three main exercises, each lasting between 36 and 48 hrs:

ASINOU ESCAPE is an escape and evasion exercise, which takes place in the foothills of the Troodos mountains. The emphasis on this exercise is accurate navigation in these very unfamiliar surroundings. Other phases of this exercise have included instruction and practice in survival skills and the building of hides.

The aim of all these exercises is to practice Junior Non Commissioned Officers in leadership skills, increase the map reading experience of all Workshop personnel, assess the general state of fitness and test common sense and initiative by means of Command Tasks. The exercises culminate with a barbecue which helps to achieve the final aim - to integrate new members of the Workshop and have fun!

THE FINN EAGLES

Even though the Finnish contingent is small in size, it is known to have taken part in all kinds of activities, not just sauna and shooting.

One of the most popular activities is bowling. The FINN EAGLES team which takes part in the bowling league came a surprisingly fourth last season, just a few points behind the medallists and even took the lead for a while in this season competition.

The name FINN EAGLES was taken from the old Finnish camp above the Finnish sauna. The camp consisted of both women and men and names such as Mr Parkinen, Mr and Mrs Rantanen and Mr Vantaja became well known to many bowlers. At the moment the team captain is Mr Mauno Vantaja who is one of the best Finnish bowlers.

The FINCON Championships are held (twice a year) and last December Mr Hannu Kurki surprisingly won the competition, beating Mr Vantaja and Mr Juslin.

The present team has now started to train during the weekends and it will be interesting to see if the team will manage to win a medal this time. We can recommend bowling to everyone it really is great fun!
At the beginning of February a team of Swedish Field Artistes visited the Swedish Contingent. There were six people, of which five were musicians and one was a magician (or as he prefers to be called, an “illusionist”). The artistes spent four days here in Cyprus and during that time about five hundred people had the opportunity to see the show.

All the members of the team are well known artistes in Sweden and are normally booked well in advance throughout the year. But they put aside their other engagements in Sweden to entertain UN soldiers. Firstly they went to Lebanon for a week, where they performed for several different contingents.

In the war organisation of Sweden, almost every famous artiste is assigned to the defence as an entertainer. This means in war time those teams of “Field Artistes” are supposed to visit the units and entertain the soldiers.

On of the members of the team was a female singer called VICKI BENKERT, who became rather famous during the Eurovision Song Contest in 1984. She said “This is great fun for me. To entertain the soldiers is very amusing. I received a very good response from the boys, which is most encouraging as this is the first time I have done a job like this but hopefully, it won’t be the last”. 