

THE Blue Beret

February 1991



UNFICYP COS DISTINGUISHED SERVICE AWARD



In a surprise ceremony at the DANCON Medal Parade held at Skouriotissa Camp on 6 February 1991, the Force Commander, Maj Gen C Milner, acting on behalf of H.M. Queen Margrethe II, presented the UNFICYP Chief of Staff, Brig Nils Fredenslund, with the distinction of Ridderkorset 1st Grade. The award, which was presented to Brig Fredenslund in the presence of his wife Anne-Marie, a large assembly of international guests and DANCON medal recipients, is in recognition of his distinguished service to Denmark.

CAPTIONS COMPETITION

We have decided to revive the Captions Competition which ran for many years in the Blue Beret.

If you can think of an appropriate caption for this photograph, please let us know by Friday 15 March 1991. You are welcome to submit more than one entry, but please include your name and contact address.

The MPIO's office is located opposite the main entrance to HQ UNFICYP at Blue Beret Camp, telephone extension 2235/2237.



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The Blue Beret is the house journal of the United Nations Force in Cyprus and as such, is intended to provide a source of information on current events within the Force, on UN matters of general interest and on local tourist advice.

Articles of general interest are invited from all members of the Force. Photographs should be in black and white on glossy paper size 160mm by 210mm. This is an official publication prepared under the direction of the Force Commander. The views expressed are, however, those of the author concerned and do not necessarily conform with official policy.

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Front Cover

Soldier on patrol
in Sector Four
by SSgt Kev Capon

The Blue Beret



EDITORIAL

The Cyprus spring, when barren fields and bare hillsides suddenly blossom forth in a wonderful blaze of glorious colour and fragrance, and when migrating birds add to the annual spectacle, is here again. For many, this is when the island is at its loveliest. Service with UNFICYP affords us a special opportunity for viewing Cyprus in all seasons, and none is more beautiful than spring. So bring along your camera and capture the unforgettable beauty of the island for your memory album. To encourage readers discover latent appreciation for pictorial splendour, the Blue Beret is re-introducing the photographic competition, details of which are set out on page 4. An exhibition of the best photographs submitted will be held later in the year. Meanwhile, use your leisure time wisely by seeing Cyprus — you will be glad you did.

The Force Commander regrets to announce the death of Sgt Gerald Poms on 20 February 1991.

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AUSTRALIAN NATIONAL FLAG



The Australian national flag, like the country itself, is fairly young by some European standards. It consists of a blue flag with the Union Jack occupying the upper quarter of the hoist. Below the Union Jack a large seven pointed white star, the Federation Star, represents the six States of Australia and the territories of the Commonwealth. On the fly, four smaller white stars with seven points and one star with five points represent the constellation of the Southern Cross. This design was adopted in 1901, the year the Australian colonies merged to form the Australian nation.

The first flag known to have been raised on Australian soil was by the Dutch explorer Abel Tasman when he discovered and named Van

Diemens land (now Tasmania) in 1642. The British flag connection began when Lt James Cook raised the Union Flag at Botany Bay in April 1770. He repeated the performance some months later to formally claim the east coast of the continent in the name of King George III. However, it was some 18 years before the British actually settled which enabled Lt Francois de Saint Allouarn to make a French territorial claim with a flag raising ceremony at Shark Bay in Western Australia in 1773.

After British settlement, there were a number of individual attempts to create an Australian flag but none became popular. One of the most famous early flags was the Eureka Flag which was flown by rebels within the Eureka Stockade on the Ballarat goldfields in Victoria in 1854.

With the birth of the nation on New Year's Day 1901, the new government announced a competition to design a national flag. A total of 32,823 entries were submitted from around the world including England and Canada. The winning design was submitted independently by four persons from Australia and one from New Zealand. They shared the first prize of £200.

The Australian flag you see today was first officially flown above the Exhibition Building in Melbourne on 3 September 1901.

PHOTOGRAPHIC COMPETITION

Have you a photograph which you think is pretty good?
Would you like to see it printed in this magazine?

Then why not enter our **PHOTOGRAPHIC COMPETITION?**

Send us a copy of any photograph which you think is just that little bit special, either in colour or black and white. Just a plain, unmounted snapshot will do, preferably postcard size but up to A4 size is acceptable.

Conditions of Entry:

1. The photograph must have some connection with UNFICYP or Cyprus.
2. Current regulations on photography contained in UNFICYP SOPs must be obeyed.
3. Only personnel serving with or employed by UNFICYP can participate.

The following information should be submitted together with your entry:

- a. Your name, rank and number.
- b. Your Contingent/Unit address and telephone number.
- c. Your home town in your own country.

Prizes

Suitable prizes for this competition will be presented. All material will be returned.

Deadline for entries: **15 March 1991**

Send your entries to the:

Photographic Competition
The Blue Beret
MPIO
HQ UNFICYP
Nicosia

SECTOR ONE NEWS

Humanitarian Section at work



Traditional pump

Observing and reporting does not only concern operational matters. In Sector One, both the knowledge and expertise contained within the OPs and recce groups are being exploited by the Humanitarian Section. The excellent knowledge gained has created a wealth of information for the Humanitarian Officer when executing his tasks. The following example will demonstrate the necessity for close co-operation between the OPs, recce groups and the SHO.

According to information available, all maps showing the pipeline systems in the Buffer Zone were destroyed in 1974. At present, the lack of this

information creates a major problem for the Humanitarian Officer. Long term effects will be the delay in the full utilization of land inside the Buffer Zone. When the situation on the island finally returns to normal, boreholes will be re-opened, water towers re-activated, etc., and the above mentioned information will, of course, facilitate this task. In view of this, Sector One has started a major project of compiling exact information for insertion into Land Registry maps.

But who will deliver the basic information? Why the OPs and recce groups of course! The main part of this project is expected to be completed by the time the present Contingent rotates in May 1991, but it is a never-ending job, as new information is always forthcoming.



Modern pump



Before the clearance.



ENGINEER PATROL OF HQ COY AT WORK

Once again, the patrol track in Sector One has become dangerous to drive on. After a heavy rainfall, a large piece of rock fell onto the track and blocked it between OPs D-11 and D-12. The rock was demolished by the Engineer Patrol of HQ Coy.



Capt Knøster, PI Leader, preparing the explosives.



After the detonation.

THE BLUES AND ROYALS DON THE BLUE BERET

The Blues and Royals renewed its relationship with UNFICYP when in January C Squadron RHG/D took over the role of FSC Squadron from C Squadron 13/18 Royal Hussars (QMO).

Many members of the Sqn have served in UNFICYP before and many old friendships have been renewed (mostly on Friday afternoon!). The Sqn is commanded by Maj Barney White-Spunner, Capt Chris Daly is 2IC and Capt David Greer is the AO.

Historically, before March 1969, the sister Regiment of the Life Guards in The Household Cavalry and next to it in order of precedence was The Royal Horse Guards (The Blues). However, on 29 March 1969, The Blues were amalgamated with another of the oldest Regiments of the British Army, The Royal Dragoons (1st Dragoons). They formed a new Regiment in The Household Cavalry, known as The Blues and Royals (RHG/D).

Our badges of rank are bound to cause confusion, so for this reason, a table indicating rank structure is shown on the right. The handover with the 13/18H went with smoothness and friendliness. We look forward to the challenge of our new role and to the numerous sporting and social occasions.

Normal British Army Rank	Household Cavalry Rank	Called	Badge
WO2 - Sergeant Major	Squadron Corporal Major	Corporal Major	Metal Crown
Staff Sergeant	Staff Corporal	Corporal Major	Metal Crown Metal Chevrons worn on rt wrist
Sergeant	Corporal of Horse	Corporal of Horse	Metal Crown Cloth or Metal Chevrons
Corporal	Lance Corporal of Horse (Lance Sergeant in attached arms)	Corporal	Cloth Crown Metal Chevrons
Lance Corporal	Lance Corporal	Corporal	Metal Crown Cloth Chevrons
Private	Trooper	Trooper	



Maj EWJ Nail (left) bids farewell to the OC of The Blues and Royals, Maj BWB White-Spunner.



The UNFICYP Cross Country Competition took place at Skouriotissa (B-Coy DANCON) on 22 January 1991. It was organised by DANCON and was run in perfect weather conditions. The route was approximately 10 km long, and there were about 100 participants. The winners (below), who received their trophies from the Deputy Chief of Staff, Col E N de Broë-Ferguson, are as follows:

- Men's Event : LCpl Cribb, Sector 2
- Women's Event: Sgt Schmidt, AUSTCIVPOL
- Veteran's Event: WO Maier, Sector 4
- Team Event : Sector 2



SECTOR FOUR NEWS - HUMANITARIAN SECTION



Maj Scheibler, explaining the new border of the Troulli settlement

The Humanitarian Section of Sector Four consists of four persons: two Officers and two NCOs. The main tasks of this Section are the resupply for 587 Greek Cypriots living in the Karpas area and the delivery of welfare benefits. In addition, Sector Four keeps in touch with the Turkish Cypriots living in the South of Cyprus - mainly in the Larnaca area. These patrols are carried out on a regular basis. The "Northwind Patrol" up to the Karpas in conducted once a week, whereas the "Southwind Patrol" in the South is on a once monthly basis.

Another humanitarian task is to maintain a good relationship with the authorities on both sides. This is necessary to solve problems which arise, for example the water and electricity supplies.

Sector Four has three inhabited villages within its portion of the Buffer Zone - Pyla, Troulli and Athienou. The village of Pyla is inhabited by people from both communities and on various occasions, it is necessary to sort out problems which arise with the help of the local authorities. For this reason, Sector Four attempts to maintain close contact with the mukhtars and town clerks of these villages.



Mukhtar meeting in Pyla

UNFICYP TAKE-AWAY...



The versatility of AAC Flt was recently displayed in a spectacular manner when they assisted Sector Four personnel in removing the old sentry box from OP AS-22 - to the back of a truck.

The sentry box was removed for reasons of safety and old age. However it was not thrown out - the thifty Austrians presently use it as a Guard House in 1-Coy, Athienou.

The Gazelle was piloted by Maj Andrew Wellesley, OC UNFICYP Flt AAC, assisted by Cpl Gooding and Air Tpr Rochfort.



PLAYSCHOOL CHRISTMAS FANCY DRESS PARTY

Supervisor: Nan Thomas
Teachers : Angela, Dawn, Sue, Jacqui.

- Winners:
- 1st: "Snowman" - Ian Forbes
 - 1st: "Mary Mary, quite contrary" - Natasha Harding
 - 2nd: "Elf" - Danielle Hoareau
 - 2nd: "Ninja Turtle" - Nathan Lansiquot
 - 3rd: "Cracker" - Stacey Summers
 - 3rd: "Cowboy" - Patrick Smith



UNTAG: THE UNITED NATIONS

(Article written by Capt Søren Matz)



Colourful Herero women in their traditional dress

On 16 March 1989, the main body of the Danish Contingent of the UN Force in Namibia landed at J.G. Strijdom Airport Windhoek, only one day after the advance party, who had arrived after a long and troublesome journey. Thereby an historical

moment had dawned. The first Contingent of the multi-national UN Force, UNTAG, (the United Nations Transition Assistance Group) was in place.

The events leading up to this date go back to the beginning of the century. Namibia, formerly

South West Africa, became a German colony after a short but violent colonization period in about 1901. Then it was known as German South West Africa. After the First World War, it came under the mandate of South Africa and remained as such until 1989. However, for a number of years, the UN had attempted to negotiate independence for the country, and Resolution 435, giving the UN the mandate to place a Force in South West Africa to assist in its transformation into an independent state, was agreed to by the General Assembly two decades ago. The political climate in the region was not favourable until late 1988 and finally at the beginning of 1989, all parties agreed to the implementation of Resolution 435. And there we were, 11,000 km from home in a part of the world that very few people knew much about.

Namibia proved to be very far from our vivid expectations and from our normal perception of Africa. Namibia is, in a Dane's eye, vast and very sparsely populated - 1.2 million inhabitants in a country that equals the same land mass as half of Europe. The geography is characterized by the Namib desert along the coast to the west and the Kalahari desert to the east, with a mountainous plateau in the middle, stretching from north to south reaching up to 3,000 m above sea level. The population is concentrated in the north towards Angola and Zambia and a few of the larger cities; the capital is Windhoek, with a population of approximately 200,000.

Part of DANCON/UNTAG started working from the very first step on Namibian soil. The Movement Control unit consisted of a total of 55 men, and the task was to receive all personnel and equipment of the other nations as they arrived and ensure that they reached their destinations in one piece. In Africa, this kind of work can be rather problematic, but the



An elephant having an evening bath in the Okavango river on the border towards Angola

TRANSITION ASSISTANCE GROUP

extremely efficient infrastructure was far from what we expected. We were pleasantly surprised by the helpfulness we received when cooperating with local labour at all levels. 109 different nations took part in UNTAG and, compared to UNFICYP, the tasks and the organization of the mission were extremely complex. The main aim was to assist in giving aid to the birth of a new nation by supervising free and fair elections, keeping law and order, returning approximately 50,000 refugees from Angola, observing the border towards Angola and generally keeping the peace.

The organization consisted of a military section representing about 43 nations, a large civilian police force and a huge civilian body which was mainly concerned with the practicalities and administrative procedures for the elections. On top of this, most branches of the UN were represented in smaller or larger groups.

Co-ordinating all these different agencies and nationalities is a job in itself and requires diplomacy, humour and a big spoonful of patience. However in the end, we achieved our aim and Namibia has now existed as



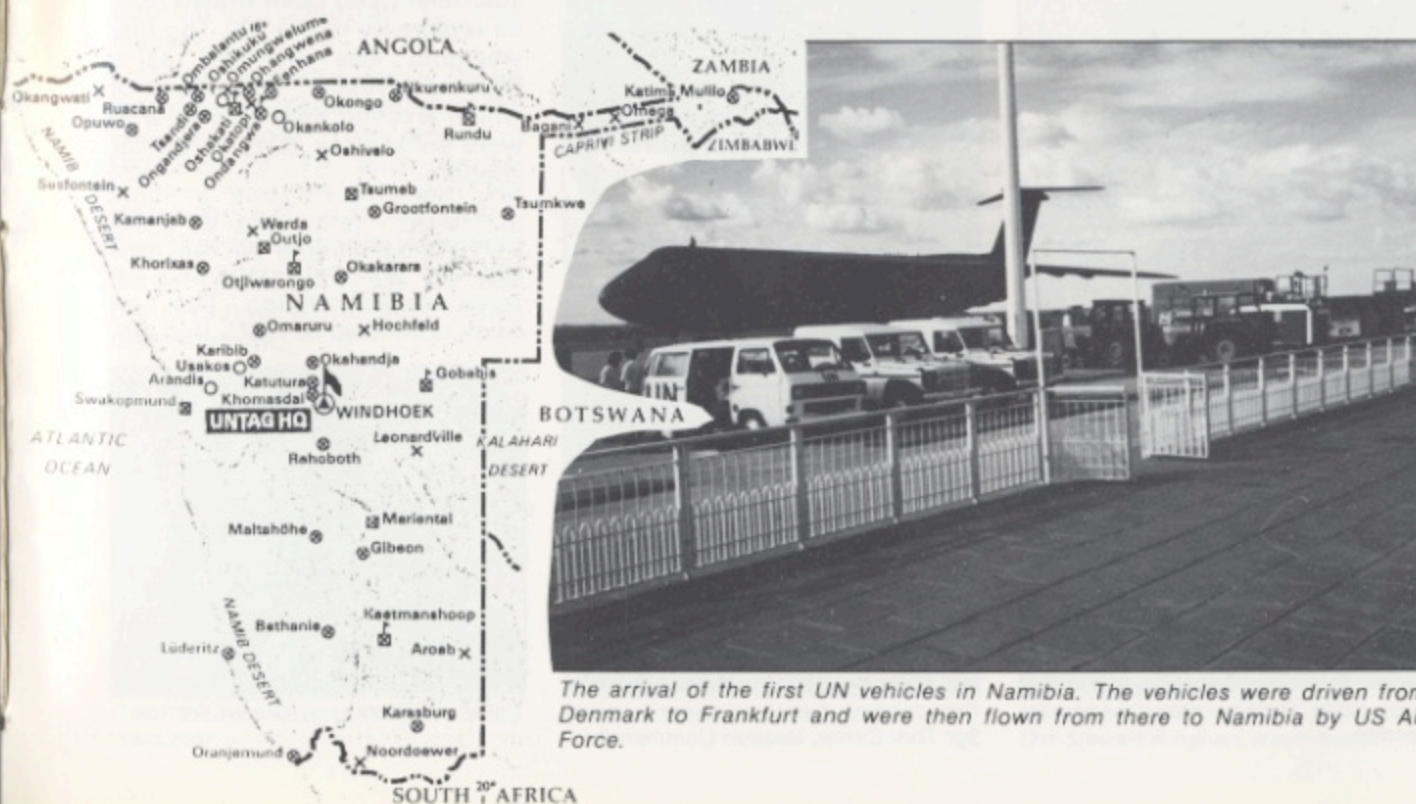
The Namib Desert - a short stop in the middle of nowhere.

an independent state for a year.

Certainly UNTAG was one very successful UN mission. In 12 months, we managed to fulfil our goals, but only time will tell whether Namibia is going to avoid the problems other African States have experienced in gaining independence. Namibia stands a very good chance. The infrastructure has not been demolished by long wars, and the natural resources of the

country make it interesting for international investments.

Furthermore, Namibia is certainly worth a visit if you do not know where to spend your next holiday. The wild life, the nature and pleasant sunny climate mixed with excellent wines and clean, first-class accommodation, even in the bush, could very well make you fall in love with this country - as most of us who went there did.



The arrival of the first UN vehicles in Namibia. The vehicles were driven from Denmark to Frankfurt and were then flown from there to Namibia by US Air Force.

UNFICYP WELCOMES THE



LCpl Christopher Weakley (ambulance driver)



Dvr David Murphy, minibus driver.



WO2 (SSM) T W Comrie.



LCpl Colin Orchin (right), Land Rover Section.



LCpl Colin Hole (Capon's Gopher) with Comdt P Murphy



Cpl Mal Atkin, Section Commander.



Cpl Johnny Patton (Storeman) and Sgt Toni Carter, Section Commander.



Capt (Ma-am Sab) Dalby, B Troop Commander with SSgt Stu Hamilton and SSgt Nobby (Tippex) Clark.

15 Squadron RCT, commanded by Major Steven Bragg, recently arrived in Cyprus to replace 60 Squadron RCT.

In October 1990, 15 Squadron were ordered to carry out two main tasks simultaneously, namely to supply two officers and 100 men for Op Granby (the Gulf), and supply four officers and a maximum of 126 men for the UNFICYP Tpt Sqn. There was, therefore, the need to increase the size of the Sqn dramatically. This is where the requirement to engage a number of Territorial Army volunteers on regular short service, or 'S' type engagements, was born.

On 2 December 1990, approximately 125 TA soldiers gathered at the RCT TA Depot in Grantham to compete for selection of the available places. These volunteers had been drawn from all regiments in the UK. The first weekend was intended as a filtering system, the result of which was the final 98 men who were enlisted as 'S' type regular soldiers.

Whilst the Op Granby personnel prepared for the Gulf, the UN element embarked on three weeks' training. The first week consisted of NBC, first aid,



Cpl Brian Thompson, Coach Section.

TERRITORIALS TO CYPRUS



Cpl Don Hey (PSV Inst) and Dvr David McGowan, Coach Section

weapon training and PT, along with a variety of information packages to heighten their awareness of the UNFICYP role in Cyprus. The next two weeks consisted of driver training, map reading skills, the annual personal weapon test and other mandatory fitness tests.

Due to our diverse backgrounds, many interesting characters lurk within the UNFICYP Tpt Sqn including bus drivers, truck drivers, dustmen, personnel officers, building surveyors, programmer/analysts, offshore oil workers, bricklayers, plasterers, fruit importers, salmon conservationists, designers, carpenters and driving instructors.

One of the responsibilities of the UN Tpt Sqn is road safety, and each month, we hope to publish information in this respect.

Many lessons have been learned with the formation of the UN Tpt Sqn. The moulding together of TA and regular soldiers into an efficient unit ready to take on an operational role has not been attempted for many years, and we all feel proud to have participated in this historic event.



Cpl Colin Thompson, driving instructor



Sgt Margaret Mackie, Orderly Room Sergeant



LCpl Leon Thyer, "Uggi" driver



LCpls Ian Trewick and Glen Parker (both Geordie lads), "Uggi" drivers



Dvr Michael Mynott, minibus driver



Cpl Henry Reynolds, Sgts' Mess Chef



Dvr Peter Jones, Storeman



LCpl Ian Lippiatt, Water Operator and Dvr Stewart Kinghan, truck driver

CANCON NEWS - MEDAL PARADES

DECEMBER 1990



Amazingly enough, the time has come already where we, the members of the Canadian Contingent, have received our United Nations' medal and are getting ready for our return to Canada. It seems only yesterday we were being briefed by our predecessors, who told us six months in Cyprus will pass quickly.

December 7th 1990 was the first of several CANCON United Nations' medals ceremonies. Members from all the contingents as well as many distinguished guests attended. His Excellency, Mr Camelion, the Special Representative of the Secretary General to the United Nations, presented the UN medals to the members of the 12e Regiment blindé du Canada, the major unit making up the Canadian Contingent. This was His Excellency's first as a Reviewing Officer. Assisting in the handing out of medals was the Force Commander and our own Colonel of the Regiment, Colonel Mario Gaulin. Festivities followed the ceremony and several mementos were presented to our distinguished guests.

Unfortunately, not every member of the Contingent could be present to receive his well deserved medal and so plans were drawn up to have a follow-up presentation.

A month later, on January 7th, the Canadian Contingent was honored by the visit of the Canadian Assistant-Deputy Minister of Defence, the Honorable Mary Collins and the Canadian Vice Chief of Defence Staff, Vice-Admiral Thomas, OMM, CD. Our soldiers who had missed the ceremonies of the month before were honored to have their medal presented to them by such distinguished guests.

It is with pride that all Canadians presently serving in Cyprus wear the UN medal and although glad to be soon returning home, these ceremonies became the highlight of a rewarding six months tour.

Adsum!

JANUARY 1991



SECTOR THREE PERSONNEL



Ops "B" Section, celebrating Cpl Jean's birthday



Sgt J Leblanc in the MP Section



MCpl Maheux and MCpl Ouellet, Recce Section



WO Girard and Sgt Bourgoin, Recce Section



Cpl Perreault, Signals Section

Command Squadron, the most important squadron in the Canadian Contingent, consists of 86 personnel who are divided into several sections, i.e. Ops "A", Ops "B", Humanitarian, Recce, Signals, MP and Laundry.

The Squadron is under the control of Major Don MacNeil, supported by his Sergeant-Major John Roby.

Here are some of its members in action!



Cpl Brideau (the Cook) and Cpl Parsons



LCol Maisonneuve presenting a cheque for £200 from CANCON to the St Anthony's Benevolent Society



Lt Blanchet (recently promoted to Capt), Ops "A" Section



MCpl Vaillancourt, 2i/c Laundry Section



SSM John Roby (left) during a morning briefing

NEWS FROM SUPPORT REGIMENT

COMMANDER BRITISH FORCES CYPRUS VISITS BRITISH CONTINGENT



CBFC with Dvr Dearing

UNFICYP SP REGT ORIENTEERING COMPETITION

The Support Regiment Orienteering Competition took place last December. 254 (UNFICYP) Signal Squadron were the organisers of the event which took place on and around the UNPA. There were three categories of events with 4 runners per team per course. Competition was fierce as this was the final event that would decide the winners of the CO's Shield.

The final placings were as follows:

1st — 254 (UNFICYP) Signal Squadron

2nd — UNFICYP Workshops

3rd — UNFICYP Ord and Flt

Individual course winners were:

A Course — Maj Wellesley (Ord/Flt)

B Course — LCpl Johnson (Sig Sqn)

C Course — WO2 Goss (Wksp)



During his recent visit to the UN Forces, the new CBFC, Air Vice Marshal AFC Hunter CBE, visited the British Contingent. During his tour of the UNFICYP Workshops, he was escorted by the OC, Major Digby Merrett, and met many of the soldiers and civilian employees. Pictured (left) with LCpl Andrews, an armourer employed as the Workshop fitter turner, Air Vice Marshal Hunter can be seen discussing some of the delicate work required to repair a camera tripod for the Force Photographer. On the right, a Quarter Guard from Sp Regt greeted him as he visited the various sub units of BRITCON and the Ferret Scout Car Squadron.



CBFC with LCpl Andrews



Major Vince Hazlewood has taken over as 2IC Support Regiment. He was commissioned into the 22nd (CHESHIRE) Regiment in 1967, and he comes to Cyprus from Germany where he was serving as a Ground Liaison Officer (GLO) with No 3 (Fighter) Squadron RAF.

Major Hazlewood is married to Diana and they have one son, Damian, who is 16.

Vince lists his interests and hobbies as most sports, especially athletics. As a family, the Hazlewoods are now looking forward to trying their hand at sailing and exploring the historical sites of Cyprus.



WO11 Hawker RAOC joined the Quartermaster's Dept as the RQMS on 11 January 91 on posting from the Armoured Vehicle Sub Depot in Ludgershall, Hants. He joined the Army as a driver but changed trades in 1979 to a Military Training Instructor (MTI). This is his first time in Cyprus and he is accompanied by his wife Carol and two daughters Natalie and Sophie.

WO11 Hawker enjoys and participates in many sports but in particular football, in which he has represented his Corps consistently for 12 years.

RECIPES FROM UNFICYP WIVES



A MEATY MAIN DISH

Singapore-Style Curry (Beef, Mutton or Lamb)

- 1 lb mutton, beef or lamb, cubed
- 1 tablespoon cooking oil
- 1 medium sized onion, skinned and sliced
- 2 cloves garlic
- 1 teaspoon ground ginger
- 2 teaspoons paprika
- 1 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper (optional)
- 6 whole cardamoms, crushed
- 2 pieces cinnamon bark
- 4 whole cloves
- 1 small carton yoghurt, or 1 glass of milk
- 2 tablespoons tomato puree
- 1 level dessertspoon salt
- 1 small can tomato juice (optional)
- 1 teaspoon turmeric

Mix all spices together with the tomato puree, add a little water to make a paste. Heat the oil in a large saucepan and brown the onion and crushed garlic. Stir continuously. Add cardamoms, cinnamon bark and cloves. Then put the paste in the saucepan and fry together with the rest of the ingredients already in the pan.

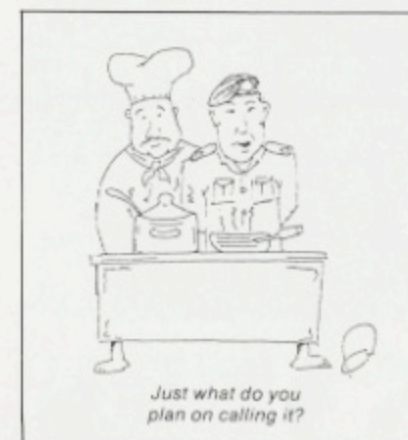
Stir all the time, for about 5 minutes. Add the meat. Stir in yoghurt or milk, salt and tomato juice. Bring to boil, simmer, reduce heat and stir occasionally until meat is tender. If the sauce thickens too much before the meat is cooked, add some extra water. Serve with plain boiled rice, and a few accompaniments such as cucumber, tomatoes, mangoes, grated coconut and popadums.

A FISHY DISH

Tuna Bake

- 2x7 oz cans tuna fish
- 1 green pepper, chopped
- 1 tin pimento
- 2 tins condensed mushroom soup
- 1 cup grated cheese
- 2 onions, chopped
- 1 clove garlic, crushed
- 1/2 lb mushrooms, sliced
- 8 oz noodles

Fry onion, garlic, mushrooms and pepper in butter until soft. Cook noodles for 9 minutes, rinse in cold water and drain. Combine soup, cheese, pimentos and drained flaked tuna. Combine all ingredients in a dish in which it is to be served and cook 350° F for 50 minutes until thoroughly baked through. Serves 6 to 8 people.



A DESSERT

Chilled Orange Cups

- 4 large oranges
- 1 orange flavoured jelly
- 1 medium can mandarin oranges
- 4 heaped tablespoons vanilla ice-cream (softened)

Cut the tops off the oranges by serrating with a sharp knife.

Squeeze out all juices and reserve. Scrape pulp and membranes out of oranges and discard. Make jelly up to 3/4 pint with mandarin syrup and orange juice. Leave over a low heat until jelly dissolves. When cold and just beginning to set, beat briskly until light and foamy. Beat in ice-cream then fold in all but 8 mandarins. Spoon equally into orange just before serving.



A SAVOURY

Spiced Wheat Peppers

- 6 oz Bulgur wheat (kibbled wheat)
- 2 green peppers
- 2 yellow peppers
- 8 oz onions
- 6 oz tinned tomatoes
- 1 oz butter
- 1 teaspoon chilli powder salt and pepper

Cover wheat with cold water and soak for 1 hour. Cut a thin slice from stalk end of each pepper and reserve. Remove seeds. Cut each one in half horizontally and place on a buttered, shallow dish. Chop onion and roughly chop the tomatoes. Melt the butter in a saucepan, saute the onions with chilli powder for 3-4 minutes. Add the tomatoes and well-drained wheat. Cook, stirring, for 1-2 minutes and season. Fill peppers with chilli mixture, replace tops, cover with buttered foil and bake at 375° F, mark 5 for about 40 minutes.

A CAKE

Honey, Date and Walnut Cake

- 8 oz plain flour
- 3 level teaspoons baking powder
- 1 oz chopped walnuts
- 4 oz dates
- 4 oz butter
- 4 oz caster sugar
- 2 lightly beaten eggs
- 4 tablespoons milk
- 4 tablespoons clear honey
- pinch salt

Sift flour, baking powder and salt into a bowl. Rub in butter. Add sugar, dates and walnuts. Mix to a soft consistency with the eggs, milk and honey. Pour into a greased 1 lb loaf tin and bake gas 4, 350° F. Cool on a wire tray.

en passant...

VIP VISITORS TO UNFICYP IN JAN 1991

Maj Gen Nykanen (FINCON)
Chief of Dept, MOD, Finland
Maj Gen Mariage (CANCON)
Chief of Reserves of Canadian
Forces

Mr Knud Enggard (DANCON)
Danish Minister of Defence

Hon Ms Collins (CANCON)
Associate Minister of National
Defence

Mr Drake (BRITCON)
Foreign and Commonwealth
Office

WELCOME TO:

Maj Vince Hazlewood
(2I/C Sp Regt)
Maj Bill Wiseman
(SSO Logs)
Capt Amanda Pugh
(RMO, Sect 2)

FAREWELL TO:

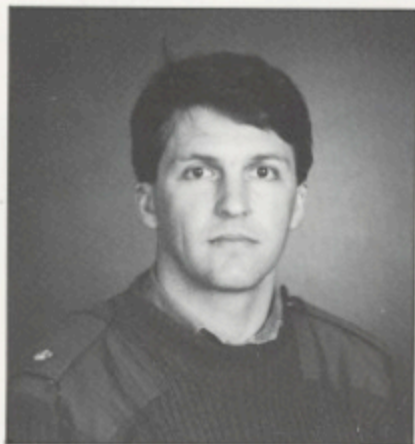
Maj Peter McGhie
(SSO Logs)
Maj J M McMillan RAMC
(RMO, Sect 2)
Ms Ling Ling Yong
(Sec to SRSG)

If you have any information you would like to see published in this section please telephone extension 2235 by 14 March 1991.

Major Steven Bragg commands 15 Squadron Royal Corps of Transport who have just assumed the role of the UN Transport Squadron in Jubilee Camp. He was educated at Sowerly Bridge Grammar School in West Yorkshire before attending the Royal Military Academy Sandhurst in 1976. He was commissioned into the Royal Corps of Transport in 1977.

In September 1990, after a long life as a single officer, he finally resigned his bachelorhood and married Sara prior to assuming command of 15 Squadron in Catterick in North Yorkshire.

His hobbies include athletics, cross country running, soccer, skiing and driving fast, open topped sports cars.



The Blue Beret would like to wish a belated Robert Burns day to all the Scottish members of UNFICYP with the first and last verses of "When Wild War's Deadly Blast".

When wild War's deadly
blast was blawn

And gentle Peace
returning,
Wi' monie a sweet babe
fatherless

And monie a widow
mourning,
I left the lines and tented
field,

Where lang I'd been a
lodger,
My humble knapsack a' my
wealth,

A poor and honest
sodger.

For gold the merchant
ploughs the main,

The farmer ploughs the
manor;
But glory is the sodger's
prize,

The sodger's wealth is
honor!

The brave poor sodger
ne'er despise,

Nor count him as a
stranger:

Remember, he's his
country's stay

In day and hour of
danger.



Three Bandsmen celebrated promotion recently. They have swapped their usual role of music making for that of peacekeeping. Seen here outside BC-21 are LCpl Nick Greech (centre) now Cpl, with Bdsm Jason Griffiths (right) and Bdsm Taffy Grist (left), both now LCpls. Congratulations go to all three who are presently members of 3rd Troop H Squadron.