WHAT DID I TELL YOU?
THERE'S NOTHING TO BEAT A FINNISH SAUNA

Photos by
S/Sgt Kev Capon

It is said that if a Finn invites you for a sauna, it is a mark of respect and an expression of sincere friendship. This is true, but the motive for inviting a friend for a sauna may also be selfishness - Finns enjoy a sauna and prefer to bathe in good company.

The sauna is a social phenomenon. Finns are fond of telling the story of the sauna: originally, the sauna was always built before the house (as happens nowadays in every new Finnish UN mission), women gave birth in saunas, corpses were washed in saunas, and saunas were used for both drying wheat and smoking ham.

Nowadays, a small private sauna is installed in almost every apartment. There are more than 1,200,000 saunas in Finland of which over 220,000 are in holiday residences.

These small private saunas are, despite improved ventilation and heating techniques, merely a substitute for the real thing. Every Finn is impressed by a real sauna i.e. one that is heated by wood. Finns usually prefer their little wooden sauna in the country to the small urban version.

Heating the sauna is a ritual in itself. It can take a whole afternoon: carrying the water from the lake, making the sauna whisk (= vihta in Finnish) from silver birch, carrying the wood, splitting logs into smaller pieces, cutting thin shavings from a dry log and using them to get the fire going in the sauna stove (= kiusa in Finnish) and so on.

The Finnish idea of bliss is a warm summer evening and a good lengthy sauna enjoyed in earnest. This means alternating between the sauna and the water (lake, sea, river or stream), cooling off, admiring the light summer evening and the landscape, sipping the traditional sauna drink of beer or juice and eating sausages with mustard. This is all topped off with a deep sleep. Summer saunas are most enjoyable when in the company of good friends.

Companies and associations often have their own saunas, which are becoming ever more luxurious. The sauna is the ideal place to negotiate and relax, to philosophize and make plans. All ministers of the Finnish parliament have the opportunity to top off their weekly evening meetings with a sauna. Finnish UN troops and diplomats posted abroad do not need any encouragement to give sauna parties. There are 52 saunas in the two Finnish battalions in UNDOF and UNIFIL, and one here in UNFICYP for seven Finns.

But Finns should not be misunderstood. They can take a refusal. The right to say no is, after all, everyone's prerogative. Nor do the Finns expect guests to endure the heat of the sauna for as long or as often as they do themselves. One can always opt for a seat lower down where it is cooler. The real temperature generally is around 100 degrees Celsius.

Nor do they ever force anyone to go for a roll in the snow or for a swim in a hole in the ice after a sauna. You can just sit back and enjoy it!

Henry Pertulsa (author of this article), who was recently promoted to WO2, prepares the sauna. There are over 100 logs of stones in there. The stones for the kiusas are normally broken off boulders or bedrock or collected from streambeds.

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 together with captions should accompany the articles. 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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SWEDICIPOL local liaison in Pyla
by S/Sgt Kev Capon
THE SCARLET LANCERS:

In January, "D" Squadron of the 16th/5th The Queen's Royal Lancers arrived in Cyprus to take over from A Squadron 13th/18th Hussars (Queen Mary's Own) as the UNFICYP Scout Car Squadron. In chronological terms, the forthcoming tour will mirror the previous two tours completed by the Regiment in 1984 and 1985.

Since its last tour, the Regiment has for the most part been stationed in Germany, as an Armoured Recce Regiment of the British Army of the Rhine. In 1989 the Regiment celebrated its tercentenary. To be precise, it was the 5th Lancers who had reached that grand old age and would have been senior to the 16th Lancers had they not been disbanded for a short time during one of their darker moments! As we celebrated, the status quo of Eastern Europe was being questioned and by Christmas, a torrent of democracy had swept across the communist countries. Members of the Regiment were lucky enough to "help" knock down the old Berlin Wall, and were some of the first to enjoy the new found freedom of Eastern European travel.

Overwatch in DANCION

trains loaded with exotic spices floating across the golden sand seas, beautiful Arab girls offering succulent dishes at every oasis and all under a fierce desert sun. Reality proved somewhat different, as any soldier claiming that Germany was warmer and drier could tell you. The Regiment played its part during the land campaign as the British Division's Reconnaissance Force. This proved to be a hazardous experience, as the speed of the advance precluded most forms of tactical prudence! The Regiment's task was to identify and attack Iraqi posts prior to the Armoured Brigades' attacks. They did with great success and led the Division into Iraq and Kuwait. This signalled the end of an exhilarating experience and Iraqi occupation of Kuwait.

In 1845, the 16th Lancers charged against the Sikh infantry and artillery at the Battle of Aliwal. This charge was the most glorious in the Regiment's history, and is celebrated every year on the 28th January in some considerable style which finishes with a theatrical revue of the year.

The Regiment returned only briefly to Germany before it moved to England's "green and pleasant land" to be once more within striking distance of its Midland home. London's bright lights and real beer! Our camp today is an old RAF airfield at Debden in Essex, so Squadron runs up and down runways are already familiar to us.

The Squadron is some 115 strong and is ably commanded by Major Mark Ridley. Probably the most eligible bachelor in the Eastern Mediterranean, he joined the Regiment from a little known Scottish University in 1980. Since then he has held most Regimental posts up to squadron leader, serving in England, Germany, Northern Ireland, Belize, Canada and Cyprus. He attended the 1989 Div II military technology course at the Royal Military College of Science, Shrivenham, and subsequently went on to the Army Staff College at Camberley from which he was recalled to the Regiment as Operations Officer for the Gulf conflict. Major Ridley's family home is in Italy, and his interests include fishing, polo, clay pigeon shooting, travelling, opera and squadron leading. He is a useless cook.

Photos by S/Sgt Kev Capon

Vehicle wash-down in Sector Three

Hilltop observation in Sector Four

But as a new order grew out of the grey ashes of communism, a sinister threat appeared from a very unexpected direction. In November 1990, the Regiment was ordered to deploy to the Gulf. By the middle of January 1991, the Regiment arrived expecting romantic camel
OPERATION LONELINE

Operation Loneline is a biannual engineer operation in support of UNFICYP, conducted by Royal Engineer troops from the United Kingdom who become part of BRITCON, UNFICYP while performing their operational tour. In 1991, consecutive operations (Loneline 35 and 38) were carried out for the first time by 6 Field Support Squadron RE, who are part of 22 Engineer Regiment from Tidworth, Hampshire.

Operation Loneline 35 entailed:
- Patrol track maintenance of 1 Coy and 2 Coy Sector Four (approximately 50 km of track between OPs AS-21 and A-28); and
- The construction of three culverts and one Irish Bridge (a concrete structure to prevent erosion).

Operation Loneline 36 entailed:
- Patrol track maintenance of Western and Eastern Squadrons of Sector Two (BRITCON), including approximately 47 km of track between OPs B-32 and BC-21;
- The demolition and removal of a blockwork and concrete bunker adjacent to the YMCA.

Equipment for airfield damage repair being used in friendlier situations

Col Blundell, LCol Doherty and Sappers Nayford and Bowden erecting timber partitions to be later clad with plasterboard prior to decoration.

Equipment used during the demolition of the YMCA underground bunker

- Renovation of an accommodation block at St David’s Camp which proved itself invaluable for the Sector; and
- Clearance of building material and rubbish in excess of 300 tonnes from Kykko Camp (UNPA).

56 Sappers took part in these operations, which are a significant contribution to UNFICYP. Op Loneline provides an opportunity for working in a multi-national environment, and these activities have also proven to be important from a training perspective.

The woofshed - ready for the "off"

In Australia, bush dances are family affairs... Young and not-so-young dancers do the "stockade"... Before the rush, the school hall is turned into an Aussie woofshed

AUSTCIVPOL NEWS: BACK TO THE BUSH

For several weeks prior to Australia Day there was much hilarity at the Australian Civilian Police mess. Dave "Crocodile" Mackey was teaching eager dancers of many nationalities the intricacies of Australian Bush Dancing in preparation for the Australia Day Bush Dance.

The big night was Saturday 25 January and St Michael's school hall was transformed into an Aussie woofshed for the occasion using bales of hay and gum tree (eucalyptus) branches. Flags, signs and posters of Australia added more Australiana. "Welcome" signs in different languages added to the multicultural mood of the occasion.

The night started slowly as people wondered what the festivities were about, but soon everyone was whirling and twirling to the strains of "The Bushwackers" music. An early problem with the beer supply was overcome with a rush delivery of cans while plates of curry and rice helped maintain the stamina necessary for the dancing. Traditionally, Bush Dances are family occasions with grandparents and children joining the dancing and participating in other entertainment. The Australia Day Bush Dance didn't quite conform to tradition with large numbers of soldiers helping us celebrate, but other than drinking the bar dry before midnight and frightening off the guest entertainers, this wasn't a problem.

At midnight, revellers toasted Australia Day with champagne. There are now about 200 people capable of dancing things like "The Waves of Bondi", "The Kangaroo Hop", "The Pride of Erin", "Heel & Toe Polla", "The Barn Dance" and "Strip the Willow". Although Dave "Crocodile" Mackey is returning to Australia in March, it is hoped that another Bush Dance can be held in the not too distant future.

The Australian Contingent is only 20 strong and operates without the benefit of an entertainment budget, relying on bar and raffle profits to host its medal parades and other functions. It also lacks its own support staff such as cooks and engineers, having to depend on purchasing such services from other contingents. AUSTCIVPOL would like to take this opportunity to thank the Jubilee cooks for their culinary skills and all those others who helped make our National Day the success it was.
**SECTOR FOUR NEWS**

**HQ COY, UNAB, UNIFICYP**

The HQ Coy houses the battalion staff and all supply sections of Sector Four. It is located in Camp Duke Leopold V, north west of Famagusta. The Camp was built by the British, who originally used it as a supply depot. The weather-beaten letters on the old corrugated iron huts can still be seen today.

Since then, it has changed hands many times. Between 1964-1965, the Irish Contingent were located there, followed by the Swedish Contingent. In 1977, the Swedes handed the Camp over to the Austrians, who have been there ever since.

As is to be expected, the Austrian soldiers restored the Camp in such a way as to give it a very Austrian character. This HQ Coy consists of the HQ Section, the Medical Section, the Engineer Platoon, the OM Platoon, the Maintenance Section, the Transport Section, the Medical Section, the Guard Platoon and the GRP in the Karpas area, with a total personnel strength of 160 soldiers.

There are quite a few problems which occur on a daily basis, giving the Camp Commander many headaches! He has to deal with sewage disposal, water supply and electricity deficiencies. The infrastructure is more becoming that of the Levant than of comparable central European standards.

It should be pointed out here that the Medical Centre is used not only by the residents of Sector Four, but on many occasions by the Famagusta Hospital, which is always supported on humanitarian grounds in emergencies.

Last but not least, a mention should be made of the cook and catering section of the OM Platoon, which always serve Austrian delicacies in such a manner to ensure that Sector Four personnel do not feel homesick. As a consequence, they don’t only gain weight, but also a wealth of experience!

**TOO MUCH SNOW FOR SKIING**

The Force Commander’s Tactical Conference, which was hosted by Sector Four, took place recently in Camp Duke Leopold V. Note the varying levels of interest amongst the Commanders during the briefing (above) in contrast with the enthusiasm of the orderlies next door (below).

MCpl Brandtner up at Troodos

If you were to tell an Austrian in Austria that you were skiing in Cyprus, he would be astonished - but, if you were to tell him that the UNIFICYP Skiing Competition, scheduled for 6 February, had been postponed due too much snow and unstable weather conditions, he would never believe you! However this is a fact. Unfortunately, only a small group of soldiers have so far had the possibility of enjoying the romantic landscape in the Troodos mountain range.

**VISIT TO A BREWERY**

Austrian soldiers recently visited a brewery in Famagusta. It reminded many of home because the product has Austrian connections, although most of those on this visit were seeing the beer-brewing process for the first time. Despite their lack of knowledge of the brewing process, all the visitors were connoisseurs in the area of beer consumption and one thing is for sure - the beer served at the end of the excursion was delicious!

**VISIT OF A US GENERAL**

During a recent visit to the island, General Richard Potter from the United States took the opportunity to spend some time in Sector Four. General Potter and Col. Getty were taken on a brief three hour tour from Athienou via Pyla to Camp Duke Leopold V, an opportunity which allowed the visitors to gain a good basic appreciation of UN peace-keeping operations in Cyprus.
As all good things must come to an end, so does the Cyprus tour for the troops of Second Battalion, The Royal Canadian Regiment. As we hand over to the incoming unit, we reflect fondly on the highlights of our stay. We are sure that all units look back amazed at the speed with which their tours pass; but we feel that this has truly been the case for us. So much has taken place during the last six months, that it all seems one long blur of busy activity.

The first surprise that we faced was the amount of attention that the media were paying to Sector Three's area at the end of last summer. We readily understood their interest in the ongoing Cyprus solution talks, but found that the vast majority of media visiting the island want to see the Buffer Zone within the city, the Green Line, as it is traditionally known. However we were always happy to oblige and do "our part" for better media relations everywhere.

Yet, when the final numbers for Sector visits were tallied, media only played a small part in the total figures. Several individuals and small groups from various organizations, such as the US State Department and British High Commission, in addition to numerous Japanese fact-finding delegations, visited the city area of the Buffer Zone. Without exception, they proved to be interesting and challenging visitors, asking pertinent questions and making sharp observations. On top of all this, the Sector was pleased to conduct weekly informal tours for small groups of UN personnel and their families and guests who normally would not see the Buffer Zone.

We also had many VIP visitors from Canada; the most memorable were Roy Romanow, the Saskatchewan premier, and the Governor General, who both had a memorable visit to the Green Line.

The Green Line, or the Buffer Zone, is a very interesting area in terms of both its historical and cultural significance. It is a place where different cultures and communities intersect, creating a unique atmosphere.

Our Regimental Birthday celebrations preceded Christmas by only a couple of days, so that whole period was one of festivities. Birthday revelry included a most memorable inter-mess "silly sports" day, during which LOCo Geburt brought the Officers' Mess to victory by being the first to find his cherries in a bowl of whipped cream. Christmas Day itself provided a brief respite for the line companies to relax while the Headquarters, support and administration personnel took over the line.

Of course, leave seems to have been the favourite pastime of all the Canadian soldiers. During the warmer weather, our troops very much enjoyed spending their 24 and 48 hr passes on the beach and in the discos of Ayia Napa. As we prepare to leave the island, we find ourselves rather envious of the troops replacing us, as they have those wonderful experiences to look forward to.

From the left: Cpl Gainfort, LCpl Kelly, Sgt Neuman, Cpl Or, Cpl Breth. The new arrivals at UNIFCYP Whop are the 7 Sqn RCT litter section from Aldershot. This section consists firstly of Sgt "Airborne" Newman, who has the misfortune to be leaving half way through the tour to attend his Artillery Course at SEME Bordon. He is a keen sportsman, and will be a loss to the Workshop.

Next in line is Cpl Paddy Breth, who has come back for a second tour with UNIFCYP. LCpl "Ned" Kelly, our budding stickman and rock climber, spends most of his time trying to further his adventure training skills, so he should enjoy the tour. Our attached shipwright from 17 Port & Maritime is LCpl "Blackeye" Magee, who has already shown his talents as a goalseeker for the Workshop - in one of his first matches, he gained a broken nose and a black eye.

Next in the engine room group is Cfn Geordie Ord, a self confessed superstar who should have been a guardsman. Last in the crew is Cfn "Bullet" Gainfort, who is the next potential fifi, God bless him.

The new units arrive at UNIFCYP. The Whop are the 7 Sqn RCT litter section from Aldershot. This section consists firstly of Sgt "Airborne" Newman, who has the misfortune to be leaving half way through the tour to attend his Artillery Course at SEME Bordon. He is a keen sportsman, and will be a loss to the Workshop.

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DASH 1/92 - COMBAT FITNESS TEST AND ASSAULT COURSE COMPETITION

The DASH series of inter-troop competitions for 254 UNIFCYP Sig Sqn started this year with the Squadron's biannual CFT. This was followed by the main part of the competition - grenade throwing and the assault course carrying six eggs. Each troop entered two teams and the valiant winners were Radio Troop - despite breaking one of their eggs.

EXERCISE APHRODITE'S DELIGHT

At the top of Mount Olympus on the north face, from left to right: LCpl Michel Bovim, Cpl Simeon Richardson, WO1 Bernhard Dangmaier, Capt Peter Pefutschning, Cpl Jim Findlay, Sgt Tall Bryant, Cpl Dan Smith.

For once enough snow had fallen on the Troodos mountains to allow 254 (UNIFCYP) Sig Sqn to organise a skiing exercise. Ten members of the Squadron, changing on a daily basis, spent a day learning or brushing up on their skiing skills.

The Squadron were fortunate enough to have its own instructor, Capt Peter Pefutschning, and also WO1 Dangmaier from Sector Four.

All enjoyed the trip, many taking to skis for the first time. The expert instruction soon had the novices mastering the south face slopes.
THE UNFICYP CROSS COUNTRY COMPETITION
A WIN FOR SUPPORT REGIMENT

The UNFICYP Cross Country Competition took place at Skouriotissa. It was organised by DANCON and was run in perfect weather conditions.

Force Commander presents the "shield" to Sgt Wright (centre), Maj Wellesley (right) and Sgt James (left) from Sp Regt.

Kerobion for Karpassa

Karpassa villagers have been without a candle stand table, or "kerobion", for their Church since early 1991, when their old one became too unsteady for daily use. Maj Polley, Humanitarian Officer for Sector Two based in Nicosia, heard of the villagers' plight during a recent patrol to the Maroniite community, and decided that something had to be done.

He tracked down a metal smith in Nicosia, had a kerobion made up to the villagers' specifications, and transported it up to Karpassa at the end of January 1992. It was received with thanks from the Kerapassa Church Committee, headed by the Mukhtar, Antonis Orphanoy, and his wife Yannoulla. The kerobion now stands proudly just inside the Church, ready for worshippers' use.

Handover of kerobion to Karpassa villagers.

An Explosive Time

Great excitement occurred in Sector 2 when on patrol one day, a member of 3 Troop G Sqn almost stepped on a half-burned grenade left over from past conflicts. The grenade shown in the photograph was found just to the side of a track. It was decided to mark it, leave it and wait for the professionals to come in to deal with it. There was much excitement when the Ammunition Technical Officer (ATO) arrived to dispose of it; as a great explosion was anticipated. Imagine the disappointment when the offending device was plucked neatly from the ground, placed in a plastic bag and driven away to an unknown fate. The grenade is due to be returned to the line, mounted and rendered harmless.

Sgt Thomson with the grenade.

The UNFICYP Squash Competition took place in Prince William Camp over two days. The final results were as follows:

Open Competition
Winners: 15/19H (Sector 2)
Runners-up: AUSTCIVPOL

Plate Competition
Winners: CANCON (Sector 3)
Runners-up: DANCON (Sector 1)

Brigadier Fredenslund kindly presented the prizes. The picture shows the Brigadier with AUSTCIVPOL to his right, 15/19H (Sector 2) to his left and CANCON (Sector 3) kneeling.

Britcon Visits

We have had several other visitors. The US Ambassador, Robert E Lamb, toured the line and farewell was said to the departing Comd BRITCON. We were also visited by the Colonels of the Regiment, Col RA Coxwell-Rogers, whilst he was out on the island from England.

US Ambassador meets S/Sgt Summerscales and other members of H Sqn.

COS, Brig Fredenslund, visiting St David's Camp with Lt Col Flashwithe and the Quartermaster, Capt O'Neill.

Col RA Coxwell-Rogers, Col of the Regiment, meets Tpr Welting.
THE GENTLE GAME OF RUGBY
by WO2 Steve Ansell, UN MP Coy

Rugby, it is said, is a "ruffian's game played by gentlemen". Indeed, the sight of 30 grown men playing what would appear outwardly to be an extremely rough and dangerous game without apparently any rules must seem to the uninitiated crazy. However, once the simple rules are explained, people begin to see the light; not only do they understand what they see, they actually enjoy it.

The game of Rugby Union (not to be confused with Rugby League) began in November 1823 when William Webb-Ellis picked up a ball and ran whilst playing football at Rugby School, Rugby, England. From that day to this, the game remains completely amateur, played by those people who enjoy the game and who take no payment for their skills. Sportsmanship and comradeship are synonymous with the game, which is famed the world over for its "3rd hall!; the game is enjoyed by millions.

What has all of this got to do with UNIFICYP? Well, UNIFICYP has its very own rugby team; the UNICORNs. The team has always been successful and this season is no exception. The team has battled away through its Lombard Nat West Cup Rugby League fixtures, and but for operational commitments, the UNICORNs might have been the League winners. However, work must come first, so this year, we will have to be content with equal second place in a League of eight teams, missing out on the title by one point. But all was not lost: the UNICORNs played on to win the Lombard Nat West Challenge Cup Final. The Final, played at Episkopi against Episkopi Eagles on 28 Feb 92, was the climax of the season, the UNICORNs winning 28-6. The UNICORNs are drawn from all units here in UNIFICYP with, as you would expect, mainly Sector Two and Sp Regt providing the players, but we have seen players from CANCON, DANCON, AUSCON and IRCON.

The season has almost concluded now and with the rotation of Sector Two, the process of rebuilding and training for the 92/93 season will begin again under the watchful eyes of yours.

HONESTY PAYS OFF

WO2 Steven Ansell, UN MP, officially hands over the $200 to Mr Laos.

On 17 October, Mr. Nicolas Laos, a local taxi driver, found US$200 in the back of his taxi. Due to the fact that his last passenger had been an UNIFCYP soldier, he handed the money to the UN MPs in the UNPA as found property. The UN MPs made strenuous efforts to find the owner of the money. The last passenger from the taxi was contacted and eliminated from the enquiry. Both CYPOL and the US consulate were informed, but could not help with tracing the owner. All UNIFCYP personnel were informed, and still the owner was not identified.

Following a three-month awaiting period, the Force Provost Marshal authorised the money to be handed back to the finder. Therefore, on Tuesday 16 February, Mr Laos attended the Nicosia Detachment MPs to collect the $200.

CYPRUS'S WELL KEPT TENNIS SECRET

In late January/early February, Cyprus saw Yugoslavia play Australia in the first round of the Davis Cup. The competition was held in Cyprus instead of Yugoslavia for security purposes. Australia convincingly won all five games of the tournament over three days, and now go on to play Sweden in the second round in Sweden in March. (This should cause some national pride to surface in the ranks of UNIFCYP!)

AUSTCYPOL put up a fine show of barracking for the Aussie team, and were honoured to have been invited to a cocktail party for the players, hosted by the acting Australian High Commissioner, Mr Peter Edwards and his wife Anne. Tickets for the game were not widely advertised nor available till quite late, preventing many UN tennis buffs from seeing some professional play close to home.

During the winter season, this Detachment is manned by four MPs at present two Austrians and two Danes. During the period May to November, the Detachment is manned by seven MPs and one attached RMP from Dhekelia.

The area of responsibility covers the Sovereign Base Area, Dhekelia, Ayia Napa and the area east of the ESBA. The Detachment responds to all calls for assistance, in addition to the routine tasks of traffic control, disciplinary patrols and various MP investigations. The main task in this well visited R & R area is the disciplinary patrols in the town centre, all undertaken to prevent any incidents involving UN personnel. As Ayia Napa is also the R & R centre for both UN personnel from other missions in the Middle East and service personnel from the SBAs, policing of Ayia Napa is carried out in close co-operation with the Royal Military Police and CYPOL. Joint RMP/UN MP patrols have proven to be a very effective counter to many problems that tend to occur within the area.

As an indication of the tourist interest in the area, the forecast for 1992 is for 60,000-70,000 visitors per week from March onwards, which is a major improvement on last year's depressed season. For those who may be part of such statistics and/or in need of UN MP advice or assistance, the MP Detachment is there for your use.
The Canadian Force Reserve Platoon administers first aid

The UNFICYP Force Reserve is a multi-national force which is available to the Force Commander for immediate deployment to anywhere in the Buffer Zone at any time. This force is around 140 men strong and is centred on the Force Scout Car Squadron who command, control and administrate. Each sector provides an infantry platoon to the force and this creates an international flavour; we speak at least four languages in the Force Reserve!

Every month, this force is activated, gathers together and carries out a 24-hour exercise known as Pandora’s Box. This may be a military skills training exercise or a field training exercise in the Buffer Zone. On Thursday 27 February, Exercise Pandora’s Box was held in the UNPA organised by the Scout Car Squadron, at present D Squadron 16th/5th Lancers. This started with a full English breakfast, after which the platoons were put through a series of demanding military skills’ stands including a first-aid incident. In all, it was a very good day providing first-class training value as well as being good fun.

We all look forward to the next Pandora’s Box when we will continue to fine-tune UNFICYP’s crack reserve.