

THE Blue Beret

November 1991



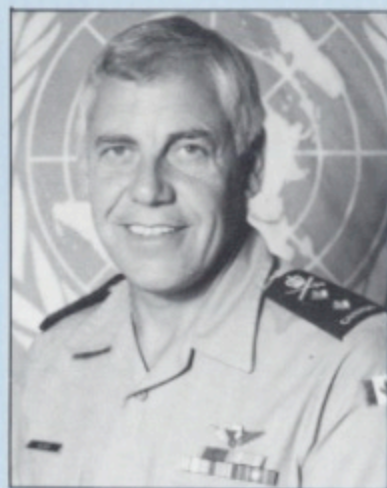
FORCE COMMANDER'S MESSAGE ON THE OCCASION OF UNITED NATIONS DAY

On the occasion of UN Day, I wish to extend to each and every one of you my sincere thanks for another year of dedicated service to UNFICYP.

During the year, we have seen a significant increase in the effort to resolve the problems here in Cyprus. The greater international concern and willingness to participate in a resolution has had a positive effect. Yes, of course, we were all disappointed that it was not possible to convene the high-level international meeting foreseen by the President of the Security Council. Fortunately, the peace-making process is going to continue and hopefully will meet with success this year.

Throughout the whole of this year you, the members of UNFICYP, have daily contributed to peace-keeping so that the peace-makers can do their job. This has been in many forms. Some of you have spent long hours observing and patrolling. Others have helped through the many humanitarian efforts such as delivering water, medical evacuation and family reunions. Yet others have faced demonstrators. All of these things are essential to maintaining the peace and contribute toward creating an atmosphere in which an on-going settlement may be found.

Again, thank you all, maintain a positive outlook and be "firm, fair and friendly" to all.



Nicosia, 28 October 1991.

THE TERRY FOX RUN

At 0615 hours on 5 October 1991, the organisers and volunteers were putting the final touches to the preparations for the 11th annual Terry Fox Run. The temperature was surprisingly cool and our spirits were high when bus loads of yawning runners began arriving at the registration areas. Later they were followed by an avalanche of people arriving in trucks, buses, bicycles and on foot. Soon we had 400 runners from UNFICYP military personnel, their dependants, the Secretariat, UNFICYP locally employed civilians and people from the SBAs.

At 0730 and 0735 hours respectively, the timed and fun runs began, after the welcoming address by Lt Col M Swan, Commander of the Canadian Contingent. The 13th/18th Royal Hussars of the Ferret Scout Cars, under the leadership of SSgt Beever, pulled a Scout Car for 6 km! This was an amazing achievement in



The run starts

itself, but they did it in 62 minutes, some 15 minutes faster than their trial runs. Our goal was to raise £C2,000.00 and to have 500 participants; however, we have raised over £C3,500.00 (or \$8,610.00 Cdn) with 858 participants, both record totals.

The Terry Fox Run was a resounding success. It was most satisfying to see so many nationalities



Which way did they go?

and cultures unite for such a worthwhile cause. Without a doubt, Terry Fox would have been overwhelmed by the spirit which reigned on 5 October, and would also have been secure in the feeling that the Terry Fox Runs, which took place in some 38 countries this year, will some day be instrumental in beating cancer.



Hup- Two- Three- Four



And the little ones came too



Heave- ho!

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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

4 RTR remember
fallen comrades
by SSgt Kev Capon

EDITORIAL

November is the month in which military personnel from many nations and creeds remember the fallen of past conflicts. The simple and moving Remembrance Day Service, conducted by the Rev Paddy Cable CF at Waynes Keep Cemetery in the United Nations Buffer Zone, was such an occasion, reminding all of the price paid by soldiers to resolve conflicts. From this and other similar commemorations, peace-keepers should draw the inspiration that demands a full commitment to military peace-keeping which, in turn, creates the climate for successful peace-building and peace-making initiatives which are also conducted under United Nations auspices.

The dedication and commitment to such ideals by members of UNFICYP is also reiterated in the Force Commander's message for United Nations Day.

Reflecting on this message and the Remembrance Day Service, an important fact bears repeating, namely that by playing their individual part in the full spectrum of UNFICYP operations and activities, each member contributes towards making armed conflict redundant as a means of resolving difficult problems.

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GREETINGS FROM SECTOR THREE

Greetings from Sector Three and the Ledra Palace Hotel. Since our arrival in Cyprus, we have discovered that besides once being a 4-star hotel, the Ledra Palace is also an ideal site to conduct rappel training. Rappelling has two main uses. First, it provides a method to insert personnel and their equipment into areas that would otherwise be inaccessible, and second, it is a great challenge and confidence-builder for all involved. Many of those who have participated in the training have difficulty in believing that such a small rope and crude method of braking will support them. The fact that the rope has a breaking strength of 3,000 pounds seems to mean little as the individual steps over the 55 foot high edge.

Once proficient in the "standard" rappel, those who wished were given an introduction to the Australian rappel. Even the most hardy (or, in some views, foolhardy) find this both a real challenge and an adrenalin rush. Running down the wall gives you an entirely different perspective of Cyprus!

So, if you are visiting Sector Three and find people jumping off the Ledra Palace, it is not a new type of Canadian fire drill, but soldiers of all trades refining a basic soldier skill.



Pte Rick Reeves

THE MILITARY CHAPLAIN

What a place for a farm boy from rural Saskatchewan to find himself. Not only is he an ordained clergyman, wearing the uniform of the Canadian Armed Forces and a United Nations blue beret, but Padre Don Hanson also found himself on the Buffer Zone "Green Line", standing with the peace-keepers between two opposing forces. When he thinks about it, there isn't a place in the world he would rather be.

Although a padre's job is a busy one, it is not without its lighter moments. Such was the case on 6 October, when Padre Hanson accompanied the Pipes and Drums of the Second Battalion, The Royal Canadian Regiment and entertained the children of several orphanages on the island. Canadians serving with the United Nations have a long history of charity work in Cyprus. This "Orphans Day" was but a small example of how, in whatever way they can, Canadians attempt to make life a little more pleasant for those less fortunate than themselves.



The Ledra Palace, currently home to many Canadians, was opened in 1949 and soon became the most popular hotel in Nicosia, visited by both national and international tourists, many of whom included movie stars and high ranking officials.

It was here that the now famous drink of Cyprus, the brandy sour, was created. The King of Egypt enjoyed an occasional alcoholic drink, but did not wish to see the alcohol being delivered to his room. The then bartender experimented with a number of mixes, and eventually came up with the recipe for the brandy sour. The final product was then delivered to the King's suite as an innocuous glass of juice. This small article indicates that the hotel's history and reputation holds some pride within the hearts of the indigenous population.

The above information was provided by Mr Clem Millgate, a Cyprus veteran of long standing, who started his UN service here with AUSTCIVPOL in 1966 and is due to end in it December 1991. We all wish him good luck in his retirement — enjoy the soft ball, Clem!



NEWS FROM SUPPORT REGIMENT

VISIT OF MAJOR GENERAL RFL COOK DGCIS (A) / SOINC (A) TO 254 (UNFICYP) SIGNAL SQUADRON

On Tuesday 17 September 1991, Major General RFL Cook paid a farewell visit to 254 (UNFICYP) Signal Squadron. This visit was part of the General's farewell tour to all Signals Units before handing over his appointment. A tour of the Squadron's departments included visiting the Radio Troop who were conducting communications trials with the four Sectors on the line. The visit ended with a buffet lunch in the Wire Inn for all ranks and their wives.



Major General Cook discussing the Sector Comms Trials with SSgt Mich Halford and Sgt Steven Shepherd

LS & GC PRESENTATION TO WOI (YofS) MACTAGGART AND SSGT (SQMS) FORBES



WOI (YofS) Dougie MacTaggart and Vikki

On 17 September 1991, as part of the visit of Major General RFL Cook to 254 (UNFICYP) Signal Squadron, two LS & GC presenta-

tions were made at the Wire Inn.

WOI (YofS) Dougie MacTaggart joined the Army in September 1972 and, after completing trade training, he was posted to 16 Signal Regiment in Krefeld. He then saw service in Northern Ireland, Germany and the UK with 30 Signal Regiment before attending his YofS Course at Blandford. As a YofS he served with the Queen's Gurkha Signal Regiment and 24 Airmobile Brigade. Throughout his service, he has enjoyed the full and unstinting support of his wife Maggie, and two children, Andrew and Vicki.

SSgt Forbes joined the Army in September 1974 and, after completing trade training, he was posted to 30 Signal Regiment where he completed a tour of duty with UNFICYP and an emergency tour in Northern Ireland. He is currently serving as the SQMS



SSgt (SQMS) Dave Forbes with his wife Linda.

with 254 (UNFICYP) Signal Squadron. His wife Linda and two sons, Andrew and Ian, are with him here in Cyprus.

DAAC VISITS FLIGHT



DAAC meeting the Flight QHO, WO2 Paddy Connelly

Wednesday 18 September saw the arrival of Major General Grist (Director Army Air Corps) to UNFICYP Flight for his bi-annual inspection. After a series of briefings on the UN and BRITCON during the following Wednesday morning, the General was given a detailed brief on the Flight by Maj A Wellesley before walking around the lines and talking to all Flight members. After the General briefed the Flight on the proposed changes which will take place in the Army Air Corps during the next few years, he answered questions from the floor.

General Grist was then taken on a flight along the Buffer Zone and after a barbecue with the families, he left for home.

VISITORS TO SECTOR TWO



Brigadier Granville-Chapman (above) visited the Regiment between 23-27 September 1991. The Brigadier is the Commander of our parent Brigade back in Osnabruck, West Germany. During his visit, the Brigadier was given a complete Sector Two line tour under the guidance of the CO, Lt Col MNE Speller MBE.



On 5 October 1991, Sector Two hosted the visit of our Corps Commander, Lt Gen Sir Charles Guthrie, KCB, LVO, OBE. During his visit, the General visited Arras, Cambrai and Rhine Squadrons. Although it was only a short stay, the General took the opportunity of speaking to as many soldiers as possible.

FERRET SCOUT CAR SQUADRON NOTES

The beginning of September saw the officers being temporarily evicted from their Mess while refurbishment was carried out. During this time, the officers were very kindly accommodated by the WOs' and Sgts' Mess. Fortunately, the work is now finished after a 4-week period, as who knows how long the Sgts' Mess would have put up with the officers' bad habits!

During the month, we were visited by the Director, Royal Armoured Corps, Maj Gen R E Barron. Having visited other Cavalry Regiments around the island, he spent a couple of days in PWC. He attended a memorial service to the four Cpls who were tragically killed last September with C Squadron. He also visited all the out station troops and even managed time to partake in some water sports on the Sqn boat, moored in Fig Tree Bay.

Mid month saw the DANCON March upon us. In total, 52 members of the Sqn took part over the two



DRAC discussing the Ferrets with LCpl Golby and Tpr Barker.

weekends. Many suffered blistered feet and aching limbs, but were very content to complete the March and to have their medals awarded to them. The "I survived the DANCON March" T-shirt is now worn with great pride!

The Sqn has participated in many sports this month. The UNFICYP Badminton competition, UN rugby side and the UN hockey team are but some of the sports in which Sqn personnel have been represented. An internal sports league is also being run, consisting of squash, football, tennis and volleyball, which is keeping everyone quite busy and fit.

Finally, the Squadron took part in the BRITCON Medal Parade on the Old Nicosia Airport with all the Ferrets looking quite spectacular.



Ferret Scout Cars on the medal parade.

SECOND TROOP

The troop arrived in Cyprus in mid July in good spirits in the knowledge that their Regimental counterparts in Germany were probably going to be leading a less agreeable life style for the next six months or so. In the three months that have now passed, it would seem that they weren't far wrong.

Our first Sector was AUSCON in Camp Izay in Athienou. It didn't take long to settle into the routine of on and off duty sections, and before long, life became entirely agreeable. The Austrians were marvellous hosts who made us feel particularly welcome in Athienou, and also in the line OPs.

A grand slam farewell binge witnessed the end of our AUSCON stay which we all enjoyed, and from which we will all have good memories. Austrian memories of us? By the end of our stay, we managed to introduce them to a few of Yorkshire and England's better known delicacies, such as mushy peas, brown sauce, chip butties and bitter. They also developed a voracious appetite for British military memorabilia, as they cleaned out the Squadron stock of PRI goods.

The troop then moved back to PWC to take over the City Patrol, and also during the five week rotation, take a fortnight's leave. Some lonely and some staunch



Lt Godfrey, Lt Deakin and Lt Fawcett taking a break on the DANCON March

patriots few back to the English monsoon and gale season summer, but most of the troop stayed on the island of love.

All good things must come to an end some time, and for the troop they did at the end of September as we returned to finish our stint on the City Patrol.

The troop then moved to Sector One at Skouriotissa, which after a week or so resident there, we are now getting to know. Time off has been spent in a variety of pursuits, from lying on the beach at Ayia

Napa to diving and wind-surfing. The troop (minus the troop leader, who conveniently found himself a polo course) set off on the dubious pleasures of the DANCON March on 21/22 September. Though the views may have been spectacular as the Danes had promised, most put the March down as a not-to-be-repeated-in-a-hurry experience. If this is how the Danes enjoy their time off, we've got a great time ahead! No one could deny that Cyprus has been wonderful so far, and we look forward to whatever lies ahead.



LCpl Pittendreigh attending to his feet on the DANCON March



Lt Watson on patrol



DANCON NEWS



NAVY, AIR FORCE AND ARMY CHAPLAINS GET TOGETHER



During the last part of September, spiritual life in DANCON has received a boost, due to an unusual visit. Two Chief Chaplains, of the Army and Navy respectively, visited the Contingent in order to familiarize themselves with the life and working conditions of the Contingent and particularly the duties of the Chaplain in Sector One, who himself is Chief of the Air Force Chaplains. Church services were held in all camps, and no OP was left unvisited during this time. After one week, the Chief Chaplains departed, exhausted but happy.

From the left: Navy Chaplain, C Harms, Air Force Chaplain V Vaerge, Army Chaplain J Rode.

NEW PERSONNEL IN SECTOR ONE



Lt Jesper Momme (left), Duty Officer 3/Assistant SHO, arrived in Cyprus on 9 September. Before leaving Denmark, Lt Momme was a Platoon Leader in Jutland Service Support Regiment.

Lt Hanne Dryborg (right) also arrived in Cyprus on 9 September. She studied economics and after graduating, she chose to join the army as a Reserve Officer. It was curiosity which drew her to the army, knowing very well that some of her experiences could be used later in civilian life.

Hanne is looking forward to her tour in Cyprus, where she will be working with people of different nationalities and making good use of her knowledge of English.



NEW COMMANDER FOR SWEDCON AND SWEDCIVPOL IN CYPRUS



Swedish Commander Håkan Thelin (centre) hands over to Chief Superintendent Claes Johansson (right)

On Monday 7 October, the handover between the 58th and 59th SWEDCIVPOL Contingents took place. Chief Superintendent Thelin has been the Swedish Commander in Cyprus since 25 September 1989. He handed over responsibility to the new Commander, Chief Superintendent Johansson, who comes from Köping in Sweden.

Pretty Miranda de Broë-Ferguson, daughter of the DCOS and whiz-kid of the HQ Reprographic Centre, is shown below, yet again lending help but this time at the BRITCON Show, held on 28/29 October.



THE DANCON MARCH 1991-II



Only 25 km to go... a piece of cake!



What? Still another 10 km...



I'm sure glad I've finished.



Now I've reached the top, where is the finish?

During the weekends 14/15 and 21/22 September, Sector One held the DANCON MARCH. 581 participants took part, and only 10 did not make it to the finish - a very good result! The route each day was 25km long, and people from the following countries took part: Denmark, Sweden, Norway, Austria, Great Britain, Canada, Finland, Cyprus, Ireland and Australia. Many bonds were made between people of different nationalities, who shared the suffering of blisters, wounds, aching muscles and very tired feet!



Is it still hurting?



I wonder if there's a beer anywhere around here...?

UNFICYP MILITARY SKILLS COMPETITION 1991/2



The second Military Skills Competition was held on 15 Oct within the UNPA. A total of 15 teams competed. The results were:

Phase 1

10 km March - FSC Sqn (48 mins 58 secs)
100 km Shoot - Sector 3A (94 points)

Phase 2

Map Reading - Sector 3B (130 points)
Grenade Throw - Sector 1B (409 points)
Equipment Recognition - Sp Regt A (176 points)

Phase 3

Assault Course - UN MP Coy (4 mins 59.48 secs)

Overall Results:

Winners - Sp Regt A (25 place points)
Runners Up - UN MP Coy (36 place points)
3rd Place - Sector 3B (37 place points)
4th Place - FSC Sqn (38 place points)
5th Place - Sector 1B (40 place points)



A TEAM CONTROLLER'S VIEW

by WO2 W Nemeth

UNFICYP's most colourful event is undoubtedly the Military Skills Competition. To me, it always was more than a road of pain and hardship as this vivid struggle for glory and victory has a certain aura of olympic ideals where participation is beyond medals and victory.

On 18 October, I had the rare pleasure of witnessing a great athlete pushing himself and a fellow team member far beyond their physical limits. I would, therefore, like to tell you a little about MCpl Fitzpatrick and Team 3A. Early in the morning, at 0615 hrs to be precise, Team 3A started with the Forced March. Soon after the start, MCpl Fitzpatrick took the webbing and rifle of a fellow team member, carrying now a total of 20kg. This is a common procedure to relieve the weakest team member for the duration of this 10km run. At this moment, I wondered why the remaining team members did not carry the weapon and webbing between them, but I kept my thoughts to myself.

15 minutes and 3 km later, MCpl Fitzpatrick did indeed surprise me, by taking the military equipment of another team member as well, who after 3.5 km was obviously burnt out. This is when the fun really started. MCpl Fitzpatrick ran now with 30 kg on his shoulders, shouting and yelling at the young NCO. Explicit words of guidance were yelled at him to enhance his performance. After about 8 km, the NCO himself started to speak "I can't, I can't... It's too much..."



Well, I thought that this was it - it's over. However I underestimated MCpl Fitzpatrick's ingenuity. He obviously realised that his yelling had not done the job, so he started to *push* him along. With one hand, he gripped his belt and shoved him forward with the other hand. Short (relatively speaking) of the finish, the team captain helped the MCpl and both carried other team member across the line, where the three collapsed...

What a day, and what a performance. Well done, MCpl Fitzpatrick!

SECTOR FOUR NEWS

AUSCON Welcome The New DCO



Our new DCO, Maj Rainer Epple (above), was born on 22 February 1951 in Upper Austria. He joined the Austrian Army as a mechanized infantry rifleman in 1969 and was commissioned in 1976.

The island of love has made its mark in Maj Epple's life. Apart from the fact that this is his fourth tour with UNFICYP, Maj Epple married his charming wife Gerlinde in Cyprus in 1987, and they now have two children, a son Dominik and a daughter Tamara.

His hobbies are swimming, surfing and parachuting.



Aerial Maintenance

Once a year, the radio aerial on the 180 foot high mast at Camp Duke Leopold V should be maintained. However for a long time, nobody dared to climb up the mast until Capt Weiner, the Signal Officer (and incidentally the Sector Four Photographer) plucked up all his courage and attempted this feat.



Shooting Competition at Sector Four



The winners being congratulated by the DCO

On 18 September, a shooting competition was held in Sector Four. Our best riflemen proved their worth, with WO1 Steinmann winning the Rifle Match, WO2 Wieser the Pistol Match, and I/Lt Pöckl with his team WO1 Puckl, Sgt Huber and Sgt Barbic winning the Falling Plate Competition.

HUMANITARIAN CONFERENCE IN SECTOR FOUR



Hum Conference participants outside the church of Ayia Marina

On 3 September, Sector Four hosted the Humanitarian Conference at 2 Coy, situated in the Buffer Zone. 2 Coy's area of responsibility includes large areas of cultivated lands, bringing the Humanitarian Staff into close contact with local farmers and agricultural workers. Part of their duty is to attend village meetings to discuss any problems which may have arisen and to build up essential liaison and confidence.

There were two highlights after the Conference, the first being a visit to Ayia Marina, an old picturesque church built in the 12th century. Later, a small shooting competition was held, and the Swedes had the opportunity to handle weapons different to their own. The competition was won by Ch Insp Hans Delen.

Tennis at Camp Duke Leopold V



On 6 October, a tennis tournament was held at Camp Duke Leopold V between AUSCON and a Nicosia Tennis Club. This is the third tournament of its kind, and even if the AUSCON team were not so successful as last year, a pleasant day was had by all.



BRITCON MEDAL PARADE



Drum Major Dave MacBeth

On Friday 4 October 1991, the 4th Royal Tank Regiment, together with elements of UNFICYP Support Regiment and the 13th/18th Royal Hussars (QMO), paraded at Nicosia International Airport under the command of Lt Col MNE Speller MBE to receive their United Nations medals. The Regiment marched on under the command of the Parade Adjutant, Captain Kidd.

The salute was taken by Major General C Milner OMM CD, this being the second time the General has taken the salute for the Regiment.

An excellent display of music was provided by the Pipes and Drums of the 4th Royal Tank Regiment, 2nd Battalion the Royal Canadian Regiment and a Piper from the Pipes and Drums of the Gurkha Transport Regiment. A poignant moment in the proceedings was a solitary rendition of Flowers of the Forest, played in remembrance of Cpl 'Davy' McLean who died recently. Music was also provided by the Band of the 1st Battalion, the Worcestershire and Sherwood Foresters and the Quebec Band of the Queen's Regiment.



COS presenting medals to 4 RTR



FC inspecting the parade



The massed bands



SSgt Danny Beever



Lt PB Gurung

COOKBOOK CORNER

"So what happens when we eat food? Well, the answer is that after the food is eaten, if it is rich in calories, cream sauces and so on, we argue about the bill. Then after that we get fat. Then the fat gets deposited on women's hips, which causes more arguments, and in men's coronary arteries, which ends arguments. There now, that wasn't very complex, was it?"

Robert Buckman, Punch, April 1987

On that happy note, here are a few recipes which should help keep calories to the minimum, particularly before the festive season when calories are in abundance!

COD EN PAPILLOTE

Here is a lovely fresh, simple way to cook cod in greaseproof-paper packets; just one example of how this method can produce a quick but extremely elegant main dish. Serve it with steamed new potatoes and a tossed green salad.

- 4 cod fillets, 4 oz/112 g each (choose fillets that are of equal thickness)
- 4 generous tablespoons chopped fresh parsley
- 4 generous tablespoons chopped fresh mint
- 4 tablespoons fresh lemon juice
- 4 tablespoons dry white vermouth
- Salt and freshly ground pepper to taste

Preheat the oven to 450° F (230° C/Gas Mark 8).

Measure the thickness of the cod fillets. Place each fillet on a sheet of greaseproof paper.

Sprinkle a tablespoon of parsley, mint, lemon juice, vermouth, and some salt and pepper over each fillet. Enclose the fillets in the greaseproof paper, making sure the top layer does not touch the fish.

Place the packets on a baking sheet and bake for 10 minutes per in/2.5 cm thickness of fish. Serve at once, right from the packets.

TOMATO SAUCE

If you think it is impossible to make a good tomato sauce without olive oil or butter, think again! This is fast, easy to make and lovely on pasta, or pizza. Sautéed chopped red and yellow peppers and sautéed mushrooms may be added. It freezes very well.

- 3 shallots, finely chopped
- 2 cloves garlic, peeled and crushed
- Pinch cayenne pepper
- 6 fl oz/180 ml stock
- 6 fl oz/180 ml dry red wine, white wine or vermouth
- 1 tablespoon chopped fresh parsley
- 1 tablespoon each chopped fresh basil, thyme and oregano or 1/4 teaspoon each dried basil, thyme and oregano
- 3 tins (14 oz/392 g each) chopped tomatoes
- Parmesan cheese rind
- Salt and freshly ground pepper to taste
- 2 tablespoons tomato paste

Combine shallots, garlic, cayenne, stock, wine and herbs in a heavy frying pan. Bring to the boil. Reduce heat and simmer briskly until almost all the liquid has been evaporated. Season to taste.

Stir in the drained tomatoes (you may crush them with your hands), Parmesan rind, salt and pepper. Simmer, partially covered, for 15 minutes. Stir in the tomato paste and simmer for 5 minutes more. Taste and adjust seasonings. Discard the Parmesan rind. Serve with pasta or on pizza, or try it spooned into jacket potatoes.

BEEF IN RED WINE

This is a simplified, low-fat, drastically Calorie-reduced version of boeuf bourguignonne.

- 3 large Spanish onions, chopped
- 18 fl oz/540 ml chicken stock
- 6 fl oz/180 ml dry red wine
- 1 lb/450 g mushrooms, quartered
- Several dashes of soy sauce
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried tarragon
- 3 lb/1,350 g very well trimmed chuck steak, cut into 3/4 in/1.9 cm cubes
- 1 tablespoon tomato paste
- Salt and freshly ground pepper to taste
- 6 cloves garlic, halved

Preheat the oven to 350° F (180° C/Gas Mark 4).

Combine onions and 12 fl oz/360 ml stock in a heavy pan. Cover and boil for about 5 minutes.

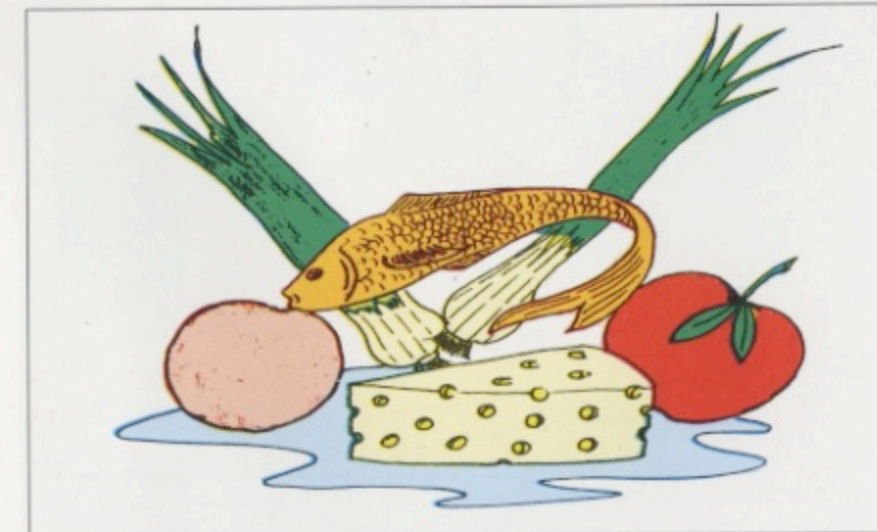
Uncover and simmer briskly until tender, browned, thick and syrupy.

Raise the heat, pour in 2 fl oz/60 ml wine and boil until the alcohol has evaporated and the onions are a deep amber brown. Purée half the mixture. Combine puréed and unpuréed mixture. Set aside.

Combine the mushrooms, 6 fl oz/180 ml stock, 4 fl oz/120 ml wine, soy sauce and herbs in a heavy pan.

Simmer briskly, stirring occasionally, until the mushrooms are tender and the liquid just about absorbed. Do not let the mushrooms scorch.

Combine the meat cubes with the mushrooms and onions in a baking dish. Add tomato paste, salt and pepper, and stir so that everything is well combined. Bury the garlic pieces in the stew. Bake in the oven, covered for 1/2 an hour. Lower the heat to 300° F (150° C/Gas Mark 2) and cook for another 2-2 1/2 hours, or until the meat is very tender.



UNFICYP MILITARY POLICE COMPANY MEDAL PARADE



The Danish Military Police



MCpl Dave Nearing receiving his UN medal from the Force Commander

The UNFICYP Military Police Company held its Medal Parade on the evening of 26 October. Since the Military Police Company is a multi-national unit, seven countries were represented. Although each Contingent commenced the parade to drill commands given in their own language, the parade was completed in English.

The Force Commander, Major General Clive Milner OMM CD, awarded

the medals and appropriate tour numbers to the 45 members on parade.

Music was provided by the 4 RTR Pipes and Drums as well as the 2 RCR Pipes and Drums. The parade celebration was concluded with a reception in the MP Lounge, which was enjoyed by the Company members and their guests.

A special thanks to all Contingents which generously provided necessities to ensure the evening was a success.



Sgt Hill receiving her UN Medal from the Force Commander.



SSgt Howard Smith being awarded his medal of Long Service and Good Conduct by the Deputy Chief of Staff.



W02 Storch being awarded his 12th numeral by the Force Commander.

ADVENTURE PLAYGROUND OPENED

Sector Two soldiers from 4 RTR and 9 Sqn RE spent two weeks building an adventure playground for handicapped children just outside Nicosia, under the watchful eye of the RE Detachment Commander, Lt Ivan Jones. On 15 October, Mrs Shirley Milner, wife of the Force Commander, formally handed over the completed playground to Mrs Yiapana, Director of the Home.



UNFICYP volunteers from left to right: Mrs Duncan, Mrs Cooper, Mrs Milner, Mrs Hodson, Mrs Kelly, Mrs de Broë-Ferguson, Mrs Craig and Mrs Murphy.



Mrs Yiapana, Mrs de Broë-Ferguson and Mrs Milner, watched by Lt Ivan Jones, Sgt Craig and soldiers from Sector Two.

AUSSIES BEATEN AT THE NET

On Saturday 5 October 1991, AUSTCIVPOL hosted the biannual volleyball challenge against SWEDCIVPOL with hopes of retaining the cup won earlier this year. The contestants in Saturday's game were restricted to the new members of both contingents.

Prior to the game, in true sporting fashion the Australians enticed the Swedes with pints of Aussie beer, but unfortunately the challengers had been warned of this ploy and drank only orange juice. Undaunted, the cup holders invited the opposition to take part in a simulated protest demonstration, whereby provocative "demonstrators" tried to breach a barricade line of "police". The Swedish line held and no injuries were reported.

On the court the Swedish team looked impressive in their sporting colours and as dark rain clouds gathered, the Australians realised they were to encounter a formidable team. Not even the rain worked to the Australians' advantage and despite a gallant showing, the Swedes won three games in the best of five. They afterwards proceeded to show that they drank more than fruit juice.

The trophy was presented by Superintendent Ken Hunt to the incoming Swedish Commander, Claes Johansson. The afternoon, which continued with a barbecue, was a cordial affair where the Australians were able to say farewell to friends they had made in the departing Swedish Contingent and begin friendships with the new arrivals.

Despite the resounding defeat, the Australians now know the mettle of the Swedes and have vowed the re-match in March next year will find them better prepared.



AUSTCIVPOL PMC Supt Ken Hunt (right) presenting the Volleyball Trophy to the commander of the winning team, Claes Johansson.



Commander SWEDCIVPOL at the AUSTCIVPOL Mess celebrating a well-earned win!

MARRIAGE IN UNIFORM

The 35th Australian Contingent brought with it the first husband and wife couple to serve with AUSTCIVPOL in Cyprus. Kathryn Hay and David McCarthy met in 1988 while working at the same police station in Australia's capital, Canberra. In March 1990, after a protracted courtship, David persuaded Kathryn to marry him. They bought a house in Canberra and applied for a six month posting to Cyprus. Each thought the other had a better chance of getting the posting and had been prepared for a six month separation.

Notification of their joint selection came while they were visiting relatives some 2,500 km away in Queensland enabling them to say farewell to friends and family before their departure.

Prior to joining the 35th Contingent, David worked in the Airport and Fraud Divisions of the Australian Federal Police in Melbourne and on General Policing duties in Canberra.

Kathryn has spent time with the Drug Squad and Sexual Assault Squads, in General Policing and most recently in police administration in Canberra.

The husband and wife team look forward to a successful tour of Cyprus.



en passant... If you have any information you would like to see published in this section, please telephone extension 2235 by 10 December 1991.

VIP Visitors

Gen John de Chastelain,
CANCON

Danish Minister of Communications,
DANCON

Lt Gen Sir Charles Guthrie,
BRITCON

Brig A Field CB,
BRITCON

AM Sir Kenneth Hayr, KCB CBE AFC,
BRITCON

Japanese Government Representatives
Japanese Parliamentarians

REMEMBRANCE SUNDAY 10 NOVEMBER 1991



*They shall grow not old as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.*



A guest celebrity at the Memorial Service was Jack Mann, the recently released hostage from Lebanon, who is now residing in Nicosia.

BERLIN MARATHON



On 29 September, Mr Landrover (Sgt Nettelfield) completed the 1991 Berlin Marathon in a time of 3 hrs, 6 mins. Not a bad effort, when you remember that he is stationed at Xeros in Sector One. Ideally for a marathon, you need to be able to go on training runs of approximately 20-24 miles a few weeks before the actual race. At Xeros, it is very hard to run 5-10 miles safely, but the problem was overcome by running at least twice a day. On arrival at Berlin, the excellent organisation and the whole atmosphere helped to ensure a successful run.

PERSONALITIES IN SECTOR TWO

W02 Ray Liczkowski holds the appointment of Regimental Quarter Master Sergeant (RQMS) in the 4th Royal Tank Regiment. W02 Liczkowski joined the Regiment in 1972, and is widely travelled, having served in Germany, the United Kingdom and Canada. This is his third tour in Cyprus.



SAVE THE CHILDREN FUND

Throughout the summer, the wives of 254 (UNFICYP) Sig Sqn, led by Mrs Kerry Bryant, have been raising money for the Save the Children Fund.

Fund raising events have included disco, barbeque, a karaoke night, pool party games, etc. Collecting boxes were distributed to all, AUSTCIVPOL making their box a swear box which collected C£62!!

The final sum raised was C£1,588.15.

