

THE BLUE BERET



NOVEMBER 1980



OCTOBER IN RETROSPECT

Rotations

1

Canadian Contingent. In Sector 4 3rd Battalion Princess Patricia's Canadian Light Infantry (PPCLI) handed over to 5e Régiment d'Artillerie Légère du Canada (5RALC)

13

Gp Capt Sylvester, RAF Command Education and Training Officer, and Mr J Evans, Adviser to Service Directors of Education to 84 Sqn Det RAF.

16-17

Mrs Nancy Crawshaw, Adviser to the House of Commons Select Committee on Cyprus to the British and Canadian Contingents.

20-21

Col A J Simmons AAG AG8, MOD UK, to HQ UNFICYP and UNFICYP Transport Squadron to conduct career interviews with RCT officers.

27

General Sir Richard Worsley, KCB, OBE, Quartermaster General, and Lt Col J H Baker, IG, to HQ UNFICYP and the British Contingent to inspect administration of support facilities.

27-30

Capt E Runstedt, to the Swedish Contingent, for SCACYP discussions.

28

Director of Army Education, MOD UK, Maj Gen A J Trythall, to HQ UNFICYP and UNFICYP Support Regiment to assess schooling facilities within UNFICYP.

28

Mr Plumley, United Kingdom Foreign and Commonwealth Office, Cyprus Desk Officer, to HQ UNFICYP, Force Reserve and the British Contingent.

29

Lt Col A Sammes, to 254 (UNFICYP) Signal Squadron, to discuss manning and support.

Military and Recreational Competitions

10-11

UNFICYP Tennis Tournament.

FUTURE EVENTS

NOVEMBER

At the British Council, 3 Museum Street, Nicosia, on Thursday 20 November at 7.30 p.m. a feature film:

'The First Great Train Robbery'

Based on the novel by Michael Crichton. The film is set in mid-Victorian England with Sean Connery, top-hatted and totally unscrupulous, in pursuit of a consignment of gold being sent by train from London to Folkestone. He is aided an dabbed by Lesley-Ann Down, mostly in a crinoline and equally unscrupulous. In England this film was considered unsuitable for unaccompanied children.

At the American Centre, 33B Homer Avenue, Nicosia, on Wednesday, 26 November at 7.30 pm a feature film:

'To Kill a Mockingbird'

This highly acclaimed motion picture based on Harper Lee's semi-autobiographical novel is the story of a six-year-old girl, 'Scout' Finch growing up in the Depression era of the early 1930's in a small Southern town. Scout's story focuses on her childhood world and her reaction to the adult world when her father, Atticus, the town lawyer, defends a black man who has been accused of rape. The film stars Gregory Peck, Mary Badham and Robert Duvall.

At the School for the Blind, Nicosia,

on Friday 28 November at 8.00 p.m.

A Concert by the Messiter Taylor Trio

Malcolm Messiter — Oboe
Christine Taylor — Soprano
Clare Taylor — Piano

in a programme of Bach, Schubert, Brahms, Kreisler, Britten, Pascall, Monckton, two Trios from the Auvergne and a group of English songs.

The members of this unusual Chamber Ensemble had achieved considerable individual success before the formation of the Trio in 1978. As a result of their performances in the Leeds Musicians' Platform they were immediately invited to give an extensive tour of Norway which received excellent critical comment. Many concerts in the British Isles and abroad are planned with programmes containing Baroque and 20th century trios, oboe and piano sonatas, French songs and Lieder. British music of this century is generally included with some works written specially for the Trio. Tickets at £1 and £0.500 mils will be on sale at the British Council. The Trio will also play at the Town Hall in Limassol on Wednesday 26 November at 8.00 p.m.

DECEMBER

At Holy Cross Church, Paphos Gate, Nicosia,

on Thursday 18 December at 3.00 p.m.

the UNFICYP Carol Service.

At St Michael's School Hall, UNPA

on Sunday 21 December at 8.00 p.m.

and Monday 22 December at 8.00 p.m.

the UNFICYP Christmas Play, 'A UN Christmas Carol.'

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Austcivpol	— Insp M Geale

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. Descriptions of recent local events or of visits to places of interest are welcome.

Illustrations are most welcome. Photographs should be in black and white on glossy paper.

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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on the cover

Ricardo, age 7, son of WO2 Ben Agripine, (UNFICYP Ordnance Department), receives his DANCON March Medal from Lt Col V N Jacobsen.

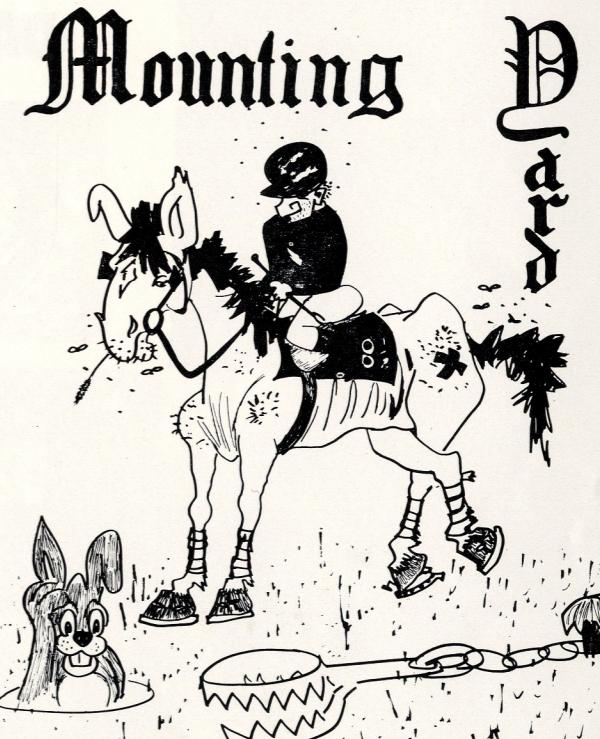


THE BLUE BERET

Editorial

Those of our readers who get as far as the back page of this magazine will be aware that we are running a photo caption competition. For the remainder who only open 'The Blue Beret' to look at the latest cartoon and shut it without so much as a cursory glance, this editorial is to keep you in the picture!

Turn to the back page and you will see an example of a photo caption and also the photograph for which we require captions. All captions should be sent to 'The Blue Beret', HQ UNFICYP by 29 November and the most apt, amusing (and printable) will be selected by the editorial staff. The winning caption will appear in the December's edition. Don't let 1980 slip by without getting your name in print!



O'Sullivan (The horse not the rider) joins UNFICYP.

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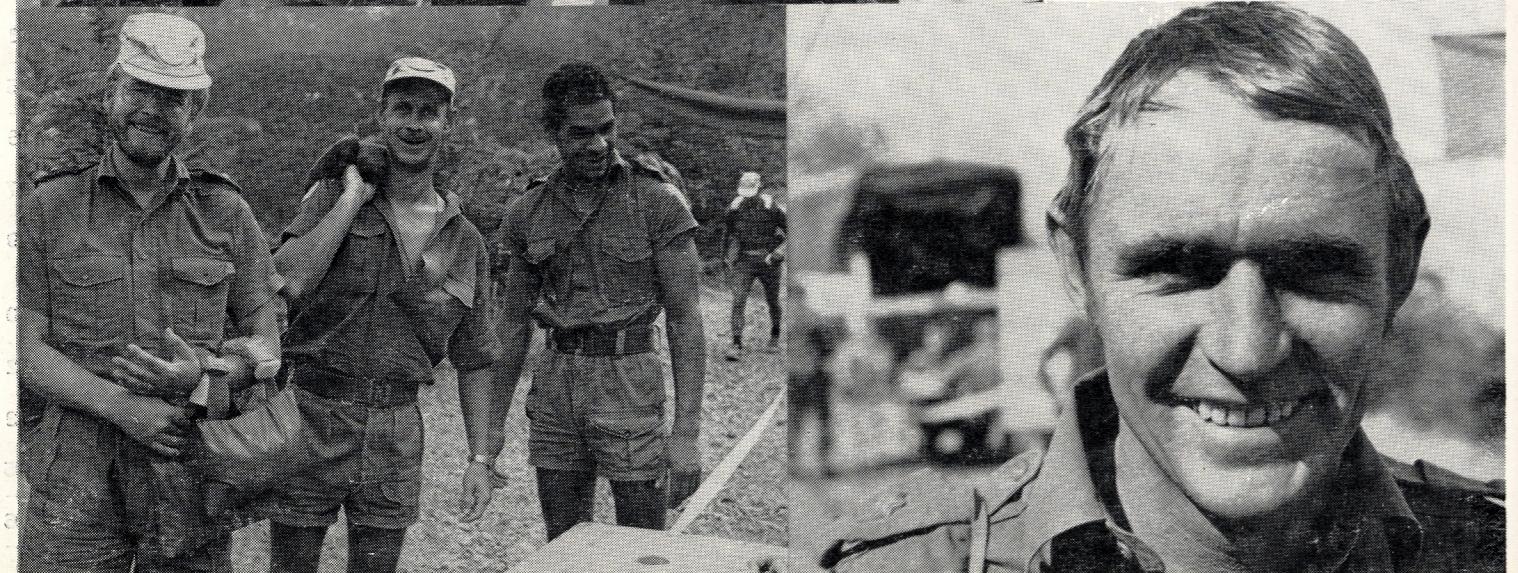
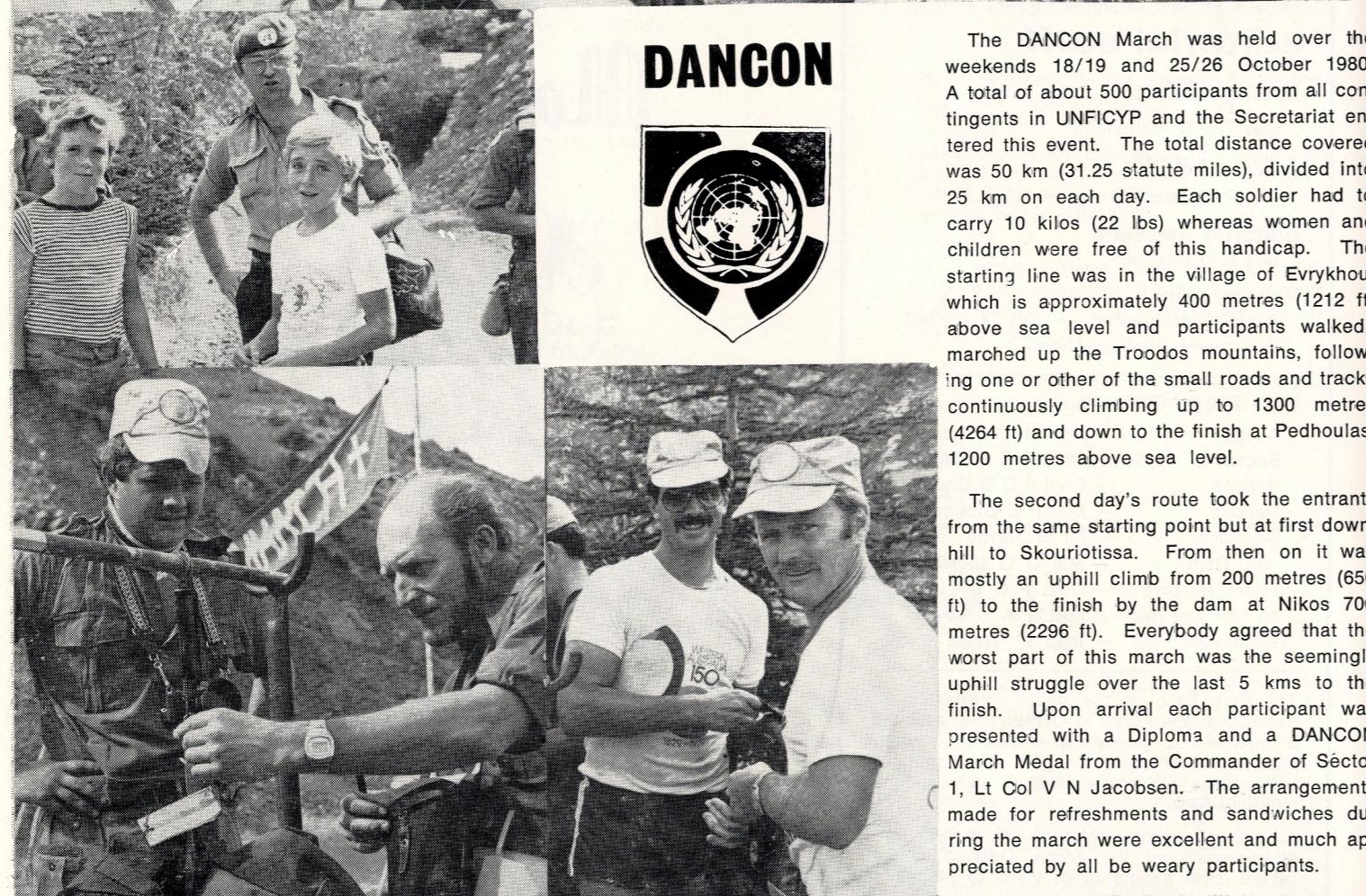


DANCON



The DANCON March was held over the weekends 18/19 and 25/26 October 1980. A total of about 500 participants from all contingents in UNFICYP and the Secretariat entered this event. The total distance covered was 50 km (31.25 statute miles), divided into 25 km on each day. Each soldier had to carry 10 kilos (22 lbs) whereas women and children were free of this handicap. The starting line was in the village of Evrykhou, which is approximately 400 metres (1212 ft) above sea level and participants walked/marched up the Troodos mountains, following one or other of the small roads and tracks continuously climbing up to 1300 metres (4264 ft) and down to the finish at Pedhoulas, 1200 metres above sea level.

The second day's route took the entrants from the same starting point but at first downhill to Skouriotissa. From then on it was mostly an uphill climb from 200 metres (656 ft) to the finish by the dam at Nikos 700 metres (2296 ft). Everybody agreed that the worst part of this march was the seemingly uphill struggle over the last 5 kms to the finish. Upon arrival each participant was presented with a Diploma and a DANCON March Medal from the Commander of Séctor 1, Lt Col V N Jacobsen. The arrangements made for refreshments and sandwiches during the march were excellent and much appreciated by all be weary participants.



UNDER EIGHT HOURS

1. LCpl J O Larsen DANCON (B Coy)	6-33
2. Cpl P Nielsen DANCON (C Coy)	6-40
3. LCpl P M Hansen DANCON (B Coy)	6-41
4. LCpl J Kande DANCON (B Coy)	6-50
5. LCpl I B W D Smidt DANCON (HQ Coy)	6-54
6. Sgt M Pedersen DANCON (HQ Coy)	6-56
— WO1 I A J Persson SWEDCON	7-04
8. Sgt I Roberts BRITCON (3 RGJ)	7-05
— Sdt M G Martin CANCON	7-07
10. Sgt S C Lassen DANCON (C Coy)	7-08
11. Maj T E K Whi:head HQ UNFICYP (6GR)	7-06
12. Rfn C Stones BRITCON (3 RGJ)	7-07
13. LCpl B S Jensen DANCON (C Coy)	7-09
14. WO2 J H C H O'fsson SWEDCON	7-13
— WO2 H M Anderson SWEDCON	
16. WO2 A P Aman SWEDCON	7-17
17. LCpl S Everett BRITCON (3 RGJ)	7-22
18. LCpl F A M Frantsen DANCON (C Coy)	7-23
19. LCpl P Lydersen DANCON (B Coy)	7-24
20. Rfn T S Carpenter BRITCON (3 RGJ)	7-29
21. Cpl R W Compton BRITCON (3 RGJ)	7-30
22. LCpl C I Walms'ey UNFICYP SP REGT	7-31
23. 1/LT J B Nilsson SWEDCON	7-34
24. LCpl H Pivouc AUSCON	7-36
25. LCpl J J Pedersen DANCON (C Coy)	7-37
26. Pte B T Bjorkman SWEDCON	7-41
27. LCpl N M Hansen DANCON (B Coy)	7-45
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29. Pte C CH Andersson SWEDCON	7-47
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31. Miss P Savage HQ UNFICYP (Ladies)	7-49
32. Cpl P V Andersen DANCON (B Coy)	7-51
33. LCpl E B Christensen DANCON (C Coy)	7-52
34. Mrs P de Broë-Ferguson HQ UNFICYP (Ladies)	7-55
35. Ch Insp B Graham AUSTCIVPOL	7-56
36. LCpl H O C Holmen DANCON (HQ Coy)	7-59

MARCH



GOODBYE CYPRUS

Article by Toby Falk



The Pioneers have used a lot of material like 48,000 feet of timber, 100 cubic metres sand, 200 sacks of cement, 200 metres of mosquito net, 100 plugs, 1000 metres of flexible cord...



...120 gallons of paint, 60 paintbrushes and 20 rollers.



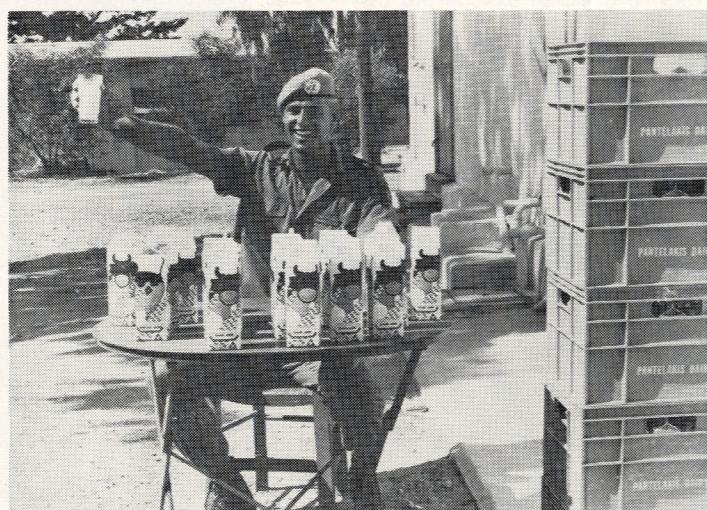
SWEDCON

It's time for the Swedes to rotate again. A new battalion of pale soldiers have arrived from the north. For most of the Swedes returning home, this summer has been the longest in their life; six months compared with two to three months in Sweden. We have had the opportunity to see a new country, learn about a new culture and make many new friends.

When we look back on our stay down here we do it with pleasure and the firm conviction that our job has maintained peace and the hope that the problems of Cyprus have become a step nearer to a solution. It's not only the soldiers in the Buffer Zone who have done a good job but also the people who work behind the scenes and the figures in the captions will give a hint of what they have been doing.



The Postmaster has been busy. Over 100 kg letters and 200 parcels have been despatched every month. We have bought travellers' cheques for £9,850 and made telephone calls to Sweden amounting to £12,782.



We have been eating a fair amount during these six months. The figures show the amount for each soldier: 337 eggs, 14 kg bread, 34 kg meat, 48 kg vegetables...

...130 litres of milk, 47 kg fruit, 70 kg potatoes and 9.3 kg coffee. We have spent over £102,500 on food. Special things like coffee, peas and brown beans have been brought from Sweden.

AUSCON OFF DUTY!

Article by Friendrich Mayer

The soldiers of the Austrian Battalion are offered various sporting activities during off-duty hours. A number of Sections, which are headed by either an Officer or an NCO have been formed lately. Trophies, Medals, etc., are sent by Austrian donors for presentation to the successful sportsmen.

As often as duty allows, Battalion participants are sent to take part in official UNFICYP Tournaments such as the Ori-

teering Competition, the Tennis Championships and Swimming Competitions. The following internal Championships have recently been held by the Battalion: Tennis/Table-tennis Championships and regular Soccer games against British, Swedish, Greek Cypriot and Turkish Cypriot teams. A Volley-Ball and an Air-Rifle Shooting Competition will be organised in the near future. This article deals mainly with two "Exclusive" clubs which were recently formed.

GLIDING

Friendly support of the Glider Club "Crusaders" in Ayios Nicolaos has enabled AUSCON to

form a "Gliding" Section. Almost every Wednesday, Saturday and Sunday, off-duty Austrian soldiers of all ranks, travel to



The beginning is not easy.

the Airfield in order to practice this wonderful sport. Comradeship and team spirit is highly valued. Everyone must contribute to his fullest. Here you can see just how many hands are necessary to launch a glider. In the evening, when the equipment has been stowed and all glider pilots are assembled in the hangar, Club Members meet for a glass of beer, discuss the

WINDSURFING

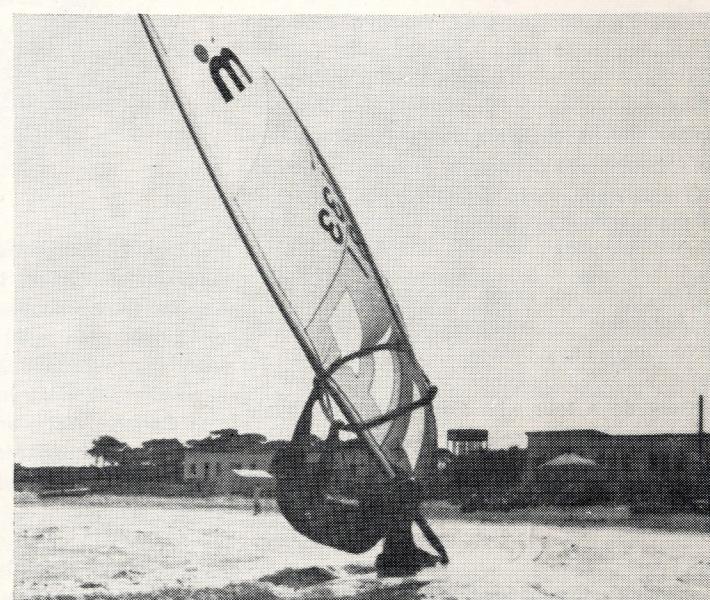
1/lt G Taschek directs the second "exclusive" section. He and its members are at home on water. Austrian firms have donated six Windsurfing Boards with Rigs and since the summer, basic and advanced courses have been regularly carried out at weekends. Beginning seems difficult and should be tackled under mild sea and wind conditions. The initial hurdle in windsurfing is finding one's balance and pulling the sail out of the water. Once this is accomplished and after some headway has been made



Capt Ziehaus, Cdr of the 1st Rifle Coy of AUSCON, is a very experienced pilot.



Every man is needed to start the glider, and Capt Koroschetz is on the rope.



Letting it all hang out ... 1/lt Taschek.



"Q" Battery: firing from a gun pit.



"X" Battery manhandling their 105MM C1 howitzers in a sticky situation.



The only way to fly! — a late January afternoon in Valcartier at — 40°

LE CINQUIÈME RÉGIMENT D'ARTILLERIE LÉGÈRE DU CANADA

Article by Capt J D G Chaplin

UNIT FEATURE

Le Cinquième Régiment d'Artillerie Légère du Canada est venu à Chypre! 5 RALC has come to Cyprus! The first Canadian Artillery Regiment to carry out the Canadian share of the United Nations' peacekeeping mission in Cyprus, the Fifth Regiment began arriving to take over from 3PPCLI on 23 September.

5 RALC is the junior Regiment of the Artillery of Canada's Regular Forces, having been formed in 1968; however, the Regiment can almost claim to have been born in Cyprus: the order for its formation was promulgated when the nucleus of the Regiment-to-be, "X" Battery, Third Regiment, Royal Canadian Horse Artillery, was serving here with the PPCLI. "X" Battery is here again for its third tour in the last twelve years.

The Regiment is no stranger to the "Isle of Aphrodite": Batteries of the Regiment have been here before to augment contingents provided by other units. 1975 saw "Q" Battery do a tour with 2nd Battalion Royal Vingt-Deuxième Regiment (alias "The Van Doos"); in 1977 "X" Battery reinforced le Douzième Régiment Blindé du Canada (12 RBC).

As the principal bastion of British North America for a century, the Fortress of Quebec was garrisoned by the Royal Artillery until



ry, 5 RALC perpetuates a three century-old tradition of Artillery in Canada: the first Canadian Gunners answered a British surrender demand in 1690 with a roar of gunfire from the walls of Quebec. In 1759 their successors bombarded the army of the British General Wolfe and in 1775 engaged the American General Montgomery (whose army dissolved in the ferocious winter weather of 1776).

Although the newest Regiment on the Order of Battle of the Royal Canadian Artillery



"V" Battery, Air Defence, at its first firing practice, CFB Valcartier, winter 1977.

their final withdrawal in 1871. Since 1855 the Government of Canada has maintained Regular and/or Reserve Artillery Regiments in the Quebec City Region.

The working language of the Regiment is French, as 5 RALC is the French-speaking Regiment of the Regular Force Artillery; however, the Regiment will use English as the language medium as have the preceding French-Canadian units who have served in Cyprus.

As a Regiment of the Canadian Artillery, 5 RALC adheres, as does the Artillery of most of the Commonwealth, to the traditions of the Royal Regiment of Artillery. Therefore, much of the insignia, customs and usages will be familiar to those acquainted with the Royal Artillery: Bombardiers are Bombardiers be they English or French!

The Regiment is augmented with two groups: le Cinquième Régiment de Génie de Combat providing a pioneer section to



the Logistics Battery at Blue Beret Camp, and a troop of Engineers to "X" Battery; also 30 Militiamen from the Reserve Force are serving with the Regiment, and will be returning to their units across Canada with experience rarely available to Reservists.

5 RALC and 5 RGC (our Engineers) are member units of 5 Groupe-Brigade du Canada. The Brigade, which is the one French-speaking formation in Canada's Regular Land Forces, is based at Canadian Forces' Base Valcartier, about fifteen miles north-west of Quebec City. Base Valcartier was first estab-

lished as the mobilisation base for the Canadian Expeditionary Force in World War I; it is now the principal training area in Quebec, used by all ground units in the province, Regular and Reserve.

A tour in Cyprus is nothing new for many of our key personnel: our Commanding Officer Lieutenant Colonel T A H Sparling, was the Battery Commander "Q" Battery during the 1975 tour; the Second-in-Command, Major A G Gallant, was Battery Captain on the same tour. Our Regimental Sergeant-Major, Chief Warrant Officer L A J Lavigne, is here for the third time in five years: in 1975 he was a Troop Sergeant-Major and in 1977 he was Battery Sergeant-Major of "X" Battery.

The Reservists represent twenty-six Militia units for the 8th Canadian Hussars of Moncton, New Brunswick, to the Canadian Scottish Regiment of Victoria, British Columbia, some 3,000 miles (5,000 km) west; however, it should come as a surprise to no-one that two-thirds of them come from the Province of Quebec. All the Reserve Artillery and Engineer Regiments in the Province are represented, but many other types of units have provided men as well: men from three Highland Regiments, three Service Battalions, four Armoured Regiments, and two-thirds of the Reserve units in Quebec will be serving in our ranks.

For many of us, this is our first overseas duty since joining the Forces; for all of us, it is an opportunity to carry out a most worthwhile duty that breaks the routine of home service and serves the cause of international peace at the same time.

Blue Beret SPORT

UNFICYP TENNIS COMPETITION 1980

On Friday 10 October some sixty players and officials representing 11 UNFICYP organisations, gathered at Blue Beret Camp tennis courts to contest the 1980 tennis championships. Three events were planned, the main UNFICYP Team Championship for teams of 4 (two singles players and a separate doubles pair), and both Men's and Ladies' individual competitions.

The first round saw a few surprises. Sector 2 (3 RGJ UNFICYP DET) beat the holders SWEDCON by 3 rubbers to love and went through to play a strong AUSCON team and in the lower half of the draw SWEDCIVPOL and DANCON came through to the semi-final stage. Here Sector 2 went through after a close and enjoyable match against AUSCON where both Lt Thomas Ecker, a fine stylist and coach, and the Austrian doubles pair were unfortunate in losing narrowly.

The other 'semi' saw SWEDCIVPOL beat DANCON convincingly. SWEDCIVPOL deserve a special mention having mustered a team from the smallest UNFICYP organisation — only 14 at full strength!

In the final the first singles string of Sector 2, Capt Crispian Beattie, beat Inspector Pim Martinsson in straight sets, as did Lt Henry Worsley his opponent — giving 3 RGJ an unassailable 2—0 lead which Maj Rupert Ross Hurst and Capt Nick Carter cemented by taking a spirited doubles game from Inspector Olofsson and his partner.

The Ladies final was a keenly contested 3 set match between Marie Louise Mimer and Diana Cunningham, won by Diana, 6—7.

As Mrs Mimer had just won the Eleon Club Ladies title in the week, the standard of play in this match can be guessed. At any rate this was a really sporting and hardfought game.

The Men's final, played late at night under floodlights, saw Capt Crispian Beattie of 3 RGJ severely tested by the steadiness and consistency of Pte Mikael Wikstrom of SWEDCON who simply got everything back and produced some alarmingly good passing shots of his own. The British player finally ran out the winner in this, his fourth consecutive match, by 6—7, 6—2, 6—4.

The lateness of this contest causes one to think immediately of the tournament organisers, namely Sgt Halladay, Army Physical Training Corps, of Support Regiment, and his

AUSCON'S OWN TABLE TENNIS CHAMPIONSHIP

The first Table Tennis Championship held in Camp Duke Leopold V took place from 1 October to 10 October 1980. Twenty-four participants played in the preliminary rounds which were quite thrilling in their own right. The final round, held in the Camp's crowded Sports Hall, proved to be just as enthralling. Following 304 games, the 1980 winners were:

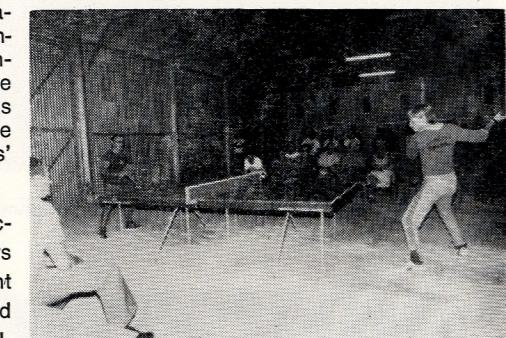
1st and Battalion Champion — Maj Hans Bacher

2nd — Pte Johann Schneeberger

3rd — Sgt Ernst Knauss

4th — LCpl Oswald Pongratz

5th — DO1 Wolfgang Mader



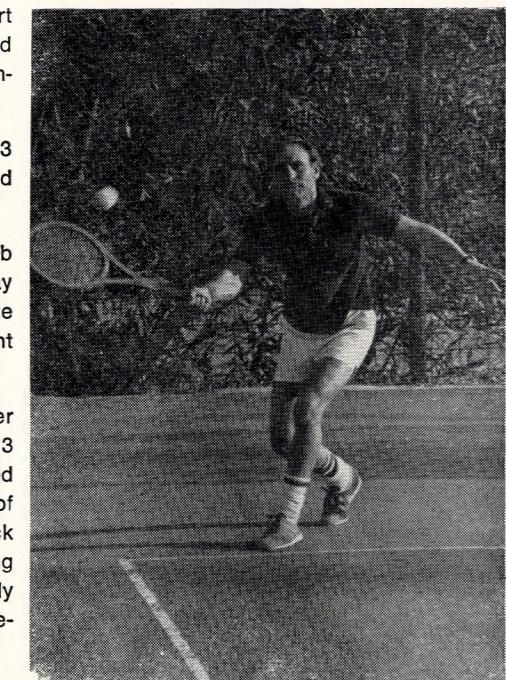
'Heavy fighting' during the final match



Major BACHER receiving the trophy from Lt Col POKORNY.

UN v CYTA

Tuesday 29 October saw the United Nations football team play the Cyprus Telephone Authority (CYTA). The match, played under ideal conditions in the GSP Stadium, resulted in a 7—3 win for the UN and the picture shows the second goal being scored, via a penalty, by LCpl 'Nobby' Clarke, the captain of the United Nations team. SSgt Werner Muller, the team manager of the UN, stated that he hoped this could become a regular fixture and that other local teams would be willing to arrange fixtures for the coming season.



The picture above shows the winner of the UNFICYP Tennis Championships, Capt Crispian Beattie, 3 RGJ.



Was it or wasn't it a goal?

THE HOLY LAND

Article by Pip Johansson Photos by Toby Falk

Arabs in traditional robes riding bicycles and desert can be a most exciting trip for everyone.

Your biggest surprise will be the discovery that the desert is not just a big expanse of desolate sands but a world on its own. An exciting world with unique vegetation and wildlife, mountains with sharp ridges reminiscent of the alpine glaciers but coloured in hot reds. The valleys fit the astronauts' pictures of the moon, and the Red Sea with its abundance of flora and fauna reminds us of Jules Verne's fantasy — "Twenty thousand leagues under the sea."

Just outside the town is a profusion of palms and citrus groves, with dense cascades of bright purple and red bougainvillea and many other colourful plants. The scent of orange blossom, gardenias and other flowers wafts through the air.

NEGEV

This article is a sequel to the October 'Out & About' feature on Jerusalem.

On a hill south of Jerusalem lies Bethlehem with its many towers and spires of churches and monasteries jutting out amongst the spread of stone buildings on its hilly slopes. It is very Arabic and appealing in places, with donkeys carrying their burdens along cobbled alleys and good views of the surrounding hills. The town centres on Manger Square, dominated by the Church of the Nativity, with its thick stone walls. Greek Orthodox and Armenian sects share it, and a Catholic church adjoins it. The Grotto of the Nativity, where Jesus was born, lies under the main altar. The present fortified building has some lovely 4th-century mosaics, covered by trapdoors, a 12th century Crusader mosaic behind the altar and an old ceiling of English oak.

HERODION

Five miles south east of Bethlehem, also perched on a hill, is Herodion; a fortress built by Herod and among the last to fall to the Romans in the Jewish uprising of 66 to 70 AD. The splendid views it commands from the top of its high walls are perhaps more impressive than the excavated remains inside. It is from here that you can see over the Judaean 'wilderness' to Jerusalem and the Dead Sea.

JERICHO

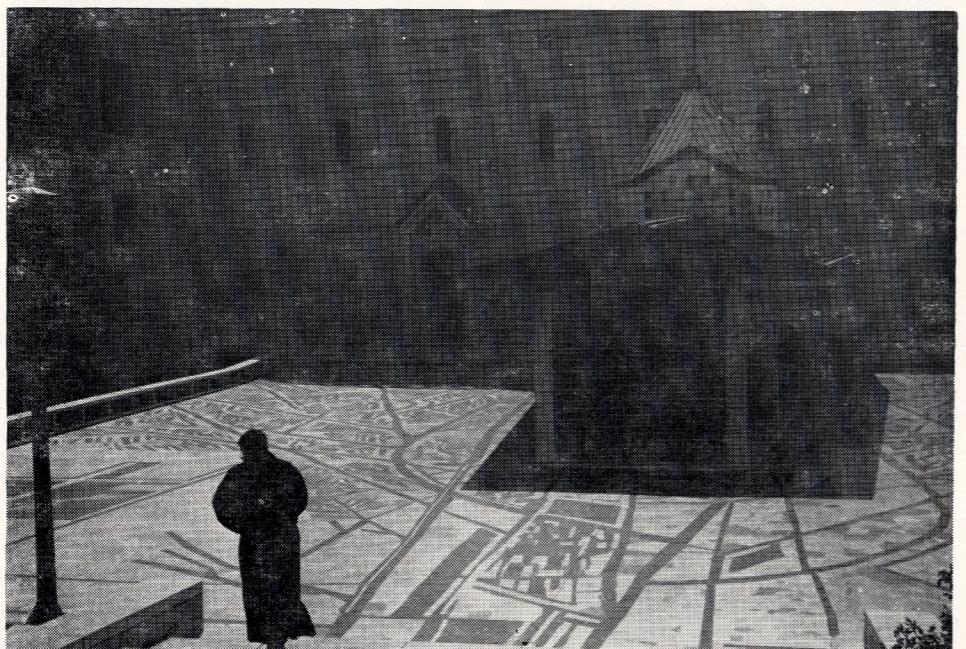
A verdant oasis town in the Jordan Valley is Jericho with its brilliant splash of colour amid sun-baked surroundings. The oldest city in the world — though evidence of this is in excavated remains rather than in the modern settlement which is quite small and has open-fronted shops and stalls displaying piles of fruit. Ones attention is caught by the scenes of children running around,



No, it's not an optical illusion! Toby Falk is seen here riding on the Dead Sea, where it is virtually impossible to sink.



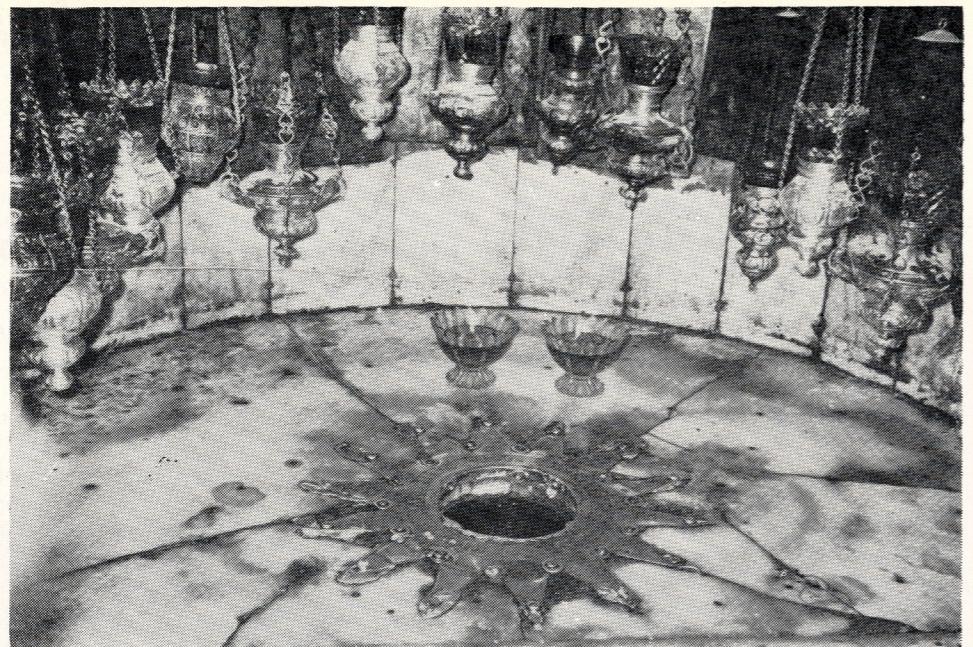
This picture shows the Grotto in the Church of the Nativity in Bethlehem where Jesus was born.



The largest church in the Middle East, the Basilica of the Annunciation, in Nazareth.



This striking photograph shows the expanse of the Negev Desert in the southern region of Israel.



INTERNATIONAL COOKBOOK

ARTICLE BY CHRIS HARDY



CHINESE COOKERY

Ideally one needs a 'Wok' to cook Chinese food as most of it is stir fried. Stir frying is the method whereby you cook the food in a little hot oil very quickly keeping the ingredients on the move all the time.

A 'Wok' is a frying pan with a curved bottom. This enables you to move the food easily as it cannot get stuck in any corners. It is usually accompanied by a curved lid, a spatula and a half ladle.

Most of the time spent cooking Chinese food is in the preparation. You spend half an hour preparing the ingredients but only five or ten minutes actually cooking them. Because 'smoking' oil is used meat is sealed instantly keeping in all the flavour and vegetables are firm and crisp.

Practice makes perfect, it will take you a couple of attempts to get certain quantities right for your taste, particularly ginger. If you use fresh ginger (which is best) be careful as it is very strong.

Cooking Chinese is fun — so practice and experiment and if you are going to eat Chinese food why not do it properly and use chopsticks. If you are really interested buy a Chinese cookery book as only a few old favourites are mentioned here.

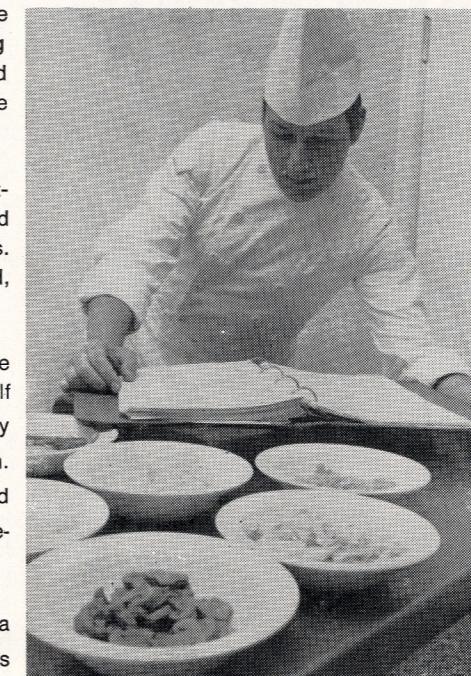
BEEF AND MUSHROOMS

Ingredients:

1 lb rump steak
 1/2 lb mushrooms
 1/4 lb bean sprouts
 Ginger to taste
 1 diced onion
 Soya sauce to taste
 Peanut oil, enough to cover bottom of pan

Method:

Dice rump steak into 1 inch pieces about 1/4 inch thick. Heat oil until smoking. Place rump and onion into pan stirring continuously. Add mushrooms, ginger, Soya sauce and bean sprouts. Keep the ingredients on the move and when cooked serve with boiled rice, egg needles or broccoli, or a combination of all three.



Chris Hardy doing his homework.

STIR FRIED VEGETABLES

Ingredients:

Sliced Mushrooms
 Diced Onion
 Sliced Carrot
 Shredded Cabbage
 Cauliflower florets
 Bean Sprouts

Sliced Bamboo Shoots
 Sliced Water Chestnuts
 Ginger to taste
 Soya Sauce to taste
 Pinch of MSG
 Peanut oil

Method:

Heat oil until smoking, add all the ingredients and stir fry for 3 or 5 minutes.

The vegetables should be just cooked, firm and crisp. Any combination of the above vegetables will do.

SWEET AND SOUR PORK

Ingredients:

4 Pork Cutlets trimmed and diced
 Sauce
 1 small tin pineapple juice
 3 tablespoons tomato ketchup
 1 cup vinegar
 2 cups water
 3 tablespoons sugar
 Soya sauce to taste
 1 sliced onion
 1 grated carrot
 2 oz bean sprouts
 Ginger to taste
 Cornflour to thicken

Method:

Place all the ingredients for the sauce in a saucepan and bring to the boil. Simmer for 15 to 20 minutes, bring back to the boil and thicken with cornflour mixed with a little water.

BATTER

Ingredients:

3 cups flour
 1 tablespoon baking powder
 1 teaspoon vinegar
 water to mix
 salt and pepper to taste
 yellow food colouring (optional)

Method:

Put flour and baking powder in a bowl add the Vinegar and enough water to make a coating batter.

Coat pork cubes in seasoned flour and coat evenly with batter. Deep fry in hot fat until golden brown ensuring that the pork is cooked.

Serve with boiled rice and Sweet and Sour sauce.

If peanut oil is not available use corn oil instead. MSG — Monosodium Glutamate (Flavour enhancer). If Saki is not available use dry sherry instead.

Pictorial news

AUSCON MEDAL PARADE

Shortly before the autumn rotation the traditional 'Medal Parade' of AUSCON took place on 22 October. It was performed this time in connection with the celebration of the Austrian National Day, which commemorates the signing of the vital treaty 25 years ago. Incidentally, this 'Silver Jubilee' coincided with the 35th anniversary of the foundation of the UN.

Guests were treated to a display of some crisp weapons drill and the band from 3RGJ added to the occasion with their rendering of Austrian drill music.



Maj Gen J J Quinn inspects the parade.



The colours are marched in (from the right, 1/LT T Ecker, 2/LT J Kathan, WO 1 F Fasching and WO 1 E Ertl).



A recent visitor to UNFICYP was LCpl Jenny Clark. She was working in HQ BRITCON on a three week attachment during a staff shortage. Jenny, aged 19, from Beverley in north Humberside has been in the WRAC for two years and is at present serving with the WRAC at HQ Land Forces Cyprus in Episkopi. When asked to comment on her short visit to the UN, she replied, "It has been an eye-opener to see just how hard people work here."

C-in-C SWEDISH ARMY VISITS UNFICYP



General Nib Sköld, Commander-in-Chief of the Swedish Army visited UNFICYP on 13 October 1980.

COMMANDER BRITISH FORCES CYPRUS HANDS OVER



Maj Gen Reynall Taylor stands between the Force Commander, Maj Gen J J Quinn, on the right), and Chief of Staff, Brig J D Bastick, during his farewell visit to UNFICYP.
Inset in the picture is the new CBFC; Air Vice Marshal L Davis.

CANCON CHANGES OVER



Lt Col W B Vernon, (right), Commander of 3 PPCLI, welcomes Commander 5 RALC, Lt Col T A H Sparling, to Cyprus.



General Sir Richard Worsley, the United Kingdom Quarter Master General visited UNFICYP on 27 October. He is pictured listening to Lt Col P N Gill, Commanding Officer of UNFICYP Support Regiment.

QMG AT UNFICYP



UN NEWS



UNITED NATIONS DAY - 24 OCTOBER 1980

Message from Secretary-General Kurt Waldheim

"United Nations Day this year marks the thirty-fifth anniversary of the United Nations Charter. It is an occasion which calls for a renewal of the commitment to the purposes and principles of the world Organisation.

There is cause for both celebration and anxiety in the developments witnessed during the thirty-five years of the Organisation's existence. We have seen the emergence from colonialism of new sovereign independent States which have tripled the original membership of the United Nations. We have seen an international community formerly governed by the relations of a few great powers begin to de-

velop into a world community far more representative of the interests and cares of the majority of its people. This vast transition has been surprisingly peaceful.

The agenda of the United Nations now encompasses virtually all major concerns of humanity in the political, economic, social, cultural and humanitarian fields. The founders of our Organisation would have been astonished at the range and scope of the great problems, common to all the world's peoples, which we are now tackling.

Such an undertaking cannot be easy. We cannot expect

quick solutions to complex global problems. But despite the difficulties and disappointments we would fail in our obligation to future generations if we did not persist in seeking solutions to them. We are pledged to work in particular towards the establishment of a new International Economic Order which would be both efficient and equitable for all.

We live in a perplexing and troubled world — a world in transition and development still witnessing conflict and tragedy. A beginning has however been made in the United Nations towards creating a global environment of peace, stability and ju-

stice which would assure opportunities for progress for all nations. The aim of our endeavour is much greater than the setbacks that it suffers. Much has been done, but much remains to be done. Each setback must be a spur to greater efforts. With the support of all the Governments and peoples of the world, our task is to go forward with determination to ensure a better life in larger freedom for all mankind. Indeed, we seek not only an improvement in the human conditions, but more fundamentally, nothing less than the very survival of the human race."

PHOTO CAPTION COMPETITION

As from this issue of "The Blue Beret" the Editorial Staff is introducing a photo caption competition. We have started this off by our own caption of the photograph on the left. Captions are invited for the photograph of the Force Commander and the Chief of Staff to be sent to the MPIO HQ UNFICYP by 29 November 1980.

