

THE BLUE BERET

THE NEWSPAPER FOR CIVILIAN, MILITARY
AND POLICE PERSONNEL WITHIN UNFICYP



VOLUME N° 1

ISSUE No 8

27 MAY 1999

CYPRriot & DUTCH STUDENTS VISIT UNFICYP



On the wing of a Trident Sunjet at the Nicosia Airport

UNFICYP welcomes a wide range of visitors. Among recent groups were 50 young students. Half of these were Greek Cypriot students from Paphos, who were, in turn, hosting 25 students from Ede in The Netherlands. Public Information Officer Major Paul Kolken briefed the group about UNFICYP - what the organisation is and what it does.

After this, Liri Troop Commander Lieutenant Stijn Renders gave an insight in the life of a soldier on the line. He highlighted the advantages of serving in a multinational and multicultural mission, emphasising that every single person, whatever his or her level, has a lot of responsibility.

He also talked about the pros and cons of living and working on the island of Cyprus.

He described some of the things that mean that working in Cyprus is no picnic. These include the long working hours under what can be harsh, hot conditions; being away from friends, partners, and families for six months; and living under a curfew with a two-can rule. His picture of conditions that are so familiar to soldiers on a mission, surprised the teenagers. The Dutch visitors, fresh from temperatures of 17 degrees, were particularly struck by the challenge of working in a heat that at present is "only 36 degrees. It'll get hotter," he said.

John Biermans, who teaches Greek at the visiting Marnix College, said: "Of course we know Dutch soldiers are serving in Cyprus. We see the news and read the papers, but walking here and seeing everything with our own eyes is more impressive than I expected."

A guided tour around the United Nations Protected Area concluded the visit. Yianna Lottidou, one of the Greek Cypriot students, commented: "More students should visit UNFICYP. It was very interesting. I appreciate that the United Nations are trying to help to solve the Cyprus problem. Hopefully you will succeed soon, so that you all can go home."

AUSTRIAN TRAINING CENTRE COMMANDER VISITS SECTOR 4

At the beginning of May, Colonel Winkler, CO of the Austrian Training Centre from 1996-1999, visited Sector 4.

Colonel Winkler, who served as a platoon leader in Larnaca 1974-75, has served three times with UNDOF, and once each with UNTSO and UNOMIL. From next month he will serve as Deputy Chief of the Military Observer Group in Georgia.



AMERICANS COME TO TOWN

On 19 May, UNFICYP hosted two high-level American visits. The first of these was made by Ambassador Nancy Sodeberg - Alternate US Permanent Representative to the UN, who has special responsibility for peacekeeping. Ambassador Sodeberg was fully briefed on all aspects of UNFICYP, and toured Sector 2.

The second involved 12 representatives of the American National War College (one instructor; 11 students) who were briefed at UNFICYP headquarters before going out to visit all sectors. On their way back, the visitors commented on the excellent working relationships between the different nationalities, and said they had been particularly pleased to get an idea of some of the issues the soldiers on the line have to deal with on a daily basis.

INSIDE: BB TIPS - PEOPLE - REAL LIFE - CLASSIFIED - SPORT

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The newspaper for UNFICYP's
civilian, military and police
personnel

Published fortnightly by the Public Information Office of the United Nations Force in Cyprus, HQ UNFICYP, PO Box 21642, Nicosia, Cyprus

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Articles of general interest are invited from all members of the Force. Photographs, together with captions, should accompany the articles.

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LABEL INSTRUCTIONS ON CONSUMER GOODS

On a bottle of children's cough medicine:
"Do not drive car or operate machinery"

On a kitchen knife:

"Warning, keep out of children"

On a chainsaw:

"Do not attempt to stop chain with your hands."

On a child's Superman costume:

"Wearing of this garment does not enable you to fly."

On a packet of peanuts:

"Warning: contains peanuts."

EDITORIAL

Summer is here, bringing with it special health concerns for all personnel working in Cyprus. The first thing to be aware of is that sunshine and heat can cause serious illness. Extreme care should therefore be taken when working or exercising out of doors, particularly between the hours of 11.00 and 16.00 when temperatures are highest. Personnel working in kitchens and other areas where it can become very hot, should also be careful.

So do, please, pay close attention to the Heat Stress Index announcements made throughout each day (see page 6 for a copy of the index), and follow the guidelines laid out in the "Tips" section below.

Item two involves mosquitoes. The local variety can give a nasty bite (it's worth investing in good skin and room repellents) but malaria has been virtually eliminated from the island.

The third point is that summer temperatures can increase susceptibility to meningitis. Last year, one of our colleagues contracted this serious, but rarely fatal, disease, and was treated in Nicosia Hospital.

Meningitis symptoms are similar to flu, and may include vomiting, fever, severe headache, stiff neck, dislike of bright light, drowsiness, and aching joints. If you experience any of these, contact your medical centre. Treatment (by antibiotics) is relatively simple and effective - so long as the disease is caught in time.

Meanwhile, if you have any health queries, get in touch with your medical centre or call us at the UNPA. Remember: "prevention is better than cure" - it's an old cliché, but it's true.

Lt Col Gerhard Pernik
Force Medical Officer

El verano ya está aquí, trayendo consigo algunas preocupaciones de salud para el personal que trabaja en Chipre.

Para empezar, hay que considerar que el sol y el calor causan serios problemas a la salud. Hay que tener extremo cuidado tanto dentro del trabajo como al hacer ejercicio al aire libre, particularmente entre las 11:00 y 16:00 horas que es cuando la temperatura alcanza su grado máximo. El personal que trabaja en la cocina donde hace bastante calor, debe de tener mucho cuidado también.

Así es de que por favor estén sumamente atentos a los anuncios que aparecen durante el transcurso del día en el "Reporte de Temperatura". (Vea página X) y siga las instrucciones detalladas en el mismo.

El segundo tema, es el de los "mosquitos". Debido a que el tipo de mosquito local, pica seriamente, valdría la pena comprar repelentes para la piel. En cuanto a la enfermedad de malaria en la isla, ésta se ha eliminado virtualmente.

El tercer tema, es de que debido a las altas temperaturas durante el verano, aumenta el riesgo de contraer meningitis. El año pasado uno de nuestros colegas contrajo esta seria, aunque no fatal enfermedad y tuvo que ser atendido en el hospital "Nicosía".

Los síntomas de meningitis son similares a los de un resfriado; incluyen: vomito, fiebre, dolor de cabeza, cuello adolorido, mareo y dolor muscular. Si usted percibe cualquiera de estos síntomas, favor de contactar a su médico. El tratamiento por medio de antibióticos es relativamente simple y efectivo, siempre y cuando la enfermedad sea detectada a tiempo.

En caso de que usted tenga cualquier duda al respecto, favor de contactar a su centro médico o bien a nosotros en 'UNPA', y recuerde: "es mejor prevenir que curar".

Teniente Coronel Gerhard Pernik
Oficial Medico

Es ist Sommer in Zypern, zumindest die Temperaturen sind hochsommerlich heiss.

Das kann fuer alle Probleme mit sich bringen.

1. Sonnenschein und Hitze koennen schwerwiegende Krankheiten verursachen. Deshalb sei besonders vorsichtig, wenn du zwischen 11 und 16 Uhr im freien arbeitest oder Sport betreibst. Bitte, beachte den Heat Stress Index, er wird mehrmals am Tag gemessen und befolge besonders die Tips im Absatz darunter.

2. Stechmuecken: Es gibt hier eine grosse Anzahl verschiedener Arten, sie koennen schlimme Bisse verursachen. Verwende deshalb vorbeugend entsprechende Sprays und Cremes (z.B. Autan). Malaria gibt es seit ca. 40 Jahre keine mehr in Zypern.

3. Im Sommer kann die Anfaelligkeit auf Meningitis (Gehirnhautentzuendung) erhoehrt sein. Letztes Jahr musste einer unserer Kameraden wegen dieser Erkrankung im Nicosia Hospital behandelt werden.

Die Symptome einer Meningitis sind aehnlich einer Grippe, wie Erbrechen, Fieber, starker Kopfschmerz, steifer Nacken, Lichtempfindlichkeit, Benommenheit und Gliederschmerzen. Diese Symptome koennen in unterschiedlicher Auspraegung vorkommen.

Bei einer dieser Symptome nimm Kontakt mit deinem Medical Centre oder Arzt auf. Die Behandlung (Antibiotica) ist relativ einfach und effektiv - so fern man diese Krankheit rechtzeitig behandelt.

Wenn du irgend welche Fragen ueber Gesundheit hast, nimm Kontakt mit deinem Medical Center oder mit uns in der UNPA auf.

Denk daran: "Vorsorge ist besser als Heilen" - es ist ein altes Sprichwort, aber es hat heute noch seine Gueltigkeit.

Lt Col Gerhard Pernik
Force Medical Officer

BB TIPS: HOW TO SURVIVE THE SUN

1. Wear a hat: a hat with a good brim halves ultra violet (UV) exposure to the eyes, reducing the risk of eye damage. Wear a wet hat if you're on field duty.
2. Use sunscreen - apply a sunscreen of at least SP15 before you go into the sun (doing this enables the water in the sunscreen to evaporate, leaving the solid oil film to protect you). Reapply every two hours.
3. Wear a shirt or T-shirt - the tighter the weave of the fabric, the better the protection.
4. Keep out of the sun as far as possible - especially between 11.00 and 17.00.
5. Drink lots of water.
6. Avoid alcohol and coffee - both dehydrate.
7. Avoid eating too much at lunchtime.
8. Remember that regular head gear is not required when driving UN vehicles in summer.
9. Bear in mind that white paint, concrete, sand, and water all reflect a lot of damaging UV.
10. Head for grass, trees, and earth: they all absorb UV.

Remember the **Slip, Slap, Slop** routine:

- slip on a shirt
- slap on a hat
- slop on some sunscreen

1. Draag een pet. Een pet met een goede klep halveert de UV-straling op de ogen. De kans op oogschade neemt af. Draag vooral een pet bij velddiensten.
2. Breng zonnebrandcreme met tenminste beschermingsfactor 15 aan, voordat je in de zon gaat. Hierdoor krijgt het water in de creme de kans te verdampen. Een beschermende olielfilm blijft achter. Iedere 2 uur opnieuw insmeren.
3. Draag een shirt of T-shirt. Hoe dichter het weefpatroon van de stof, hoe beter de bescherming.
4. Blijf zoveel als mogelijk uit de zon, vooral tussen 11.00 en 17.00
5. Drink veel water.
6. Vermijd alcohol en koffie. Beide drijven vocht af.
7. Eet niet teveel in de lunchpauze.
8. Bedenk dat in de zomer het dragen van een hoofddeksel in VN-voertuigen niet verplicht is.
9. Bedenk dat witte verf, beton, zand en water schadelijke UV-straling reflecteren.
10. Zit liever op gras, aarde of onder bomen. Alle absorberen UV-straling.

Onthoudt:

- trek een shirt aan
- zet een pet op
- smeer je goed in

Lo que se debe hacer:

1. Utilice sombrero o gorra para el sol, de preferencia con mica contra rayos ultra violeta para proteger sus ojos. Si trabaja en el terrero, utilice un sombrero húmedo.
2. Use protector solar para la piel. Antes de exponerse al sol, aplíquese un protector solar de por lo menos "15" (con ello logra que el agua se evapore ante el protector dejando así que la capa de aceite le proteja). Aplíquese el protector solar nuevamente cada dos horas.
3. Póngase una camiseta de algodón (mientras más cerrado sea el tejido de la camiseta más es la protección).
4. Manténgase lo más que se pueda, fuera de los rayos solares (especialmente entre las 11:00 y 17:00 horas)
5. Tome mucha agua.
6. Evite bebidas alcohólicas y café - ambas deshidratan.
7. Evite comer de más, a la hora del almuerzo.
8. Recuerde que durante el verano, si maneja los vehículos de Naciones Unidas, no requiere ponerse equipo protector para la cabeza
9. Tome en consideración que tanto la pintura blanca, el concreto, la arena y el agua, aumentan más los reflejos de los rayos ultra violeta.
10. Las puntas del pasto, los árboles y la tierra en sí, también absorben rayos ultra violeta.

SUN, HANDLE WITH CARE

Many of us come to UNFICYP from places where sunshine is a rare and precious commodity. This means that we are especially vulnerable to sunburn and other heat-related illnesses.

Overexposure to heat or sun can lead to damage to the kidneys, liver, brain, and skin. It damages eyes. It can even, believe it or not, result in death.

Just about the worst thing you can do is go to sleep in the sun - ultraviolet rays pierce through the eyelids, burning the cornea and, over time, increasing the risk of cataracts developing.

UV rays also burn the skin, causing short-term redness and blistering. Longer-term problems include the three types of skin cancer, the worst of which is malignant melanoma. Like internal cancers, this spreads to other parts of the body if it is not detected early. It usually starts with a mole, freckle, or birthmark, but can appear on normal skin.

Finally, it's worth remembering that a suntan isn't a form of protection: in fact, it's a form of skin damage. It will not protect you against skin cancer. What will help is using a sunscreen of at least SP15.



Medical staff check every two hours whether it's safe to do sport or hard work.

CHARITY CHEQUES PRESENTED



£250 for a wheelchair...

On Friday 30 April, Mrs Susie Coats, on behalf of the UNFICYP Welfare Committee, presented a cheque for 250 pounds sterling to the committee of the Red Cross Society in Kyrenia. The money will be donated to the intensive care unit at the (north) Nicosia General Hospital and put towards an aspirator.

Two weeks later, Despo Yiapana, representing the Greek Cypriot Nea Eleousa Home, accepted a cheque for the same amount. This money will help to buy a specialised wheelchair for Chris, a 19-year-old boy with a malshaped spine. The only way he can sit in a chair, is by leaning over the arm of the chair in a lot of discomfort.



...and £250 for a respirator

WEAPONS HANDLING

By Major Horst Ehling

Exercises in weapon handling and live firing are a key element of all military training - even in a peacekeeping mission like this one, where the use of armed force is absolutely the last resort. Nevertheless, even though we will only ever fire in self defence, we must make sure it's done properly.

It isn't always easy to fit in shooting exercises. First, our primary task, monitoring the Buffer Zone, has to continue. Shooting exercises have to be fitted in around this - which often means they have to be carried out when some personnel would normally be sleeping. Other constraints are the fact that there are not many firing ranges and those that there are lie far away.

Nevertheless, shooting exercises mark a break in the daily routine, and keep military skills up to scratch. Moreover, shooting exercises on a competition basis can also help increase motivation and raise morale. So, in Sector 4, we run a series of shooting exercises to make sure that everyone in the sector gets a chance to take part.



Key element of military training

ENGLISH LESSONS

On 15 May, 21 members of the Mobile Force Reserve and one from the Force Military Police Unit completed a five-month English course. The course, run by Mexican-born Maria Cecilia del Alba, aims to prepare Argentinian members of UNFICYP for the Level One English Test in the Argentinian Army Languages Institute. It's hard work, but all participants took the course on a voluntary

basis, in their spare time. And, as one MFR member puts it: "Learning a language is an example of how working in a multinational mission like this one helps us to acquire new skills and become culturally, professionally, and socially integrated with people from other countries." At the end of the course, all the students were presented with a diploma at a small reception at Maria Cecilia's house.



V BOJU PROTI VROCINI

1. Nosi pokrivalo; kapo z dobrim scitom, ki prepolavlja zarčenje in varuje oči pred poskodbami zaradi ultravijoličnih zarkov.
2. Uporablaj kremo za sončenje; namazi se s faktorjem 15, preden se izpostaviš soncu...to zmanjšuje izločanje telesnih tekočin in sciti kozo pred škodljivimi zarki. Namazi se vsaki dve uri.
3. Nosi srajco ali majco; gosteja kot je tkanina, boljša je zascita.
4. Izogibaj se soncu; v okviru danih možnosti, predvsem pa med 11. in 17. uro.
5. Pij veliko vode!
6. Ne pij alkohola in kave; oboje pospešuje dehidracijo.
7. Ne jej preobilnega kosila.
8. Zapomni si: v poletnem času, ko voziš UN vozilo, ni obvezno nosenje standardnih pokrival.
9. Ne pozabi: bela barva, beton, pesek in voda odbijajo in tako povečujejo količino škodljivih UV.
10. Zadržuj se raje v bližini trave, dreves in zemlje, saj ti vsrkavajo UV zarke.

Zapomni si:

- Gate na glavo,
- pa dva svincnika v nos,
- vrocini, zarkom, bodi kos.

TEDD:

1. Viselj sapkát: Egysapka jó karimával megfelezi a szemedbe jutó ultraibolya sugárzást, csökkenti a szemed károsodásának veszélyét. Viselj sapkát ha terepen vagy szolgálatban!
2. Használj napolajat-legalább 15-ös faktorszámú-mielőtt kimész a napra (Ha ezt csinálod, a napolajban lévő víz fog elpárologni és egy vékony olajréteget fog képezni a bőrödön és védeni fogja azt). Kétóránként kendd be magad.
3. Viselj inget vagy pólót - minél sűrűbb a szövése annál jobban véd.
4. Tartsd magad távol a tűztől- különösen 11.00 és 17.00 óra között.
5. Igyál sok vizet.
6. Kerüld az alkoholt és a kávé; mindkettő vízelvonó.
7. Ne egyél sokat délid ben.
8. Jusson eszedbe hogy nyáron nem kötelez a sapkaviselés ENSZ autóban.
9. Figyelj arra, hogy a fehér felületek, a beton, a homok és a víz veszélyes UV visszaverő hatású.
10. Ha lehetséges tartózkodj fűfő vagy rendes talaj közelében; ezek elnyelik a sugárzást.

BEFOLGE:

1. Trage eine Kopfbedeckung und eine Sonnenbrille mit UV Schutz. Trage eine nasse Kappe bei der Arbeit im Freien.
2. Gebrauche eine Sonnencreme mit einem Sonnenschutzfaktor 15 und creme dich mindestens alle 2 Stunden ein.
3. Trage ein Hemd oder ein T-Shirt mit einem festen Gewebe.
4. Vermeide die Sonne soweit es moeglich ist, besonders zwischen 11 und 16 Uhr.
5. Trinke ausreichend.
6. Vermeide Alkohol und Kaffee, beides dehydriert.
7. Vermeide ein ueppiges Mittagessen.
8. Im Auto ist keine Kopfbedeckung notwendig.
9. Denk daran weisse Mauer, Sand und Wasser reflektieren die UV-Strahlung.
10. Halte Dich in der Naeh von Baeumen, Bueschen und Haeusern auf: diese absorbieren die UV-Strahlung.

MERKE:

Sonnenhut
Sonnenschirm
Shirt
Sind notwendige Mittel gegen zuviel Sonne.

NEWS

COLOUR YOUR LIFE AT ART CLASS

By Chamuri Keast

As time progresses, we have become more and more enthusiastic and encouraged by the paintings we've produced at our watercolour classes, held at St Michael's School in the UNPA. And it's definitely true, that practice really does make one, well... more perfect than at the beginning.

Of course, you could argue that there's no such thing as perfection in art, and every work of art could be improved upon. Certainly, we budding artists at the UNPA agree, we have a long, long road to walk (with easel, brush and paints in hand, of course). But imperfection does not deter us. We are excited that every time we embark on a new picture, our drawing gets better, our colour sense becomes more intuitive and our subjects increasingly recognisable.

At each class we learn more about compositional space perspective, and the exciting techniques of colour mixing. We get lots of encouragement from Lindsay, our talented teacher from Zimbabwe, but even more importantly, from each other.

Some of you may recall that we put on an exhibition at the International Women's Day event held in the grounds

of Ledra Palace at the beginning of March this year. This made us quite proud. Some of us even sold a few paintings - to the quick and wise. Bearing in mind, art always increases in value.

We look forward to Tuesday evenings, from 6.00-8.00 pm, when we can guarantee ourselves quiet meditation in the form of painting, and a special camaraderie that you just can't compare with that found in a busy office environment.

The class might seem a somewhat motley crew. We range from the highest level of management to the busiest assistant. But in the painting class, all become equal with cerulean blue under the finger nails and alizarin crimson on the cheeks. We have worked hard over the past few months to produce an interesting collection of watercolour paintings. They cover a wide scope from scenic views of Cyprus to still life flowers, fabrics and terracotta pots.

Now, everyone at UNFICYP can enjoy the fruits of our labours as we go on a "Grand Tour". We're not quite aiming for Paris and Florence yet, but have decided to make our paintings more accessible to United Nations Peacekeepers through an exhibition at the

International Mess that will then move on to the Ledra Palace.

Our opening reception will be held from 4:00-6:00 pm on Tuesday, 8 June at the International Mess. It promises to be a lively event with wine and snacks to fortify you while you view the paintings. Do come, and bring your friends along too. We hope you will enjoy looking at our works as much as we enjoyed

producing them, and note - most of the paintings in the exhibition will be available for sale.

There are still a few spare places on our Tuesday evening classes. If you'd like to join us, come along, with your own paints, brushes, paper and inspiration. In return, you'll get lots of encouragement and a special joy when you tap into your creative self.



Anita Thomas (left) and Chamuri Keast

HELLO AND GOODBYE AT SECTOR 1



Argentine Task Force (ATF) 12 has finally finished its tour and ATF 13 has come to take over from us. On 14 May, Lt Col Mujica went to meet the first batch of newcomers, who arrived with the new 2IC of Sector 1, Lt Col Sosa Bari del Valle. The 128 newcomers showed in their faces the same doubts we had when we arrived at the end of November last year. It

had taken them 18 hours to get here on an Argentinian Air Force plane, which stopped for a couple of hours in the Canary Islands.

We welcome them all and also hope their stay in Cyprus will be a good and productive one. We wish them the best of luck.

In addition, all of us who are leaving with the rest of ATF 12 were really pleased to work with all the UNFICYP contingents over the past six months.

We would like to thank everyone for the support and friendship we have received during our stay here - and to wish all the best to our friends in the other sectors and at Headquarters UNFICYP.

DE VERGARA MEDICAL CENTRE TEAM

Tucked away in the corner of the Blue Beret Camp on the UNPA is the De Vergara Medical Centre. Opened at the end of last year, and currently staffed by an Argentinian doctor (Carlos) and two British nurses (Elaine and Shirley), the centre supports UNFICYP personnel and their families. Also attached to the Medical Centre is Austrian paramedic, WO2 Dieter Tichy.

In addition to the morning soldiers' sick parade, the centre is open for Irish and British families to come to see Dr Irene Cotter at her clinic on Monday and Friday afternoons. Dr Caroline Hunter has been taking care of soldiers from Sector 2 at a surgery on Tuesdays and Thursdays.

Dr Carlos Caviglia is currently the Chief Medical Officer and is in the process of handing over to his successor, Dr Carlos Iglesias. Asked what the most common complaints are, he replied: "Most definitely sports injuries. We have a good turnover of knee sprains, twisted ankles and back pains. Next on the list come injuries from physical training. Allergies, hay fever and minor problems crop up every now and then, but these are mainly due to the change in climate and this type of problem usually settles down after the first month or so." Asked what happens if



The Medical Centre team. From the left: Dr Carlos Caviglia, Maj Gerhart Zechner, Cpl Elaine Finlayson, Sgt Shirley Mathurin, WO2 Tichy and Lt Col Gerhart Pernik

something more serious occurs, he replies: "I make the initial assessment here in the Medical Centre and then, if necessary, I refer the patient to the appropriate specialist in Nicosia."

Nurse (Cpl) Elaine Finlayson, who is half-way through her six-month tour, says: "The troops of UNFICYP are pretty healthy. In the last three months, we've only had to admit four in-patients to our wards."

She adds: "However, I'm rarely off duty. Wherever I go, there's always someone who comes up to ask for advice on this complaint or that. And whenever I go to the swimming pool, I always take suntan lotions with me. If I see someone without barrier cream on, I give them some. There's no excuse not to take care in this heat. We

haven't had any serious sun-related problems yet. But it's better to be safe than sorry."

There is one British ambulance attached to the Medical Centre, "But," says Dr Caviglia, "Support Services are currently in the process of providing us with a UN ambulance. Hopefully, it will be delivered in the not-too-distant future."

Dr Caviglia, an orthopedic surgeon at his military base in Argentina, returns home this week. Asked how he has enjoyed his tour with UNFICYP, he says: "It's been a wonderful experience working with and for my fellow peacekeepers. This is the first time I've worked abroad, and if I'm asked to return, I'll gladly accept." Meanwhile, we wish the new Dr Carlos the best of luck.

HANDOVER/TAKEOVER AT CAMP IZAY

On 8 May, the outgoing Hungarian contingent from Sector 4 got together with their successors to celebrate the handover/takeover. The photo shows the Coy Briefing by OC 1 Coy.



PEOPLE

THE WELFARE OFFICER

Being away from friends and family is one of the toughest aspects of life for all military, police, and civilian personnel who come to UNFICYP on "unaccompanied" posts.

Support is, however, available in many ways. One way in Sector 2 is that military personnel have access to a Welfare Officer, provided by the Women's Royal Voluntary Service (WRVS) with funding from the UK's Ministry of Defence.

Jane Lock is one of three UK Welfare Officers in Cyprus - the other three work on the British bases. Her job is to run a recreation club (located, like her office, in the Ledra complex), offer a listening ear, and provide practical help.

She regularly visits each troop location within Sector 2, delivering magazines, newspapers, books, games, and sweets. She also carries a supply of greetings cards and stamps, and takes orders for flowers to be sent to loved ones back home.

Jane, who comes from a military family, has been a WRVS officer for 11 years. "It's a challenging job," she says. "Before joining the army, I was a nurse in an isolation ward in a hospital in Dartford, Kent. Then I decided I wanted to travel. So here I am."

Asks what she likes most about the job, she says "Visiting the Dutch troops! They make great coffee and I love Dutch pancakes."

"More seriously, though, I've found it incredibly

rewarding to see soldiers at their passing out parades, and know that I have been part of the regimental team that has helped train them. Working with new recruits before they are fully-fledged soldiers is something quite special. For many of these young men and women, joining the army is their first taste of freedom and responsibility. It's very important that they feel free to confide in me because often they get disillusioned and feel they just can't manage.

"Life for a young recruit can be very difficult. Sometimes people come from broken homes. A mother may have remarried and decided she doesn't want a son or daughter at home any more. The army can offer these young people a lot, and help them make a good start in life.

"When they get to the passing out parade, they've proved to themselves, and their families and friends, that they can."

What sort of things does Jane get asked to help with?

"It can be something like advice on how to write a letter or address an envelope in the right way. Or it can be something totally bizarre like the request I got from a young man (not in Cyprus!) for a set of women's clothing - it turned out this was for a pantomime."

Out here in Cyprus, Jane is never too busy to sit down and chat. Calls of "Hello Jane," and "What have you got for us today?" herald her everywhere.



Jane delivers her books and magazines

But conditions are not perfect: "I'm enjoying my tour very much. However, it's quite difficult because it usually takes three to four months to win people's confidence, and most of them are only on six-month postings. It's much easier to help and to see the results of my efforts when I'm assigned to a regiment for two years."

Jane visits all Sector 2 locations regularly. Having done her rounds, she's back in her office at the Ledra Palace and can be contacted 24-hours-a-day on (02) 359 296.

Her routine advice: "Your stay in Cyprus is what you make of it. So have a good one!"

THE PADRÉS

Was macht ein Soldat von Sektor 4 wenn er ein Problem bezüglich seines Dienstes oder seines Lebens hat, und er nicht in der Lage ist, es alleine zu bewältigen?

Wenn der Soldat ein dienstliches Problem hat, und das Vertrauen seines Kommandanten besitzt, so wäre es der richtige Weg, den Konflikt zuerst mit seinem Kommandanten oder mit seinem Spieß auszudiskutieren bzw. zu beseitigen. Wenn sich der Soldat nicht wohl fühlt seine Probleme auf diesem Wege zu lösen, so steht der Kaplan von Sektor 4 immer zur Verfügung um Lösungen zu finden, selbst wenn es dazu der Einschaltung des Batallionskommandanten bedarf. Als Beispiele für dienstliche Probleme können wir anführen: psychische Diskriminierung, Isolierung eines einzelnen Soldaten von bestimmten Bereichen, das

unangemessene Ausnutzen des höheren Ranges oder Respektlosigkeit gegenüber Soldaten niedrigeren Ranges durch Geringschätzen der erbrachten Leistungen. In manchen Fällen wäre es angebracht medizinischen Rat einzuholen, besonders wenn sich ein Soldat deprimiert fühlt oder es ihm an Selbstvertrauen mangelt.

Mit Erlaubnis des Soldaten mag es auch durchaus sein, daß der Kaplan und der Arzt sich das Problem teilen und ihre Kenntnisse austauschen, um das Problem zu lösen. Wenn es irgendwelche privaten Probleme zu Hause oder auf der Insel gibt, so erwartet man, daß der Soldat sich auf die Unterstützung seiner Freunde und gleichgestellten Kameraden sicher sein kann.

Dem Soldaten kann versichert werden, daß alles, was er dem Kaplan anvertraut, unter dem Mantel der Verschwiegenheit gehalten wird und daß der Kaplan keine Maßnahme treffen würde, welche für den Soldaten inakzeptabel wäre bzw. welche ohne das Wissen und ohne Einwilligung des Soldaten erfolgt. Das beinhaltet auch das Anvertrauen von vertraulichen Informationen. Als Beispiel für private Probleme können wir erwähnen: Verwirrung wegen unserer Mission in Zypern, Familienprobleme zu Hause oder auf der Insel, Schwangerschaft der Freundin, Unsicherheit über die Bedeutung des Lebens selbst.

Der Kaplan von Sektor 4, Kaplan Alexander Pytnik, betrachtet sich selbst nicht als professionellen Psychologen, sondern viel mehr als Kameraden, der in erster Linie versucht den persönlichen Glauben zu vertiefen und seinen Beitrag zur friedlichen Problembewältigung zu leisten. Seine Hauptaufgabe als katholischer Priester ist es, das katholische Christentum auf eine glaubhafte Art und Weise zu leben und zu verkünden. Er ist für das katholische Umfeld der katholischen Soldaten (Österreicher, Ungarn, Slowenen) und ihrer Familien verantwortlich. Aufgrund der Abstinenz von Kaplänen anderer Konfessionen steht er auch für alle anderen Soldaten zur Verfügung, unabhängig welcher Glaubensrichtung sie angehören. Auf Anfrage von Kommandanten übernimmt er auch für die moralische Schulung in Bezug auf Ethik bzw. Lebensqualität. Um die Soldaten auch persönlich kennenzulernen, steht er ihnen täglich mit Rat und Tat beiseite. Es ist wichtig zu bemerken, daß Pater Pytnik die modernen psychologischen Methoden nicht gutheißt, welche manchmal sittenwidrige Lösungen auf

Probleme anbieten. Beispielsweise bedeutet Abtreibung immer das Töten des unschuldigsten Lebens. Der Pater möchte klar betonen, daß jeder, mit jedem Problem, zu jeder Zeit zu ihm kommen kann. Im Falle von religiösen Fragen und Problemen, werden interessierte Soldaten aufgefordert sich direkt an den Pater zu wenden.

Wir möchten Sie gerne darüber informieren, daß es in Sektor 4 neben dem katholischen Kaplan noch 2 Ärzte (ein Österreicher, ein Ungar) gibt. Darüber hinaus existiert noch ein welfare sector, bestehend aus einem Offizier und zwei Unteroffizieren, die für die Organisation von Urlauben und Erholungsfahrten verantwortlich sind. Ein kleines Detail am Rande. Der Pater von Sektor 4 sieht nicht die geringste Notwendigkeit einen Psychologen für das UNAHSB zu beschäftigen.

The UNFICYP padrés are busy people. As well as holding church services and hearing confession, they tour the line, visiting observation posts and troop houses, helping to solve problems as they arise.

Common work-related problems include bullying lower ranks, leaving people out, not giving credit for work well done, and blaming people for things they have not done - scapegoating, in other words.

When this sort of thing happens, some people prefer to discuss the matter with a commanding officer. Others are more comfortable talking to the padré, and, if necessary, the medical officer. The latter is most likely to occur if a soldier is suffering from depression or low self esteem.

The padré may also find himself listening to more personal problems relating to families and other relationships. In all cases, consultations are carried out in strict confidence. And no action is ever taken without a soldier's full knowledge and consent.

Says Alexander Pytnik, the padré in Sector 4: "I don't pretend to be a professional psychologist. I see myself more as a comrade. It is my job to help deepen an individual's personal faith and to look for peaceful solutions to problems. I hope that everyone in Sector 4 knows that they can come to see me any time, and I will do my best to help."



Immer da. Always available.

The Wet Bulb Globe Temperature (WBGT) Heat Stress Index: Instructions for Personnel Supervising Physical Activity in UNFICYP

This index is not simply based on temperature - the numbers you see on the left of the columns relate to levels of discomfort - or "heat stress". They are derived from calculations based on readings of both temperature and humidity from different locations around Cyprus.

WBGT INDEX	ACCLIMATISED	UNACCLIMATISED PERSONNEL RESIDENT LESS THAN ONE MONTH
Below 26° (WHITE)	Work: normal Sport: normal This does not mean that heat illness cannot occur.	Work: normal Sport: normal This does not mean that heat illness cannot occur.
26° (GREEN)	Work - normal Sport - normal This does not mean that heat illness cannot occur.	72 hours sedentary duty on arrival. Progressive increase to full activity by 4 th week. Discretion to be exercised in any heavy exercise. 20 minutes exercise maximum followed by 20 minutes rest in first 28 days. Supervised water consumption. Sport: discretion on sporting activities.
29° (GREEN ALPHA)	Normal work but discretion in planning heavy exercise. Periods of strenuous exercise should not exceed 30 minutes with a rest period of 1 hour for cooling and rehydration. Avoid standard Combat Fitness Tests. Sport may be undertaken with discretion. Regular rehydration.	No strenuous activity. Light exercise (walking) with adequate rest periods in the shade with rehydration. Sport: organised sport with discretion.
31° (AMBER)	No strenuous exercise. Limited activity for hardened acclimated personnel (12 weeks or more of training in heat). Supervised rests and rehydration for 10 minutes every hour. Sport: organised sport with discretion and only after medical advice.	All strenuous exercise is to cease. Sport: organised sport is to cease. Voluntary sport discouraged, but only to take place after medical advice.
32°+ (RED)	All outdoor training, strenuous activity and non-essential duty should be halted for ALL PERSONNEL. Sport: no organised sport. Voluntary sport should only take place after medical advice.	

HITZEINDEX	FUER AKKLIMATISIERTE PERSONEN	FUER NICHT AKKLIMATISIERTE PERSONEN (D. H. FUER KUERZEREN AUFENTHALT ALS 1 MONAT)
Unter 26° (WEISS)	Dienst - normal Sport - normal Das heisst nicht das Hitzeerscheinungen nicht auftreten koennen.	Dienst - normal Sport - normal Das heisst nicht das Hitzeerscheinungen nicht auftreten koennen
26° (GRUEN)	Dienst - normal Sport - normal Das heisst nicht das Hitzeerscheinungen nicht auftreten koennen	In den ersten 72 Stunden nach der Ankunft nur leichte Taetigkeiten durchfuehren. Bis zur vierten Wochen erfolgt ein allmaehlicher Anstieg zur vollen Dienstfaehigkeit. Trotzdem ist Zurueckhaltung bei schwerem Dienst angebracht. In den ersten 28 Tagen soll die maximale Dauer der Uebungen 20 Minuten nicht uebersteigen, gefolgt von einer 20 minuetigen Pause. Kontrollierter Wasserverbrauch. Zurueckhaltung bei sportlichen Aktivitaeten.
29° (GRUEN ALPHA)	Normaler Dienst mit Zurueckhaltung in Bezug auf schwere Uebungen. Anstrengende Uebungen sollten nicht laenger als 30 Minuten dauern, gefolgt von einer einstuendigen Pause zum Zwecke der Abkuehlung und Wasseraufnahme. Fitness-Tests sollten vermieden werden. Sport sollte mit Zurueckhaltung unternommen werden. Geregelter Wasserkonsum.	Keine anstrengenden Uebungen. Leichte Uebungen (Spazierengehen) mit angepassten Pausen im Schatten zum Zwecke der Wasseraufnahme. Sport: Organisierten Sport mit Zurueckhaltung betreiben.
31° (BERNSTEIN)	Keine anstrengenden Uebungen. Begrenzte Aktivitaeten fuer akklimatisiertes Personal (d.h. 12 Wochen oder laenger bereits der Hitze ausgesetzt). 10minuetige kontrollierte Ruhepausen pro Stunde, welche man zur Wasseraufnahmen nuetzen sollte. Sport: Zurueckhaltung bei organisierstem Sport und nur bei medizinischen Rat zu empfehlen	Alle anstrengenden Uebungen sowie organisierter Sport werden eingestellt. Freiwilliger Sport wird nicht empfohlen oder soll nur bei medizinischem Rat stattfinden
32° (ROT)	Freiluft-Training, sowie anstrengende Aktivitaeten und nicht notwendige Dienste sollten fuer alle Personen eingestellt werden. Organisierter Sport soll eingestellt werden. Freiwilliger Sport wird nicht empfohlen oder soll nur bei medizinischem Rat stattfinden.	

WB GT INDEX	PERSONAL ACLIMATADO	PERSONAL NO ACLIMATADO RESIDENTE MENOS DE UN MES
Menos de 26° (BLANCO)	Trabajo normal Ejercicio normal Esto no descarta que el calor pueda afectar su salud	Trabajo normal Ejercicio normal Esto no descarta que el calor pueda afectar su salud
26° (VERDE)	Trabajo normal Ejercicio normal Esto no descarta que el calor pueda afectar su salud	72 horas de trabajo sedentario al llegar. Conseguir la actividad total hasta la cuarta semana. Precaución en no hacer ejercicio pesado. Ejercicio máximo de 20 minutos, seguido por descanso de 20 minutos durante los primeros 28 días. Deporte: Precaución en actividades deportivas
29° (VERDE ALFA)	Trabajo normal, pero planear con precaución el ejercicio pesado. Período de ejercicio estrenuante sin exceder 30 minutos con descanso de una hora para enfriamiento y rehidratación. Evitar las pruebas de adiestramiento físico militar. Deporte con precaución. Rehidratación normal.	Ninguna actividad estrenuante. Ejercicio liviano (caminar) con adecuados tiempos de descanso, en la sombra, con rehidratación. Deporte: organizado y con precaución.
31° (AMBAR)	Ningún ejercicio estrenuante. Actividad limitada para el personal con problemas de aclimatación (12 semanas o más de entrenamiento bajo el calor. Descansos bajo supervisión y rehidratación de 10 minutos cada hora. Deporte: organizado, con precaución y solo bajo control médico.	Todo ejercicio estrenuante debe anularse. Deporte: Anular deporte organizado. Evitar al máximo deporte voluntario y solo bajo consejo médico.
32°+ (ROJO)	PARA TODO EL PERSONAL: Prohibida toda actividad física al aire libre que sea innecesaria. Deporte: Ningún deporte organizado. Hacer deporte voluntario, únicamente bajo control médico.	

WB GT INDEX	Aklimatizálódott Személy	Még nem aklimatizálódott személy (1 hónapnál rövidebb idő)
Below 26° (WHITE)	Munka: normális Sport : normális (Nem azt jelenti hogy nem lehet napszúrást kapni)	Munka: normális Sport : normális (Nem azt jelenti hogy nem lehet napszúrást kapni)
26° (GREEN)	Munka: normális Sport: normális (nem azt jelenti hogy nem lehet napszúrást kapni)	72 óra ülőmunka megérkezés után Fokozatos elérése a teljes felkészítésnek 4 hét alatt. Kerülni a túlterhelést. Max 20 perc munka után 20 perc pihenő az első 28 napon.
29° (GREEN ALPHA)	Normál munka de vigyázat a nehéz fizikai munkával. 30 perc munkát 1 óra pihenés kövessen lehűlésre és vízpótlásra. Kerülni a harkészültségi tesztet. Sport fokozott figyelemmel. Normál vízpótlás.	Nincs nehéz fizikai munka. Könnyű gyakorlatok(gyaloglás) többszöri pihenővel árnyékban vízpótlással. Sport: szervezett sport nagy figyelemmel.
31° (AMBER)	Nincs nehéz fizikai munka. Korlátozott fizikai munka azoknak akik több mint 12 hete aklimatizálodtak. Ellenorzott vízbevitel 10 percig minden oraban. Sport: szervezett, nagy figyelemmel orvosi véleményezes utan.	Mindenféle fizikai munka felfüggesztve. Sport: szervezett sport esetenként, csak önkénteseknek orvosi véleményezes utan.
32°+ (RED)	Mindenféle szabadteri munka szuneteltetve. Nem alapvető szolgálatok felfüggesztése mindenki számára. Sport: nincs szervezett sport. Onkentesek csak orvosi vélemény utan.	

CLASSIFIED

ITEMS FOR SALE

CARS FOR SALE

Mazda 626 GLX, 1993, 4 door-sedan, aut, a/c, 54,500 km new tyres, available in July, £2,000. Call Mary, (02) 771921

Mitsubishi Galant Super Saloon 1800, aut, 09/93, 64,500 km, df, a/c. £1.700, Ph: (02) 864518.

Hyundai Excel L.S. 4 doors, 26.000 km, duty free. Phone (02) 779842.

Volkswagen Polo SP, lhd, 1984, red, duty-free, RC, 150.000 km, £400 (negotiable). Call (02) 664362 (o) or 666485 (p).

Peugeot 405 Saloon GL, white, Nov '88, a/c, radio/cass, duty-free, £1.000. Phone (02) 445318 or 664068.

BMW 525 TDS, '96, 40.000 km, rhd, red metallic, a/c and many other extras, £12,600. Phone M. Schroder, (02) 664362 during working hours.

Subaru 1.3DL, white, new brakes and shock absorbers, sun roof, duty paid, £850 ONO. Phone (09) 698374.

Lada Niva 1600, 4x4, cream-white, new gearbox, duty paid, £1.200. Phone (09) 698374.

Mobile Sandwich van, new engine and interior, 2-flame gas grill, 2 built-in electric fridges. Phone (09) 698374.

Mazda 626 Estate 2.0 GT. Genuine 7-seater, a/c, cruise control, electric windows, sun roof, low mileage. Excellent condition. £3,500 ONO. Tel John or Bronwyn Jones at (02) 753001 (O) or 660997 (H).

Mazda 323, 1993, white, 4-door sedan. 5-speed, a/c, power windows/locks, new battery/tyres. Very good condition, 60,500 km. Duty free: £1,200 OBO! Available July. Call (02) 776400, Ext 2595 (O) or 352502 (H).

OTHER ITEMS FOR SALE

Sony TV with super trinitron 72 cm picture tube, dolby surround and video recorder PAL/SECAM/NTSC. £950. Phone Francine Petit, (02)769202 (O), (02)355475 (H) or (09)644002

Household Items. TV+VCR, £150; fridge-freezer, £90; washing machine, £75; drinks trolley, £25; plus other items. All as new, prices negotiable. Tel: (02) 356758.

Intel Pentium 200 MMX computer, 32 MB RAM, 3.2 GB hard drive, 24 sp CD ROM, speakers, monitor, colour printer, Windows 95. £450 OVNO. Computer Table £15. Contact WO2 Barry Green on ext 4510 or (02) 359001.

Black dining table with 8 chairs, new cloth upholstery, £220. Phone (02) 774325 or (09) 614068.

Complete house contents for sale including furniture, carpets, electrical appliances, crockery, crystal, pots pans and many, many extras! Prices are low and negotiable. Make an appointment to view. Tel: Mrs Drogoul at (02) 779910/11/12 (O) or 513039 (H).

ITEMS FOR HIRE

HIVE ITEMS FOR HIRE

The NICOSIA HIVE operates a comprehensive loan store. Items available are: VAX machine, child's car seats, pushchairs, backpacks, high chair, travel cots, children's toys and bikes, cool boxes, sun loungers, golf clubs, radio/cassette players,

BBQ, etc. Call the HIVE to check availability.

DISCO FOR HIRE

The UNPA WOs' & Sgts' Mess (The Vic Club) has upgraded its disco equipment to a high standard. This is available for hire for functions etc. The cost of hire is now £50.00 per event. Two DJs are also available and separate arrangements should be made with either DJ regarding fees. Bookings for the disco should be made through the PMC, WO2 Miller on (02) 359760 ext 126 (W) at least seven days in advance.

HAVING A PARTY?

The Youth Club is now available for hire. Many facilities including new disco equipment and lights, barbecue and plenty of space! Contact Pam on (02) 359112 for more details.

PROPERTY TO LET

Fully furnished three-bedroom penthouse flat to let in Acropolis (Hilton area). 175 sq.m. Sitting/dining room, TV room, study, large kitchen, bathroom, 2 WCs. Including all kitchen appliances. Split unit and separate shower in master bedroom. Large verandah overlooking park. C/h and solar water heater. Available from end June. Address: 2 Ermokleos St. Rent: £395. Call (02) 337044 (O) or 335534 (H). Double-storey house in Anthoupolis area, 10 min from UNPA. Big living room, large solid wooden kitchen, 4 bedrooms, split unit and spare shower in master bedroom, big yard, c/h and solar water heater. £400. Contact Stelios: (09) 621143

Luxury house at 33 Ioannis Psycharis Street, Ayios Andreas. 3 bedrooms + master bedroom, sitting room with bar, modern kitchen with all amenities, c/h, a/c, flower and fruit tree garden. Contact (02)771039 or call opposite the premises for Mrs Alexia Hadjigeorgiou. Flat in Lycavitos. Third-floor, 3 bedrooms, storeroom, covered parking, c/h, provision for a/c. Can be let furnished or unfurnished. Rent: £400 (negotiable). Phone Yannis on (02) 344461/09-693993 or Yanna on (02) 864524.

Second floor apartment in Romanos Street (Hilton area) for rent. Living room, 3 bedrooms, 2 WCs, bathroom, CH, car park. Rent: £210. Phone Mrs Leto, (02) 374820 or 591153.

First floor house in Strovolos (11 Herodou Attikou St). 220 sq.m. with 3 bedrooms, hall, living room, office, kitchen, 2 WCs, laundry room, garage and c/h. Solar water heater. Rent: £400. Tel: (02) 422516.

FOR SALE:

Detached, 3-bedroom furnished house in small village, 15 mins from UNPA. Large garden with orange and lemon trees. Phone (09) 698374.

FACILITIES

BABY BOOM Nursery & kindergarten provides 28 to 30 places, a full range of educational toys, morning and afternoon care in a friendly environment, parent advisory services, care for toddlers and newborn and baby parking by the hour. See the principal, Child Psychologist Irene Louca, at 9a Vasilis

Michaelides Street, Engomi, or phone (02) 665978 or (09) 430016.

NICOSIA LIBRARY

The Nicosia Library, 23 Sycamore Road, UNPA. Tel (02) 359317. Many new books now in stock. For the new entrance please follow the arrows round the side.

Opening Hours:

1000-1300 and 1700-1900 hrs Mon - Fri.

All nationalities are welcome

Huge selection of fiction & non-fiction books for adults and children

Book search and reservation service.

Language cassettes and books available on long-term loans.

Many music cassettes and books on tape.

Videos now available on loan.

Photocopying at 5c per copy.

Computer & CD-ROM for use with military studies. "COIC Career Builder" programme.

Closed on Monday 31 May

SERVICES

YMCA NEWSFLASH!! Spring is in the air and the staff of the YMCA are just "abuzz" with ideas to improve our service to you. Visit Jackie, Carol and Ann at the canteen and sample our great sandwiches, English breakfasts, tea or coffee. We make a mean milkshake, and yes, Rose will be baking again. Need a card or a gift wrap for a special occasion coming up? How about stamps, stationery, etc. Call into the YMCA and see Rose.

NICOSIA HIVE NEWS

The NICOSIA HIVE is open for information and advice and is located at 21 Sycamore Road, UNPA (within the Married Quarters area). Tel (02) 359316. The Nicosia HIVE Coordinator is Geraldine McKendrick.

All nationalities are welcome!

Opening Times: Mon-Wed-Fri, 0930-1230 and 1500-1700 hrs.

Closed on Monday 31 May.

Why don't U.Network@the UNPA?

The next meeting takes place on Wednesday 2 June at 10.00 hours in the Officers Mess. Find out about the Afghan families who want to go home - even though the country's still at war and one of the poorest in the world. You'll see a video "Home across the Hindu Kush" and hear about what it is like to work with and for these remarkably resilient people. Don't miss out, everybody welcome. Come along and exchange news and information with a friendly group of spouses from UNFICYP and diplomatic missions. More info from Helgard Adams on (02) 591933.

BEAUTY TREATMENTS BY NIKI.

Are your legs and feet ready for spring? Niki will be at the HIVE on Thursday 27 May. A wide range of facials, manicures, pedicures and waxing treatments available. For appointments or more information, call Niki on (05) 391640 or the Nicosia HIVE on (02) 359316.

ART FOR PLEASURE. The new term started on **Tuesday 20 April 1999** at St Michael's School on the UNPA. New students welcome. Cost of course is £20. To register, please phone the HIVE on (02) 359316. Full details from

Lindsay Twort on (02) 358611.

CONVERSATIONAL GREEK. New term started on **Tuesday 20 April 1999** at the HIVE. Time: 17:30- 18:30 for intermediate and 18:30-19:30 for beginners. Please note that these courses will run subject to sufficient demand. The cost is £20 per course and a small deposit is payable on registration. To register, please phone the HIVE on (02) 359316.

SANDRA'S HAIR FASHIONS

Sandra's Hair Fashions is situated at 21 Sycamore Road on the Married Quarters Patch. Open Mon-Fri between 0900-1800 hrs. Tel: (02) 776454.

MISCELLANEOUS

ENGLISH LESSONS

Qualified and experienced teacher available to teach English to small groups or on a one-to-one basis. Tel: (02) 772991.

EVENING BABYSITTING AND ASSISTING AT PARTIES

Lady available for evening babysitting and assisting at drinks/dinner parties. Tel Maroulla: (02) 330296 after 1600 hrs.

MATURE BABYSITTER Reliable, mature lady available for babysitting. Tel: (02) 623850 after 1600 hrs.

FED UP WITH THE IRONING BOARD?

Mature British lady takes in ironing. Excellent service, reasonable rates. Tel: (02) 661787.

UK-TRAINED SEAMSTRESS available for alterations, zip replacements, costume making, etc. Also specialises in beautiful creative home fabric decorations. Contact Stella on (02) 491840.

JOB WANTED: Woman is looking for houses, offices and staircases in Nicosia + area to clean. Own transport available. 12 years experience. Call (02) 433811.

BRITISH TRAINED SEAMSTRESS

Specialises in dressmaking for formal occasions, ball gowns, wedding dresses and outfits, etc, also alterations and repairs. Mrs Chris Broad. 28 Vyzantiou Street, Ayios Dhometios, Nicosia (close to UNPA, near Astra garage). Tel: (02) 773206.

TEDDY TOTS PLAYGROUP, UNPA.

Children from the UN and international community are most welcome. Ages: Two to rising five. Excellent facilities, air-conditioned, follows English preschool curriculum. Small numbers in class. For further information Tel: (02) 359655 (school) or 359225 (home).

"BRATCON" YOUTH CLUB.

If you are aged between 8-16, and want to have some fun, "BRATCON" is the place to be seen. We are open on Tuesdays and Fridays from 6-8.30 pm at St Michael's School in the UNPA. Our club is run by volunteers. We do everything from sporting activities to staging our own pantomime.

Come along and make some new friends. For further information, contact Pam Kingston on (02) 359112, or pop in on one of the nights that we are open and find out for yourself. Membership is £1.50 per term or £4 annually. Nightly subs - 50c for members and 75c for visitors.

VOLUNTEERS URGENTLY NEEDED.

The "BRATCON" Youth Club urgently requires new volunteers to help out at their twice-weekly sessions. If you have some free time and would like to work with a bunch of happy kids, please

contact Pam on (02) 359112 for more information. Don't delay - pick up the phone NOW.

Louis Shoe Repairs, travel goods, belts, purses and handbags. 15, P. Katelari Street (opposite main bus station) or Engomi, 19, Grivas Afxentiou Street.

To advertise in the Blue Beret, send your ads to the Public Information Office at HQ UNFICYP or e-mail to blueberetcyprus@hotmail.com.

THE BBC OFFICERS' CLUB INVITES ALL MEMBERS, FAMILIES & GUESTS, TO TAKE PART IN

THE UNPA ORIENTEERING COMPETITION

ON FRIDAY 4 JUNE.

REGISTRATION & BAR OPENS: 1800 HRS

FIRST RUNNERS AWAY: 1830 HRS

LAST RUNNERS AWAY: 1930 HRS

PRIZE GIVING: 2030 HRS

TWO COURSES: 4.5 KM APPROX AND 2.5 KM APPROX, IDEAL FOR CHILDREN, PRAM PUSHERS, DOG WALKERS AND STROLLERS

FOUR CHAMPAGNE PRIZES TO BE WON. FIRST RUNNER ON EACH COURSE AND FIRST MALE / FEMALE COUPLE RUNNING TOGETHER ON EACH COURSE. ROSETTES FOR ALL UNDER 18s WHO COMPLETE EITHER COURSE. MAPS PROVIDED, JUST TURN UP WITH YOUR RUNNING SHOES ON! MORE INFO: 02-864756

Staff required for YMCA

Mon-Fri, 0800-1300 hrs

Would suit a dependant.

Please contact Rose at 359308 or enquire at the YMCA

MILITARY BAND CONCERT featuring THE BAND OF THE PARACHUTE REGIMENT 1900 hrs, Thursday 3 June at the British Married Quarters Site, UNPA.

Tickets available from HIVE, Library, YMCA, HQ Britcon & RAO WO Sector 2.

Adults: £2, Children over 5: £1. All proceeds to charity.

HOMEMAKERS HEAVEN

has its first sale at St. Paul's Church Hall on Saturday 5 June from 4 to 8 p.m. A variety of handcrafted decorative items: quilting, glass painting, decoupage, woodwork, patchwork, etc. Home-made cakes and refreshments available. We look forward to seeing you.

THE NICOSIA DOG SHELTER

Volunteers needed to help in our charity shop. Can you spare a couple of hours at any time on any day? All money raised is for the Nicosia dog shelter. Please help. Call the shop on (02) 669568 and help to support a good cause.

One beautiful, intelligent puppy looking for a home...

Small breed

Three months old and wonderful with children

Tel: (02) 624758

or (09) 542154

BLUE BERET SPORTS SECTION

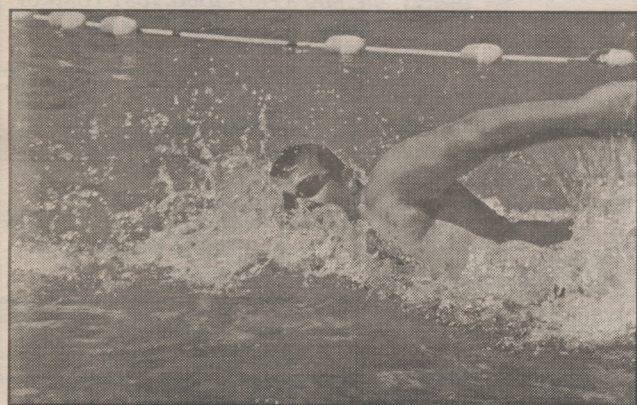
THE 69-KM ORDEAL

Fancy yourself as a triathlete? Ask any of the four teams of athletes who forged their way through the grueling five and a half hours of Sector 2's triathlon on 15 May, and they'll tell you "it's hard work."

The first competitors in the first category of the competition, the bike leg, started off from a point near OP-90 at the easternmost end of the sector, at 06.30 in the morning. By the time all four teams had made it through Kingston and Bengal to Ledra Palace, they'd cycled 45km of Buffer Zone.

Before everyone had finished the bike-leg, the first rowers were away over a course of 20km. And then, at about 10.30am, everyone congregated at Ledra for the swimming section. The battle for supremacy of the pool was fought over 160 lengths, or about 4km. By the time they'd completed the course, competitors had biked, rowed, and swum 69km.

Strategy played as much a role in the competition as hard work. Every team of four was given the distance and the route they each had to travel in their respective legs. How they actually tackled this, was left up to them. In the cycle leg,



Sgt Ian "Mark Spitz" Quirk, a valuable team-asset

31HQ Bty chose to stay in pairs for the duration of the course. The members of the other three teams, however, chose to go it alone. They hoped that their individual times would be sufficient to win. 31HQ Bty's strategy proved to be a wise choice, though, and they won easily.

Individual teams could also work out how to attack the rowing leg. Here, each team selected a similar strategy, and only about four minutes separated the fastest, (Sector 2 West) from the slowest.

Tactics in the pool proved to be the big decider in the difference between first and last place. Each individual competitor had to complete 40 lengths in which ever order they chose. The final showdown was between Sector-2 East and 31 HQ Bty. Both neared the completion of the swim with only one nail-biting length separating them. Sector-2 East held out to take first place, but 31HQ Bty's combined achievements over the day were sufficient to see them as overall winners of the triathlon.



The Iron Men of HQ Bty

MFR CREATED NEW SPORTS FACILITY AT UNPA

At 6.15 on the morning of Saturday 15 May, while most of the residents of UNPA were either asleep or just waking up, Chief of Staff Col Chris Coats joined the MFR for early morning PT. He formally opened the new Trimm Dich Physical Training circuit prepared by the MFR before leading the way around the 1.5km circuit.

The circuit includes eight different exercises: activities such as step-ups, sit-ups, astride jumps, heaves, bench dips, press-ups, a hill run and dips. The course provides for three levels of activity with each stand having easy, intermediate, or hard levels - depending on how hard you want to work.

All personnel are welcome to use the new facility, which is located by the NAAFI on UNPA.



MFR-soldiers test the new trimm dich

SECTOR 1 VS OPFORS



On 11 May, Sector 1 played soccer with our counterparts from the north (above). The following day we met our southern counterparts on the football pitch at Kakopetria (below).

In the first match, we managed to extricate ourselves from a tricky half-time point at which we were 3-0 down, to win 6-4. We weren't so lucky the next day, though: we lost 3-2. Was this because so many of the team members were younger than we are?

Still, the whole point of fixtures isn't winning and losing - it's about forging relations with our counterparts in both north and south. We've thoroughly enjoyed our friendly games, and wish ATF13 all the best in keeping a fine tradition going.



United's the Best

On Saturday 22 May, UNFICYP sent a volleyball team to Akrotiri to participate in a Volleyball Knockout Tournament. 12 teams had entered the competition. Each game was to last 20 minutes: the final would be the best of three sets.

The United Nations Team was exactly that: we had civilians and military from Argentina, Ireland, Nepal, Netherlands and Scotland represented. The team was expecting a long hard day, but spirits were high and the prospect of some good volleyball promising.

For our first match we were drawn against last year's league winners. If we were to win this match, we could go all the way. That was the theory anyway. It proved to be a very tough match with some great rallies. With five minutes to play it was 12 - 12, both sides watching the clock and trying to gain the advantage. UNFICYP managed to do this and, despite dropping some points, won 19-16. On to the next round.

Before the next game we shared tea and banter with our next opponents. They informed us they were the best team on the island and we might as well go home. We turned down their advice and beat them 23 - 7. Now for the semifinal: win this and we were in the silverware department. The games were getting harder and it was taking us longer to settle down. We dropped nine points in minutes and were a bit shaken. We took a time-out and used the 30 seconds to gather our wits and regain our confidence again. It worked. We came storming back to win 26 - 15. Now for the final!

The best of three sets and only the organiser's team could separate us from the winner's trophy.

They were a good team and this last match promised to be a challenge. In the first set we dropped seven straight points but again we fought hard and slowly pulled back. We went on to win 15 - 12. One more set and the cup would be ours. The second set followed the same pattern as the first. We dropped points early in the game. This time it was getting harder to score, they had a lot of experience and were beginning to read our game. Heads up, it was 13 - 11 and we were serving. Two match points and we could go home. The pressure was on them now and we took advantage of that to finish it 15 - 13.

We brought back the cup to the UNPA. What was that about the best team on the island?



Tired, but victorious, the UNFICYP volleyball team: WO 3 Hector Moreira, 1st Cpl José Aramquez, FSO Pat Brennan, Sgt Gerry Behan, Sgt John Cahill, RSM Larry McGrath, Spr Khum Thapa, Maj Jan Kerkhof, Ms Alyson Macfarlane.