



SERVICE

SOLDIER

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CREED: I am a professional in the Guyana Defence Force. "SERVICE" is my MOTTO.

WHY I CHOSE THE GDF



21904 (CPL) Matthew McRae

The eldest of five children, 21904 Corporal (CPL) Matthew McRae enlisted in the Guyana Defence Force in 2010. He received his formal education at Enterprise Primary and East Ruimveldt Secondary Schools. Corporal McRae said he was raised in a disciplined home and wasn't allowed much freedom. "My childhood revolved around school, home and the Pathfinders Club. Secondary school was my first taste of freedom and I didn't handle it well. However, despite my misgivings, I was eventually able to successfully complete high school, and I graduated with seven passes at CSEC," said McRae.

"After school I was searching for employment. I had a stint at Nand Persaud Communication Inc and then another at Demerara Distillers Limited. I wasn't completely satisfied and so I ventured to the interior where I felt there were more financial returns. However, working in the interior turned out to be risky. I was unable to further my education or develop myself. It was then that my younger brother encouraged me to enlist in the Guyana Defence Force. He spoke of the many avenues for growth and development available there and awakened my interest which led to my subsequent decision to enlist," recalled CPL McRae.

"The Basic Recruit Course did not challenge me much, as I was physically fit and my time in the interior had prepared me well. My parents' teachings also served me well. The discipline they instilled in my siblings and I, has helped me greatly. Being away from my family and not having my phone proved to be a bit difficult, but as the training progressed and the teaching of core skills intensified, I then became occupied with learning," said CPL McRae.

Following his completion of the Basic Recruit Course, he was posted to 1 Infantry Battalion Labaria Company (1 Inf Lab Coy) where he served until being posted to Signal Corp. "My time in the Infantry was filled with adventure. It provided me with the opportunity to indulge in my love for nature. I have visited all 10 Administrative regions and I have seen the full beauty of my country," he said.

CPL McRae has completed the Standard Infantryman Course, Grade 3 Signal Course, Junior Leaders Course, Grade 2 Signal Course, Section Commanders Course. He also attained a certificate in electrical installation from the Guysuco Training Center and a certificate in electrical installation from GITC.

"My hope is to further my education in the field of electronics and one day become a certified electrical engineer. I will also continue to serve as I find fulfillment in my career and I intend to make the most of this opportunity. In order to truly enjoy the many benefits which this organisation offers, you must embody its Values and Standards which places heavy emphasis on discipline. As such, anyone who intends to have a promising, fulfilling and rewarding career must be prepared to conform to these standards. I am still content with my decision to enlist in the Guyana Defence Force," he asserted.



GDF AND TEXILA AMERICAN UNIVERSITY INK MOU FOR PROFESSIONAL DEVELOPMENT OF RANKS



The Guyana Defence Force and the Texila American University (TAU) have inked a Memorandum of Understanding which will see the university playing an important role in building academic training capacity within the Force.

The initiative forms part of the university's desire to give back, by improving access to learning opportunities through its Centre for Professional Development (CPD). The MOU was signed by Chief-of-Staff, Brigadier Godfrey Bess and Founder and President of the TAU, Mr Saju Bhaskar.

According to the MOU, the courses will be offered free of cost to the GDF and will last a duration of three (3) months each and ranks will be issued with certificates following their successful completion. The courses to be offered at the Officer level will complement the capstone Senior Command and Staff Course (SCSC) and at the Junior Officer Level,

the Junior Command and Staff Course (JCSC). Courses are also being offered to complement those at the level of Non-Commissioned Officers. Staff Officer One General Three – Operations and Training, Lieutenant Colonel Andy Pompey during a short presentation, highlighted that at the SCSC level, Officers will complete the certificate in Advanced Strategic Management as well as the certificate in Strategic Human Resource Management.

At the JCSC level, the Officers will complete the Certificate in Intermediate Strategic Management and a certificate in Human Resource Management.

At the Non-Commissioned Officer level, ranks will complete the certificate in Human Resource Management and the certificate in Communication Skills in addition to those provided on the Senior Leaders Course (SLC).

Other internal courses that will be supplemented with courses to be offered by the TAU include the Grade One Finance Course, the Grade One and Grade Two Medical Assistant courses, the Grade Three Medic course and the Grade One Logistics Course.

At the small but significant signing ceremony, Chief-of-Staff, Brigadier Godfrey Bess, in remarks noted, that the Force's collaboration with the university is yet another milestone in preparing ranks for the transformation of the country. Brigadier Bess explained that the capstone courses for both Officers and Other Ranks have undergone some amount of modification and that this collaboration will contribute to this process. "I am grateful that your organization has recognised the service and dedication of the officers and ranks and decided to offer these courses pro-bono to the GDF. We are thankful for this and we assure you that this will definitely contribute to capacity building in the Force. I also assure you that the commitment and dedication of ranks will be a concrete testimony," Brigadier Bess stated.

TAU Founder and President, Mr Saju Bhaskar stated that while his organization's gesture was part of corporate social responsibility, it was also one that came from his heart as the son of a soldier in his native country. He lauded the Force's efforts to develop its ranks in preparation for the future, adding that, the courses will definitely boost the careers of ranks and help with professional knowledge development and skill enhancement. "I am proud that I could do this and we are grateful that you have chosen Texila to be part of this journey to develop your ranks. We will definitely be a lifelong skill and professional development partner," he said.

The Memorandum of Understanding is a follow up from discussions held between both parties and is aimed at providing opportunities for the professional development of ranks of the Guyana Defence Force through training and skills development.



FSM Raul Rodney, Warrant Officers and Senior Non-Commissioned Officers pay rapt attention during the discussions at the signing of the MOU

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JOINT SERVICE MEMBERS TO TAP INTO NEW MASTER'S PROGRAMME AT UG

Members of the Joint Services are among a list of personnel to benefit from a new master's programme being offered by the University of Guyana – Master's of Science in Strategic Development Studies.

The programme is a collaborative initiative between the University and the National Intelligence and Security Agency (NISA) and will be offered through the University's Institute of Human Resilience, Strategy, Security and the Future (IHRSSF).

The new Master's Programme commenced March 2022 with its first batch of students and is intended to equip graduates with the skills and awareness necessary to function as decision and policy-makers in the contemporary environment and give effect to national, regional, and global development.

The programme was designed for career progression for senior and middle managers in government, and public, security, and private sector organizations.

In February, a team from Defence Headquarters headed by Colonel General Staff, Colonel Julius Skeete and NISA Director, Colonel Omar Khan accompanied Inter- American Defence College (IADC) Major General James Taylor for a courtesy call to UG Vice-Chancellor, Professor Paloma Mohammed. The visit facilitated a round-table discussion on the programme. Major General Taylor praised the initiative as being timely and transformative. He shared ideas and lessons learned through similar programmes conducted by his organization. He also expressed the willingness of IADC to collaborate with the University of Guyana on the new programme and future educational endeavours aimed at training senior, strategic-level leaders.

The programme was born out of several weeks of discussions among stakeholders and consideration by the Board of Graduate Studies and then approval by the University's Academic Board. The curriculum is organized in 8 modules covering a number of subject areas inclusive of the Contemporary Environment, State Institutions and Governance, Strategic Leadership, Policy Formulation for Strategic Development, and Data and Information Management.

Col Khan, who was part of the curriculum development team, noted that the programme will bring understanding between development and security in the strategic environment. The University has credited him for his immense attention to detail as well as his insightful contribution to the development of the programme.

The other members of the team are the Director of the Institute of Distance and Continuing Education (IDCE), Dr. Jacqueline Murray, Brigadier (ret'd) Bruce Lovell who lectures at the University's School of Entrepreneurship and Business Innovation, Dr. Troy Thomas, Dean of National Sciences, Executive Director of the Tactical Online School, Malcolm Williams and Coordinator of the Change Projects, Office of the Vice-Chancellor, Natalya Bob-Semple as well as Administrative Assistant, Arifa Shahabuddeen.



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SOC 53 ENSIGNS COMPLETE FOUR MONTH PISTOL TRAINING

Ensigns currently undergoing training on the Standard Officer Course 53, on March 07, 2022, concluded their pistols training with a mini competition at the Timehri Small Bore Range, Base Camp Stephenson. The competition was held in collaboration with the Guyana National Rifle Association (GNRA) and was the culmination of 4 months of training by the association.

Dale Hing of the GNRA facilitated and conducted both the theoretical and practical sessions with the Ensigns.

The training areas covered included stripping, assembling, care, maintenance, carriage, and practical shooting sessions.

The group of 27 Ensigns was divided into three teams, A, B and D team.

The A team were declared the winners, while the B team received the Runner-Up prize.

Ensign Delano Roberts received the first-place prize, Ensign Whiddon Antigua placed second, and Ensign Raheem Williams, third.



PRESIDENT LAUDS GDF NATIONAL DEFENCE POLICY IMPLEMENTATION EFFORTS

President and Commander-in-Chief, Dr. Irfaan Ali has lauded the efforts made by the Guyana Defence Force in redefining its role in communities across the country through its involvement in civic and civil roles. His words of commendation came at the opening of this year's Annual Officers Conference at the National Cultural Centre on Thursday, February 10, 2022. The Head of State told Officers that they must be proud that within a short amount of time they have been able to create such a positive impact among Guyanese and their communities. "The goodwill that is being generated is unbelievable. Everywhere

I go, every community, they are asking, how they could partner with the GDF for the development of their community", the President said. In 2021 during his inaugural address to Officers of the Force, President Ali outlined his National Defence Policy and in this regard also articulated his vision for a more community-oriented Force. A key feature of the National Defence Policy is the promotion of improved relations between the Force and the country's communities. "We are not trying to make every citizen a soldier. Indeed, our focus is to emphasize that every soldier is a citizen and that the GDF has a role to play in enhancing community and national development in keeping with the obligations of citizenship," the President emphasized.

"Over the past year, we have advanced national security. We have fostered good neighbourly relations. We have deepened our defence relations with other states and their militaries. We continue to strengthen the capacity and the capabilities of the Force. We have improved the welfare and training of ranks, and we have ensured that the Force is more involved in the community and national development, and I want us to applaud the efforts of all of you and the men and women that continue to work in the realization of this goal," President Ali stated as he provided further insight on the efforts being made, thus far, towards the implementation of his government's National Defence Policy.

Meanwhile, President Ali also took the opportunity to applaud the Force on its Vaccination programme and also emphasized the Forces' role in the countrywide efforts to combat the pandemic. "...the GDF has been integral in working with us to ensure our population remains safe in this COVID era, and again, I want to thank the GDF for their positive and selfless role in supporting our efforts in dealing with the COVID-19 pandemic," he said.

The Guyana Defence Force, he said, will continue this year to contribute to the development of community and other projects.

President Ali said the Force is being strengthened for a better state of readiness to execute its lawful mandate. In this regard to pointed to his government's proposal to increase budgetary allocation to the GDF to 17.6 billion dollars. He stated too that the Force's capabilities in the years ahead will be strengthened and there will also be greater utilization of technology and intelligence. The President has also recommitted to greater training opportunities and the continuation of the special housing programme for ranks.

He said too that training remains a top priority to develop the Force's human resources. "We will continue to emphasize training. Officers will continue to benefit from training at both local and foreign academies and universities. I have already awarded scholarships to allow some officers to study at the University of Guyana, and will continue

to provide more opportunities, including through those provided by the Force's international partners, he assured.

Meanwhile, President Ali has tasked Officers at the conference to devise an outcome document following the conference, on how the Force sees defines its roles and responsibility in building a 'One Guyana'. "For you, there are three components that we have been speaking about, national defence, national security and national prosperity. In every category, you have a distinct role. In every category, you have an integral role. How do we ensure we do an analysis in building this One Guyana to identify the tools, the resources and the strategies that are required, identifying the gaps, prioritizing the gaps and then moving towards implementation of a phased plan to fill these gaps? How do we enhance the coordination, especially at the national security level? Partnership, intelligence, forward planning. How do we ensure that the national prosperity and that the Force is prepared to deal with the social, economic and political transformation that will take place?" he asked.

The Annual Officers' Conference provides the opportunity for Officers, with the guidance of the Commander in Chief, to craft the way forward for the continued development of the Force and its integral role in the national development strategy.



OFFICERS COMPLETE JUNIOR COMMAND & STAFF LEADERSHIP PROGRAMME AT CARIBBEAN MILITARY ACADEMY

Chief-of-Staff, Brigadier Godfrey Bess, Officers and Ranks of the Guyana Defence Force congratulates Captain Winette Smartt and Sub-Lieutenant Rodwin Paul, following their successful completion of a Post Graduate Diploma in the Junior Command and Staff Leadership Programme at the Caribbean Military Academy in collaboration with University of the West Indies, Jamaica, on March 25, 2022.

The Junior Command and Staff Leadership Programme is designed to prepare junior officers for command function at the sub-unit and unit levels within the context of the Force/Brigade. It also constitutes an important step in the military education of junior officers and enables them to solve problems logically, make decisions or recommendations and communicate effectively whilst applying the functions of command and staff. The course duration is six months. The first three months is attended virtually, while the other half of the course is conducted through face-to-face learning.

Captain Smartt is the Investment Officer at the Force's Credit Union and has seven years' service to date, while Sub-Lieutenant Paul, is the Craft Commander at Headquarters, Coast Guard and has six years' service.

The Guyana Defence Force continues to maintain good relations with its Caribbean counterparts and further afield. This cooperation is most clear by the many opportunities afforded to officers and ranks in efforts to develop their professional military career.



GDF MEDICS SUCCESSFULLY DELIVERS NEWBORN BABIES

Corporals Dominique Gonsalves Sabola and Littleton Wilson, both Grade 11 Medics, delivered babies on Friday January 28, 2022, and Monday March 7, 2022, respectively.

Corporal Sabola was at the time of the delivery is attached to the Medical Centre at Base Camp Stephenson, Timehri, while Corporal Wilson was on a work stint at Location Kaikan, Region 7 (Cuyuni/Mazaruni).

Donica Hunte of Hyde Park, Timehri, visited the Medical Centre at Base Camp Stephenson, complaining of labour pains and was prepared by Corporal Sabola, who was ably assisted by Lance Corporal Sheena Christian-Waithe. The baby was delivered at approximately 1844hrs on Friday January 28, 2022, enroute to the Diamond Diagnostic Centre.

"We prepared her and had started the journey to the Diamond Hospital. Just a few minutes into the journey, her water broke, and the baby was ready to come. I did the delivery and then we took our time and continued the journey, where the mother and baby were handed over to the nurses of the Maternity Ward at the hospital in good health," he recounted.

Meanwhile, Yonneline Romero, a Venezuelan national, was showing signs of being in labour and a businessman within the community contacted the base at Location Kaikan and requested the assistance of Corporal Littleton Wilson, who was the medical personnel on duty at the time.

"I made all the necessary preparations according to my training. I panicked at first; but after seeing her in so much pain, I had to focus and remain calm. I told myself that I just need to ensure that both the baby and mother are safe. I held the baby until his entire body was out. I was so amazed at the whole process. I then cut the cord and checked to ensure that the baby was in good health. The mother was still in pain, but she also shed tears of joy," Wilson explained.

Corporals Dominique Gonsalves Sabola and Littleton Wilson, enlisted in the Guyana Defence Force in April 2013 and March 2012, respectively. This delivery marks the third for Sabola, and the first for Wilson.



GNCC YOUTHS CELEBRATE 4TH ANNIVERSARY



Students of West Demerara Secondary

The Guyana National Cadet Corps (GNCC) recently celebrated its fourth anniversary and seeks to increase its numbers, by expanding its reach to twelve additional Schools across the eleven Education Districts.

The GNCC was reintroduced on March 1, 2018, at the Hope Secondary School, East Coast Demerara, with 487 students between the ages of 12 and 16. The program is being executed by the Guyana Defence Force, along with its principal partners, the Ministry of Education (MoE), and the Ministry of Culture, Youth and Sports (MCYS).

The aim of the Corps is to equip youths with valuable life skills and understanding in ensuring a successful life and career, simultaneously, being set on a path to realizing their true potential. The Cadets are poised to benefit valuably in areas such as Etiquette, Leadership communication, Academics, and Language, amongst others. The Cadets are also afforded the opportunity to travel to various parts of the country.

To date, the Corps encompasses 821 Cadets and 172 Teachers/Instructors spanning twenty-two (22) secondary schools across all eleven (11) Education Districts in Guyana. A further twelve (12) schools has been inducted into the programme by March 7, 2022. This expansion would see a total of thirty-four (34) Secondary Schools and approximately 1,265 Cadets and 292 Teachers benefiting from Adventurous and Leadership Training to support in-school learning objectives.

Students of the Port Kaituma, Charity, Leonora, Annadale, Rosignol, Vryman's Erven, Warmadong, Paramakatoi, Aishalton, Harmony, Dolphin Secondary Schools and Skeldon High are to benefit from the programme.

In observance of the anniversary, Cadets and Instructors of each school, as per education districts, were involved in week-long activities to commemorate the occasion. These activities included school beautification and clean-up exercises, community development activities, distribution of hampers to elderly members of the community, tree planting, cookouts, treating the auxiliary staff to lunch, parade and chairing of school graduations, day of games for Cadets and Instructors and motivation talks for students.

Commanding Officer of the Guyana National Cadet Corps, Major Christine Bradford-Porter, in her message to mark the anniversary, noted the meaningful contributions made by the Cadets and Instructors. "To date, respective Cadets and Instructors have provided exemplary service to the nation in their participation at both National and Regional Events, including flag raising ceremonies, parades, and other community development initiatives. Our Instructors have also provided invaluable support to the National COVID-19 vaccination drive as administrative and support staff at various vaccination sites countrywide," she said.

Major Bradford-Porter also highlighted, that Cadets who have passed through the Corps, are now pursuing higher educational opportunities, as well as professional military and civilian careers. This she says is a testament to their all-round development.



School beautification and cleanup activities at Berbice High School



Community development at North West Secondary School



Hamper distribution to students at Stewartville Secondary School



DEFENCE HEADQUARTERS
WELCOMES I.A.D.C. DIRECTOR,
MAJOR GENERAL JAMES TAYLOR

Chief-of-Staff Brigadier Godfrey Bess and other members of the Force leadership team on February 1, 2022 hosted Director of the Inter- American Defence College (IADC), Major General James Taylor for a collaborative discussion at the Officers' Club, Base Camp Ayanganna.

Major General Taylor was accompanied by his Executive Director, Major Greg Carter.

The IADC is an international educational institution operating as an element of the Organisation of American States through the Inter-American Defense Board. It provides a professionally oriented, multidisciplinary, graduate-level course of study for senior military officers as well as government officials. Several past and serving officers of the Guyana Defence Force have

completed training at the College. The College is located in Washington DC, USA and its training is open to countries of this hemisphere. Brigadier Bess, in brief remarks, welcomed Major General Taylor and thanked him for visiting the GDF as well as for his passion to collaborate. The two officials had met last year and during preliminary talks, examined possibilities for training and continued partnership. Brigadier Bess emphasized that the complexed security landscape called for countries like Guyana to rely on the support of partner nations. Major General Taylor, in remarks said he was elated to finally come to Guyana, a country which he said he has always longed to visit. He indicated his intent to work with the GDF in training and building capacity in the Officer Corps. He pointed out that the IADC essentially seeks to educate leaders to solve complex problems. Touching on the many complexed security issues facing countries, he noted that in order for them to be fixed, countries must recognize their complexity, address them as they exist in each country and work together in order to do so. As such he said, the Guyana perspective is necessary so as to ensure that the hemisphere stays a safe environment, where democracy can thrive and prosperity can flourish.

During the formal but interactive meeting, the Senior Officers explored several pertinent issues in military training, particularly with regard to improving capacity at the Senior Officer level.

Prime Minister, Brigadier (ret'd) Mark Phillips is among a number of Officers who completed studies at the IADC. Colonel Ronald Hercules is currently at the college undergoing training.

GDF AND FRENCH ARMED FORCES REAFFIRM FRIENDSHIP



As the Guyana Defence Force continues to bolster bilateral relations with other militaries, Chief-of-Staff Brigadier Godfrey Bess, accompanied by Defence Headquarters Branch Heads, on March 8, 2022, met with Major General Xavier Buisson and a small delegation from the French Armed Forces at the Officers' Mess, Base Camp Ayanganna.

General Xavier Buisson is the incumbent Superior Commander of the Armed Forces of French Guiana and Head of the visiting Delegation.

The formal meeting between the two militaries witnessed the signing of new understandings and agreements to strengthen military cooperation and collaboration. It is a direct follow-up to a Letter of Intent signed by Brigadier Godfrey Bess and French Non-Resident Ambassador to Guyana, His Excellency Antoine Joly, on April 15, 2021. Back in April 2021, Major General Buisson was a member of Joly's team, and, at that time, he held the appointment of Air Vice Marshal.

The officials also engaged in discussions on several areas of mutual interest and the officials on both sides reaffirmed their commitment to future partnerships.

As a result of the fruitful discourse, the Officers and Other Ranks of the GDF are poised to benefit from support from the French military in several areas, including training and military education.

Brigadier Godfrey Bess, during brief remarks, welcomed the delegation to Guyana and the GDF. He underscored the importance of the meeting, highlighting that it reflects a testimony of the friendship and partnership shared between the two militaries. "Our unified commitment through the proposed agreements and implementation of the regulations is testimony of our strengthened friendship and dedication towards the security of the Guyana Shield," he said.

General Xavier Buisson, in brief remarks, thanked the GDF delegation and underscored the timeliness of the interaction. He observed that the two militaries have identified common threats despite not being immediate geographical neighbours. General Buisson referenced the current unrest and destabilisation in Ukraine while underscoring the timely and crucial importance of cooperation between the two militaries. "Our cooperation is the best way to improve our regional operation joint efforts and provide opportunities in our fight against the many scourges that could affect security on our population and resources," he remarked.

The visiting delegation also visited the Headquarters of the Coast Guard, located at Ruimveldt, Georgetown.

SOLDIER SUCCESSFULLY COMPLETES OFFICERS TRAINING AT CMA WITH HONOURS

Chief-of-Staff, Brigadier Godfrey Bess has welcomed home Second Lieutenant Raheem Duke who has returned from Jamaica following his successful completion of the Initial Officer Training Programme at the Caribbean Military Academy.

During his interactions with the young Officer, Brigadier Bess congratulated him for his conduct on the course where he was awarded the International Achievement Award for his exemplary performance. "You are the only soldier in recent times, to have been afforded such a rare opportunity which you maximized fully, and I am indeed proud of your success. The Guyana Defence Force and all of Guyana are extremely proud of you," he said.

Brigadier Bess also said he is hopeful that this recognition and achievement by Second Lieutenant Duke impact ranks in efforts of bolstering their military professionalism and overall development. The Chief-of-Staff also reminded the young officer that the soldiers, particularly, his colleagues will be looking to him for leadership.

Second Lieutenant Duke formally a Lance Corporal, enlisted in the Guyana Defence Force in 2015. Prior to selection for the overseas training, he worked as a medic at the Medical Corps. This resident of Amelia's Ward, Linden is a father of one and gained his formal education at the Amelia's Ward Primary and the New Silver City Secondary Schools.

Second Lieutenant Duke is grateful for the opportunity afforded to him and thanked

the COS and his administration. "Being an officer was not my first choice. However, I longed to be in a position where I can inspire and develop young personalities and the military provides this scope. In this regard, I worked assiduously in this quest and my arduous work paid off," Duke said.

Respect for others and integrity were Second Lieutenant Duke's greatest takeaways from his Cadet training. He explained that respect and integrity are both integral and critical in the character of an individual, specifically, an Officer and once that is established, your superiors and subordinates have no reservation in your ability to lead and influence.

Noteworthy, Second Lieutenant Duke highlighted his strong motivations which inspired his performance. "Soldiers are hardly ever given this opportunity and being aware of this, I knew giving my best and

setting the precedence was the task so that others could also benefit from opportunities such as this. Importantly too, I was not only doing this for myself. I left when my son was only three months old and so I also did this for him as I want to always be able to adequately provide for my family," Duke explained.

Second Lieutenant Raheem Duke believes that 'leadership is not being in charge; it requires taking care of those in your charge' and so he intends to serve diligently.



Duchess of Cambridge, Catherine presenting the International Achievement Award to 2Lt Duke at the Caribbean Military Academy , Initial Officer Training Programme, Commissioning Parade at Up Park Camp, St Andrew, Jamaica



Staff Officer One, Special Duties, Lieutenant Colonel Eon Murray (left) and Commanding Officer of the Standard Officer Course 53, Lieutenant Commander Wayne Richmond (right) with 2Lt Duke (centre) following the parade in Jamaica

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WARRANT OFFICERS AND SENIOR NON-COMMISSIONED OFFICERS' CONFERENCE 2022 FORMALLY OPENS



The Annual Conference for Warrant Officers' and Senior Non-Commissioned Officers commenced on March 03, 2022 at the National Cultural Center, Homestretch Avenue.

The conference which was held under the theme “Enhancing Organizational Development through Capacity Building, Empowering Troops and Strengthening the Corps,” concluded on Friday, March 4, 2022.

Warrant Officers (WOs) and Senior Non-Commissioned Officers (SNCOs) throughout the Force are attending the conference.

Chief-of-Staff, Brigadier Godfrey Bess delivered the feature address at the official opening ceremony, during which he reminded the WOs and SNCOs of their duties and supporting role. “As the theme suggests, it is incumbent on us as a force, to provide a secure environment to support Guyana’s development. To do this, each WO and SNCO has a critical role to play in the force’s capacity building and troop empowerment initiatives.”

Further, the COS reiterated his command philosophy (PEACE); Professionalism, Ethical, Accountability, Commitment, Engagement and urged that these ideals and attitudes are encouraged and become best practices throughout the Force.

Additionally, Brigadier Bess underscored the significance of the WOs and SNCOs, who remain the backbone of the Force. “You are the custodians of the baton. You must possess and instill discipline, intellect, and fortitude in each soldier. These qualities are needed to support our national security strategy and help achieve our national objectives,” he asserted.

Force Sergeant Major (FSM), Warrant Officer Class One Raul Rodney, in welcoming remarks, acknowledged the critical role of Non-Commissioned Officers in manning and improving the organization’s performance. Noting that these roles and responsibilities include but are not limited to, mentorship, counseling, advice, training, and educating on the personal and professional development of soldiers and junior officers.

The FSM also noted, that SNCOs advise commanders at all levels and they are an important source of knowledge and discipline on all enlisted matters, adding that, they ought to remain steadfast to the force’s values and standards, while being accountable for the human resources and assets under their charge.

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MINISTRY OF HEALTH AUDIOLOGY DEPARTMENT CONDUCTS SCREENING, INFO SESSIONS WITH RANKS

Ranks drawn from several units of the Force on March 03, 2022 benefitted from a hearing care sensitization session as well as hearing screening from members of the Audiology Department of the Ministry of Health(MOH).

The exercise was held in observance of World Hearing Day.

The session is spearheaded by Head of the Ministry’s Audiology Department Dr. Ruth Quaicoe and Government Medical Officer Dr. Alana Paris and was conducted at the Auditorium, Base Camp Ayanganna.

World Hearing Day 2022 was held under the theme “To hear for life, listen with care”.





GDF CONTRIBUTES TO MASSIVE TWO DAY CLEANUP

The Guyana Defence Force and other members of the Joint Services collaborated with the Private Sector and combined agencies for a massive two-day clean-up exercise in a number of areas around the city.

President and Commander-in-Chief, Dr Mohammed Irfaan Ali, Prime Minister Brigadier (ret'd), Mark Phillips and members of the Joint Services led by Brigadier Godfrey Bess and Commissioner of Police Nigel Hoppie, started off the exercise at the corners of Hadfield and Vlissengen Road where they worked along with ranks to clean part of the area.

During the two-day EXERCISE, several teams were dispatched to many areas, cleaning illegal dumpsites, fencing vacant lots being used for illegal dumping and weeding and raking of parapets.

Close to 400 ranks of the Joint Services along with 135 Private Sector Commission volunteers and representatives of several Government ministries participated in the clean-up exercise.

The collaborative effort was deemed a complete success and the ranks were congratulated for their commitment and hard work throughout.



The area outside East Ruimveldt Market



Georgetown Seawall (Marriott Hotel beachfront)



Savage Street, Georgetown



Brickdam and High Street Georgetown (Vicinity of Saint Stanislaus College)

Women's Army Corps treats veterans, conducts cleanup exercise as part of 55th Anniversary

The Women's Army Corps, as part of its Anniversary celebrations, treated 15 of its female veterans to food supply hampers and hygiene packages and also conducted a clean up exercise in several parts of the city. A team of 10 serving females led by Captain Nellon McKenzie visited the veterans at their places of abode to make the presentations. The exercise was held in appreciation of the distinguished service rendered by the veterans.

Meanwhile, on February 15, members of the Women's Army Corps conducted a clean-up exercise at the Kitty Seawalls and at sections of Princess Street in the vicinity of Mandela Avenue. Female soldiers from various bases participated in the clean-up exercise which, comes on the heels of the massive countrywide clean-up campaign initiated by President and Commander in Chief, His Excellency Dr. Irfaan Ali. The females also participated in beautification efforts at the homes of some veterans.



Female ranks during the cleanup exercise



Lieutenant Althea Rodney presents SSGT (ret'd) Patricia St. Juste with her hamper

GDF WELCOMES 56 NEW SOLDIERS

Chief-of-Staff Brigadier Godfrey Bess welcomed 56 new recruits to service in the profession of arms, following their successful completion of the Basic Recruit Course (BRC) 2021-03.

The newest additions to the Force have completed 13 weeks of induction training

in several areas including drills, physical training, skill-at-arms, and navigation with the objective of making them fit, obedient, loyal, and disciplined soldiers who possess a high standard of the military, infantry skills, and marksmanship abilities.

BRC 2021-03 commenced on November 15, 2021, and concluded on February 13, 2022, with a graduation parade at the Colonel John Clarke Military School, Tacama. Sixty recruits embarked on the training but four withdrew due to failure to achieve the minimum standards.

Private Reon Jones, 20, of Bartica, Region 7 (Cuyuni/Mazaruni) emerged as the Best Graduating student of the course. "I chose to come to the GDF because I was influenced by one of my relatives who is a serving member. He made me aware of the benefits of investing in a career in the military and I have asked to be posted to the Air Corps so that I could fulfill my dream of becoming an aeronautical engineer," he said.

In his welcome address to this latest batch of soldiers, Brigadier Godfrey Bess extended the Force's expectations. "Your training staff have fulfilled their responsibility of molding you into soldiers. You also now have the responsibility to the Force and the country, to wear this uniform with pride, never abuse the power given to you as a soldier and always put your country first and defend it with your life if necessary. Soldiers, you are being welcomed into a profession that prides itself on discipline. We see discipline as a character trait, that signals a person's understanding of doing the right thing even when nobody is watching. I want to challenge you to remember the mental and physical investment you made to transform and what it is worth; that is enough motivation for you to do the right thing and be disciplined always," he emphasized.

Private Jones also won the award for Best Military Knowledge, while the prize for Runner-up Best Student went to Private Orwane Harris, who also won the prize for Best Drill. Private Keron Grenville was awarded the prize for Best shot and Private Michael Maynard was awarded the Best Fitness prize.



YOUR HEALTH & YOU

WHAT YOU NEED TO KNOW ABOUT HYPERTENSION

What is blood pressure?

Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body. Your blood pressure normally rises and falls throughout the day.

What is Hypertension?

High blood pressure, also called hypertension, is blood pressure that is higher than normal. Your blood pressure changes throughout the day based on your activities. Having blood pressure measures consistently above normal may result in a diagnosis of high blood pressure (or hypertension).

What are the signs and symptoms of Hypertension?

High blood pressure usually has no warning signs or symptoms, and many people do not know they have it. Measuring your blood pressure is the only way to know whether you have high blood pressure.

What causes Hypertension?

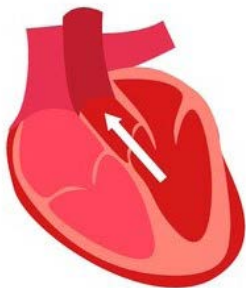
High blood pressure usually develops over time. It can happen because of unhealthy lifestyle choices, such as not getting enough regular physical activity. Certain health conditions, such as diabetes and having obesity, can also increase the risk for developing high blood pressure. High blood pressure can also happen during pregnancy.

Dangers of Hypertension

High blood pressure can damage your health in many ways. It can seriously hurt important organs like your heart, brain, kidneys, and eyes.

The good news is that, in most cases, you can manage your blood pressure to lower your risk for serious health problems.

Normal



Blood flows easily through vessels

Hypertension



Blood may not flow easily through vessels

Treatment and preventative options for Hypertension

- Getting at least 150 minutes of physical activity each week (about 30 minutes a day, 5 days a week)
- Not smoking
- Eating a healthy diet, including limiting sodium (salt) and alcohol
- Keeping a healthy weight
- Managing stress

In addition to making positive lifestyle changes, some people with high blood pressure need to take medicine to manage their blood pressure.

ACTIVITY PAGE

WORDSEARCH

R D S E C R E T A R Y Q Z E C W V
 W R H Q H B Y E C L E R K N Z L J
 R D O C T O R A G A D O A G O J L
 I T P X D A J C F T M K A I O M A
 T O A K R H D H A R A V F N K P W
 E O I A I L E E R J N O W E E W Y
 R L N N V G N R M G A E A E E B E
 M M T D E R T V E X G C I R P U R
 E A E T R J I D R N E N T T E I K
 M K R I M Z S G M M R W E R R L L
 E E Q J H L T C D N X W R R R D N
 C R C O O K R H P I L O T L H E I
 H C A S H I E R J L A X A D B R B
 A A R T I S T S N U R S E E C S F
 N Z F E D K R O C A R P E N T E R
 I Z Z F I R E F I G H T E R A X H
 C S T B A N K E R T X T D C N V Q

Artist	Banker	builder	carpenter	cashier
clerk	cook	dentist	doctor	driver
engineer	farmer	firefighter	lawyer	manager
mechanic	nurse	painter	pilot	secretary
teacher	toolmaker	waiter	writer	zookeeper

THINK ON THIS

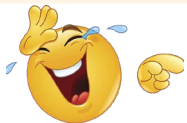
HEROISM DOESN'T ALWAYS
 HAPPEN IN A BURST OF GLORY.
 SOMETIMES SMALL TRIUMPHS AND
 LARGE HEARTS CHANGE THE
 COURSE OF HISTORY.

- MARY ROACH

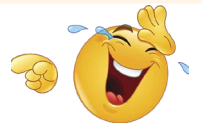
RIDDLE ME THIS

A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?

Answer: His son.



FUNNIES



A lost dog strays into a jungle. A lion sees this from a distance and says with caution. "This guy looks edible, never seen his kind before". So, the lion starts rushing towards the dog with menace. The dog notices and starts to panic but as he's about to run he sees some bones next to him and gets an idea and says loudly "Mmm...that was some good lion meat!". The lion abruptly stops and says "Woah! This guy seems tougher than he looks, I better leave while I can". Overby the tree top, a monkey witnessed everything. Evidently, the monkey realizes that he can benefit from this situation by telling the lion and getting something in return. So, the monkey proceeds to tell the lion what really happened and the lion says angrily "Get on my back, we'll get him together". So, they started rushing back to the dog. The dog sees them and realized what happened and starts to panic even more. He then gets another idea and shouts "Where the hell is that monkey! I told him to bring me another lion an hour ago..."

A lady went into the pharmacy, walked up to the pharmacist, looked straight into his eyes, and said, "I would like to buy some cyanide. The pharmacist asked, "Why?" The lady replied, "I need it to poison my husband." The pharmacist said 'Lord have mercy! NO!! that's strictly forbidden!! Absolutely not!!' The lady reached into her purse and pulled out a picture of her husband in bed with the pharmacist's wife. The pharmacist looked at the picture and replied, "You didn't tell me you had a prescription!!!"

31 SPECIAL FORCES SQUADRON ARE INTER UNIT BOXING CHAMPS

Ranks of the 31 Special Forces Squadron seemed intent on not going down without a fight, as they punched their way to winning the 2022 Inter Unit Novices Boxing Competition. After 99 fights of friendly yet fistic fury, the competition wrapped up on Thursday, March 17 and presented the ideal environment to recognise new talent, which will go on to represent the Guyana Defence Force in national and international competitions.

One hundred forty-eight soldiers drawn from 11 units across the Force participated in the competition, the first since the pandemic hit. After four days of excitement, the last 12 bouts in the competition's finals got off to loud cheers at the auditorium, Base Camp Ayanganna.

The bout between Privates Ronald Gobin and Nadir Walker raised spectators to their feet. This was arguably the most exciting fight of the night, proving that both newcomers have incredible talent that will be tested in upcoming competitions. In the end, Gobin, a member of the Special Forces Squadron, was adjudged the winner in the Welterweight division. Private Walker is a member of the Guyana People's Militia.

The squadron had full representation in the competition and claimed 24 points in the finals, while the 1 Infantry Battalion team placed second with 20 points, and the Air Corps placed third with 19 points.

Private Michael Maynard of Base Camp Stephenson, whose bout ended in 37 seconds, was adjudged the Best Boxer. A new award was also donated and presented by retired Sergeant Aluko Venture, the Best Upset Bout; it was copped by PTE Samuel Powers of the 5 Service Support Battalion, whose bout ended in one minute and 58 seconds and was the only one ending in a knockout.

"We have spotted a great amount of talent, and I am anxious to work with them as we move on to other competitions. I have seen a lot of exciting fistic encounters. There is a lot of power in these arms," said boxing coach Terrence Poole.



GDF RANKS DOMINATE THIRD LEG OF SOUTH AMERICAN 10K ROAD RACE



From left: LCPL Marlon Nicholson, PTE Sheana Tyrell, CPL Assata Eastman, PTE Tia Asore, and LCPL Odwin Tudor

Five ranks of the Guyana Defence Force have excelled at the recently concluded South American 10k Road Race. The athletes participated in the first leg of the race held in Guyana and the third leg held in Paramaribo, Suriname.

Private (PTE) Sheana Tyrell, a seven times participant and four times first-place winner has once again secured the top spot in both legs, while Lance Corporal (LCPL) Marlon Nicholson a second time participant of the event secured second place in the third leg. At his first attempt in the first leg, LCPL Nicholson had placed first.

LCPL Odwin Tudor placed third in both his races while Corporal Assata Eastman in her debut 10k race placed third in her first leg and fourth in her second leg. PTE Tia Asore placed fourth in her Guyana leg and third in Suriname.

Team coach Sergeant Quinse Clarke shared his pride at the accomplishment achieved by the ranks. "I am very proud of their performance and the work they have put in, knowing that they are soldiers who fulfill all their military duties and still dedicate themselves to training."

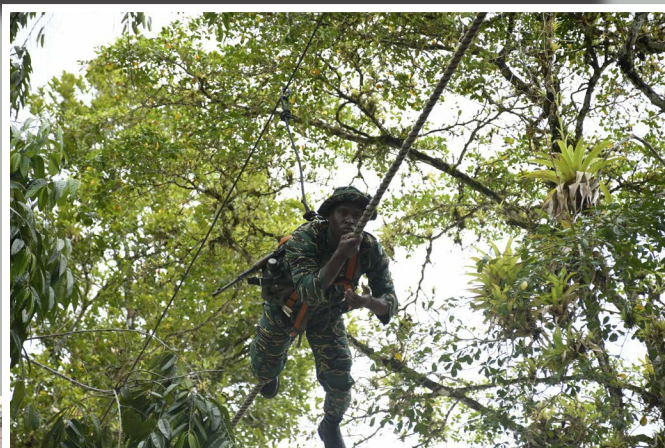
He also noted that GDF athletes have participated in this event for decades but it was the first time they have swept away the competition to this extent.

The athletes described the event as challenging but exciting and are looking forward to attaining more achievements in their careers.

The Guyana Defence Force extends congratulations to all the ranks for their outstanding performance.



31 SF WINS FIRST QUARTER FITNESS COMPETITION



The 31 Special Forces Squadron swept away the champion trophy at the first Quarterly Fitness Competition for 2022. After two days of intense and friendly competition, the Squadron members proved to their counterparts that they are worthy of their title as the premier unit of the Force.

Fifteen male teams and four female teams participated in the competition which included maneuvering several obstacles in an assault course, a six-mile run, and tests of their marksmanship capabilities.

The 21 Artillery Company won second place, and the Officer Cadets currently undergoing training on the Standard Officer Course 54 placed third. Base Camp Ayanganna female team copped first place and the Tactical Service Unit (Police) female second.

Chief-of-Staff, Brigadier Godfrey Bess congratulated the Special Forces team but also encouraged the ranks to push themselves to master basic competencies.