



# ALL ARMS



IN AWE OF GENERALS AND ADMIRALS  
Ms. Carol Chariton

Vol 7 • Issue 1 • Mar 08 THE QUARTERLY NEWSLETTER OF THE JAMAICA DEFENCE FORCE

# Joint Force Headquarters

J, for Joint (Naval/Infantry/Air/Support) Headquarters

- J1, Personnel and Administration
- J2/J3, Intelligence and Operations
- J4, Finance and Logistics
- J5, Strategy, Plans and Policy
- J6, Communications and Information Systems
- J7, Training and Doctrine
- J8, Legal
- J9, Civil Military Co-operation and Media Relations

Story on Page 3



THE COMMAND WITH RESPONSIBILITY FOR MOVING THE JDF FORWARD

## From the Chief of Defence Staff



Maj Gen S E Saunders, ADC, MSc, JP, psc

The Nation requires the transformation of the Jamaica Defence Force (JDF) to better serve its interests.

The capabilities that have to be achieved to satisfy this requirement are clearly tabled in our Strategic Defence Review (SDR). As a Force, therefore, we are concentrating fully on the transformation of the JDF in accordance with the SDR. However, I will point out that the SDR is not set in stone; it is a roadmap to the future that we will work with until we achieve the standard required.

This task of transformation requires a collective focus and effort. I must warn that the developmental path will place very high demands upon our most valued resource, our human capital. Many of you are already experiencing the uncertainties of the unknown as the restructuring commences at HQ JDF, creating changes which may appear confusing in its initial stage.

We will seek concurrently to ensure that our training, education, development and re-orientation policies are further developed and enforced to support this Force-wide transformation. We must continue to train properly and empower individuals to bring value to the organization. If you do not add value, the probability is that you are destroying values. To those who are destroying values, we are going to part company. Yet, I am confident that, together, we will achieve the desired results.

We must put the right person in the right job. In putting the right man or woman in a position, there are certain expectations of the individual: accountability; acceptance of responsibility for one's action; attendance to the welfare of our personnel under all conditions; and the displaying of proper work ethics. Fur-

ther, we must swiftly take appropriate actions whenever problems occur. Whatever level we serve, we must never fail to lead and lead effectively. Therefore our actions must be characterized by our core values of discipline, integrity, honour, commitment, courage and loyalty.

Finally, I pray for God's continued guidance and blessings as we the members of the JDF move 'Forward' in service to the Nation.

Let us have a very rewarding journey together. Our Nation demands this of us. ☺

### All Arms

Volume 7, Issue 1, 1st Quarter, Mar 08

All Arms is the quarterly newsletter of the Jamaica Defence Force, and is an official publication. The newsletter exists to communicate policy, plans and newsworthy occurrences in the JDF.

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**Front cover** depicts the futuristic focus of the Force - the development of a more efficient JDF to meet current and future threats as presented in the SDR, and led by a strong new command.

**NOTE:** There was no publication of *All Arms* Dec 07 (Vol 6, Issue 4)

## DISTINGUISHED CAREER

RAdm Handley McCarley Lewin, CD, ADC, MBA, JP, psc(n)

# 'I might have been a teacher'

Maj Charlene Steer, HQ JDF (Civ/Mil Co-op)



*I was not in this sphere, I might have been a teacher... Does that sound like regret? Absolutely not. However, Rear Admiral Handley Lewin's candid comment provides a clue to his successes as a military chief. His status as a great leader was evident in the ease with which he handed over command of the JDF and got the Force to accept his counsel and vision for its future growth.*

On succeeding him as COS (now CDS), Maj Gen Stewart Saunders, at the Change of Command Parade on 27 Oct 07, affirmed RAdm Lewin's ability as a leader. 'It has always been my pleasure to watch you hold council and to note the transformation taking place as the knowledge imparted positively stimulated people's minds', Gen Saunders said. 'We thank you for the leadership and, specifically, the development of a Strategic Defence Review which charts the way forward for the Jamaica Defence Force.'

RAdm Lewin's military career was characterized by his foresight, passion for progress and wisdom, which he exhibited from his days at Femcourt High in St Ann. 'When I joined the JDF the issue of becoming Chief of Staff was never in my thinking,' RAdm Lewin revealed. 'The sea has always been in the blood and after five years of high school and army cadet it struck me that there is a secondary love for the military. I needed to do something where I could satisfy them both and that is precisely what I did when I joined the Jamaica Defence Force and why I opted to serve in the Coast Guard.'

The Admiral joined the JDF on 22 Nov 71. He quickly qualified for command at sea and soon got restless as the merchant side of him came to the fore. He yearned to compliment his achievements with commercial certificates of competence. He requested study leave and when it was not approved, with his usual indomitable style, RAdm Lewin resigned on 19 Aug 81, to serve as Chief Mate on two merchant ships.

'Having left for only six months I realized that whatever I thought I lacked was clearly not so, because in some aspects what I had been doing was well ahead of what was out there and so I decided that I should get back very

quickly before I lose more seniority.'

RAdm Lewin was recommissioned on 01 Jan 82. In short order he set his sight on his next priority which was to command the Coast Guard. To his disappointment, he was transferred to Support and Services Battalion, but as he explained, 'in a very short time I realized it was a very good deal. You saw the other side of the Force. You worked with different people'.

His distinctiveness as an officer was marked not so much by the appointments he held, or the career-building courses he attended, although they showed that he was on the path to assume high levels of command. In looking at his record of service, what made RAdm Lewin stand out was the number and level of representations he made on behalf of the Nation in negotiations delimiting Jamaican waters, in other oceanic and maritime deliberations and the myriad of symposia on Caribbean security attended. Most impressive, RAdm Lewin participated in the maritime delimitation negotiations between Columbia and Jamaica, Cuba and Jamaica, and Nicaragua and Jamaica, and in other negotiations with the United States of America.

RAdm Lewin brought his intellect and wisdom to bear on the Office of Chief of [Defence] Staff. Having handled JDF's purse and procurement as Colonel Adjutant Quartermaster (March 2000 to May 2002), with dogged determination he got the Government to make much needed capital investments to improve the capabilities of the Force. Under his watch, JDF Air Wing was outfitted with several new aircraft and established its own regional flight school. The JDF Coast Guard was refitted with enviable new offshore boats and other resources. He negotiated a mega \$500M commitment for new accommodations to house the troops in Lathbury Barracks.

RAdm Lewin strove to make the Force more relevant to the society and more prepared to deal with the security challenges of this era. This saw JDF adapting a new staff organization, the Continental Staff System. Simultaneously, he pressed for a Strategic Defence Review of the Force,

**cont'd on Page 11**

# THE RESTRUCTURED FORCE HEADQUARTERS

Maj Charlene Steer, HQ JDF (Civ/Mil Co-op)

Today's JDF resembles little of its 1962 origin and will be transformed soon through the Strategic Defence Review (SDR).

The Defence Board approved the transformation of HQ JDF in Dec 07. HQ JDF's staff responsibilities have been made more separate and the positions restructured. The designations and functions have been standardized in keeping with NATO and the major armed forces with whom the JDF is allied. The reorganization of HQ JDF is part of an ongoing process to modernize the Force to more efficiently

fulfil its mission, which is, 'to provide military capability to deter and/or defeat threats against the Jamaican State and/or its interests'.

This transformation is now advanced and HQ JDF has been reorganized into a number of distinct staff functions each given clearer responsibilities (see Organizational Chart on page 8). Although the functions are more specialized, the staff is required to communicate more and coordinate their efforts so that information flows readily in all directions and at all levels. This is to ensure that the command and

line Units will have the necessary guidance and information required to make decisions. This revised HQ JDF structure is welcomed because it provides the framework for greater information flow from the lowest to the highest ranks and to the Units.

The restructuring has also impacted the enlisted ranks who perform a vital role alongside the officers - the acquisition of information from the staff and units. As such, the clerical arm is being adjusted to support the new staff system with additional posts.

**cont'd on Page 8**

## Office of the Chief of Defence Staff

Cpl Joseph Lewis, HQ JDF (Civ/Mil Co-op)



Maj Gen S E Saunders  
27 Oct 07

Over its 45 years of existence, the Jamaica Defence Force has had some of the most distinguished officers serving as Chief of Staff. (The title of COS was changed to Chief of Defence Staff (CDS) in Dec 07). These elite com-

manders fulfilled well their obligations and made those who served after them proud to build on the foundation they laid. Most of these distinguished servants have gone on to hold important positions in other institutions in Jamaica and in other countries.

The appointment and obligations of the Office are governed by the Defence Act of 1962. The Governor-General is responsible for appointing the CDS, based on the Defence Board's recommendations. According to Section 170 of the Act, 'the Governor-General shall appoint an officer, being a member of Her Majesty's Forces, in whom the command of the Jamaica Defence Force shall be vested and subject to the terms of such appointment such officer shall have the command of that Force.'

**Maj Gen Stewart Saunders, 2007 -** The incumbent, Maj Gen Stewart Saunders, is JDF's ninth Chief of Staff, and the first to bear the title of CDS. He has been a member of the JDF since Jul 73 and brings to the post a wealth of knowledge. In his 34 years of service, Gen Saunders has had tenure in the three infantry battalions, Support and Services Battalion and the JDF Air Wing. He has had extensive staff experience at

HQ JDF, where he served as Staff Officer for Operations and Training and then as the Colonel General Staff, before being appointed [CDS].

Gen Saunders is responsible for moving the JDF forward, a task he is prepared for. 'I am very much aware of what the Nation requires of the Jamaica Defence Force and the capabilities that have to be achieved to satisfy this requirement... we will be concentrating fully on the transformation of the Jamaica Defence Force in accordance with the Strategic Defence Review,' Gen Saunders said in his first address as [CDS] on 27 Oct 07. True to his word, the transformation of the JDF to more efficiently meet its mandate to the state, in accordance with the approved recommendations of the SDR, has taken precedence under his command.

Gen Saunders has followed the noble service of his distinguished predecessors:

**Brigadier Paul Crook, 1962 - 1965** The first person to be appointed COS was Brigadier Paul Crook. He was renowned and an accomplished British Officer serving on Secondment. He served for three years from 1962 to 1965. He was the person **cont'd on Page 10**

## Office of Deputy Chief of Defence Staff

Maj Charlene Steer, HQ JDF (Civ/Mil Co-op)



Force Strategy, Operational Policy, Planning and Development, National Security Strategy Coordination, Strategic Defence Review Implementation and Host Nation Support.

Col Anderson served in two previous appointments at HQ JDF, first as the Inspector General, then as the Colonel General Staff. Previously, he commanded the JDF Air Wing (2000-2003) and 1 Engineer Regiment (JDF), 2003- 2006. He headed Regional Operations in Trinidad and Tobago, re-configured as CARICOM's Operations Planning and Coordinating Staff (CO-PACS), and oversaw the region's security effort for the hosting of the ICC Cricket World Cup in 2007. He is on the list of experts of the UN Interregional Crime and Justice Institute's International Permanent Observatory on security at major events. ☼

The post of Deputy Chief of Defence Staff (DCDS) is among the significant changes introduced in the restructured Force Headquarters. The new appointment was approved by both Cabinet and the Defence Board, the latter giving the Chief of Defence Staff the go ahead to assign a suitable officer to the post. Colonel Antony Anderson was appointed to the position of DCDS on 11 February 2008. The DCDS has oversight for all J5 matters, which covers

# IN AWE OF GENERALS AND ADMIRALS

Ms Carol Charlton  
Ministry of National Security



As an officer in the Ministry of National Security, over the years I became accustomed to the impressive sight of high ranking offi-

cers in the Jamaica Defence Force striding confidently through our corridors inspiring the fear of God, at least in some, perhaps cynicism in others and, in most, respect and admiration. These gentlemen were the personification of the might and strength of men in uniform who appeared to be able to wield awesome power over lesser mortals, bark out precise commands which would surely result in banishment into utter darkness or at worse to confinement behind the red fence if not precisely executed.

Such are the distortions of perception which over two decades and four Chiefs of Staff, I truthfully have been compelled to modify drastically by what one could term military suasion. For if the truth be told, these men of war whose awesome presence would put the enemy to rout are personable, and approachable humans who even have a sense of humour, in case there is any doubt.

I have tried to consider what were the distinctive qualities of these officers whom I have been privileged to know over the

last four decades, and though it is possible to isolate their different characteristics in one sense, in another I have identified what may be seen as the unique perspective each brought to his vocation. Let us contrast the subdued dignity of Major General Robert Neish with the disarming camaraderie of Rear Admiral Peter Brady, the stern pragmatism of Major General John Simmonds which preceded the congenial sailor Rear Admiral Hardley Lewin, and now the enigmatic humility personified by the new incumbent Major General

Stewart Saunders. These may be simple impressions of these awesome public officers. In essence, however, each has brought to the position of Chief of [Defence] Staff his unique perspective that has defined the strategies which he has employed in acquitting his responsibility to national security. Not to be considered mechanistic, each has demonstrated the spirit of excellence, integrity and a fierce patriotism to defend Jamaica to the death in the finest traditions of Generals and Admirals. ☼

# Editorial IMPLEMENTATION IS NOT THE END OF THE SDR PROCESS



Lt Col Rocky R Meade, PhD

Even before the formal endorsement of the document, the process of implementation had begun with major capital acquisitions to include the 3 County Class vessels for the JDF Coast Guard and 4 aircraft for the JDF Air Wing, with more to come. Shortly thereafter, we saw the merger of the Regular Warrant Officers' and Sergeants' Messes and subsequently the Corporals' Clubs and in Up Park Camp.

Under the new administration and with the direct guidance of the newly appointed Deputy Chief of Defence Staff (DCDS), the implementation process

has shifted into high gear. The almost immediate restructuring of Headquarters JDF is only the tip of the implementation iceberg as the DCDS and his team push to swiftly effect the Force-wide restructuring and policy revisions recommended by the SDR. Almost simultaneously the aging infrastructure is being re-examined so radically that the familiar Up Park Camp may be somewhat unfamiliar in the future.

With this excellent effort to build a flexible, furnished, fight-ready if not formidable JDF, it is tempting to just eagerly await the anticipated changes, and to expect them to provide the

basis for solutions to all the challenges facing the Force. However, with all the reorganization, new equipment, new or improved infrastructure and new policies, we will not function effectively unless the personnel are functioning efficiently. Very often, in many systems, it is the human component that constitutes the weakest link.

We all need to ensure that we approach the business of the defence and security of the nation with commitment and efficient application. We need to use new equipment properly, we need to maintain them regularly to ensure longevity, we need to care the infra-

structure and we need to apply policies in the spirit of what they are intended to achieve. It is essential that we avoid being process oriented and be instead be results oriented. The Force will not move forward with persons who are focused only on effort, even if it is 100% effort. What the Force needs instead are persons who are focused on accomplishing their mission and tasks. If it needs 100% effort to do so, then so be it, but it is equally, if not more desirable for the goals to be achieved through smart application rather than mindless effort that uses a lot of energy but achieves little. 'Work smart ... produce results'. ☀

In 2004 the JDF started the process of the Strategic Defence Review (SDR) and by 2006 the final document was placed before the Defence Board and then Cabinet.

## HAVE YOUR SAY

All members of the JDF are invited to submit opinions/comments to the Editor on articles or any other relevant matters pertaining to service in the JDF. Views expressed here do not necessarily represent the policy of the JDF or *All Arms*.

### Forgiveness ...The means to a fulfilling Life

Many of us are crippled with anger and resentment towards those who have hurt us. To get our lives whole again, we need to forgive even in cases where we are wrongfully accused instead of waiting on the other party to start the process of healing.

It is amazing that we seek to be forgiven whilst at the same time we refuse to forgive others. It is the inability to forgive, compounded by other socio-economic issues that give rise to breaches of discipline. These shortcomings create a venomous trait that can be self-destructive. Be resolved that there is nothing so bad that cannot be forgiven. The process of restoration must begin within us as individuals.

Forgiveness is an act of the imagination. If you are able to forgive you have an intangible asset, a virtue which when lacking makes us hate and harm each other. We must resolve to release destructive thoughts of reprisals and aim for a better life. When we are able to master cognitive reconstruction to forgive, we will be on our way in building our self-confidence, which will enable us to overcome grief of any nature.

If not forgiveness, what else can bring us peace and harmony with each other? If we are able to forgive others we are well on our way to living a fulfilling life.

Daniel Chintersingh  
Sgt  
HQ Coy, 1 JR

## INVITE THE 'KING' TO CAMP

Up Park Camp epitomises a city with its own amenities which facilitate the comfort and convenience of military personnel and their families. There is RBTT, JDF Credit Union, Bill Express, Petrol Station, Medical Centre and our own Super Mart. Although these are appreciated, there is room for more. It would be nice to have a Wendy's, Juici Beef and a Mother's. Even better, we could invite the 'King' to cater - Burger King.

Burger King can replace the Amenities Centre, which is centrally located in terms of access to the Married Soldiers' Quarters and the various units in Up Park Camp. This would be welcomed by soldiers, as there is often a need for meals during night duties, especially by those who are confined to barracks. The families of military personnel would also benefit from the existence of a fast-food entity in Up Park Camp. Despite the preference for the King, any 'fast-food' will do, as long as it is 'finger-licking'.

Cpl Canute White  
HQ JDF



# WITHIN OUR UNITS

## SUPPORT AND SERVICES BATTALION CELEBRATING 35 YEARS

Cpl Joseph Lewis, HQ JDF (Civ/Mil Co-op)



WO2 Garfield Rowe, Drill Sergeant 2 JR, inspects JDF PU's Drill Team during the inspection phase of the Drill Competition held during the week of activities marking the 35th anniversary of the Support and Services Battalion.

With a commanding display of drill spectacle, JDF Provost Unit ousted the other sub units to take the top position in Support and Services Battalion Drill Competition. The sub units' display was part of the Unit's 35th anniversary activities held in February.

The Provost Unit had to fight off challenges from the JDF Administrative Unit and JDF Training Depot. The judges' free rein to select individuals at random to do

any sequence of the drill placed a lot of pressure on the participants. No one knew on whom the judges might call and some persons lost their nerve causing loss of points to their Units. The anxiety was evident in the display from the JDF Workshop. One simple mistake and their routine was off for the entire display.

The highlight of the competition was the 'optional display' by the JDF Training Depot for which they won an award. They wowed the spectators with some spec-



Lt Col Paul Dunn, CO Sp and Svcs Bn, hands over a new notice board for the Garrison Church to the Force Chaplain, Capt Rev'd Denston Smalling.

tacular display using their weapons. Awards were also given to individuals whom the judges considered outstanding:

- Pte Anthony Allen of JDF PU - Best Turnout on the inspection.
- Cpl (now Sgt) Carter Goodwin also of the Provost Unit - Best Squad Control. ☼

## Ex PHANTOM SAPPER



1 Engr Regt (JDF) Combat Engineer Course 0801 Final Exercise. L-R Spr Rickardo Lewis, Spr Juansetta Grey, 2Lt Carl Clarke, Cpl Junior McLeod, Spr Omar Aldred, Spr Maurice Morris, and Spr Hoardi McLaughlin.

## JDF TECHNICAL AND VOCATIONAL TRAINING INSTITUTE OPENS

Cpl Joseph Lewis, HQ JDF (Civ/Mil Co-op)

The JDF in collaboration with the Heart Trust (NTA) made a significant step in the training of new artisans with the opening of the JDF Technical and Vocational Training Institute (JDFTVTI) at Up Park Camp in January 2008.

DCDS (then Col GS) and a former Commanding Officer of 1 Engineer Regiment (JDF), explained that the JDF was unable to send a large number of students to the Heart Trust (NTA) to be trained and that following discussions with the Heart Trust, a partnership agreement was reached to establish a training institute with JDF. He said that the vision is to have the courses at the Institute accredited so that the soldiers could use their certificates to gain suitable employment on leaving the JDF. ☼



Program Director of HEART/NTA, Mr Mullins (l) inspects a machine in the JDF TVTI Woodwork shop. Looking on (l-r) Maj (Retd) D Miller, Mrs G McLean, Col A Anderson and Capt D Lewis.

## CO CHALLENGES YO's TO 'MAKE A DIFFERENCE'

Maj Milton Edwards, MA, BA (Hons), LLB (Hons), pjsc 2 JR

Lt Col P C Dunn, Commanding Officer of Support and Services Battalion, on Fri 28 Mar 08 challenged young officers to "make a difference" in the development of the soldiers in the Jamaica Defence Force.

Addressing 12 young subalterns who graduated from the 19-day Young Officers' Course (YOC) at the JDF Training Depot, Newcastle, Lt Col Dunn pointed to the importance of leadership especially during this time when the Force is going through a period of transformation.

Quoting extensively from 'My American Journey', Colin Powell's tome, the CO said that young officers are to "get books on leadership as these are thought-provok-

ing and can give invaluable help to them in their jobs." The Lt Col said that the writings of Sun TZU, the great military strategist, are now used to inform management principles.

Capt Ricardo Blackwood, the Course Coordinator, said that the course covered many areas, including the Estimate Process, Service Writing and Communications Skills, Service Funds, Military Decision-Making, Customs of the JDF, Roles and Functions of Staff Officers and Leadership and that the young officers met the standard.

One of the aims of the course was to have the officers, who did basic training at different training institutions in

countries like the United Kingdom, United States of America and Canada, find common ground. According to Lt Col Dunn, this course is designed for the young officers to "bring it all together" using the same language.

2Lt Alicia Cooper, one of the graduates, said she found the course to be very good. "I enjoyed the leadership package and most of the things I was taught served to reinforce what I learnt on my orientation."

"I was particularly keen about the Estimate Process" said 2 Lt Keron Burrell who serves in 3JR (NR). "The course is quite good, I think it will help me in doing my duties" he said. ☼

# Candia's Camera



Highlights of the visit by Their Royal Highnesses The Prince of Wales and The Duchess of Cornwall

## Puzzle

Contributor: LCpl Ralston Johnson, 3 JR (NR)

Unscramble the following jumble letters below, one letter to each square.

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- PINOKETY  

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- PONTIOAER  

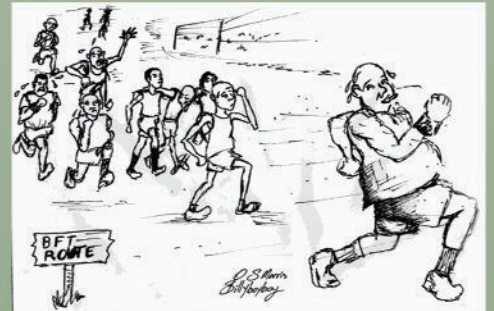
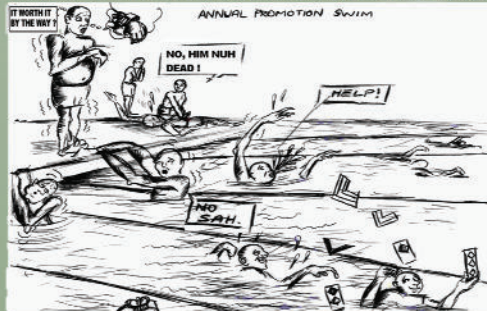
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WHY WAS THE RACE SO IMPORTANT?



Now arrange the circled letters to form the answer suggested by the cartoon.

Mystery phrase: 

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Solution on Page 11



1. Change of Command Parade Oct 07. 2. Padre blesses boats handed over by US Ambassador to CDS. 3. China provides Martial Arts training. 4. Presentation to participants on attachment to the media. 5. Adm James Stavridis, Commander of US SOUTHCOM, visits JDF. 6. UWI Career Expo - Best Booth award. 7-8. UTech's students flock JDF's exhibit to drop off their resumes. 9. State Opening of Parliament.

*Did You Know Did You Know Did You Know Did You Know Did You Know Did You Know Did You Know Did You Know*

## THE FIRST TWO CHIEFS



Mr Merrick Needham, OD, MVO Contributor

The JDF's first Chief of Staff, Brigadier Paul Crook, CBE DSO also held an MA in Classics and Law from Cambridge University. His military service was

notable; the DSO is a senior British military honour for exceptional service in command and leadership during active operations. His postings read like the index of a world atlas; from what is now Pakistan to Palestine, West and East Africa, France in World War II, Singapore, what are now Indonesia and Malaysia, Cyprus, Egypt during the 1956 Anglo-French Suez landings, Jamaica as COS from 1962-65, and finally in command of the Rhine Area per se of the British Army of the Rhine, with overall responsibility for 10,000 troops plus 20,000 foreign workers and other civilian personnel.

After retirement, continued nominal service as Honorary Colonel of a Territorial Army (reserve) company of the Parachute Regiment chaulked up Brigadier Crook a full half century of officially recorded military service. Until his death 20 Oct 04, he never failed to send a card every year at Christmas to the JDF. His keenest leisure interests were firstly, every facet of the game of cricket and, perhaps surprisingly, traditional jazz – indeed he once sang a chorus in Chicago with the great Louis Armstrong himself!

*cont'd on Page 8*

## VISITS BY MEMBERS OF THE ROYAL FAMILY Since Independence (JDF's record)

Sgt Antoinette Neath, HQ JDF (CMC)

- 03-06 Mar 66 Her Majesty The Queen and The Duke of Edinburgh
- 26-30 Apr 75 Her Majesty The Queen and The Duke of Edinburgh
- 28-01 Dec 77 His Royal Highness The Duke of Edinburgh
- 13-16 Feb 83 Her Majesty The Queen and The Duke of Edinburgh
- 17-19 Oct 90 Her Royal Highness The Princess Royal
- 23-27 Apr 92 His Royal Highness The Prince Edward
- 01-03 Mar 94 Her Majesty The Queen and The Duke of Edinburgh
- 27-29 Feb 00 His Royal Highness The Prince of Wales
- 18-20 Feb 02 Her Majesty The Queen and The Duke of Edinburgh
- 25-27 Feb 05 Her Royal Highness The Princess Royal
- 06-07 Feb 07 His Royal Highness The Earl of Essex
- 12-14 Mar 08 Their Royal Highnesses The Prince of Wales and The Duchess of Cornwall

# Soldiers' Health Issues

## Hypotension - Low Blood Pressure (Pt II)

Lt Celia Bennett, JDF MRS

**H**ypotension (low blood pressure) is the less lethal counterpart of hypertension (high blood pressure). This does not however mean it should not be taken seriously. There is debate in the medical community as to the specific values for low blood pressure as one individual's normal blood pressure, which is considered low but causes no problems, may result in serious complications for someone else. Given this natural variation, low blood pressure is defined by the values which cause the individual to have symptoms.

A general guide however is a systolic (top number) below 115mmHg and a diastolic (bottom number) of less than 75mmHg.

### TYPES

- Post prandial: This occurs after eating as a result of the large volume of blood diverted to the stomach for digestion. This typically occurs in elderly people as their bodies become less efficient at maintaining normal body functions.
- Orthostatic/Postural: pertains to the rapid change of blood pressure that occurs when there is a quick change of position.
- Neural medicated: this can happen as a result of medication such as those prescribed for erectile dysfunction and hypertension. These drugs function by lowering blood pressure but in some instances they can be too effective and result in lower than normal blood pressure.
- Pregnancy associated: during pregnancy

there is an increase in blood volume and hence a decrease of blood pressure.

### SYMPTOMS

These include the following:

- Dizziness
- Fainting
- Weakness
- Heart and brain damage

### TREATMENT

Having low blood pressure does not automatically mean that you need to have treatment. This is only necessary when low blood pressure is causing symptoms. If you have any of the symptoms mentioned above then you should seek medical attention immediately. Frequent fainting spells is an indication that the brain is not receiving enough blood. This can be due to heart problems. Frequent exercises and a high level of fitness may also cause lower than normal blood pressure because the heart is a much more efficient pump.

Methods which can be used to increase blood pressure:

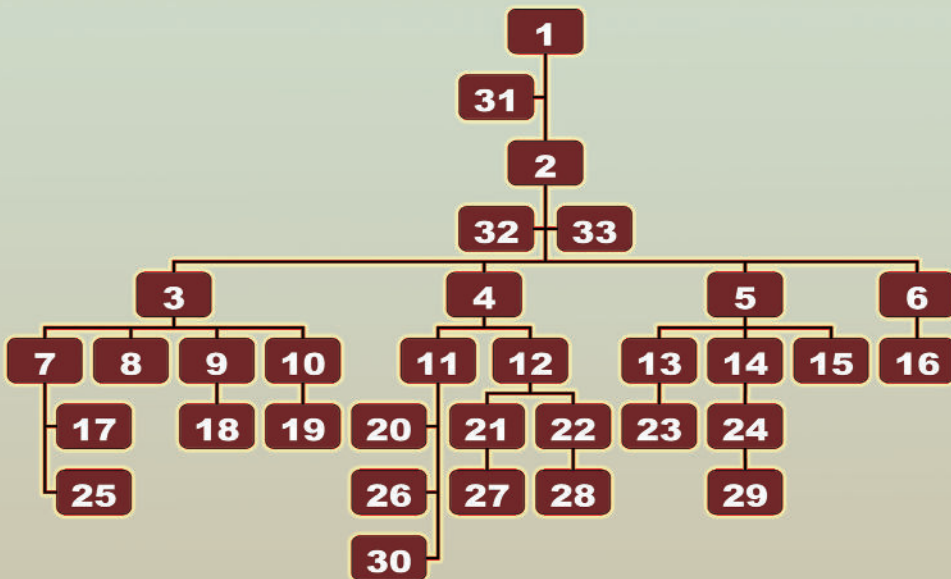
- Drinking more water
- Use more salt; this should not be done without consulting the doctor as the potassium in salt causes damage to the heart.
- Wear compressive stockings. This helps the blood return to the heart.
- Doctors can also prescribe medication. ☼

**Brigadiers cont'd from Page 7**  
Brigadier David Smith, CVO OBE ED JP, Bahamian by birth, came to Jamaica initially as a member of the World War II Caribbean Regiment. This comprised of officers and men from all over the British Caribbean plus The Bahamas and Bermuda. Ultimately it was posted to Egypt and by 1946 returned to the Caribbean for disbanding.

The late Brigadier Smith, among other officers, decided to remain a soldier and joined the Jamaica Battalion. Later, as a captain, he was appointed ADC to the Governor of Jamaica, remaining at King's House longer than most of his counterparts and perhaps the only officer to this day who still served as ADC after promotion to the rank of major.

Subsequently, in the days of the West Indies Federation when the battalion became the nucleus of the briefly reformed First Battalion, West Indies Regiment he became Commanding Officer. Following on Jamaica's Independence, he was promoted to full colonel in 1963 and appointed deputy Chief of Staff, JDF. On Brigadier Crook's completion of his three years contract, Colonel Smith replaced him as COS in the rank of Brigadier. He was one of the two longest serving Chiefs of Staff to date at eight years (1965-73), second only to Major General Neish at eleven years. After retirement, from 1975-80 he served as Defence Adviser to the Bahamas Government.

# THE NEW ORGANIZATION CHART OF HQ JDF



**Restructured Force HQ cont'd from Page 3**  
With its focus on efficiency, as it prepares to take the lead in the transformation of the Force, HQ JDF has taken over the administration of its soldiers and appointed a Commanding Officer (SO1 J1).

- Main changes to the restructured HQ**
- COS title changed to CDS.
  - Creation of the DCDS post.
  - J5 Strategic Planning, Transformation and Policy Development cell formed.
  - Legal team (J8), DOM and ceremonials, previously under J1, moved to the IG Dept.
  - Finance and Logistics staff strengthened.
  - J1 Personnel and Administration to concentrate on personnel and manpower issues.
  - Separation of Training (J7) and Operations (J3).
  - Aide de Camp to the CDS established.

The old HQ structure served the JDF reasonably well over four decades but was designed in a different era to meet different challenges. The SDR provides for a restructured HQ that is robust and flexible enough to deal with current operations and at the same time guide the Force-wide transformation. ☼

- |                                                   |                                                               |                                                         |
|---------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------|
| 1. CDS .....Maj Gen S E Saunders                  | 12. SO1 J4 (Fin and Logs) .....To be appointed                | 23. DOM .....Maj R A Wade                               |
| 2. DCDS .....Col A B Anderson                     | 13. Dep Insp Gen (Insp & ceremonials).....Lt Col O O Khan     | 24. SO2 J8 (Legal).....Capt T A Spence                  |
| 3. Col GS .....To be appointed                    | 14. SO1 J8 (Legal).....To be appointed                        | 25. SO3 J2 (Int) .....To be appointed                   |
| 4. Col AQ .....Capt (N) G S Reynolds              | 15. Dep Insp Gen (Investigations & Boards) Lt Cdr R A Russell | 26. Force Chaplain .....Capt D St G Smalling            |
| 5. Insp Gen.....Capt (N) S R Innis                | 16. SO2 J5 (Strat Plan & Pol).....To be appointed             | 27. SO3 J4 (Fin) .....Capt O A Bogle                    |
| 6. SO1 J5 (Strat Plan & Pol).....Maj D A Cummings | 17. SO2 J3 (Ops).....Maj M E Williams                         | 28. SO3 J4 (Logs) .....Capt G O Sterling                |
| 7. SO1 J2/J3 (Int & Ops).....Lt Col D P Robinson  | 18. SO3 J7 (Trg and Doct).....Capt K W Henry                  | 29. SO3 J8 (Legal).....Capt C A Crooks                  |
| 8. SO2 J6 (Comms & IS).....Lt Cdr P L Williams    | 19. SO3 J9 (Civ/Mil Co-op) .....To be appointed               | 30. SO3 J1 (Mil Rec & Pers-Civ) .....Capt (QM) E P Wray |
| 9. SO2 J7 (Trg and Doct).....Maj R O Hibbert      | 20. SO2 J1 (Pers - Mil).....Maj D A Davis                     | 31. ADC to CDS .....To be appointed                     |
| 10. SO2 J9 (Civ/Mil Co-op).....Maj C A Steer      | 21. SO2 J4 (Fin).....Maj R N Mason                            | 32. ADC to HE GG .....Capt S T Ellis                    |
| 11. SO1 J1 (Pers & Admin).....Lt Col M H Neath    | 22. SO2 J4 (Acq & Disposal) .....To be appointed              | 33. FSM .....WO1 O G Levene (Acting)                    |



# INTERNATIONAL LINKS

## ROYAL VISIT



Their Royal Highnesses The Prince of Wales and The Duchess of Cornwall viewing a virtual tour of Newcastle during their visit to the Infantry Officers' Mess on 14 Mar 08, where earlier a special welcome programme was organised by 2 JR. They subsequently signed the Guest Book (inset). Standing behind the royal couple are the CDS and his wife.

JDF performed a pivotal role in the visit of Their Royal Highnesses The Prince of Wales and The Duchess of Cornwall to Jamaica 12-14 Mar 08.

- HQ JDF (Office of Inspector General) – coordinated logistics and security requirements with Clarence House (UK), Kings House and the JCF.
- 1st Battalion The Jamaica Regiment - Guard of Honour for the arrival
- 2nd Battalion The Jamaica Regiment - assisted the JCF to

provide a secure environment in Kingston.

- Sp and Svcs Bn (JDF Transport Unit) - diplomatic transportation.
- JDF Coast Guard - escort and security for the Royal Yacht, LEANDER.
- JDF AW – flew security missions and provided transportation.
- 1 Engineer Regiment (JDF) – repaired several areas that were visited
- HQ JDF Int Unit – Intelligence
- 3 JR (NR) – assisted the JCF

and provided ceremonial guard at Kings House

- Jamaica Military Band - played for Their Royal Highnesses.

Their Royal Highnesses had specific stops with the JDF - at the Infantry Officers' Mess, where they met World War II veterans, members of the Jamaica Legion and members of the Ex Calypso Hop contingent who did public duties in London in 2007 and their spouses; JDF Training Depot, Newcastle and at HMJS CAGWAY. ☀

## Sweet Salone

Capt Murphy Pryce, 1 JR

September 2006, I left my family and friends in Jamaica destined for Sierra Leone to be a member of the International Military Advisory and Training Team (IMATT). I replaced L/Maj Dave Walker. Despite the briefings that I got from Maj Goulbourne (JDF's pioneer) I still had trepidation. It was my first time on the African continent and my first opportunity to operate with a multinational force in a foreign country.



Once I arrived, most of my concerns were allayed during the thorough briefing from Capt Walker. Within a day of arrival, I found myself in the Western Province (Kema District), where I would be based. This was where the civil war had started and is reputedly the most violent of

the four districts in Sierra Leone. It borders both Guinea and Liberia. I received a warm reception from the members of the Republic of Sierra Leone Armed Forces (RSLAF), whom I was there to advise and support. This, I thought was testament to professionalism and good rapport that had been developed and displayed by my Jamaican predecessors.

My role while working with the 3rd Bde RSLAF was initially as a Bn Advisor. This required me visiting the 1st, 2nd and 9th Bns on a weekly basis and working with the Bn Commanders in developing their units. The key to this, I found, was to develop his officers. As such, I focused on working with the Adjt, IO, Trg Offr and Coy Comds. Fortunately for me, these were the positions that I had served in within the JDF. The experience was quite fulfilling as I observed the officers develop and put to practice the advice offered to achieve their CO's intent.

After 6 months as a Bn advisor, a decision was made by the Commander IMATT, to assign me to 3 Bde HQ to be an advisor to the COS on matters of operations and training. In this new role, I guided the Bde Ops Offr, Int Offr and Trg Offr on the completion of their duties. Because of my MP training, I was also called upon to work with the Brigade Provost Company (BPC) from time to time. I equally enjoyed this stint.

While working at the Bde HQ it was necessary for me to coordinate with the local police (SLP) and the UN personnel operating in the Province. This involved planning joint exercises and training. This was especially crucial as those agencies would play a lead role in the elections of 2007.

I learnt many things during my tour in Sierra Leone, but there are three things that will stay with me for a long time. Firstly, Jamaicans are well respected throughout Africa. Secondly, the JDF is far more professional and organized than we here think it is. Finally, Jamaica does not have the worst roads in the world!

All in all my tour of duty in Sierra Leone was a fulfilling one. It was worth being away from my family for a full year (although my wife does not agree). I am happy to have been a part of the process of reshaping the RSLAF in their quest to become the best military force in West Africa. I am optimistic that Capt Silvera, who is currently there, will continue the good work already being done in "Sweet Salone". ☀

# THANK YOU CANADA

Maj Charlene Steer, HQ JDF (Civ/Mil Co-op)

Thanks to the Canadian Government and Armed Force goodwill, a number of JDF bases will receive significant infrastructural upgrades:

- Moneague Training Camp**
- Multi-complex for CJCS; school and office facilities
  - Six accommodation blocks
  - Library
  - Dining Hall
  - Ablution facility

**HMJS CAGWAY**

- Accommodation building
- Dive store locker

**Alpha 1 Base**

- Technical training school
- Counter-terrorism School
- New hanger and septic system

The massive building project is a training exercise, dubbed Ex Tropical Hammer, to confirm technical engineering support readiness for deployments to the Middle East. Over 200 Canadian Forces person-

nel are here on the exercise which started in March and will end in April.

The project is of mutual benefit. The Canadian Forces will satisfy its pre-deployment mandate while JDF gets much needed facilities and the experience of working alongside overseas troops.

Ex Tropical Hammer Phase II is scheduled for September and will see Up Park Camp benefitting from similar facility upgrades. The magnitude of the project makes the building principle unprecedented - erecting multi-storey structures using converted containers, says Maj Matthews, Projects Officer, 1 Engr Regt (JDF).

"The exercise is viewed as a pilot project where, depending on the successes, we will see more projects of this nature in the future," said Maj Maurice Matthews.

Officer in charge of finance, Maj Radgh Mason, SO1 J4 (Fin &

Logs), expressed enthused appreciation to the CF when asked what the project was worth to the JDF.

'It is of strategic importance ... a worthwhile contribution from a long-standing friend of the JDF. It is a long-term investment into the organization and any money spent on training must be worthwhile for the professionalism of the organization.

'We have benefitted over the years from a number of courses - officer training, pilot training, technician training and the establishment of the CJCS. This translates to millions of dollars of aid each year. By extension it contributes greatly to nation building, in instances where our personnel move on to serve the country in other capacities utilizing the skill sets.

'We hope for future assistance of this nature especially in light of a situation where our budget is effectively reduced each year due to inflation, rising oil prices and other factors,' Maj Mason said. ☀

## JDF strengthens relations with the media

Maj Miton Edwards, 2 JR Hon. Oliver Clarke, O.J., Chairman and Managing Director of The Gleaner Company Ltd, on 14 Mar 08 congratulated the first cohort from the JDF on completion of the Media Attachment Programme at The Gleaner. '[We] encourage you to use the knowledge you have gathered to inform your interactions with media personnel', he said.

Maj Milton Edwards (2JR) and Sgt Donald Douglas (Sp and Svcs Bn) were the two graduates of the two-week

attachment. The students were introduced to the operations of The Gleaner, interviewing techniques, news gathering and writing.

A number of personnel are being attached to media houses and public relations firms as part of an ongoing effort to strengthen the JDF's relationship with the media and improve its image-building capacity. The endeavour was initiated by HQ JDF. The attachments are being coordinated by The Gleaner and HQ JDF.☀

## Remembering Private Simpson

Lt Doris Fraser, JDF MRS

The late Pte Kurt Simpson of the JDF MRS was an affable soldier and well-liked. The news of his passing on 12 Mar 08 cast a gloom over the Sub Unit where he had served since 2004. A graduate of Munro College in St Elizabeth, he joined the JDF family in 2002 at age 19. He is remembered as an admirable soldier, a selfless and dedicated Medical Assistant.

Pte Simpson died at the Kingston Public Hospital, where he was taken after falling ill following a boxing training session.

Pte Simpson is missed by his peers who saw



him as a main link among the medics. "He was the most sincere individual I knew", said Pte Phillip Groves. "He was like my conscience. He would tell you when you mess up." Pte Simpson is also remembered for his intellect, particularly, on his extensive knowledge of Chinese, Japanese, and Roman history.

Farewell. Rest in peace.☀

## CDS cont'd from Page 3



Brig Paul Edwin Crook, 1962-1965 (deceased)

responsible for the transition of the JDF from an offshoot of the colonial army into an independent armed force of Jamaica (see Mr Merrick Needham's 'Did You Know' on Page 7 for more details on his military career).

### Brig David Smith, 1965 - 1973



Brig David Hartman Smith, 1965-1973 (deceased)

Brigadier David Smith, a Bahamian, joined the Jamaica Regiment in 1946 and was admired as a superb shooter. He won the Jamaica Regiment Individual Rifle Championship 1948 - 1952 and 1954 - 1955. He had the distinction of serving His Imperial Majesty Emperor Haile Selassie when he visited Jamaica in 1966. Brigadier Smith had a strong interest in business and was the founder and First President of the St Ann's Cham-

ber of Commerce. He retired from the military after serving for 31 years.

### Brig Dunstan Robinson, 1973



Brig Dunstan Fitzgerald Robinson 1973 (deceased)

Brigadier Dunstan Robinson succeeded Brig Smith. Brig Robinson served the shortest term, a period of six months. He left a legacy in his sons, three of whom served as officers. His youngest, Lt Col Derek Robinson, is currently serving as SO1 J2/J3 (Intelligence and Operations) at HQ JDF.

### Maj Gen Rudolph Green, 1973-1979

Major General Rudolph Green was the first COS to have attained the rank of Major General. He served as COS during a rather tumultuous period of Jamaica's history, being in command when the State of Emergency was instituted 1976 and during the infamous Green Bay affair. He had the distinction of steering the enlistment of women into the JDF in 1976.

### Maj Gen Robert Neish, 1979-1990

Major General Robert Neish was the youngest officer (at age 39) to be appointed COS and served the longest in that office. Gen Neish was awarded the Air Force Cross in 1968 for assisting in the rescue of a soldier from the 1st Battalion The Lancashire Fusiliers, who fell and injured his back whilst on Exercise Calypso Hop in the Blue Mountain Peak. Under his stewardship, 2 JR was formed, JDF staged its first military tattoo, and had then its largest oper-

ational deployment overseas, to Grenada 1983-85. Retired, Gen Neish is currently the Chairman of the Jamaica Legion and Digicel Foundation.

### RAdm Peter Brady, 1990-1998

Rear Admiral Brady was the first Naval Officer to be appointed COS. He oversaw the formation of 1Engr Regt (JDF) as an autonomous unit 1992 and JDF's deployment as part of the Multinational Force into Haiti in 1994, as part of Op Restore Democracy. He currently heads the Maritime Authority of Jamaica.

### Maj Gen John Simmonds, 1998-2002

Many soldiers share the sentiment that Gen Simmonds was popular among the men. His leadership emphasized the principle of 'Back to Basics', which became a commonly used phrase. He focused on accountability and fitness, and enforced Basic Fitness Test. He was instrumental in JDF's participation in international sporting events. An avid sportsman, he represented JDF in numerous sporting competitions, namely, hockey, squash and football, and later served in executive appointments on national committees.

### RAdm Hardley Lewin, 2002 - 2007

Rear Admiral Hardley Lewin's leadership was marked by his determination to improve the capabilities of the Force. He pursued a vision of modernizing the JDF and making the Force more relevant to the society. His first major transformational move was to implement a modified Continental Staff System. He then led the development of a Strategic Defence Review (which saw units being equipped with much needed resources such as new boats and aircraft) and which now charts the way forward for the Jamaica Defence Force. RAdm Lewin currently heads the Jamaica Constabulary Force.

Much more could be said of these distinguished servants, who as C[O]S, have done their part to protect the professional strength of the Force and move the JDF forward in fulfilling its obligation to the State. ☀

# VOX POP

Maj Charlene Steer, HQ JDF (Civ/Mil Co-op)

**All Arms posed the following questions to former Chiefs of Staff: Having served at the highest level in the JDF, what were your best and worst moments?**

### Maj Gen (Ret'd) Rudolph Green



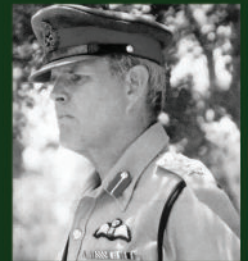
I think my best moment was when I assumed the office of Chief of Staff. I knew what I wanted to achieve and I think I succeeded at that. I got the establishment increased with a second battalion, the full Colonel rank increased from one to three and the Officer Commanding minor units increased from Major to Lieutenant Colonel. It also became possible for a non-infantry officer to become Chief of Staff.

My worst experience was the Green Bay operations. I did not know the details of the operations but as the head I had to take responsibility for it.

### Maj Gen (Ret'd) Robert Neish

This is a toss up between being on parade in the National Stadium at Independence, 1962 and receiving my "Wings" from Sir Alexander Bustamante when I qualified as a pilot for the Air Wing in 1964.

The State of Emergency in 1976 caused me to have the worst job of my career, that of Commandant of the Detention Centre.



### RAdm (Ret'd) Peter Brady



My worst moment was when I heard that the helicopter had gone down with General Colin Powell and his wife. I was overcome with anxiety and fear that all the well-laid and rehearsed plans could not have predicted this mishap; and only to be relieved moments later through direct communication with the pilot of the aircraft that they had safely auto-rotated the aircraft and had subsequently transferred their passengers to another aircraft for their onward journey to the preplanned destination.

Every moment else were best moments for me. It is very difficult to isolate a best moment as most of my time in the JDF was enjoyable, purposeful and fulfilling. I really enjoyed myself in the JDF.

### Maj Gen (Ret'd) John Simmonds

My best moment was when I took command of the Jamaica Defence Force in November 1998.

My worst moment was the statement I made that 'no shots were fired from the helicopter'. After investigation, evidence indicated that shots were fired from a helicopter that went into the operational area without permission. The media and opposition made a great issue of it.



### RAdm (Ret'd) Hardley Lewin



One of my proudest moments was doing The Queen's Review at the RAF College [Cranwell]. It was the first set of graduates since the Officer Training Programme was modernized. Normally a member of the royal family would deputize. The worst moment was the crash of the helicopter [Bell 4., in 2007] and the prospect that the pilots may have lost their lives. I sat at the club [JOC] and heard the helicopter zoomed around before it thudded to the ground. I was at the scene in minutes. Thankfully, the pilots came out alright.

# OUR EXTENDED FAMILY

## TRELAWNY'S SPELLING BEE PARISH CHAMPION SON OF JDF'S SERGEANT

Cpl Joseph Lewis, HQ JDF (Civ/Mil Co-op)



The son of Sergeant Lukel Miller, PA to the CDS, was crowned Spelling Bee Champion for the parish of Trelawny in the competition that ended in February 2008 at the Pegasus Hotel in Kingston.

Lukel Miller Jr shyly explained that it was not an easy task to become a champion as he had to study tirelessly. Speaking softly, he said his father Sgt Miller is a disciplinarian and that he relied on the discipline that had been part of his upbringing to stay focussed.

Lukel is proud of his achievement to have reached the finals in Kingston. He said he understands better what the competition demands and that he plans to compete again next year and win. This he believes he can do with his father's help.

Lukel attends Albert Town Primary School where he is a member of the debating team. He is a Christian and a proud member of his church choir. He enjoys playing different musical instruments such as the guitar, keyboard and drum.

After leaving school Lukel's ambition is to become a pilot. ✨

### RAAdm Lewin cont'd from Page 2

ahead of any national directive, and which now provides the roadmap for JDF's future.

Quite unabashed, Gen Saunders told his officers that succeeding COSs always came to the office with a new plan but he was happy to say, 'I won't have that difficulty based on the SDR.'

For his service and loyalty, RAdm Lewin's decorations include Commander of the Order of Distinction, Medal of Honour for Meritorious Service, General Service Medal for duties in Grenada (served as the Detachment Commander of JDF troops from 23 Dec 84 -25 Mar 85) and US Coast Guard Public Service Medal.

RAdm Lewin's central joy continues to be his family - his wife, Capt (Retd) Tessa Lewin, daughter Louise and his son Marcq, who has followed in his stead and is about to start his military career in the JDF Coast Guard.

On retirement, RAdm Lewin took on the formidable task of leading the transformation of the JCF. We are extremely proud of his distinguished calibre of service and wish him every success at his new command. ✨

# JAMAICAN MILITARY FAMILIES

Maj Victor Beek, OD, JP



Sunday 11 Nov 07 at 11:00 a.m., our nation and the free world paused for a few minutes and paid homage to the memory of those who gave their lives in World Wars One and Two. At the same time we reflected on our fellow men and women who survived the World Wars, returned, and together with their offsprings continued to give service to their homeland.

There was a period in Jamaica's history when the Cabinet in particular and the Government in general consisted of eight World War Two veterans namely; Michael Manley, Dudley Thompson, Eli Matalon, Ralph Brown, Ernest Peart (all Ex-RAF), Keble Munn (Ex army), and in the opposition, E Keith Powell and Ken Jones (RAF). Those who continued to serve in the military span up to four generations.

**ONE GENERATION:** There are three notable families that had several members of the same generation serving in the 2nd World War. First, the March family consisting of four brothers and two cousins, namely; Major (Dr) Leo March CD, Delroy March, Dr Noel March, Capt Clifford March, Derry March and Chappie March.

Second are the four Wong brothers of Wonard fame, namely; Albert, Edward, Grafton and Arthur.

Finally we have the Wint brothers, that is; Dr Arthur Wint, F/Sgt Douglas Wint and F/Sgt Cecil Wint.

**TWO GENERATIONS:** The long list of two generations of soldiers is headed by National Hero Norman Manley MBE and his son former Prime Minister Michael Manley who served in the 1st and 2nd World Wars, respectively. Then we have the Robinson family consisting of three brothers, three sons and a nephew. They are Julian (RAF) who served in the 2nd World War, brothers, Trevor and Dustan; sons Anthony, Ian and Derek; and grand-nephew mark, all who served in the JDF.

Next are F/Lt Eric Frater, who served in the RAF in the 2nd World War, his son Kevin and his nephew 'Bunny' Stern, who both served in the JDF Air Wing.

Then we have Supt Clarence Brown who served in the RAF in the 2nd World War and his son, of the same name, who served in the JDF Air Wing. Another father/son pair of the same name is Winston Marshall who served in the RAF in the 2nd World War and the JDF Air Wing, respectively.

Next are Lt Col Neil Dwyer who served in the RAF in the 2nd World War and his nephew Winston, ex-JDF Air Wing. We then have Major John Harrison, also Ex RAF in World War Two and his son Wayne, ex-JDF Air Wing.

Another ex-RAF, World War Two, veteran is F/Sgt Harold Shaw paired with his son Hal Shaw, ex - J D F Coast Guard.

Then we have Sgt T C Terry' Causewell, ex-RAF, World War Two, his cousins Harold and Phillip; and his nephew John.

**TWO GENERATIONS IN JDF:** In this group are three families with two generations serving the JDF the first of which are seven Haynes brothers, one son and a nephew including Major Herman 'Tiger' Haynes, Captain Morris Haynes and son Barrington. Secondly we have Major Neil Lewis, his wife Janice and son Noel, who currently serves in the JDF Air Wing. Third is our just retired Chief of Staff, Rear Admiral Hardley Lewin, his wife Tessa and son Marcq, who is on training for the JDF Coast Guard in the UK.

**THREE GENERATIONS:** In this category we have one family, Sgt Alfred LEVY, 2nd West India Regiment, 1st World War, his son Keith, ex-RAF, 2nd World War and grandson Harold, ex-USAF.

**FOUR GENERATIONS:** The title of Senior Military Family goes to the Beek's family, whose four generations produced five family members father, son, grandson, great grandson and great grand nephew. They are; Band Sgt Maj William Ernest Beek (father) WI Regiment Band, 1st World War; Major Victor Leslie Beek (son), ex-RAF, 2nd World War/JDF Air Wing and still serving in the JCCF; Major Dudley Ernest Beek (grandson), ex-JDF Air Wing; Capt Martin Beek (great grandson) ex-JDF Air Wing, Capt Stephen Stanley Beek (great grand nephew), ex-JDF Air Wing.

The Beek's family also holds the Record for having three generations lead the Battle of Britton (Jamaica Branch) Fly Pass on September 15, 1998 in Kingston, Jamaica. ✨

# FORCE BOXING CHAMPIONSHIPS 2008 RESULTS



A proud Commanding Officer, Lt Col Sean Prendergast, holds the winning trophy as he poses with the champion boxing team - 1 JR.

|                                                                  |                                                                                     |
|------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>Boxing Champions</b>                                          |                                                                                     |
| Super Heavy Weight,<br>LCpl Curton Jennings<br>1 Engr Regt (JDF) | Light Welter Weight,<br>Spr Donald Patrick<br>1 Engr Regt (JDF)                     |
| Heavy Weight,<br>Pte Shedrach Fuller<br>1 JR                     | Light Weight,<br>LCpl Shantez Mc Innis<br>Spr and Svcs Bn                           |
| Light Heavy Weight,<br>LCpl Yian Shettlewood<br>1 JR             | Feather Weight<br>Pte Damian Johnson<br>1 JR                                        |
| Middle Weight<br>LCpl Monthrose Lewis<br>2 JR                    | Most Outstanding Unit Coach<br>Pte Gilbert Vaz, 1 JR                                |
| Welter Weight,<br>Spr Marvin Allen<br>1 Engr Regt (JDF)          | <b>Top Three Units</b><br>1st place - 1 JR<br>2nd - 1 Engr Regt (JDF)<br>3rd - 2 JR |

**Solution to Puzzle:** 1. RELEASE 2. KEYPOINT 3. OPERATION 4. MORTAR 5. INFANTRY 6. NOTICE  
Mystery phrase: RANK PROMOTION

# ALL ARMS Sports



## ELIMINATED RIFLEMAN GIVES JDF AW ITS FIRST QUEEN'S MEDAL WINNER

Sgt Antoinette Neath, HQ JDF (Civ/Mil Co-op)

Twenty-five year old Pte Garrie Bryan knew within himself that he was a marksman but it took his posting from the Regiment for the rest of the JDF to know.

For years he tried fervently to make the shooting team for the 2nd Battalion The Jamaica Regiment. He desired to show his skill at arms and to represent the unit in competition. His efforts were futile. He was outperformed and consequently eliminated. However, within a much smaller unit of the JDF Air Wing, which he joined last year, he made their shooting team.

On the day of reckoning - the final day of the Force Shooting Festival - Pte Bryan's rifle boast top score in the Queen's Medal Shoot. He had outperformed 173 of JDF's best shooters, to include every competitor from the three infantry Battalions, and brought glory to JDF Air Wing, giving the Unit its first winner in a Queen's Medal Shoot.

Recap of the results from the Force Shooting Festival:

|                         |                                                     |
|-------------------------|-----------------------------------------------------|
| March and Shoot .....   | 3 JR (NR)                                           |
| Point Section .....     | JDF AW                                              |
| Fastest Time .....      | JDF AW                                              |
| Pistol .....            | 3 JR (NR)                                           |
| Sharpshooter .....      | JDF AW                                              |
| Gun .....               | 1 JR                                                |
| Top team .....          | Cpl Roydell Shakespeare & Pte Shedrach Fuller, 1 JR |
| 'Bagga' Martin .....    | JDF                                                 |
| Pistol Team .....       | JCF                                                 |
| Pistol Individual ..... | Cpl Shawn Stewart, JCF                              |
| Rifle Team .....        | JDF                                                 |
| Rifle Individual .....  | Pte Damian Johnson, 1 JR                            |
| Queen's Medal .....     | Pte Garrie Bryan                                    |
| Top Old Shooter .....   | SSgt Phillip McDonald, 1 JR                         |
| Top Young Shooter ..... | Pte Dwayne Williams, 2 JR ✨                         |

## SPORTS HIGHLIGHTS

LCpl Juliet Clarke, HQ JDF (Civ/Mil Co-op)

### Rugby

The Jamaica Defence Force (JDF) Rugby Team is presently competing in the Jamaica Rugby Union competition which will run from January – April 2008. The Jamaica Rugby League will commence in May and will finish in October 2008. The team won all seven matches played so far and has five matches to take them to the semi-final round.

Presently there are 10 members of the JDF team who are training with the national squad to represent Jamaica in the 15-a-side tournament in the Cayman Islands in April 2008.

The team is also scheduled to play a Police Premier League Rugby team from the United States of America in October 2008.

### Netball

The Jamaica Defence Force Netball Team is presently competing in the Jamaica Netball Association Divisional League netball competition which is scheduled to run over the period February to May 2008. The team won one of the two games played so far.

### Orienteering

The Force Orienteering competition is scheduled to run over the period 26 March to 26 November 2008. The competition has four phases and will see all units of the JDF participating.

### Football

The JDF Football team is presently participating in the Victoria Mutual Building Society Kingston and St Andrew Football Association (VMB/S/KASAFSA) Football League. The league is slated to end in April 2008. The team is currently in third place.

One member of the JDF team is currently on tour with the National Squad in Brazil.

### Boxing

Six members of the JDF's boxing team (four boxers and two coaches) went to Trinidad and Tobago at the First Americas Qualifier for the 2008 Beijing Games. These boxers will be representing Jamaica in the Games for 2008.

## JDF Goalkeeper Gets National Call Up

Lt Celia Bennett, JDF MRS



All in the family. This saying holds true of National Goal Keeper 25 years old ORD Allien Whittaker. Growing up with a father who is a football coach and a brother who also plays the game, it was no surprise that he also began to play.

His competitive career began at

the Classique Youth Club in May Pen at age eight. At May Pen Primary, he won his first trophy when his team won the parish primary schools' competition. In 1995 he went to Garvey Maceo Comprehensive, where under the tutelage of his father as coach, he made the crucial decision to become a goal keeper.

After being selected for the national team his proudest moment occurred when he was voted best goal keeper of the 2001 Youth World Cup. The second place went to Peter Czech of Chelsea United.

Despite sustaining a potentially career-ending injury, which side-

lined him for one year, through a good work ethic and determination, he is now steadily on his way to realizing his goal of appearing in the 2010 World Cup.

ORD Whittaker enlisted in the JDF Coast Guard on 08 Jan 06. ✨

## BEST BOXER



Best Boxer 2008 is Lcpl Shantez McInnis, Sp and Svcs Bn. Most Galant loser is Spr Adrian Mendez, 1 Engr Regt (JDF) See Page 11 for championship results.

## International Friendly Ruthlessly Fought

LCpl Juliet Clarke, HQ JDF (Civ/Mil Co-op)

It was a ruthlessly fought match for victory. Neither the host nor the visiting team gave any slack in the inaugural friendly between the JDF and the RAF at the No. 1 Hockey Field in January. Both teams suffered injuries but played a tough game to the end. The RAF poured in six tries and four kicks to gain victory against the JDF. The match ended 33-16.

JDF's team used swift tactics and a firm hold on the ball to score two tries in the first half but failure to exploit the kicks gave RAF a 20-8 lead. In the second half the teams stepped up the tempo and beefed up their defences.

They got more ruthless and physical as the time neared for the whistle to end the match - the RAF scored only 13 points to the JDF's 8. The RAF's Captain conceded that the JDF's team was not as quick though their defence was very good."

"We did not stick to the game plan, that's why we failed to win against the RAF team," Cpl Hugh Williams JDF's Captain said, "But overall it was a very good match."

The JDF along with the Jamaica Rugby League Association (JRLA) hosted the RAF Rugby Team. ✨

