

Royal Brunei Navy

AMAN SAMUDERA

ISSUE 3 | JUNE - DECEMBER 2021



15th ANCM

Proactive approach to strengthen maritime engagement

JOURNEY TO THE SOLENT UK

KDB PAHLAWAN participation in Silver Jubilee Fleet Review

NAVY TRIUMPHS OVER 2nd WAVE

Outstanding team effort in CHABEL 6

ARNEX 2021

Setting another milestone in defence relations



Salute
to our
Frontliners

Message from the Editor-In-Chief



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Assalamualaikum Warahmatullahi Wabarakatuh,

Alhamdulillah, what a year it has been! The second half of 2021 saw Brunei Darussalam being affected by the second wave of COVID-19 infections. Day-to-day routines were disrupted, and livelihoods were uprooted. However, we persevered. The Royal Brunei Navy played a significant role in combating the pandemic that had swept the nation. Even during times of adversity, the Navy remained steadfast and ever vigilant. In these challenging times, the Navy found opportunity none the less. Maintaining Naval Diplomacy has been key to preserving good ties with our naval partners in the region and beyond. Albeit virtually, they were no less interactive and still proved effective. We also have a glimpse into the Navy's deployment in the inaugural ASEAN RUSSIA NAVAL EXERCISE (ARNEX) and we find out what one of the RBAF's Doctors have to say about finding her sea legs during her time aboard KDB DARUTTAQWA. Despite the lockdowns and restrictions, the Navy still managed to show its presence in the international maritime theater. Minds and hearts are bombarded with the stresses that come with dealing with the pandemic and as such Mental Health awareness has become important in the Navy, and we encourage all our sailors to lead a better, healthier lifestyle.

Furthermore, the Navy also found itself out in the frontlines. I am proud to say that I had led a brilliant team of sailors in both setting up and running one of the few COVID-19 holding areas in Brunei Darussalam, CHABEL6. I could not be prouder at the commitment and sacrifice that our sailors have displayed knowing the risks involved. They truly are a beacon of inspiration for all their brothers and sisters at arms. I take this opportunity to thank all family members for constantly supporting their sailors. Thus, in this issue we pay tribute to our frontliners but also remind all our sailors that the Navy continues to get underway and fight no matter what the conditions.

I present to you the 3rd issue of AMAN SAMUDERA. I hope this issue continues to inspire the men and women of our Navy and all those out there looking to find a future in service to the Nation. The Navy wants you!

Make Waves at Flank Speed!

Yours Aye,
Commander Pg Mohd Faren Pg Mohd Noor, RBN
 Editor-In-Chief

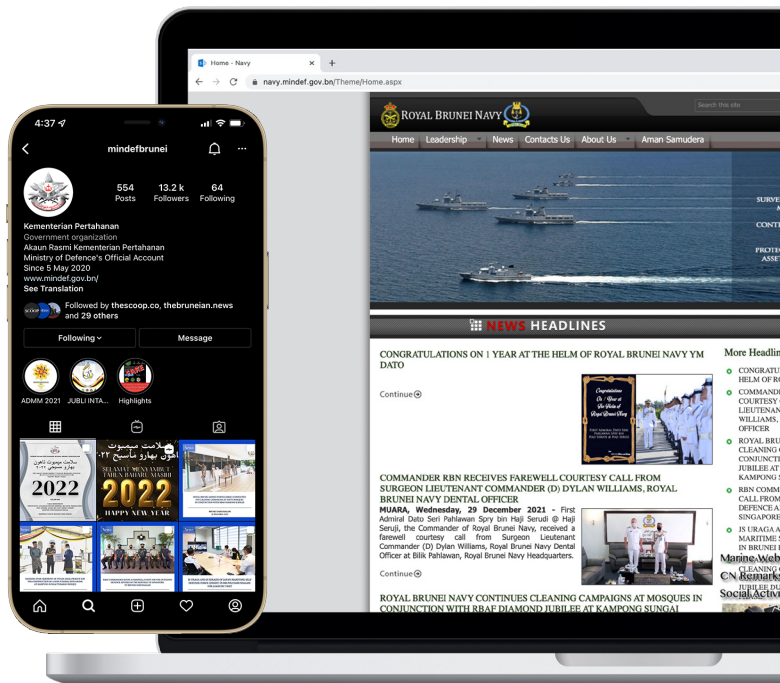
Royal Brunei Navy

AMAN SAMUDERA

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Cover Story

Aman Samudera

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Issue 3



Cover story: In the midst of the second wave of the COVID-19 Pandemic which has swept over Brunei Darussalam, the Navy was called to stand one of the nation's COVID-19 holding areas, CHABEL6. The cover represents the Navy's adaptability, efficiency and robustness. Our sailors were deployed in a moment's notice and were trained to operate in high-risk conditions risking both their lives and families as well. It was without a doubt a time of great uncertainty, but these select sailors persevered and triumphed. The cover page is a tribute to that robustness and a call to all service personnel to continue to defend the nation without hesitation and with full dedication. Our sailor's contributions require much commitment which comes with sacrifice, but our duty is honourable and noble. We pay tribute to the hardworking sailors of the Royal Brunei Navy and a grateful for the support and sacrifices their families have given as well.

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Aman Samudera PHOTOGRAPHY CONTEST



**ENTRY DEADLINE BY:
12th JUNE 2022**

**Showcase your
photography skills & win
BND\$100**
Open to all RBN personnel and
RBAF civilian staff.
Any photos taken with a mobile
device is also acceptable.

So, share with us your best
photographs to
shah.ramlee@mindef.gov.bn and
the winner will be announced in the
next issue of Aman Samudera

PHOTO CRITERIA:

Photos submission must be on any event or activities organised by RBN only.

The contestant may submit up to 5 photos and must certify that he/she is the sole creator and copyright owner of the submitted photos.

All photos must be submitted in .jpeg or .jpg format.

The contestant may make any adjustments on the photos including sharpening, contrast, and toning.

All photo submissions will be property of the Production Division and subject for future use by the Royal Brunei Navy.

News

Proactive approach to strengthen maritime engagement



Lt Najihah binti
Haji Abdul Hisab, RBN
Features Editor



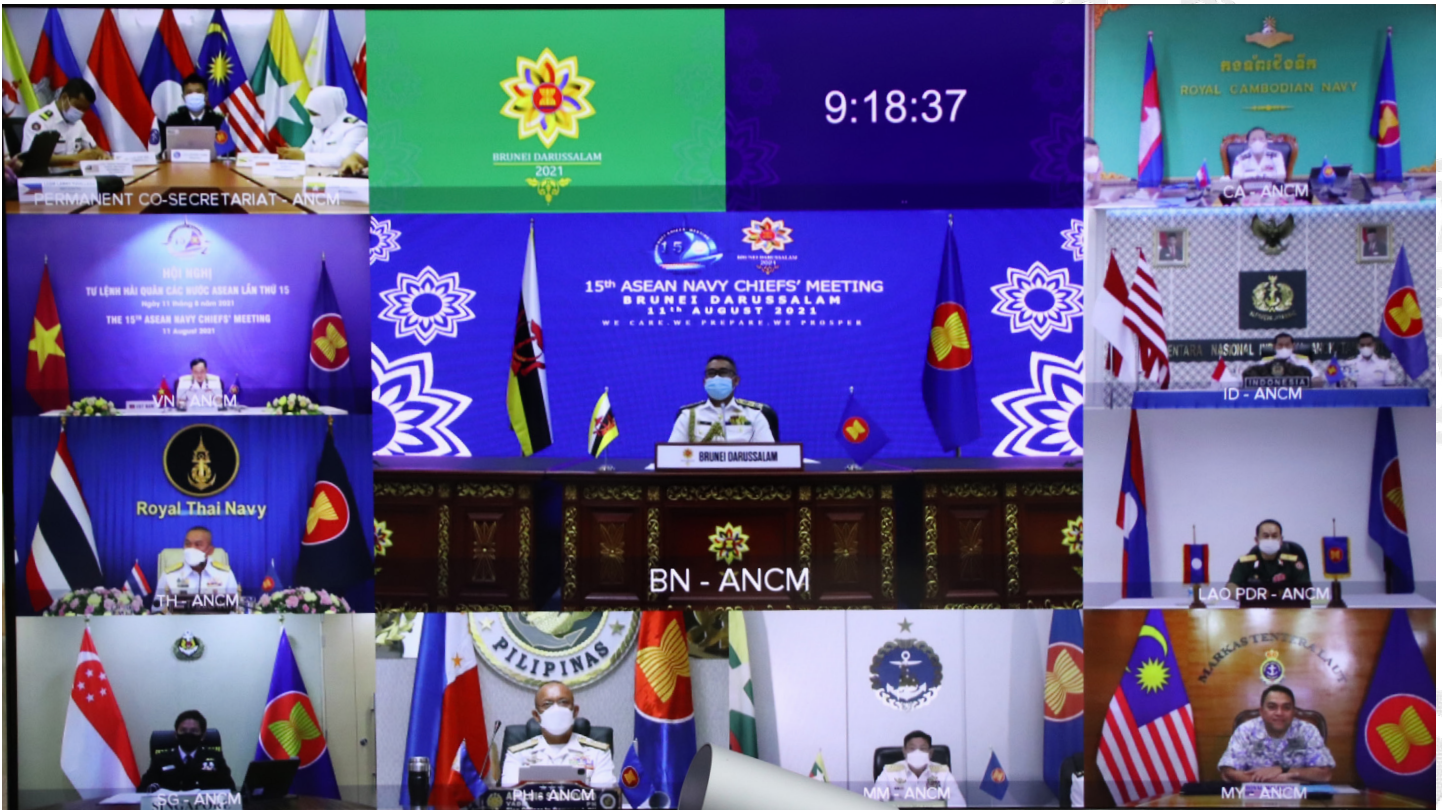
Seated (L-R): Captain Khairil bin Haji Rahman, First Admiral Dato Seri Pahlawan Spry bin Haji Serudi@Seruji, Lieutenant Qurratu'aini Qayyimah Al-Haj Zelzy. Standing (L-R): Mohd Khalid bin Haji Damit, Lieutenant Junior Grade Wan Syamimi Alya'a Filzah binti Zulkiflee, Siti Khadijah@Nabilah binti Haji Saifulbahri, Mohammad Wan Harris bin Mohd Hardi, Zuraidah Maimunah Haji Othman, Hjh Wizana Haji Muhammad, Lieutenant Najihah binti Haji Abdul Hisab, Lieutenant Junior Grade Mohammad Shukri bin Mohammad Safri, Lieutenant Mohammad Fadhil bin Dato Paduka Haji Joharie.

The sea lanes of the regional maritime domain are critical to the prosperity and stability of the Southeast Asian nations. Not only is the maritime region a source of livelihood and sustenance for millions of the ASEAN population, but its maritime trading routes also holds global significance, in providing access to and from the South China Sea. **The highlight of the 15th iteration of ANCM was the Viewpoint Exchange, where the topic of discussion revolved around "The Blue Economy: We Care, We Prepare, We Prosper".** The role of ASEAN Navies in this sense, contributes to the region's Blue Economy through maritime collaboration and cooperation by maintaining the conditions of peace and conducive to development.

The Navy Chiefs from 10 ASEAN countries convened virtually during the 15th ASEAN Navy Chiefs' Meeting (ANCM), hosted by the Royal Brunei Navy (RBN). Also in attendance were representatives from the Information Fusion Centre (IFC) in their capacity as the Permanent Co-Secretariate of ANCM.

First Admiral Dato Seri Pahlawan Spry bin Haji Serudi @ Haji Seruji, Commander of the Royal Brunei Navy chaired the meeting. In his opening remarks, he emphasised the significance of ANCM existing as "a platform for dialogue and cooperation among ASEAN Member States' navies" and that continuous collective commitment should be channelled into enhancing cooperation across all ASEAN Navies. Since its establishment in 2001, ANCM aimed to enhance interoperability across ASEAN Navies through practical cooperation as well as to promote regional maritime security and stability. The significance of ANCM lies in its ability to bring together naval chiefs from across all ASEAN member states to strengthen the naval partnerships.

In the 15th iteration of ANCM, the need to protect the regional maritime security manifests in the theme, **"WE CARE. WE PREPARE. WE PROSPER"**



First Admiral Dato Seri Pahlawan Spry (center) with the ASEAN Navy Chiefs' and the Information Fusion Centre, in their capacity as the Permanent Co-Secretariat, in a virtual group photo.



BRUNEI DARUSSALAM
2021

“We Care” because the safety and security of the maritime domain in this region is and should be a shared responsibility, given how ASEAN nations are predominantly maritime nations. Our dependency and proximity to the sea makes it an indispensable asset for us to protect. Tangible ways in which navies do this is by strengthening naval cooperation and if there is one thing the pandemic has taught us, we need it now more than ever.

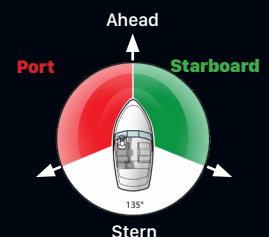
“We Prepare” by continually building our capacities and enhancing interoperability through the existing mechanism such as the ASEAN Navy Young Officers' Interaction (ANYOI) and ASEAN Multilateral Naval Exercise (AMNEX), whilst at the same time, supporting any upcoming initiatives such as the ASEAN Navy Training Experience Exchange Program (ANTEEP).

“We Prosper” in maintaining the conditions of stability of the regional maritime domain as it has far-reaching socio-political, economic implications – and for this reason, ASEAN Navies are doing a fundamental task in creating and supporting a maritime environment that is safe and secure for all.

Why don't mariners use left or right?

Where does Portside or Starboard side come from?

The Navy has a rich diction that comes along with its history and traditions. The use of port and starboard side as a reference of direction was a practical decision to avoid confusion and fix these references regardless of a mariner's orientation. When looking forward towards the bow of a ship, portside refers to the left side and starboard side refers to the right side.



DID YOU KNOW?
INTERESTING FACT

JOURNEY TO THE SOLENT UK

Tuesday, June 28th 1977 Spithead — a strait in the English Channel sheltered between Portsmouth and the north-eastern shore of the Isle of Wight providing a large and sheltered anchorage making it an ideal rendezvous point for the British Fleet. Hence these waters were once again host for a longstanding tradition of a naval review, where the British Sovereign formally inspects the massed Naval vessels mobilised for war and to demonstrate to potential enemies and friendly powers the naval strength of the nation. However, another reason for holding a Fleet Review had developed since King Henry V in 1415, which was to hold a celebration of a significant Royal occasion for instance a coronation or anniversary.

This year in conjunction with Her Majesty the Queen Elizabeth II's Silver Jubilee on the 28th of July 1977, over 180 warships, submarines, frigates, minesweepers, destroyers, and cruisers from 18 nations were anchored along Spithead with a formation measuring approximately seven miles. Not far from the Spit Sand Fort, sandwiched between Greece's HS LIEUTENANT TROUPAKIS and Ireland's ILT GRANUAILE — was one of the two smallest participating vessels, KDB PAHLAWAN from Angkatan Laut Pertama, Askar Melayu Brunei (First Flotila, RBMR) representing the humble nation of Brunei Darussalam.

“CLEAR LOWER DECK. HANDS FALL IN TO MAN SHIP”

The Silver Jubilee Fleet Review in 1977 was filled with festivities, fireworks, and much fanfare. During this occasion, all participating vessels were scrubbed, painted, and polished with their signal pennants popping in a stiff breeze and decks proudly lined by sailors — ready to be inspected by Her Majesty the Queen. Onboard the afterdeck of the Royal Yacht Britannia was the Queen watching through her binoculars, sailing past the ships whose rails were manned by over 30,000 sailors before dropping her anchor to witness a spectacle of 150 aircraft from the Fleet Air Arm, Royal Navy. It was a day filled with pride and joy as Her Majesty the Queen congratulated all participants for splendidly displaying their

ships and companies at their utmost immaculate standard.

Armed with SS12 Surface-to-Surface Missiles, a single 40 mm Bofors gun forward and twin 20 mm Oerlikon cannon mount aft, KDB PAHLAWAN, P01, was complemented with 18 sailors including her officers, signallers, cook, technicians, engineers, and seaman, and was captained by Major Chris B. York — a capable Loan Service Officer in Angkatan Laut Pertama, AMDB. Accompanied by Lieutenant Mohd Shahri Bin Haji Ali (now a retired Lieutenant Colonel) as Executive Officer and Warrant Officer 2 Saini Bogal (now a retired Captain) as her Coxswain. Getting the boat half way across the world from Brunei to Portsmouth was an enormous task on its own. She first sailed to the Republic of Singapore and was then transported to her final destination for the Fleet Review — taking approximately one month. The officers and crew of KDB PAHLAWAN, with full spirit and enthusiasm, began their preparation early; ensuring she was in good shape. She arrived in Portsmouth with her freshly painted hulls, fully functional system, engines and gun ready to be showcased.

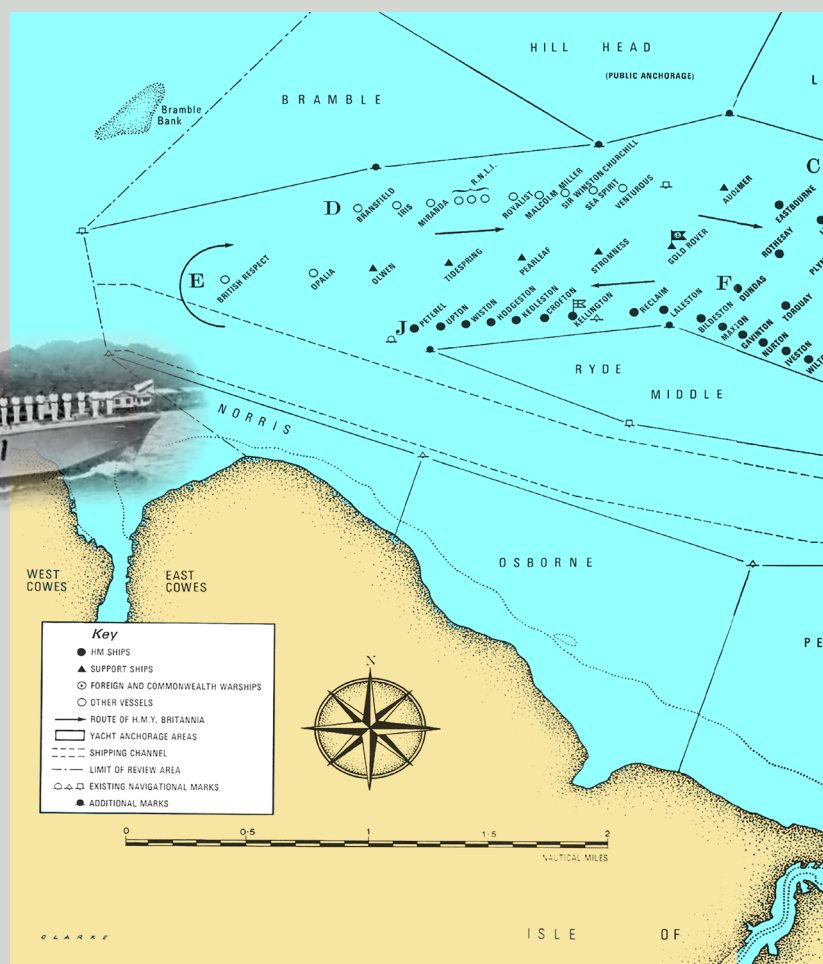
Her participation in the Silver Jubilee Fleet Review was a proud moment for the officers and crew. KDB PAHLAWAN — proudly extended the reach of naval diplomacy as early as 1977. This participation was far from minor, as mentioned by Her Majesty the Queen herself during the celebration, that “this Jubilee is a time to remind ourselves of the benefits which union has conferred, at home and in our international dealings, on the inhabitants of all parts of this United Kingdom”.

Right: KDB PAHLAWAN seen here refitted with double fuel tanks and SS.12 missile launch kit during a sail past in Kampong Ayer at the RBMR's 15th Anniversary, 1976.



KDB PAHLAWAN CHARACTERISTICS - 1977

Class	- Pahlawan (P01)
Displacement	- 95 tonnes standard; 114 tonnes full load
Dimensions	- (L) 30.2m x (B) 7.8m x (D) 2.1m
Missiles	- 8 x SS.12 on 2 launchers
Guns	- 1 x 40mm - 1 x 20mm
Main Engines	- 3 x Bristol Siddeley Proteus gas turbines, - 3 x shafts; 12 750 bhp = 57 knots max; - 2 diesels for cruising
Range	- 450 nautical miles @ full speed - 2 3000 nautical miles @ 10 knots
Crew	- 20
Ordered from Vosper Ltd. Portsmouth, England, 10 Dec 1965. Launched on 05 Dec 1966. Missile launchers fitted 1972.	





5227 WO1 (Rtd) Haji Abdul Wahid bin Jadit was fortunate to have joined the historical deployment. At that time he was serving onboard KDB PAHLAWAN as the third engineer and was only less than 2 years into his service.

"Saya merasa gembira, bangga dan ada juga terharu padamasa Angkatan Laut Pertama pada julung kalinya diundang untuk mengikut Fleet Review Silver Jubilee di perairan England pada tahun 1977"

Major role for the other 'fleet'

Largest and smallest vessels to be reviewed by the Queen are both non-military - the 270,000 ton B.P tanker British Respect and an inflatable inshore rescue craft of the Royal National Lifeboat Institution.

They are among 30 vessels of certain British maritime organizations invited to take part.

The Elder Brathen of Trinity House embarked in the Patricia will exercise the traditional right of leading the Sovereign through the Review lines. Another Trinity House vessel, the Winston Churchill, will be moored in the lines.

The Royal National Lifeboat Institution has been allocated five places in the lines and is sending three classes of lifeboat as two inflatable craft.

Various aspects of sea trading are represented by the six ships nominated by the General Council of British Shipping. All are big and the largest British Respect, has steamed more than 250,000 miles in three years, moving 2 half million tons of crude oil.

The Post Office is represented by the world's most advanced cable-repair ship, the Iris.

The world of sail has not been forgotten, with four representatives in the lines - the Sail Training Association schooners Sir Winston Churchill and Malcolm Miller, the Sea Cadet Association beig Royalist and Gordonstoun School's Sea Spirit.

Other organizations represented include H.M Coastguard, the Northern Lighthouse Board, the Commissioners of Irish Lights, H.M Customs and Excise, the Ministry of Agriculture and Fisheries, the Scottish Department of Agriculture and Fisheries, the National Environmental Research Council, the Fishing Fleet and British Rail.

● The Cunard liner Queen Elizabeth II is due to sail through Spithead on June 27, the rehearsal day, after leaving Southampton at noon.

Largest and oldest visiting warship - and the only visiting aircraft carrier - is H.M.A.S Melbourne, launched at Barrow-in-Furness in 1945, as H.M.S Majestic and re-named when she was transferred later to the Royal Australian Navy.

She is accompanied by the American-built guided missile destroyer H.M.A.S Brisbane, while completing the visiting contingent from "Down Under" is the Royal New Zealand Navy's Clyde-built Leander-class frigate H.M.N.Z.S Canterbury, launched by Princess Anne in 1970.

'Kojak'

The Americans are sending the Review's only nuclear-powered surface warship - the cruiser U.S.S California - with the nuclear-powered submarine U.S.S Billfish.

One of the smallest warships in the line-up is K.D.B. Pahlawan, a 57-knot missile attack craft built in Portsmouth by VosperThornycraft in 1967 and manned by 20 officers and men of the Royal Brunei Malay Regiment.

One of the most recognizable frigates in the Review is HMNS Tromp, named after a famous Dutch admiral. She is nicknamed "Kojak" because of the huge radome above her bridge.

More than 5,000 officers and men will be embarked in the Commonwealth and foreign warships, eight of which will be flying the flag of a national senior officer.



SEE CENTRE PAGES FOR YOUR SPECIAL GUIDE TO THE SPITHEAD SPECTACULAR

To mark the Silver Jubilee Review of the Fleet, this page Navy News devotes many pages to the Review and includes a full list of vessels taking part and their pennant numbers.

An at-a-glance colour guide to the Spithead anchorage appears in the centre pages and

should prove an interesting souvenir of a great day. Pictured below is the warm welcome which H.M.Y. Britannia received in Sydney Harbour during the Jubilee Year Royal tour. In the other picture the Queen and the Duke of Edinburgh are seen leaving the Royal Yacht during a visit to the United States.



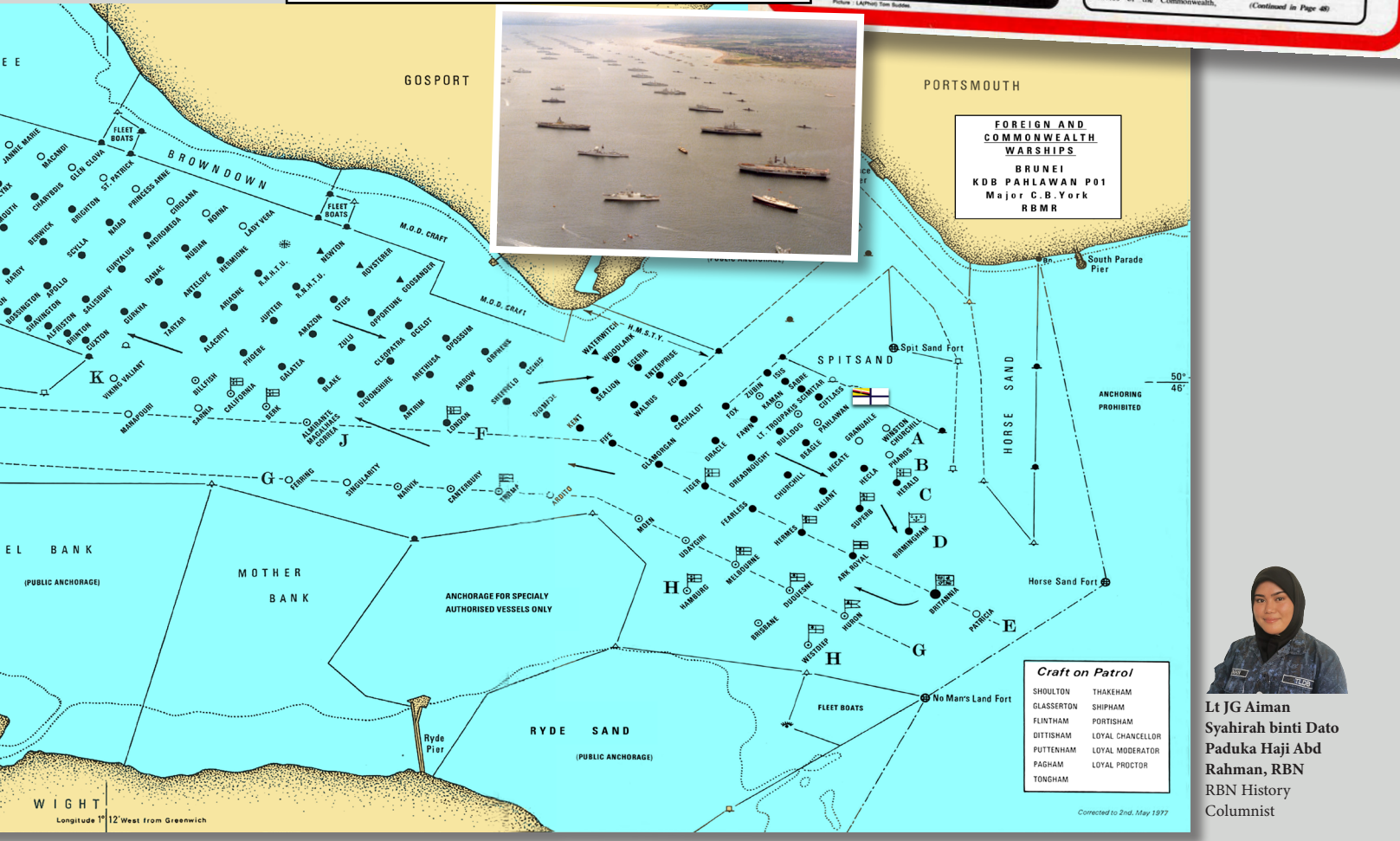
All is set for the biggest Spithead Spectacular since the Coronation Review as the big saw pieces come together review expected to be witnessed by hundreds of thousands of operators - perhaps a million. At the same time millions more will be watching the "live" coverage on TV.

Public interest grew steadily after the announcement of the June 28 Review, and great demand built up for places ashore and aloft from which to witness the spectacle as it unfolds, reviews the Fleet.

With the Queen and the Duke of Edinburgh in the Britannia will be the famous H.M.S. Ark Royal, Britain's great aircraft carrier. From June 23 to June 29 she will be flagship of the Commander-in-Chief Fleet (Admiral Sir Henry Leach).

The R.N. ships will include H.M. cruisers, eight missile destroyers, and scores of frigates, MCM vessels, and survey ships. Representing the Submarine Service will be both nuclear and patrol submarines.

(Continued in Page 48)



Lt JG Aiman Syahirah binti Dato Paduka Haji Abd Rahman, RBN History Columnist

Corrected to 2nd May 1977

Year 2021 RBN Retreat



Lt JG Pg Mohd Fadhl bin Pg Ali, RBN Current Affairs Editor

The Royal Brunei Navy held a Retreat in a bid to reflect on the year of 2021 prior to the start of the new calendar year of 2022. In attendance was First Admiral Dato Seri Pahlawan Spry bin Haji Serudi @ Haji Seruji, the Commander of Royal Brunei Navy.

The event was held in line with COVID-19 Endemic Phase guidelines at 5 different locations within the Royal Brunei Navy with each location hosting key personnel from respective departments. The shift from the Transition Phase of COVID-19 in Brunei to the Endemic Phase has enabled the Royal Brunei Navy to incorporate more prominent interactions to encourage a positive environment for discussions within each physical location and between each location virtually.

All 4 major departments of the Royal Brunei Navy were represented during the retreat and presented their yearly reports of 2021. The event was initiated by a recitation of Surah Al-Fatihah, then proceeded with a facilitation brief by the events chairman, Commander Hj Edy Jofren bin Pehin Datu Panglima Dato Paduka Haji Abdul Jalil, RBN Assistant Chief of Staff Operations.

The RBN Commander then made his opening remarks where he highlighted his key messages from when he first took over as the incoming RBN Commander and acknowledged this event as one of the key focus areas of “Muhasabah Diri”; Self-reflection. The event proceeded with a video recap of 2021 and the yearly reports by each of the 4 major departments namely: RBN Headquarters (HQ), Fleet, Support Service, Naval Training Centre.

As the RBN steps into the new year of 2022, this retreat was meant to facilitate self-reflection on an organizational level and discuss challenges faced and best practices in facing these challenges. More importantly, the RBN Retreat of 2021 seeks to set a trend of self-reflection for every individual within RBN toward achieving the vision of delivering a robust, responsive and resource-efficient navy towards the end of defending the maritime sovereignty and territorial integrity of Brunei Darussalam.



Coaching & Mentoring in the organization

Lt Qurratu'aini Qayyimah Dr. Al-Haj Zelzy, RBN Leadership Columnist

In essence, coaching is enabling others to strengthen performance by helping them develop skills and competencies important to individual and organisational success. In a similar vein, mentoring is to support and encourage people to manage their own learning in order that they may maximise their potential, develop skills, improve their performance, and become the person they want to be. There are similarities to coaching and mentoring, but the one critical difference is that coaching is a skill, whereas mentoring is about sharing knowledge, experience, and expertise.

So why are coaching and mentoring integral elements in a military organisation? Simply put, the complexities, shortened decision cycles, and demands placed on the organisation increase the role for senior leaders in shaping junior leaders as well as NCOs and contribute to their success. Coaches and mentors provide relatively objective perspectives on issues the mentees encounter and a safe place to explore them.

With this in mind, the benefits of having coaches and mentors in the Royal Brunei Navy include:

Role modelling

Good coaches and mentors are typically role models for behaviours and attitudes aligned with the values of the organisation. Through observation, mentees develop greater skills of listening, communicating, reflection and personal integrity.

Conscience

Coaches and mentors can help mentees think through the moral dimensions of their job roles, for example, how to manage conflict between personal values and organizational values.

Understanding context and systems

Coaching and mentoring help develop more complex, systemic ways of thinking and awareness of how performance relies on the integration of multiple elements.

Career development

It is vital to have coaches and mentors to constantly raise awareness of opportunities, which the mentee might not be aware of, or has not considered.

Offering coaching and mentorship programs in the military organisation may result in higher retention, proactivity and accountability, improved judgement, and team cohesion. As modern armed forces evolve into organisations that rely heavily on the minds of those who serve, coaching and mentoring becomes a fundamental element of an efficient fighting force of the future.

In 2018, the writer Lt Qurratu'aini Qayyimah Dr Al-Haj Zelzy was the first Bruneian woman to go on a solo expedition in the Himalayas. She was also a speaker in The Youth Forum Brunei 2021 and addressed the skills for resilient youth.



Training Higher education opportunities in the naval career



Lt Ak Mohd Rauf bin Pg Hj
Yusof, RBN
RBN Naval Engineering
Columnist



The Weapons & Electrical Engineering Technician is responsible for the serviceability, readiness and accuracy of the ship's systems and makes sure the advanced weapons, electronics, communications, and information systems are ready for action. In order for them to maintain these equipment worth millions of dollars, it is important for the navy to invest in their training development which ensures their competency and professionalism.

Lifelong learning unlocks *creative innovations*

In order to ensure a high level of competency for the technicians, the navy strikes a balance between operations and training. One mechanism is to instill a lifelong learning culture in the career development of its sailors, the navy provides opportunities for its serving sailors to further their studies at either local or overseas institutions. Schemes such as the In-Service Further Studies (SPLDT – *Skim Pegajian Lanjutan Didalam Tentera*) provide the opportunity to study at the local Institute of Brunei Technical Education (IBTE).

The Royal Brunei Navy annually sends naval engineering technicians to further their studies in Electronics and Communication Engineering to pursue their Higher National Technical Education Certificates (HNTec). The education at IBTE further upgrades their professional qualifications in order to be specialist technicians. By acquiring the latest engineering practices and conducting independent engineering projects in a conducive learning environment provided by the local college they are able to demonstrate their abilities through projects such as building an underwater remote operated vehicle from off-the-shelf components.

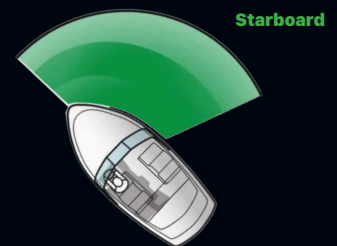
These higher learning opportunities produce highly effective and innovative technicians that display a great degree of professionalism that is able to maintains the fighting element of the navy.

After 21 years of sending engineering technicians for further studies, the Royal Brunei Navy have successfully received more than 300 naval engineering graduates.



How did the right side become Starboard?

In the olden days of boating, ships did not have the steering rudder in the center of the ship. They were mostly controlled by a steering oar. Since most sailors were right-handed, these steering oars were on the right side of the ship. Sailors began to call the right side the steering side and soon became Starboard by combining Steer Oar (Stéor) Board in which board refers to the side of the boat.



**DID YOU
KNOW?**
INTERESTING FACT

NAVY TRIUMPHS OVER 2ND WAVE



COVID-19 Holding Area Belait 6th Form (CHABEL6)

One late afternoon on the 13th of September 2021, a bus pulled up in front of the Belait Sixth Form Centre and honked twice. As men in personal protective gear lined-up along the entrance of the building, standing beneath a banner above the main doors; printed in large letters above a picture of hands holding a mask and a man wearing personal protective equipment (PPE) were the words WELCOME TO CHABEL6. Written underneath it read COVID-19 Holding Area Belait Sixth Form. These words caught their eyes as the passengers disembarked the bus with their luggage and looked around anxious and uncertain.

“WE ARE IN THIS TOGETHER”

These were the sentiments of the first patients to arrive in the newly opened COVID-19 Holding Area, one of five holding areas in the country, and the third largest one to be established under the Ministry of Health with a capacity of just over 300 patients. For the Site Commander, Commander Pg Mohd Faren Pg Mohd Noor, RBN, converting what was once a high school into what is essentially a bare-bones hospital was no small feat; the momentous effort required teamwork not only between the MOH and the Royal Brunei Armed Forces (RBAF), but also from the Ministry of Education, the Ministry of Culture, Youth and Sports, the National Disaster Management Centre, the Public Works Departments and Other Governmental Agencies was truly a demonstration of a whole of government collaboration. The Site Commander worked hand in hand with the Medical Superintendent of Suri Seri Begawan Hospital, Belait, Mr. Chong Chean Leung and his medical officers to ready the facility for



the ever-growing number of cases in the second wave.

To meet the massive logistical and manpower demands of the COVID-19 Holding Area in Belait, the Royal Brunei Navy sailors were deployed from their home base, in

Muara to the opposite end of the country. Immediately upon reporting to their new home for the next few months, Lumut Camp, these sailors underwent intensive clinical training within a span of 2 weeks. With most personnel lacking a clinical background, the courses were a far cry from the ones they were used to receiving back in



Muara; instead of donning their whites they were learning to wear layers upon layers of PPE because safety was paramount in the upcoming battle against the pandemic. Instead of handling navigation equipment, they were fiddling with vital signs monitors. Instead of overseeing the upkeep of ships, they were taking care of COVID19-infected patients. Hence it was crucial to have proper training as they would be dealing with a high risk of infection once the Holding Area was ready to receive patients, considering that they would be touching the patients and breathing the same air. Immediate Action drills were inculcated into them in case of emergencies. Nurses from the Suri Seri Begawan Hospital in Kuala Belait came by to assessed them on whether they were operationally ready. It was undoubtedly a challenging and exhausting time for our sailors on the front lines.

Amid the intensive training, they were tasked with laying the ground works for the school to be transformed into a Holding Area. Acquiring the logistics needed for a Holding Area to be fully operational was an achievement on its own, especially when everything had to be ready in a fortnight. Barriers were built and torn down; additional accommodation compartments were erected in the spacious assembly hall; walkways and toilets were constructed to accommodate the needs of the hundreds of patients that were waiting to be admitted. Beds, mattresses, pillows, chairs, buckets, scrubs, more PPE... the list of items needed appeared to be endless. Once news got around that of another Holding Area was to be opened in the Belait District, by the gracious deeds of good Samaritans, the donations came pouring in. The people of Brunei were playing their part in the fight and giving back to the country. Boxes upon boxes of food and basic amenities quickly filled up the logistical stores to the brim. The donated items even included things for an children's entertainment area. A mini playground was set up for children, as well as table tennis and badminton. This playground soon became the symbol of hope and pride that represented the harmonious environment that CHABEL6 had created to facilitate healing.



It was an impressive sight to behold, the conversion of a school into a basic hospital; so much so that the Minister of Health declared it to be officially open at the end of his visit on the 12th of September 2021. The very next day, patients started transferring from other holding areas and many more were picked up from their homes to CHABEL6. The sailors, who are now qualified Military Nursing Aides, waited with trepidation; these were men and women on the front lines. They had never faced anything like this before.

In the beginning, it was tough. Routines were yet to be established, workflows needed to be fine-tuned, the situational awareness between those in the operations room and those on the ground was less than ideal after all there was one glaring limitation, there was to be no physical contact with anyone within the infection zone. But as the days stretched into weeks and soon enough into months, and as the number of patients inside the facility continued to increase, they adapted and overcame. In the mornings all the patients were called up to have their vital signs checked, to monitor the stability of





their health conditions. The entire experience was an eye opener to the world of nursing and gave the sailors a newfound respect for the hardwork and commitment given by members in the Ministry of Health since the first wave.

Soon enough the nursing aides became so efficient at it that sections began to challenge each other's efficiency. A healthy competition to keep morale high; the swabbers could swab up to 100 patients within a half hour and within 40 minutes nearly 300 patients would be resting on their beds, watching movies, playing a game of table tennis, or just sitting around the little recreation ground set up whilst watching over the little children play on the swings. This efficiency was essential in maintaining a conducive healing environment and in reduced the stresses and worries of each patient significantly. Nearly 1000 packs of food were delivered each day; snacks and drinks were supplied to tide over any cravings. The Holding Area became a well-oiled running machine. Discharging patients that were declared fit to go home and then admitting bus loads that arrive again. Ensuring the showering and changing into fresh clothes brought from home and sanitizing all their luggage. New patients, whether locals or of other nationalities including many others with a diverse range of circumstances, awaiting admission, would first have to go through a screening process to determine if they are healthy enough stay or be transferred to a different facility based on their health conditions. After 2 months, the routine was as smooth as butter.

Another accomplishment by our sailors, was the very first of the mass swabbing operations of a localised cluster in the country codenamed "Operations Swab Sweep", where CHABEL6 troops were deployed on the ground into a declared RED ZONE at a moment's notice. A great deal of planning, preparation and care was carried out prior to the commencement of the operations by the officers of the site followed by a well-coordinated execution of the operation in turn resulted in a mission success.



Although the battle against this unseen enemy was far from over, crew morale remained a priority with the Site Commander, and he made sure that all the sailors remained focused and demonstrated duty of care in every decision made. It was important to celebrate the small victories of CHABEL6, and our sailors and the Sukarelawan Belia COVID-19 volunteers were rewarded with letters of appreciation to acknowledge their efforts sacrifices and contributions. These volunteers all over the nation have been involved in preparations from day 1; and their sheer commitment and sincerity can only be described as commendable. There were of course some outstanding individuals amongst the Navy personnel who were acknowledged.



This is what it was all about, hard work, teamwork, focus and sacrifice. It goes without saying that they all have done an excellent job. There is no greater honour than serving the nation in these challenging times. The Navy will always be ready to answer the call to arms because we are not safe until everyone is safe!

Lt JG Kiara Esmeralda Iscramuon, RBN
Current Events Writer



STANDBY
RR 187111X NM
MP Training

Initial Warfare Course



Lt Wan Izz Zafir Alawi Bin Mohd Kasim, shares his thoughts on completing the inaugural Royal Brunei Navy (RBN) Initial Warfare Course, and why he sees it as a significant professional milestone in the naval warfare domain.

The course was conducted by the Naval Training Centre and was endorsed by RBN Fleet Headquarters, attended by a total of 15 officers of the Fleet.

The month long course was launched on the 6th of September 2021 and completed on the 1st of October 2021 and was conducted virtually to mitigate the restriction brought about by the COVID-19 pandemic.

The course aims to train RBN officers to assist the Principal Warfare Officer (PWO) or the Executive Officer (XO) on various aspects of maritime warfare operations, to be knowledgeable in basic maritime warfare concepts, enhance knowledge in disseminating operational staff work, assist in the planning and execution of maritime operations and be able to function as a staff officer to a Commander Task Group (CTG) or Commander Task Unit (CTU).

Tell us about IWC.

The course participants spent about 6 hours daily studying via virtual teleconferencing. The instructors comprised of the navy's most capable warfare officers who ensured that we were given a conducive learning environment. Alhamdulillah, personally I feel that IWC was challenging to say the least especially because I come from a Naval Diving background and obviously this posed the greatest challenge to take in all the new information. But it was indeed a great learning experience as I was still able to recall previous lessons and practices from my sub lieutenant days and was still able to catch up with everyone. Apart from that, the compact course had indeed tested our mental rigour and challenged our knowledge on naval tactics.

The modules from IWC were in my opinion neatly categorised and the lessons are progressive so that we weren't overwhelmed by the information being shared by our instructors. As a result in terms of training objective,

had been met as I now have a basic understanding of naval warfare and operations which covered a number of subject matter ranging from warfare communications, basic electronic warfare, basic anti-submarine warfare, guided weapons and so much more.

I also now have a better understanding of the PWOs job of which is to assist the ship's CO in directing the ship to fight. With IWC, I also understand how to apply naval warfare on a larger scale: to plan operations and when we're executing the plan, to manage not just our own ship but also other units and assets to achieve the main objective.

How can you better apply yourself after acquiring this knowledge?

Apart from taking up the role of navigator onboard the warships, Executive Officers in the Fleet are also expected to take up the role of a warfare officer.

During time of war or simulated manoeuvres and exercises, we the warfare officers should also be able to identify adversary aircraft, submarines and other warships while manoeuvring the ship to counter adversary's engagement.

After IWC, I am now more confident in providing service to the PWO and CO in directing the ship to fight by ensuring timely detection and engagement of the adversary so as to deny their effectiveness. Furthermore, the IWC sets the tone for junior warfare officers to one day take on the role of the PWO and provides the fundamentals of surface, air and sub-surface warfare.

The move to establish a local warfare course is a timely decision which secures a constant pool of warfare officers in the Royal Brunei Navy. The navy strives to produce competent warfare officers to ensure the effectiveness of our fighting capability.

Float-Move-Fight The three command priorities



Lt JG Kiara Esmeralda Iscramuon, RBN
Current Events Writer

Unfortunate events are inherently unexpected, whether it be a global pandemic ripping through countries, or a patient in crisis whilst in isolation. Circumstances such as these, would instinctively evoke fear amongst the faint hearted. A disease with the highest infection rate among all pandemics of the 21st Century? A person laying crumpled on the ground, unmoving? Panic ensued. What would you do?

Take a leaf out of Nelson Mandela's book: "Courage is not the absence of fear, but the triumph over it." Our sailors, whose courages actions in an unprecedented situation, resulted in them being awarded Letters of Commendation from the Minister of Health himself, The Honourable Dato Seri Setia Dr. Haji Md Isham Bin Haji Jaafar.

One of the recipients of the commendation, Ordinary Rate Dk Ummi Ramizah binti Pg Hj Jeludin, was on duty when the unfortunate incident happened. "The kids had left trash all over the facility's playground. I was told to scold them and teach them to clean up after themselves, when all of a sudden, I heard people screaming for help nearby. I sprinted to the scene, saw him crumpled on the ground. I froze," she recalled. "I wasn't sure what I was going to do. But the drills from my first aid training kicked in and I thought: don't let him be unconscious! So, I talked to him and tried to get him to respond."

"I was compiling information for the next duty shift on CCTV duty, when I noticed some of the patients were running somewhere," said Leading Hand Hillary bin Ibrahim, another recipient. "It was a blind spot in the CCTV coverage, so we couldn't see what was going on. We could only rely on information fed to us from the military nursing aides inside through the radio. When we finally realised what had happened, I was shocked at first but then tried to calm myself down while waiting for orders from my officers. Then the nursing aides onsite reported that the patient was barely moving. Knowing my responsibilities, I immediately called 991."

"The patient was bleeding and unconscious, and I was so afraid. I've never been in a situation like this," said Able Rate Mohd Jame Asri bin Ashmaddin. "We had to calm the family down and control the crowd that was gathering outside the sickbay where we had carried the patient. We checked for his vital signs like we were trained to do, whilst diligently receiving to the orders from our officers in the Operations Room; although we were in a state of panic, all our training kicked in. We had to do it because it was our job as frontliners."

His colleague, Ordinary Rate Danial Rafi'uddin bin Hj Awg Yahya, agreed. "What I learnt from that harrowing experience is to be aware of what's happening around you at all times. It was the first time I've ever handled a situation like that."

The commendation is an acknowledgement of the exemplary professionalism displayed by these sailors. Remaining calm and collected whilst in distress demands effort; to find yourself in a scene such as this and act without hesitation, all the while caring for the injured patient, is no small feat.

The Royal Brunei Navy praises the outstanding leadership and tenacity of these sailors, as well as the perseverance demonstrated by other sailors on the frontline. We mustn't forget all the other sailors back at the naval base as their strength and commitment in their day-to-day duties have ensured that our navy remains operational in support of the Ministry of Health in combating the pandemic.



"A great honour and a meaningful achievement in which i humbly accept. I thank my Commanding Officer for effectively providing welfare and duty of care for his subordinates. I must also thank all in Team Alpha of CHABEL6 for having my back and always supporting one another."

- Leading Hand Hillary

Five sailors have made the Royal Brunei Navy proud when they were each presented with a Letter of Commendation by The Honourable Minister of Health, Dato Seri Setia Dr. Hj Md Isham bin Hj Jaafar in an intimate ceremony which was held at the Ministry of Health's headquarters on the Commonwealth Drive. These outstanding sailors were honoured on the 7th of November 2021 for their actions in response to a patient in distress whilst in isolation at CHABEL6 and for having displayed the distinguished qualities of leadership whilst pioneering in their duties as Military Nursing Aides in CHABEL6. Part of their citation reads, "In this period of great challenge, it is a rarity to witness such tenacity despite being uniformed service members who do not have any clinical background." Their diligence and dedication to their duties have reflected great credit upon themselves, the Royal Brunei Navy, and the Royal Brunei Armed Forces as a whole. They truly are role models to their peers and to all the brave frontliners in Brunei Darussalam!

It's a team effort

The recipients from left to right: Ordinary Rate Dk Ummi Ramizah Pg Hj Jeludin, Able Rate Mohd Jame Asri Bin Ashmaddin, Ordinary Rate Danial Rafi'uddin Bin Hj Awg Yahya, Lieutenant Junior Grade Kiara Esmeralda binti Iscramuon and Leading Hand Hillary bin Ibrahim.





Deployment

Setting Another Milestone In Defence Relations



ARNEX 2021 is an at-sea multilateral maritime exercise which involved of 8 ships, 3 helicopters and 1 Maritime Patrol Aircraft (MPA) from Russia and 7 ASEAN countries namely Brunei Darussalam, Indonesia, Malaysia, Myanmar, Singapore, Thailand and Vietnam. ARNEX 2021 marks the first ASEAN-Russia Naval Exercise which aims to strengthen the relationship between ASEAN countries and Russia. This multilateral exercise plays a vital role in enhancing the professional development of all navies involved, gauging interoperability and also fostering friendship at all levels.

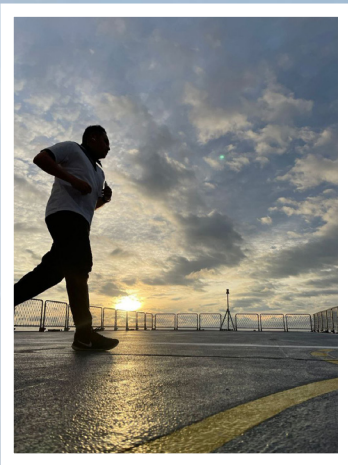
On Thursday, 25th of November 2021, KDB DARUTTAQWA set sail to embark on a 16-day deployment to participate in this multilateral naval exercise. This Exercise was held from the 1st to the 3rd of December 2021 within the Indonesian territorial waters off the coast of North Sumatra. KDB DARUTTAQWA was captained by Commander Saiful Hazril bin Ali, RBN.

KDB DARUTTAQWA arrived in the morning of 29th November 2021, and anchored at Belawan Anchorage area, off the coast of North Sumatra, Indonesia. The harbour phase commenced with an opening ceremony attended by all participating units, the Tentara Nasional Indonesia Angkatan Laut (TNI-AL) First Fleet Commander, Rear Admiral Arsyad

Abdullah, the Russian Ambassador to Indonesia, His Excellency Mr Alexander A. Ivanov, Commander Task Group (CTG) of the Exercise, Captain (Navy) Wawan Trisatya Atmaja, TNI-AL and respective countries' Defence and Naval Attaches. The Royal Brunei Armed Forces was represented by the Defense Attaché to the Republic of Indonesia Lieutenant Colonel Pengiran Eddie Masjaffrie bin Pengiran Hj Md Jaafar.

The ceremony started with a Report of Readiness by the CTG, followed by opening remarks from the Russian Ambassador to Indonesia, an address by the Indonesian First Fleet Commander, and a virtual group photo of all the attendees. On completion of the Opening Ceremony, an 'Admiral Inspection' was conducted by TNI-AL First Fleet Commander, Rear Admiral Arsyad Abdullah onboard KRI LEPU. Also present onboard for the 'Admiral Inspection' were the Russian Ambassador to Indonesia and respective nations' Defence and Naval Attaché.





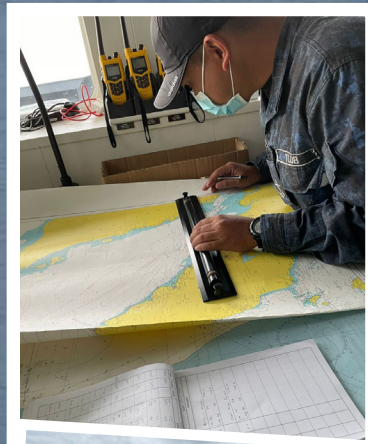
On the 2nd of December 2021, the Sea Phase of ARNEX 2021 commenced with a wide range of naval exercises that include communications, ship handling, search and rescue and deck landing exercises.

The Royal Brunei Navy aligns itself with the objectives of ARNEX 2021 and affirms her commitment to building, strengthening and maintaining relationships as well as enhancing interoperability between all participants towards a peaceful and stable regional maritime domain.

A key milestone in ASEAN history

The ARNEX 2021 also gave The Royal Brunei Navy an opportunity to disembark donations for the Aceh community in Indonesia. On the 4th of December 2021, upon the completion of ARNEX 2021, KDB DARUTTAQWA came alongside at Belawan Port in Medan for a good will visit. This allowed the ship to disembark all donations to be handed over to the Defence Attaché.

The outbreak of COVID-19 became a major game changer in the conduct of bilateral as well as multilateral naval exercises. The pandemic significantly changed the conduct and execution of the planned serials. Regardless, Alhamdulillah, the deployment was a huge success and became a significant milestone not only for Brunei Defence Relations but for ASEAN as a whole.



Lt Cdr Nuruddin bin Hj Sidup, RBN
Associate Current Affairs Editor



Features

Finding My Sea Legs: Perspectives of a Landlubber deployed to sea



Lt Najihah binti Haji Abdul Hisab, RBN
Features Editor

Lieutenant Colonel (Dr.) Fetty has been serving in the Royal Brunei Armed Forces since 2010 and is currently working as a Medical Officer in the Royal Brunei Land Force (RBLF). She led the medical team onboard KDB DARUTTAQWA's recent deployment for the ASEAN Russia Naval Exercise 2021 (ARNEX). In this article, she shares her thoughts and experiences throughout the naval deployment.

Have you had any past experiences of joining the Royal Brunei Navy in their deployments? What were your initial thoughts or concerns prior to joining the deployment?

I have never been deployed on any naval deployment. Although I know at the back of my head, that there will be a time that I will have to step up to this calling. All sorts of thoughts ran through my head when the Chief Medical Officer confirmed that I will join ARNEX 2021. What if there is an emergency? What do I do if there is someone positive of COVID-19? What is available on the ship? Previous conversations with other medical officers have not always been reassuring in terms of the seasickness. A handful were reassuring, providing me tips such as “just be prepared to swallow your own vomit”. I know they meant well. Other navy personnel I spoke to had said that I will have a good time, and that I will enjoy myself. One officer told me that I'd enjoy the traditions of the navy and I nodded, without having a clue what it meant.

Can you share with the readers any significant naval traditions that stood out when you were onboard?

As we began to slip off, I witnessed the first of many naval traditions. A “whistle” or “pipe the still” was heard and we all stood in attention. The next day, I woke up to some whistling blaring through the speakers. “Wakey-wakey”, a cheery wakeup call to start the day for the ship's company. There were also different whistles, the different broadcasts, each time having more questions than not. What does it mean when they say “darken ship” three times? What does it mean when all the Yankee and the Zulu doors need to be closed shut? And why on earth are they calling the H in the time HOTEL and not HOURS? And why did it then change to GOLF? I've found the answers to all this, everyone was kind enough to answer my many (perhaps even annoying) questions.

When KDB DARUTTAQWA embarked on the deployment, Brunei was at the beginning of the transition phase of the second wave of the pandemic. Health and safety, more than ever, was paramount. What were some of the mitigation measures taken by the medical team prior to the deployment?

In this deployment, many considerations were taken in view of the COVID-19 threat on top of the usual deployment preparation. All crew had a reverse transcriptase polymerase chain reaction (RT-PCR) swab done within 72 hours of deployment and an Antigen Rapid Test (ART) on the morning of deployment. Onboard the ship, COVID-19 measures were observed including wearing face masks, maintaining social distancing when able, daily ship airing, daily temperature checks and weekly ART. Hand sanitisers and disinfectant wipes were also placed in areas of congregation. A talk to summarise COVID-19 symptoms and prevention measures was also conducted to all crew by the Medical Team. Additionally, the Medical Team had the opportunity to take part in the Damage Control Exercise, whereby the scenario dictated that there was a casualty who needed to be treated in the sick bay. Training like this is crucial in ensuring the readiness of the crew in transporting the casualty, as well as for the medical team to always be prepared for all eventualities onboard a ship.

How did you spend your downtime during the deployment?

This deployment had allowed me to catch up on my sleep, catch up with my reading, pick up photography, reflect as I look out to the beautiful open sea, get to know some amazing people and indeed, have a better appreciation of my colleagues who serve in the Navy. What better way to appreciate them than to do it myself – so yes, I too ran round the flight deck, I too broadcasted through the speakers, I too sat on the bridge and observed my colleagues in their element, and I too cooked on the ship!

We have reached the end of the interview Dr. Thank you for your insight on your experiences through ARNEX 2021! It's always refreshing to gain some perspective from outside looking in. Before we end, is there anything you would like to convey?

I consider myself lucky to be part of ARNEX 2021 and would like to sincerely thank all the crew for making my first naval deployment an exhilarating and memorable one! The medical team would like to take this opportunity to say thank you for having us onboard, and for allowing us to be a part of this amazing crew. Would I like to be deployed with the Navy again? I shall keep the answer to myself. For now, I can say that I finally understand when the Navy says, “fair winds and following seas”.

What do you have to say about having to leave your family behind to be deployed? how did feel how did you overcome the worries? Was it worth it in the end?

Having to leave my family, especially my young children will always be difficult. However, being enlisted means we all have to accept that we will need to leave our family to do our duties, when required. Although my children are still quite young, I've always been quite transparent on what my work requires from me. It isn't such an alien concept for me to leave them behind, from on calls, to work trips, and having to leave them behind when I pursued my Masters. The separation affects them both, especially my youngest. But that's when my role as a mother has to be properly exercised upon my return, in providing the emotional support and stability that my children need and deserve. Was it worth it in the end? That's a tough one. I am glad for the experience as it has definitely opened up my eyes a bit more. I appreciate what the sailors do on a regular basis better now, and I also feel for the families that get “left behind”. However, we must all remember that this is our duty, and we must have faith that the sacrifices made will be worthwhile. Personally, I hope I get the chance to be deployed to other missions too. Lastly, I am thankful that I have a very supportive family that allows me to be able to leave my children to perform my duties, knowing that my children will be well looked after. I can't thank my entire village enough!





Development

The Navy's Full Mission Bridge Simulator

A SLICE OF REALISM THROUGH TECHNOLOGY

Navigation is the ability of directing a vessel from one place to another desired destination by determining its position, the course to steer, the intended speed to be used, and the time it takes to travel such distance. Furthermore, navigation is also the ability to find safe routes to the desired destinations, avoiding collision with nearby vessels and other navigational hazards, as well as meeting schedule. In the early days, the main concern of a navigator is to find safe passage from one place to another, hence they keep records of their observations and findings which would eventually become collective information that can be retraced and integrated into a body of reliable information. Nowadays, as traffic density increases significantly, collision avoidance and finding ways to maintain a safe distance with other vessels moving in different directions became the emphasis. Different ships have different characteristics and capabilities, which is also another challenge that a navigator must understand. For example, a large ship can be easily seen at a distance, however, due to its large size it may require more time to increase her speed and to change her course. A navigator also needs to understand that when transiting through heavily trafficked area, an evasive action made by one vessel to avoid collision may lead to another risk of collision with another vessel.

The Royal Brunei Navy (RBN) is not exempted from these challenges. To overcome these, RBN continually ensures that their sailors are well equipped with the knowledge and skills that would allow them to work as a team and navigate a ship safely in various conditions. Attending courses and practical exercises are amongst the most common method of training provided by RBN. With the Royal Brunei Navy Full Mission Bridge Simulator (RBN FMBS) development and installation by Wartsila Voyage Pvt Ltd, Finland, in mid-April 2021, it will help sailors to navigate in various conditions that they may encounter when going out to sea. The FMBS is equipped and installed with equipment that are currently installed in RBN Ships

such as the Electronic Chart Display and Information System (ECDIS), Navigation Radar, and many more that further enhances the training quality of RBN personnel.

Weakness in bridge organization and management has been cited as one of the major causes of marine casualties worldwide. A good bridge team management reduces such risk from happening by ensuring the bridge team to anticipate and correctly respond to their ship's changing situations. Hence, the simulator also provides a platform for RBN personnel to be trained in bridge team resource management. Such training ensures that trainees can form up a competent bridge teams, ensure all members are aware of their roles and responsibilities, recognize potential threats of a situation and make decisions which maintain the safety of the vessel, interpret, and make efficient use of ship's manoeuvring data, and many more. Other than that, the simulator itself also provides crew resource management training that provides 'whole ship' evolution training and facilitates communications between bridge team and the engineering department. Communication and coordination between teams/departments is important when a ship is experiencing any breakdowns or malfunctions. Hence the integration of such training to the simulator is necessary to prepare RBN sailors to react accordingly to any situations.

Navigation is not an easy task as there are many conditions that a navigator must consider before and when going out at sea. RBN will ensure that their sailors are competent and are well equipped with the knowledge and skills that would allow to navigate in any situations safely. With the establishment of the FBMS, it provides a safe environment for RBN sailors to hone their skills and brings out their full potential to bear in actual operations. Furthermore, with the FMBS, RBN sailors can learn from the mistakes that they have made and be trained without risking individual's life as well as RBN assets.

Lt JG Ahmad Mu'aadz bin Haji Abd Razak, RBN
RBN Capability & Development Columnist



Lt JG Mohammad Syafi'ie bin Othman, RBN
Co-Writer



MAINTAINING FIT IN RAMADHAN

Lt Noor Masyhadi bin Dato
Paduka Hj Hamzah, RBN
RBN Sports Editor

Navy personnel are required to maintain their fitness levels and continue their training regime despite observing the month of Ramadhan. Physical activities are reduced during Ramadhan which leads to a possible decline in their physical fitness levels. There are many strategies and suggestions that can help the Navy's personnel to continue their physical activities during Ramadhan on how to overcome these challenges of fasting whilst training and carrying out RBN duties at the same time.

TRAINING

Training schedules can be divided into three categories: 1) Training after sahur. Physical exercises of low-to-moderate intensity, such as specific skills, tactics, and techniques, are usually recommended. 2) Training before iftar. Moderate exercise is advised because high levels of motor coordination and other physical measures such as strength tend to peak in the late afternoon or early evening, and arousal levels are closer to optimum for exercise performance. 3) Training after Iftar. This option has a significant advantage because training two to three hours after breaking fast provides the best opportunity to fuel and hydrate without restriction before, during, and after exercise. However, the soldier should be aware that performing high-intensity exercises one to two hours before bedtime can have a negative impact on sleep quality.

NUTRITION

It is recommended that Ramadhan's sahur meal be paired with a regular lunch; Ramadhan's iftar meal be paired with dinner; and Ramadhan night's snack be paired with a regular morning breakfast. This will ensure that soldiers consume enough calories over the course of a 24-hour period during Ramadhan. The total energy intake should be sufficient to meet the energy requirements for performance and recovery as well as the day's overall food and fluid needs. Sahur is the last chance for fasting soldiers to get nutrients into their bodies, so anyone planning to fast should take full advantage of this meal. Sahur meal should be consumed as close to sunrise as possible, just before the start of the day's fast, while iftar should be consumed as soon as it is possible to break from fasting. This strategy will keep the body in a 'fasted state' for as short a time as possible. The period immediately following exercise, particularly heavy training, is the best time to consume food and fluid for recovery, with higher rates of glycogen storage occurring during the first two to four hours post exercise.

RECOVERY

There are steps that athletes and soldiers can take to improve their overall recovery during Ramadan. 1) By limiting uneventful physical exertion during the day to avoid the occurrence of accumulative physical fatigue, which could impede exercise later in the day. Daytime naps increased acute alertness and neurobehavioral functions in non-Ramadhan studies. Long daytime naps and/or naps close to bedtime are best avoided because they tend to disrupt nocturnal sleep and make it more difficult for individuals to adjust to the changing biological clock. Daytime naps are encouraged to compensate for the shorter nocturnal sleep hours. To ensure that sleep hours are maintained throughout the fasting month, it is recommended that a fixed sleep schedule be planned.

BEING HEALTHY AND FIT ISN'T A FAD OR A TREND IT'S A *Lifestyle*

The results of training and competitions can reveal a soldier's exercise performance. Ramadhan, on the other hand, can have a positive effect on performance by combining several strategies. This includes implementing various aspects of training frequency, timing, and type, nutrition, rest, and even personal lifestyle and social behavioural strategies. As a result, the recommendations provided can lead to the development of an effective and optimal training program for soldiers, improving and maintaining their physical fitness and performance throughout Ramadhan. This will also help the Navy maintain its overall operational performance and capabilities throughout the year, and it may eventually lead to the development of a Ramadhan fitness training policy, as well as more opportunities to conduct research on this specific subject matter.

Lifestyle

PAN SEARED SALMON

All you need

with lemon butter

1x 1/4 lb skinless salmon fillets
1/2 tsp salt
1/8 tsp black pepper
4 tbsp unsalted butter
1 tsp grated lemon zest
4 tbsp squeezed lemon juice
1 tbsp parsley, minced

Step 1

Season salmon on both sides with 1/2 salt and 1/8 tsp black pepper. Grate 1 tsp of lemon zest then squeeze 2 lemons for 4 tbspn lemon juice.

Step 2

Heat pan over medium heat and right away add 4 tbsp butter, swirling until it starts to turn light brown.

Step 3

Add seasoned salmon and cook uncovered, 3-4 minutes on each sides until it turn into golden brown and fully cooked.

Step 4

In the last 2 minutes of cooking, add 1 tsp lemon zest and 4 tspn lemon juice to the pan. Spoon the sause over the salmon as it cook.



Naval Diplomacy represents a key focal area of the Royal Brunei Navy under the ambit of “Defence Diplomacy” set forth as one of 3 Strategic Pillars of Defence for the Ministry of Defence along with “Deterrence and Response” and “Holistic Defence”. The importance of Naval Diplomacy lies in the concept of focusing on building relationships with foreign naval counterparts and exploring avenues of common interest as a step towards promoting peace and stability.

Platforms for naval diplomacy come in a spectrum of activities ranging from attending one another’s events such as seminars or symposiums to the epitome of naval interactions such as a large-scale multilateral exercise like the ASEAN-Russia Naval Exercise this year. These platforms allow the Royal Brunei Navy to expand its network and enhance existing relationships. Moreover, they provide opportunities

for our personnel to improve on their skillsets as sailors with a great focus on interoperability with other navies.

Most notably in 2021, a great example of the benefits of naval diplomacy has led to the Royal Brunei Navy and the Royal Australian Navy to share a platform of Offshore Patrol Vessels (OPV) and made official through the signing of the ARAFURA/DARUSSALAM class OPV User Group Members Charter. This enables us to have a more in-depth info-sharing on matters of capability developments in the future.

It is through diplomacy related activities such as these that gives the Royal Brunei Navy opportunities for interactions far and wide building up on a rich history of naval diplomacy.



Info sharing session with Japan Maritime Self-Defence Force
7 June 2021



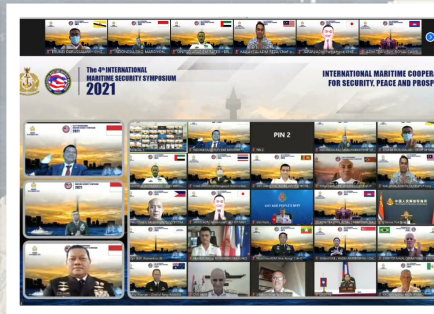
Indian Navy, INS SHIVALIK and INS KADMATT ship visit to Brunei Darussalam
9 August 2021



Royal Brunei Navy conducts Offshore Patrol Vessel dialogue with Royal Australian Navy
17 September 2021



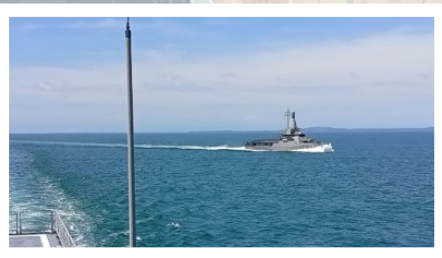
Introductory Call by Defence Attache of Thailand to Brunei Darussalam, Senior Colonel Khanchit Wichaworn
28 June 2021



Forth International Maritime Security Symposium
24 August 2021



Courtesy call from incoming and outgoing Defence Attache of Socialist Republic of Vietnam in Brunei Darussalam
27 September 2021



Passage exercise with RSS FEARLESS, Republic Singapore Navy
17 July 2021



24th International Seapower Symposium
15 September 2021

ROYAL AUSTRALIAN NAVY SHIP
HMAS SWAN
 VISIT TO BRUNEI DARUSSALAM
 07-09 OCTOBER 1993



**7th Navy to navy talk between
 Royal Brunei Navy and
 Royal Malaysian Navy**
 6 October 2021



**Bilateral meeting between
 Commander of Royal Brunei Navy
 and Chief Navy of Royal Australian
 Navy**
 4 November 2021



**Courtesy call from incoming and
 outgoing Defence Attache of the
 Republic of Indonesia to Brunei
 Darussalam**
 7 December 2021



**Farewell courtesy call with French
 Ambassador in Brunei Darussalam,
 He Christian Ramage**
 11 October 2021



**Farewell courtesy call with Lt Col Dan
 Hauser, Australian Defence
 Adviser to Brunei Darussalam**
 22 November 2021



**Inaugural navy to navy talks
 between Royal Brunei Navy and
 Royal Australian Navy**
 8 December 2021



17th West Pacific Naval Symposium
 11 October 2021

Sustainment

Logistics an essential service in naval operations

Lt Mohammad Fadhil bin Dato Paduka
Haji Joharie, RBN
RBN Logistics Columnist



Lt JG Nabilah binti Md Yanie, RBN
Co-Writer

Success of operation is a given across the entirety of the military logistics. This assumption tends to exclude logistics from the conversation regarding the nation's current warfighting or exercises needs. Logistics are rarely debated outside the profession with the same intensity as other more publicized warfighting needs. Failure to understand the implications of logistics potentially spells doom for the success of the force. Head of operations should know what logistical capabilities are available to them and what can they utilize to gain a decisive position for a smooth operation.

Support Services RBN is responsible for the supply of stores to all naval ships/units. It is the foundation for the successful outcome of military operations from entry-level training to the most complex of operations. From providing the facilities that house the members of the force and the ranges where they train, to sustaining the equipment the RBN personnel operate and wear, to providing fuel and ammunition in operations and training, the interconnectedness of logistics links to military combat power.

Support Services Headquarters RBN is also involved in the planning, forecasting and execution of the budget and inventory management of spare parts and other items required for day-to-day running of ships with the assistance of Muara Maritime Services and their logistics support, Vanguard Logistics. Hence, Support Services are deeply involved not only in the maintenance and movement of assets but the well-being of the entire RBN personnel as well.

This includes the forecast for future needs of the Navy in both daily requirements to new assets and machineries that the RBN requires to ensure the smooth running of the base and its assets. Logisticians and quartermasters are also entrusted with meeting the food and clothing requirements of the personnel of the Navy, which also plays a crucial role in maintaining their morale and well-being. Navy logistics personnel also manages fuel, logistic budgets, inventory, transportation, maintenance, and distribution of all of the Navy's daily needs. Although the scope of logisticians in RBN is specific to one area, it is encouraged that the logisticians are trained by RBN in the field of Inventory Management, Finance, Supply Chain Management, and Information Technology where all essential in making sure the supply chain processes in the RBAF runs smoothly. Especially today where the Internet has enabled the integration of 'Internet as a Service' into the Royal Brunei Armed Forces paper processes.

Logisticians in the RBN also aid in the planning of effort related to the RBN's operational requirements. Their duties range from scheduling the Navy's logistical needs for the ship and crew, to dispatching ships to locations for resupply of the Navy's warships during long overseas

deployments. Logistics Supply officers and personnel in the Navy provide logistical support to ships at sea and are an essential link in the efficient supply chain between ships and shore. They are responsible for the procurement and provisions of equipment, clothing, medical supplies, armaments, and general stores.

An example of the roles Logisticians is required to do is in a HADR mission in Tacloban in 2013. This is also where logisticians are required to be flexible and creative in their task and because adaptable in any environment that they operate in because during this mission, they were required to provide food, water, and ensure personnel hygiene and sanitation support in a foreign environment. Finally, during these trying times, the importance where logisticians around the RBN were required to provide support to Royal Brunei Armed Forces Task Forces and other government entities and nongovernmental organizations. by establishing isolation centre in RBN, provision of daily essentials and supporting personnel during COVID-19 missions.

**"The Line Between
DISORDER & ORDER
lies in LOGISTICS"**

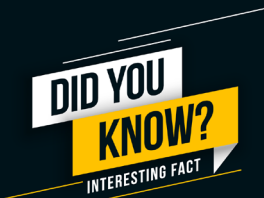
-Sun Tzu-

(Bottom) In 2013, RBN delivered 40 tonnes of Humanitarian Aid to the victims of Hurrican Haiyan in Tacloban, Philippines.



How did the left side become Port?

As ships started to get larger, the steering oars got bigger as well. This made it more practical for a ship to come alongside opposite of the starboard side. That side became known as the loading side soon becoming larboard. However, as sailors were too easily confused larboard with starboard, larboard was replaced with port side.

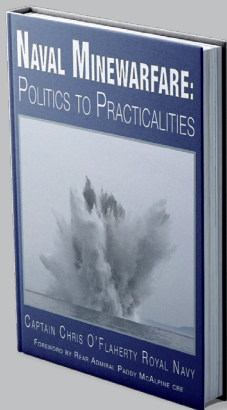


Editor-In-Chief's Reading List

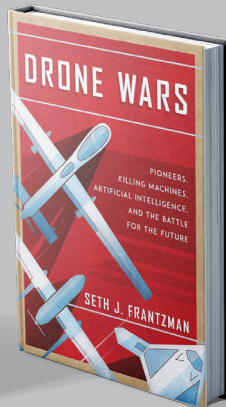
"Read, in the name of thy Lord who created, man from a clot of congealed blood. Read, for your Lord is most generous, who teaches by means of the pen, teaches man what they know not,"

(The Qur'an, Al-'Alaq: 1-5)

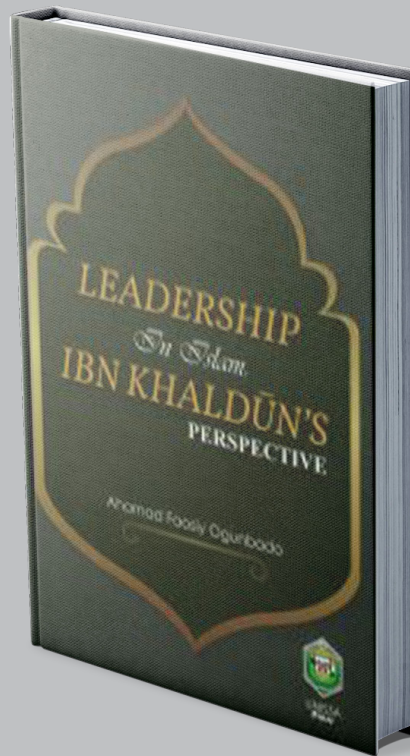
Capability



ISBN:9781789630862



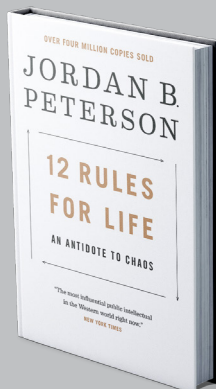
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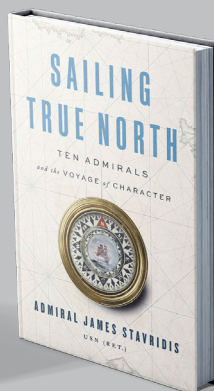
ISBN:9799991792322

In this issue, the Editor-in-Chief has put together a set of contemporary readings that promise to keep you turning the pages. The Navy Reading List is a selection of books that hopes to inspire thought and personally develop the readers. There is a real need to broaden the mind and it is hoped that military leaders on all levels continue to pursue their love of reading. Here we offer a selection of books that include one which explores the traits of leadership with a nuanced Islamic perspective. The Editor-In-Chief is also an avid reader of naval history and shares his passion for the navy as does the author of "Memoir Wira Samudera di Muara...". May your library continue to grow!

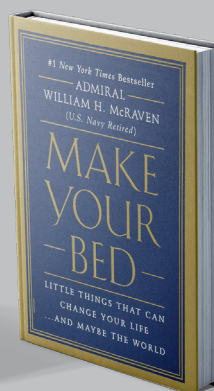
Sailor's Self



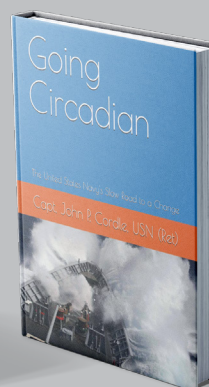
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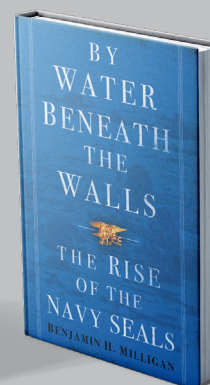
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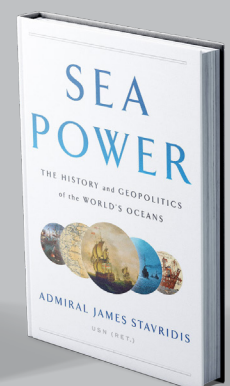
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