



JSC Journal

The Newsletter of the RBAF Junior Staff Course



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JSC 2012 Opening Ceremony

The opening ceremony of the 12th Intake of Junior Staff Course 2012 was officiated by the Guest of Honor, First Admiral Dato Seri Pahlawan Abdul Aziz bin Haji Mohd Tamit, Joint Force Commander of the Royal Brunei Armed Forces (RBAF). Representatives from the various Services and Defence Attachés

were also present. In his speech to the participants, the Guest of Honor stated that the JSC was designed to equip junior officers with the necessary skills, knowledge and attitude that was required of staff officers.

There are a total of 20 participants for the course, comprising 15 officers from the RBAF, 1 officer from the Royal Brunei Police Force and 4 international officers from the armed forces within the region, namely Singapore, Malaysia, Indonesia and The Philippines. The international officers come from a varied background with experience in regional air and land operations and are looking forward to the interaction with their Bruneian counterparts over the duration of the 14 weeks course.

A majority of local RBAF officers participating in this year's JSC have also served in numerous overseas missions around the region, with Aceh, Indonesia, Mindanao, Philippines, and Lebanon being just some of the examples.

JSC not only provides the perfect platform for officers to learn about staff duties, but it also provides an excellent opportunity for the sharing of experience and fostering of strong bonds between the local officers and their international counterparts.



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What a SHOCK...!

In the first week of JSC, the students were introduced to an interesting module, Exercise Shock Therapy. As suggested by the title, the module was designed to stimulate the minds of the students. Students were grouped into syndicates and given various tasks that varied from written assignments to presentations. Over a three week period, students delivered countless presentations, and prepared written assignments both on an individual and group basis. Students were constantly kept on their toes and received a first-hand experience of what it took to be an effective staff officer.



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JSC INTERACTION WITH PHILIPPINE NAVY JSC

The Defence Academy hosted a visit from the Philippine Navy's own Junior Staff Course at Sungai Akar Camp on Tuesday, 25th September 2012. A contingent of 30 officers from the Philippine Navy and the Marines interacted with students of JSC 2012. During the visit, the students from the two schools shared valuable insights about their experiences on their respective Junior Staff Course.

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Major Suriyati, the subject lecturer, explained that the purpose of the module was to train students to develop the basic skills required of a staff officer. Being conversant in the various types of non-operational staff writing duties and being able to deliver presentations effectively and succinctly was a skill set that would serve the students well in their staff tour.

Through perseverance and countless sleepless nights, the students worked together in their syndicates and completed all the tasks assigned to them. By the end of the module, the students were simply shell-shocked, but in a good way.



No 'I' in T.E.A.M.

Teamwork is essential for any organization. An understanding between everyone within the team sets the foundation for good teamwork. Team building sessions were incorporated into JSC to promote and enhance co-operation and understanding among the JSC students.

During Week 1 of JSC, the students went through an immensely challenging but fulfilling team activity that involved trekking up Marakuching Hill. Although the students were visibly tired after the session, morale remained high on the way back. The students even managed to summon the strength to push-start a 40-seater bus when the bus refused to start.

During Week 2 of JSC, the students enjoyed a game of volleyball. The students were split into two groups and competed against each other. Although Group 'B' won the event, everyone had fun and bonded during the game. Cpt Mohd Ashady was nominated as 'best' player, displaying outstanding entertainment skills throughout the games.





Religious Activity

Having a sound and spiritual peace of mind is just as important to a soldier as having the knowledge, wisdom and physical fitness. Maintaining the discipline of a Muslim as a soldier, reciting the verses of the Holy Quran is crucial to any RBAF personnel as it brings balance to a troubled mind and spirit. Despite the hard work and studying during the course, the JSC students use the available time to start the day with the recital of the Surah Yaasin and verses from the Holy Quran. The recital is normally lead by Cpt Mohd Azmi from the SFR.



The JSC 12 students were also involved in attending the Subuh Lecture conducted by the religious Department, MINDEF at the Surau of the Officer Cadet School, Sungai

Akar Camp. The lecture, conducted in conjunction with the Royal Wedding, touched on family values and the importance of mutual understanding between husband and wife, both of which are essential in building a strong foundation for a happy family.

THE “ANJONG” AWARD

The *anjong* award is a tradition that has been carried on from the previous JSC batch. Just a reminder, the *anjong* award is an award given to the student who has been labeled ‘teacher’s pet’ of the week. The officer displays uncanny instinct in gaining teachers trust and guidance, in order to achieve his/her own ends. Brilliant...!!! Currently the defending champion is 781 Cpt Hamerol Azmi. Who will be the next challenger?



HEALTH TIPS

Nothing is more important than your health. It would be great if there were a ‘magic wand’ that could make us trim and fit at the twirl of the wand. This ‘magic wand’ for now, is nothing more than a fantasy. However, there is a much simpler way to keep fit and healthy. All it requires is a bit of time each day, some motivation and an easy work regime.

Just follow the tips below to achieve the perfect body!

START NOW! The best way to get something done is to begin. When it comes to exercising, many people tend to procrastinate. ‘I will go for a run tomorrow’, ‘It’s okay to miss today’s gym session’ are just some excuses people tend to come up with. **Stop procrastinating, Start doing.**

BUDDY SYSTEM.

Do you have a friend who also wants to get in shape? Do it together! It’s much harder to flake on your workout when someone is counting on you to show up. You don’t have to go to a gym to get your daily dosage of workout. You could meet your friend to go on jogs, runs, power-walks, take yoga or swim. There are countless ways to get out and get fit while being social.



FOLLOW THE GOLDEN RULE

– Breakfast like a KING, Lunch like a PRINCE and Dinner like a PAUPER. Keep your dinner very light and reduce your intake of fatty products such as cheese and fried food.

DON’T WORRY, BE HAPPY.

Undue stress can result in an unhealthy lifestyle. Life is short, enjoy every moment of it.



GREAT WALL HISTORY

The JSC 2012 will conduct their staff ride to the People's Republic of China during Week 8 of the course. The staff ride is aimed to expose the students to the culture and different histories of a country, and at the same time provide educational information for the young officers to develop their staff duties capabilities. One of the serials will be to visit the Great Wall of China, which is a series of fortifications made of stone, brick, tamped

earth, wood, and other materials, generally built along an east-to-west line across the historical northern borders of China.

The Great Wall is one of the recognized Eight Wonders of the World, and is the only man-made structure that can be seen from space. It was built to protect the Chinese Empire and its prototypical states against intrusions by various nomadic groups or military incursions by various warlike peoples or forces. Several walls were built as early as the 7th century BC; these, later joined together and made bigger, stronger, and unified are now collectively referred to as the Great Wall. Especially famous is the wall built between 220–206 BC by the first Emperor of China, Qin Shi Huang. Little of that wall remains. Since then, the Great Wall has on and off been rebuilt, maintained, and enhanced; the majority of the existing wall was reconstructed during the Ming Dynasty.

JOKES OF THE WEEK

