



JSC Journal

The Newsletter of the RBAF Junior Staff Course



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Junior Staff Course 2014 Officiates

On Tuesday, 09 September 2014, the Opening Ceremony of the Junior Staff Course (JSC 2014) was held at the Command and Staff Course Building, Defence Academy Royal Brunei Armed Forces.

The opening ceremony was officiated by Colonel Haji Zainal Ariffin bin Dato Paduka Haji Ahmad, Joint Force Commander Royal Brunei Armed Forces.

In his speech, he stated that the Junior Staff Course is "an effective platform for course members to broaden their knowledge, gain

experience and develop their leadership and professional skills".

The 14-week course is attended by 13 officers from the Royal Brunei Armed Forces; an officer from the Royal Brunei Police Force as well as 6 foreign participants from the Republic of Indonesia, Malaysia, the Republic of the Philippines, the Republic of Singapore, Kingdom of Thailand and the Socialist Republic of Vietnam.



MAF 81st Anniversary Celebration

The JSC 2014 was invited to the celebration of the Malaysia Armed Forces (MAF) 81st Anniversary on Thursday 18 September 2014 at Tarindak D'Seni Restaurant, Jalan Kota Batu.

The guest of honour was the Deputy Minister of Defence, Dato Paduka Haji Mustappa bin Haji Sirat. The ceremony was also attended by the Commander of Royal Brunei Armed Forces (RBAF), Yang Dimuliakan Pehin Datu Pekerma Jaya Major General Dato Paduka Seri Mohd Tawih Bin Abdullah, members of Defence Executive Committee, Military and Civilian Directors and also students from Defence Academy RBAF.



The event began with the Fardhu Maghrib prayer, recital of surah Yassin, then a blessing prayer followed by the Fardhu Isya' prayer. The event was led by Captain Suhaimi bin Haji Saman, from the Military Religious Corps (KAGAT).

During the dinner the Malaysian High Commissioner, His Excellency Datuk Awang Sahak bin Awang Salleh gave a formal speech. He highlighted that the relations between both armed forces remained strong in the aspect of military exercises, courses and intelligence exchange.

Excerpt of Titah

"RBAF's main task is to maintain peace and Alhamdulillah it is becoming a reality. But bare in mind, our main enemy lurking around us is negligence. Negligence will cause disaster. Behind every peace, is there uncertainty behind the existence of unknown threats?"

The threats are real, and it requires constant awareness and vigilant within ourself. Quality of training needs to be enchanced by conducting joint training between RBAF and other services at all levels."

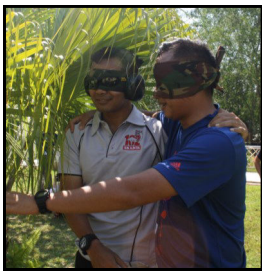
[In conjunction with 49th RBAF Anniversary, on 31st May 2010

Team Building

ACTIVITIES

Mindef Library Visit

The Junior Staff Course 2014 Teambuilding Exercise started with an Egg Race Challenge, on 11 September 2014, at Berakas Forest Reserve. The students were divided into sub-syndicates and were tasked to come up with methods to construct a package using materials provided to protect the egg from braking. The team to throw the package the furthest (without breaking the egg) wins. The challenge promotes cooperation and creativity amongst each team, and also acts an icebreaker since it was the first activity the students did together in their syndicates.



On 17 September 2014, Syndicate 1A organized the second teambuilding activity. In syndicates, team members were blindfolded and located separately, then the team leader who was not blindfolded gave directions to his teammates to come to his location while being distracted by other syndicate members. This activity emphasised the importance of communication and trust in an organisation.

Physical Training Session

The JSC Students have a chance to sweat it out once a week with physical training. During the first week, the JSC students had a chance to do an orientation run around Sg Akar camp led by Cpt Faizin. It was a good 30 minutes run around camp, enough to pump up the heart rate to start the day.

On the 2nd week, JSC Students played futsal with Syndicate 1 going against Syndicate 2. Female students joined in the game to add in a mixture of variety into each team. This sport increased teamwork and coordination between teams and tested each others' skill in footwork.



In the first week of Junior Staff Course 2014, the students visited the MINDEF Library and Information Centre. The visit included an introductory brief about the library and was followed by a tour. Students were also given a brief by a Jane's Online representatives on how to access and use its website which will be useful for all JSC in their researches.



'Shocking' Therapy

JSC 2014 week 1 started with Ex Shock Therapy consisting of writing letter of introduction, a written brief and an essay. The exercises were done without being introduced and taught of the service correspondence writing. By the exercises' name, some of the students found it 'shocking' and realised how unfamiliar we were with service correspondences.



Ex Shock Therapy also included a presentation in week 2. Students in their sub-syndicates presented for the first time on core values and leadership and management. After many constructive comments, students were now ready to be introduced to lessons on Service Writing Conventions and the different correspondences which included many exercises and practices to prepare for the Service Writing Assessments.



Jupiter Aerobatic Team-Indonesia

REGIONAL INFO



Jupiter is the callsign for the flight instructors of the Flight Training Wing of the Adisucipto Air Force Base located in Yogyakarta, one of the small cities in Indonesia with a strong cultural tradition.

The Jupiter name is a source of pride and a recognition of the discipline and dedication necessary to be an Air Force aviator.

Our vision is to become a world-class aerobatics team on par with other international aerobatic teams. It is an honor to demonstrate our capabilities in a variety of International events. We are doing what we are doing to bring more peace to earth.

The passionate and disciplined instructor pilots of Training Squadron 103 were the founders. They picked the name "JUPITER" to match the callsign of instructor pilots in the squadron level .

They used four British-made Hawk Mk.53s, debuting in public on the occasion of the 52nd anniversary of the Armed Forces , 05 October 1997.

In 2008 in the same instructor pilot community, the tradition continues. But this time it was Training Squadron 102 and four South Korean made KT-1B Wong Bees that were used.

Finally in 2011, Jupiter started using 6 aircraft, all KT-1Bs with a custom livery, symbolizing the undying spirit of Indonesia - Red-White.



HEALTH INFO

How do catch Ebola?

Ebola is not as contagious as how we would have believed. It mostly spreads through direct contact with the bodily fluids like vomit, semen, sweat or blood. Meaning that when someone is sick, you need to get their bodily fluids into a cut on your body or your mouth, nose or eyes. That is why it is the health-care workers and family caretakers who nurse the sick that have higher risk of being infected.

Ebola can live on surfaces for a few hours, and in blood outside of the body, it can live for up to a few days. So there is a risk of getting Ebola by touching a contaminated surface and then putting your hands in your mouth or eyes.

The virus is not airborne, and it is believed that it will never become airborne. As Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, said "Very, very rarely does (a virus) completely change the way it is transmitted."

Ebola does not spread quickly, and it hasn't changed to become more transmissible over the years. "What makes Ebola scary is the fact that there is no cure or treatment yet on the market, but those who have access to hospital care, have a much higher chance of beating the disease. The trouble is, Ebola usually strikes in Africa — and among populations where few have access to that kind of advanced medical care.



Source:

CNN: Ebola Outbreaks

BBC News: US First Ebola Case

HERE'S WHY DATES ARE GOOD FOR YOUR HEALTH

Organic  Facts
www.organicfacts.net

Nutrients*	Vitamins*	Minerals*
Dietary Fiber 32%	Vitamin B6 8%	Potassium 19%
Carbohydrate 25%	Niacin 6%	Manganese- 13%
Calories 14%	Folate 5%	Copper 10%
Protein 5%	Riboflavin 4%	Magnesium 11%
Fat 1%	Vitamin K 3%	Iron 6%



Prevent abdominal cancer	Maintain healthy weight
Promote healthy bowel movements & control diarrhea	Great energy booster
Strengthen the bones	Boost the nervous system & increase sexual stamina
Provide energy for anemic patients	Reduce the risk of stroke
Diminish allergic reactions	Lower night blindness

ANNOUNCEMENT

It's a boy!



Congratulations Cpt Fakhrlul on the arrival of his newborn son on 22 September 2014.

JUST FOR LAUGHS!

Broken and Unreadable
William Melancon

15 Minutes Prior

Alright, the battalion hump is tomorrow, it starts at 0500 so have the Marines draw weapons at 0300

The Marines need to be at the armory at 0245

Roger that sir, we'll have them there at 0245

Roger that sir, we'll have them there at 0230

Roger that first, sergeant we'll have them there at 0215

Roger that sir, we'll have them there at 0200

Roger that staff, sergeant we'll have them there at 0145

Alright gents, the whole team needs to be at the armory at 0130

0130, At The Armory

This is f*****g b*****t

WORDS OF WISDOM

'One day, You'll just be a memory to some people. Do your best to be a good one.'

~Anonymous

SYNDICATE 2A EDITORS



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