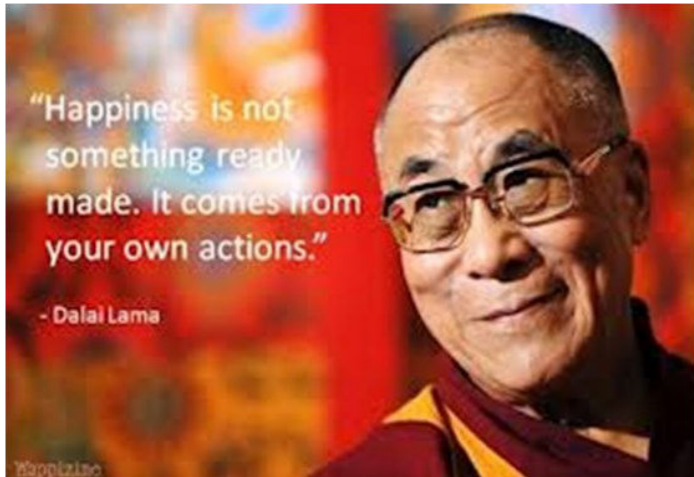
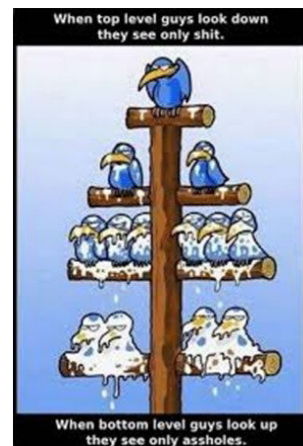


Words of Wisdom

An old monk, accompanied by a young monk, was walking down the river when they met a young beautiful girl. She stopped the monks and asked for assistance to cross the river. The young monk was appalled by the request. However, the old monk immediately bent over and carried the girl across the river on his shoulders. After expressing her gratitude, they parted ways. As the monks were walking away, the young monk could no longer contain his feelings and questioned the old monk regarding his unethical actions. The old monk replied, "I have already left her behind at the river, why are you still carrying her on your mind?" The moral of the story is, do not lose oneself in the physical state of worldly affairs. Rather, it is the intent of the mind that discerns the truth.



The Dalai Lama, when asked what surprised him most about humanity, answered, "Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or in the future; he lives as if he is never going to die, and then dies having never really lived."



Adding citrus juice to green tea stabilizes its catechin content, boosting the level of antioxidants that survive the digestive system up to 13-fold.

to 13-fold.

Drying fruits causes massive nutrient loss, depleting 30-80% of its vitamin and antioxidant contents.

Neither strawberries, raspberries, or blackberries are actually berries.

Bananas, tomatoes, pumpkin, watermelon and avocado are all berries.

Cinnamon is a potent antioxidant that can help reduce the risk of blood clots, control blood sugar, and improve insulin sensitivity; the latter two help prevent fat gain and diabetes.

Protein is highly thermogenic. When it is consumed, the body burns off up to 35% of its total calories during digestion alone. Calorie burned from carbohydrates and fats falls in between 5-15% of total calories.

Regularly consuming olive oil can reduce the risk of major cardiovascular events and death by 30%, including stroke, heart attack, or death from any other cardiovascular related causes.

The Omega-3's in fish oil (DHA & EPA) can help reduce the risk of heart attack and stroke, improve cognitive function, shunt breast cancer development, relieve depression, and increase muscle protein synthesis.



NEWSLETTER TEAM SYNDICATE 1B



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	Experience Sharing	Operational Planning	Sport Interaction	Fun & Facts

Commander RBAirF



05 November 2014, JSC 2014 had the honour of hosting a session with the commander of the Royal Brunei Air Force, Yang Mulia Brigadier General (U) Dato Seri Pahlawan Haji Wardi Bin Haji Abdul Latip. The session, which was focused on leadership, was highly interactive, to which he would draw upon the thoughts and opinions of the audience with regard to leadership.

During the session, Yang Mulia Brigadier General (U) Dato Hj Wardi shared with the audience his thoughts and perspectives on leadership, drawing upon his experiences of

serving in the Royal Brunei Air Force throughout his illustrious career. He also gave useful and practical advice on areas such as the dangers of leadership, giving theoretical and real-life examples. He then gave a unique perspective on critical thinking, to which he shared the idea of thinking in-out of the box. Finally he spoke about the fine balance between micro managing and taking an active leadership role in the management within respective units.

The session ended with a presentation of a token of appreciation from DA RBAF to the guest of honour and finally some light refreshments. With this session it is hoped that the JSC course members would be able to bring back invaluable the leadership tips and advice from this session to their respective units.

"Don't just think exclusively outside the box; sometimes it's more effective to think inside the box to test the solution and then back outside in order to come to the best solution"



07 November 2014, the JSC students had the honour and a great opportunity to receive a talk from the former RBAF Commander, Yang Mulia Major General (Rtd) Pengiran Dato Paduka Seri Haji Abidin bin Pengiran Ahmad.



become the Commander of the RBAF since 1997 to 1999. With his remarkable military and professional experiences in the field of aviation, he then dedicated to lead and further enhance the aviation businesses of the Glamco Group with the goal to actively promote and participate productively in the development of local aviation industry in Brunei Darussalam. units.

The session involved sharing of experiences throughout his distinguished military career, where the students had the opportunity to interact with him throughout the question and answer session. Having to know his inspiring background, he is someone who knows, believes and is passionate about what he does with a positive determined outcome.

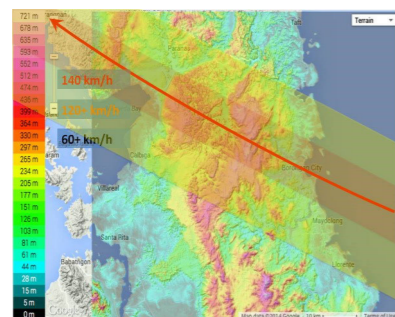
He was the first Air Force Commander to



4th Commander of RBAF

OPERATION: TYPHOON RIZA JOINT OPERATIONS PLANNING

08 November 2014, an ASEAN member nation was hit by Typhoon RIZA with wind speeds exceeding 140km/hr. Six ASEAN nations led by Brunei Darussalam, were given the task to assist in Humanitarian Aid and Disaster Relief Operations. The scene had been set and the syndicates in their teams were set to work through the operational planning phases, which culminated, with the brief to the Commandant of Defence Academy for his approval.



Using the guidelines of the recently published Brunei Joint Doctrine Publication, Ministry Of Defence, extensive intelligence gathering was followed by an appreciation the operating environment applying analytical tools such as Strengths-Weaknesses-Opportunities-Threats (SWOT) and Political-Military-Economic-Social-Infrastructure-Information (PMESII).

This notional exercise proved to be challenging for the future staff officers undergoing training. The intensity of preparations and diligent analysis required for operating in a HADR theatre proved to be quite complex and this reinforced the importance of being able to interoperate between single service of the military.



Syndicate teams, who acted as the staff members to the Chief of Staff of a Joint Force Headquarters,

went through rigorous brainstorming and understanding of the operational planning processes in order to prepare a brief worthy for presentation to the acting Joint Force Commander (JFC), Colonel Haji Abdul Hadi bin Haji Saim, Commandant of Defence Academy, Royal Brunei Armed Forces.



Previous HADR operations participated by some of the JSC 2014 officers such as from the aftermath of Typhoon HAIYAN, in the Philippines which occurred on 08 November 2013 were able to be shared and further enriched the planning exercise. This



operational planning exercise was very constructive and will continue to add value to the Junior Staff Course training programme.

WORLD ISSUE



FRIENDLY FOOTBALL

DA RBAF and JSC 2014 held a friendly football match on Wednesday, 05 November 2014 at the MINDEF football field.

By half time JSC 2014 looked to be heading for an easy win, leading with a 3-1 score line. However, the Commandant of DA RBAF, Colonel Hj Abdul Hadi bin Hj Saim, inspired the DA team to an incredible comeback in the second half, scoring a goal and eventually leading the team to victory over the JSC 2014 team with a final score of 5-3.

The aim of the football match was to enhance cooperation and friendship between staff of DA and members of the JSC course as well as promoting a healthier lifestyle among the staff and course members.

Breaking News: The much anticipated rematch is scheduled to be held on Friday 21 Nov 2014. JSC course members have been seen working on their fitness in preparation for this highly competitive duel with high hopes of evening the score. Get the next edition of the JSC newsletter to find out the results of this historic match up.

What is the Islamic state?

Islamic state (IS) is a radical Islamist group that has seized large swathes of territory in eastern Syria and across northern and western Iraq. Its brutal tactics- including mass killings and abductions of members of religious and ethnic minorities, as well as the beheadings of soldiers and journalists- have sparked fear and outrage across the world and prompted US military intervention.

What does IS want?

The aims of IS is to establish a 'caliphate', a state ruled by a single political and religious leader according to Islamic law, or Sharia.

What are its origins?

IS can trace its roots back to the late Abu Musab al-Zarqawi, a Jordanian who set up Twahid wa al-Jihad in 2002. IS was originally known as Al-Qaeda in Iraq before being rebranded as Islamic state, a more ruthless, fanatical organisation whose mission is to wipe out anyone and everyone not adhering to its beliefs.

How many fighters does it have?

US officials believe IS could have as many as 31,000 fighters in Iraq and Syria. A significant number of IS fighters are neither Iraqi or Syrian. IS also has more than 12,000 foreign nationals from at least 81 countries, including 2,500 from Western states, all of whom had travelled to Syria to fight over the past three years.

Where does IS get its money from?

IS is a largely self financed organization, earning millions of dollars a month from the oil and gas fields it controls, as well as from taxation, tolls, smuggling, extortion and kidnapping.

(Source: What is Islamic State? from BBCNEWS.com dated 26 September 2014, <http://www.bbc.com/news/world-middle-east-29052144>)