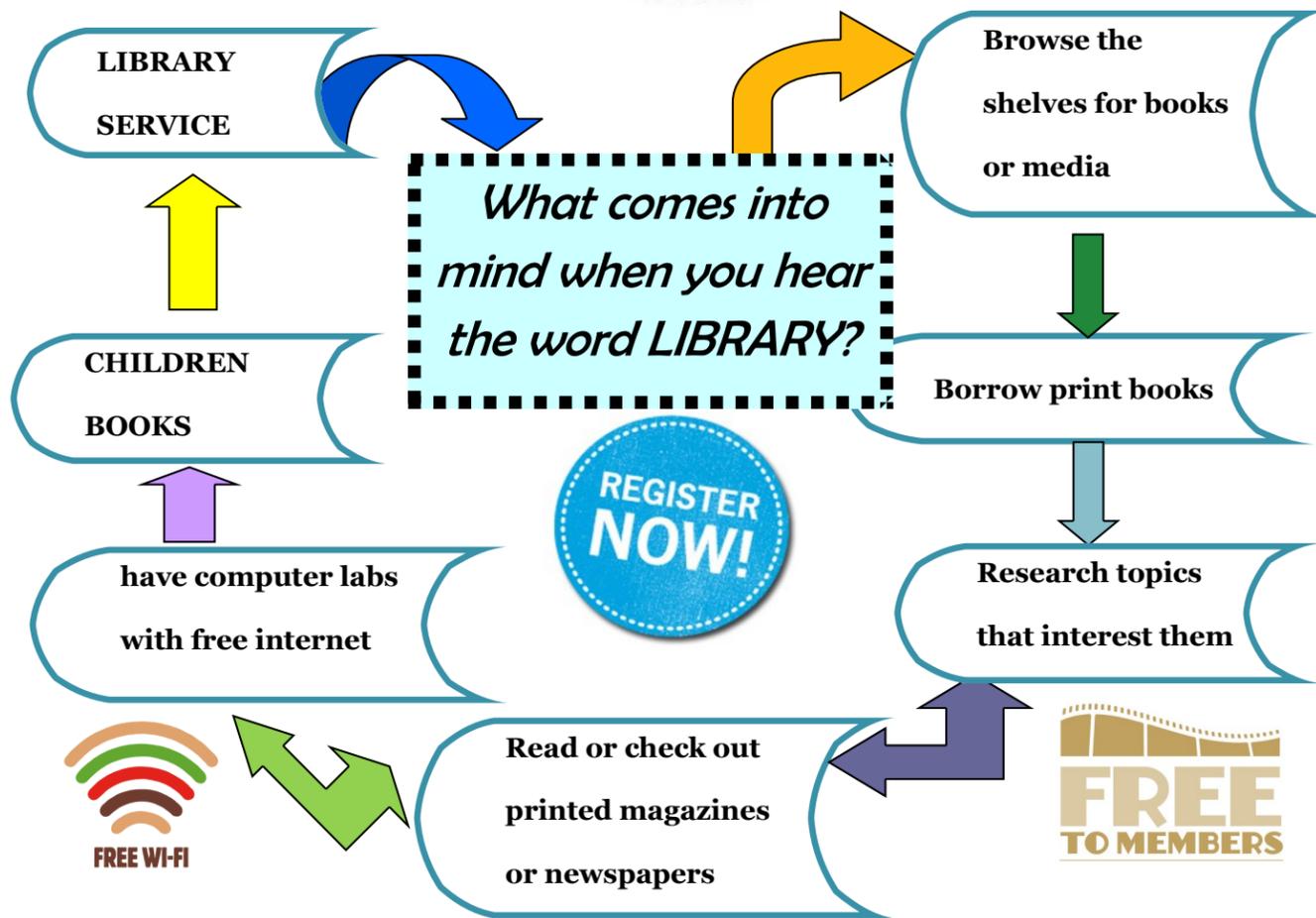


LIBRARY INFO



SUGGESTION INFO

Why don't you use the library Web site?

I didn't know it existed.

I prefer to use the library in person.

I don't have a library card.

Other Web sites have better information.

Want to recommend a book?

Happen to know of a book which you think is essential to have in the Library...

Why not recommend it to us by filling in the Book Recommendation Form available at the Library Counter and submit it back to the Library.

The Library reserves the right to consider purchase of books recommended.



MINDEF LIBRARY

NEWSLETTER

~ Daulat Kebawah Duli Tuan Patik ~



MINDEF Library & Info Centre would like to wish

HIS MAJESTY KEBAWAH DULI YANG MAHA MULIA PADUKA SERI BAGINDA SULTAN HAJI HASSANAL BOLKIAH MU'IZZADIN WADDAULAH SULTAN DAN YANG DI-PERTUAN OF NEGARA BRUNEI DARUSSALAM

12 ZULKAEDAH 1440
15 July 2019

CONGRATULATIONS & HAPPY ANNIVERSARY

ROYAL BRUNEI ARMED FORCES

BRUNEI MILITARY CONTEXT

BRUNEI **Royal Brunei** 58th anniversary **MILITARY** **Armed Force**



His Majesty Sultan Haji Hassanal Bolkiah on Sunday called on the country’s defence institutions to create a **“more holistic Defence strategy”** to reflect new strategic challenges in the region.

Speaking at the annual parade that marks the Royal Brunei Armed Forces’s (RBAF) 58th anniversary, the monarch said the new Defence White Paper — set for release in 2021 — should be drafted through a “whole of government approach” to address any gaps in military and security capacity.

He added that the complexities of transnational crimes such as radicalism, marine and cybersecurity issues have

become more difficult to tackle.

“By using a whole of government approach, the growth of the RBAF can be planned holistically to reduce any capacity gaps,” he said, addressing military personnel at the Bolkiah Garrison. “Such plans should result in uncompromised national security.”

The sultan, who is also supreme commander of the RBAF, expressed hope that the 2016 update to the Defence Science and Technology Policy Framework would help spur Innovation among RBAF personnel.

In his titah, His Majesty highlighted the importance of defence diplomacy through the RBAF’s involvement in international peacekeeping efforts, such as the International Monitoring Team and the Independent Decommissioning Body in Mindanao, Philippines, as well as the United Nations Interim Forces in Lebanon.

“All these efforts contribute significantly to our country’s commitment in the security of the region as well as globally. These efforts must be continued as long as they are needed.”



THE SCOOP, 30 JULY

MINDEF LIBRARY & INFO CENTRE OPENING HOUR

Monday-Thursday

0800H-1800H

Friday

0800H-1130H

1430H-1700H

Saturday

0800H-1200H

DECEMBER MONTH

Monday—Thursday

0800H—1700H

Friday

0800H—1130H

1430H—1700H

SATURDAY, SUNDAY AND PUBLIC

HOLIDAY—**CLOSED**



Phone

+6732385588

Fax

+6732383171

Email

library@mindef.gov.bn



LIBRARY BRANCHES OPENING HOUR

SULTAN HAJI HASSANAL BOLKIAH INSTITUTE OF DEFENCE AND STRATEGIC STUDIES LIBRARY

OPENING HOURS

Mondays to Thursdays : 0745H to 1215H
1400H to 1615H
Friday: : 0800H to 1115H
1430H to 1615H

Contact us at:
Sultan Haji Hassanal Bolkiah
Institute of Defence & Strategic Studies
Library
BOLKIAH GARRISON, BB3510
Negara Brunei Darussalam
Tel : +673 2386693

DEFENCE ACADEMY LIBRARY

OPENING HOURS

Mondays to Thursdays : 0730H to 1230H
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Fridays : 0800H to 1115H
1430H to 1615H

Contact us at:

Defence Academy Library
Auditorium & Library Building
Defence Academy
Royal Brunei Armed Forces
Muara-Tutong Highway
Negara Brunei Darussalam
Tel : +673 2367225

Contact us at:

Training Institute Library
Markas IL ABDB Penanjong Garrison
TUTONG TA2741
Negara Brunei Darussalam
Tel : +673 4229377

TRAINING INSTITUTE LIBRARY

OPENING HOURS

Mondays to Thursdays : 0800H to 1200H
:1400H to 1630H
Fridays : 0800H to 1130H
1430H to 1700H

INTELLIGENCE TRAINING WING LIBRARY

LIBRARY

OPENING HOURS

Mondays to Thursdays 0730H to 1230H
1330H to 1630H
Fridays 0730H to 1130H
1430H to 1630H

Contact us at:

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Jabatanarah Perisikan,
Perkemahan Rimba Gadong
Negara Brunei Darussalam
Tel : +673 2421622

LIBRARY COLLECTION



The East Asia Security Outlook is the publication based on presentations delivered by SHHBIDSS's. The main objective of EASO seminars is to share views, perspectives and outlooks on the current security environment of East Asia.

The East Asia Security Outlook contributors in this publication have covered an array of security issues in East Asia ranging from traditional security such as North Korean nuclear, financial crisis, power rivalries in Southeast Asia, Security in ASEAN, South China Sea and Northeast Asia as emerging trends on the violent extremism and terrorism.

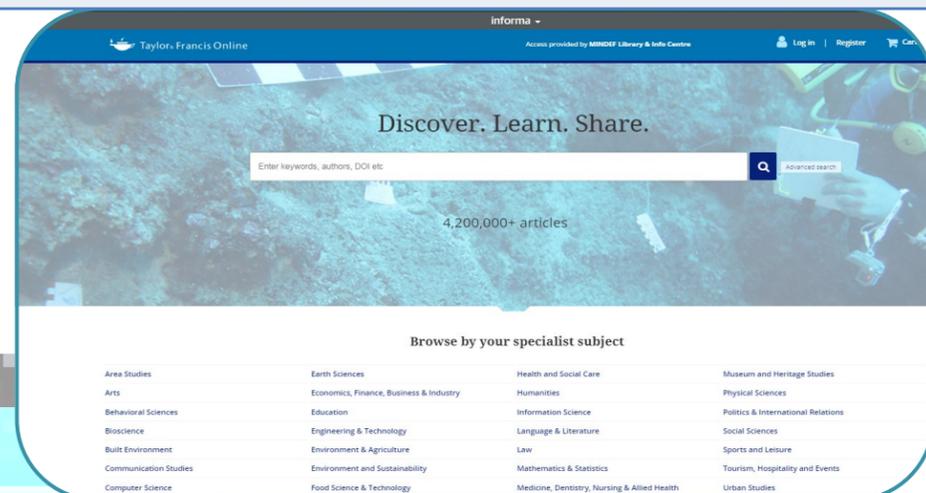
JOURNAL SECTION

Taylor & Francis Online Access

T&F journals can now be found online in full text PDF format at every branch libraries.

You can visit the website at <http://www.tandfonline.com/>

- Adelphi Series
- Asia Pacific Review
- Asian Affairs : An American Review
- Asian Security
- Civil Wars
- Contemporary Security Policy
- Comparative Strategy
- Critical Asian Studies
- Defence and Peace Economics
- Critical Studies on Terrorism
- The Military Balance
- Journal of Asian Public Policy
- Journal of Strategic Studies
- Policy Studies
- Security Studies
- Small Wars & Insurgencies
- Strategic Analysis
- Strategic Comments
- Studies in Conflict & Terrorism
- Survival
- Terrorism & Political Violence
- The Nonproliferation Review
- The Pacific Review
- Defence Studies
- Diplomacy & Statecraft
- Journal of Military Ethics
- Global Crime
- International Peacekeeping
- The Journal of Contemporary Asia
- Strategic Survey
- Maritime Affairs: Journal of the National Maritime Foundation of India
- Australian Journal of International Affairs
- Cambridge Review of International Affairs
- Defence & Security Analysis
- Global Change, Peace & Security
- Intelligence & National Security
- International Journal of Intelligence & Counterintelligence
- Journal of Comparative Policy Analysis
- Journal of Contemporary China
- Journal of Policing, Intelligence and Counterterrorism



THE DIPLOMAT'S QUIZ

This journal contents global politics, economics and ideas.



FIND OUT JUST HOW WELL YOU KNOW THE ASIA-PACIFIC THIS WEEK.

Test your knowledge of global trends, economics, and politics with 8 questions about how the world works.

1. Who is Hun Manet?
 - a) The eldest son of Cambodian Prime Minister Hun Set
 - b) A Laotian politician
 - c) Myanmar rebel leader
2. Where did a U.S. cruiser and a Russian destroyer nearly collide in the first week of June?
 - a) Bering Sea, b)Sea of Japan, c)East China Sea
3. The Philippine Senate recently approved a maritime boundary agreement with which country?
 - a) China b)Indonesia c)Vietnam
4. Which country did Indian Prime Minister Narendra Modi visit first after his reelection?
 - a) Maldives, b)Iran, c)Sri Lanka
5. What is the name of the largest disputed South China Sea feature occupied by the Philippines?
 - a) Thitu Island , b)Itu Aba Island , c)Kalayaan Island
6. Which missile does a new type of ballistic missile tested by North Korea in May 2019 resemble?
 - a) The Chinese DF-21 , b)The Russian Iskander-M c)The Pakistani Nasr
7. Where is Lake Baikal?
 - a) Afghanistan , b) Russia , c)India

LET'S THINK



ASEAN

~ The motto of the Association of Southeast Asian Nations (ASEAN) is **"One Vision, One Identity, One Community"**.

~ The name **"ASEAN"** is protected under Article 6ter of the Paris Convention for the Protection of Industrial Property, adopted in 1883 and revised in Stockholm in 1967.

~ Indonesia, Malaysia, Philippines, Singapore and Thailand are the **five Founding Fathers of ASEAN**

~ **Brunei Darussalam** joined ASEAN on 7 January 1984

~ **"The ASEAN Way"** is known to be ASEAN's basic principles of non-interference and negotiation among member countries as a reflection of ASEAN diplomacy in promoting regional peace and stability.

~ Analysts question **the effectiveness of "The ASEAN Way"** especially in confronting the emerging non-traditional security pressures in an era of globalisation

Find the ten capital cities of each ASEAN member countries: *Sources taken from www.asean.org.*

D	E	U	T	P	O	W	J	Y	A	Q	W	L	D	B	U	O
Z	M	I	L	S	G	E	R	B	A	N	G	K	O	K	R	A
S	W	A	L	V	N	Y	K	H	E	T	B	A	M	P	Y	T
K	S	A	M	B	I	P	T	N	H	S	Q	Y	K	W	R	Z
L	Y	H	I	N	I	E	L	A	M	A	N	O	U	Z	I	E
M	A	S	A	B	R	U	N	W	A	S	I	N	A	C	A	P
I	W	I	G	N	E	W	V	T	N	I	S	O	L	A	N	H
B	A	N	D	A	R	S	E	R	I	B	E	G	A	W	A	N
A	J	G	P	Y	U	P	N	O	L	A	S	Y	L	T	C	O
N	A	A	H	P	S	U	T	B	A	N	N	M	U	B	H	M
G	K	P	N	Y	Y	T	I	B	B	G	Y	E	M	U	N	P
L	I	O	O	I	G	H	J	U	A	L	O	D	P	R	A	E
O	P	R	K	D	O	I	A	J	N	O	R	I	U	K	F	N
R	O	E	Q	A	U	N	F	N	G	W	K	C	R	Y	H	H
E	M	V	U	W	D	D	E	K	O	M	E	U	O	I	Y	I
W	S	Y	R	U	E	M	E	Z	J	I	I	T	W	S	I	O
X	I	J	A	K	A	R	T	A	L	O	S	W	Q	H	L	L

For the hints to the puzzle, please see page 8.

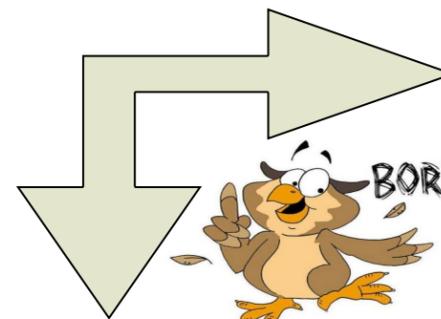
LIBRARY UPDATES



FOR LIBRARY USER



We would like to remind that we have increased our book lending limit to **10 BOOKS** per user

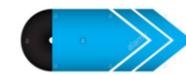


BORROWING RULES!

YOU NEED TO



Loan up to 10 books for 5 weeks.



Renewal of loans can be done through the phone (for first renewal)



Subsequent renewals are to be done by bringing the books to

WHAT DO YOU NEED TO KNOW



During the lending period, the user is fully responsible in making sure that the items borrowed are always in good condition. Users are liable to be charged for damaged or lost items belonging to the Library.

LIBRARY GUIDE

Let's Find Out!



MINDEF Library & Info Centre

User ID:

PIN:

Login to the e-Library OPAC

Home E-Resources My Account Subject Articles Defence information, research, NGOs. e-Journals e-Kids Online

GO BACK HELP Logout

Want to find out what Library books you still have on loan?

Just follow these simple steps:

1. Enter your membership number in the 'user ID' box at the very top of the webpage.
2. Enter your PIN (enter '123456' on your first login)
3. Click the 'Login to the e-Library OPAC' button'.
4. Click on 'My Account' (on the grey toolbar)
5. On the screen, you will be shown:
 - α A list of books that is currently on loan to you
 - α Any bills that you still owe to the library e.g. photocopy charges.

To change your PIN:

In 'My Account' go to 'User PIN change'.

If you have forgotten your PIN, let the Library staff know and the Library System Administrator will reset your PIN.

** If you need assistant, you can go to the counter .

Islamic Insight

“DOA”
adalah ibadah

FUNCTIONS AND BENEFITS OF DOA

In Surah al-Furqaan 25:77, Allah *Subhanahu wa Ta'ala* tells us:

Say, (O Muhammad, to the disbelievers): My Lord would not care for you were in it not for your calling (upon Him). But now you have surely rejected (Him), so (the torment) will be yours forever."

Apart from bringing Allah's attention to us, do'a:

- is also a weapon of the believer, it is more forceful than a sword.
- is a shield of the believer, it will protect us from the evils of the enemies.
- increases rizq (sustenance).
- is a form of ibadah.
- removes both the present suffering and that which will come down later. Do'a and sufferings challenge each other until the Day of Judgment, and do'a comes out victorious.
- replaces what has been destined and also creates what has not been destined.

Only Do'a and nothing other than Do'a has the power to create and alter fate!

Therefore ask Allah *Subhanahu wa Ta'ala* for what you need, whoever knocks persistently on the door of Divine Mercy will, sooner or later, be allowed in. Never get tired of do'a. If He grants someone the chance of making do'a, Allah *Subhanahu wa Ta'ala* will not deprive him of an answer to it for he says in Surah al-Ghaafir 40:60:

And says your Lord: "Call upon Me. I will respond to you; surely those who are too arrogant to serve Me will enter Hell, disgraced."

When a believer makes do'a, one of three things happen: i) he will quickly have his Do'a answered. ii) he will get it in the Hereafter. iii) something bad will be prevented from him equal to the value of his do'a.

Here's a story of a believer's do'a being answered immediately...

It Could Have Been Me

Muniba, a young Muslim university student, was walking home alone late one evening. As she walked along under the tall elm trees, Muniba asked Allah *Subhanahu wa Ta'ala* to keep her safe from harm and danger. She took the alley because it was a short cut to her house but halfway down the alley, Muniba noticed a man standing at the end, as though he was waiting for her. She became uneasy and made another Do'a asking for Allah's *Subhanahu wa Ta'ala* protection. Instantly a comforting feeling of quietness and security wrapped around her; she felt as though she wasn't alone. When she reached the end of the alley, she walked right past the man and arrived home safely. The next day, Muniba read in the paper that a young girl had been raped in the same alley, just twenty minutes after she had been there. Feeling overwhelmed by this tragedy and the fact that it could have been her, she began to weep.

Thanking Allah *Subhanahu wa Ta'ala* for her safety and to help this young woman, Muniba decided to go to the police station with her story. The police asked her if she would be willing to look at a line up to see if she could identify him and Muniba agreed. She immediately pointed out the man she had seen in the alley the night before. When the man was told he had been identified, he immediately broke down and confessed. The officer thanked Muniba for her bravery and asked if there was anything they could do for her. Muniba was curious as to why the man did not attack her when she walked past him and so she asked the policeman to ask him the question. When the policeman asked the man, he simply answered, "Because she was not alone. There were two tall men walking on either side of her."



HEALTH SECTION



8

Symptoms of FIBROMYALGIA you might be ignoring

Why DOCTORS are finally paying attention to it

EXHAUSTION If you're tired all the time and have already tried investigating obvious options such as eating healthier and sleeping more, it could be a symptom of fibromyalgia

HEADACHES Debilitating headaches that are so severe you experience nausea or vomiting can be a symptom.

MENSTRUAL PAIN While extreme menstrual cramps can be caused by many other factors, they can also be one of the many fibromyalgia symptoms.

INCREASED SENSITIVITY Sensory issues can be a symptom of fibromyalgia such as clothes feeling 'heavier' than normal or experiencing pain from simply bumping lightly into something.

FEELING COLD Those with fibromyalgia symptoms experience increased sensitivity to temperature drops.

BRAIN FOG Inability to concentrate or feeling like you've got cotton muffling your thoughts is common fibromyalgia.

JOINT ACHEs Experiencing joint pain for no reason which isn't alleviated by OTC pain relievers is a common sign of fibromyalgia

BOWEL ISSUES Suffering from irritable bowel syndrome (IBS) is closely associated with fibromyalgia. As diarrhoea and the inability to empty the bowels because of muscle stiffness



LIBRARY GUIDE



Where CAN I FIND THE

Library's OPAC (Online Public Access Catalogue) can now be accessed at the comfort of your own home, in the office or even outside of Brunei – wherever internet access is available.

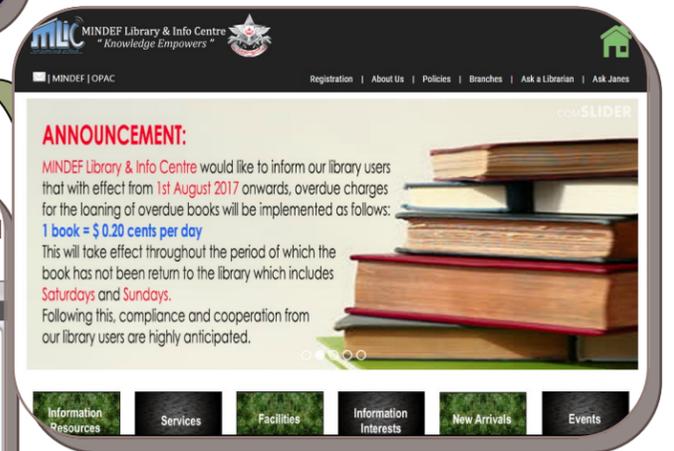
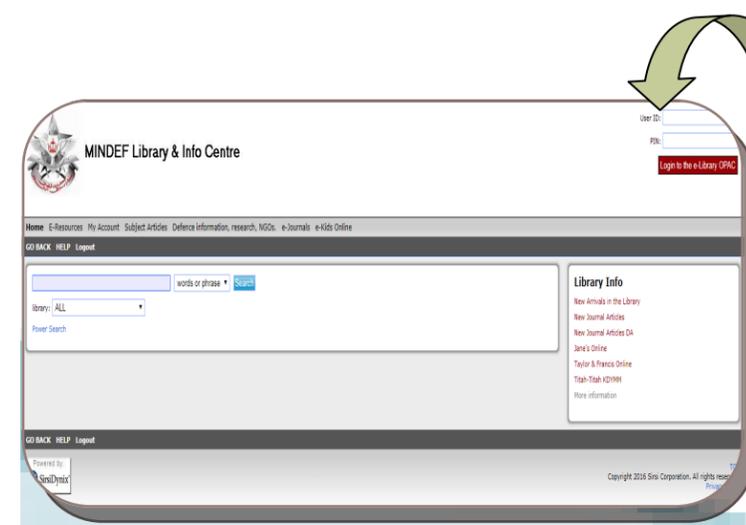
You can visit our website at

<http://202.93.220.253/uhtbin/cgisirsi.exe/0/0/0/49>

Alternatively, it can be accessed through Mindef's official website

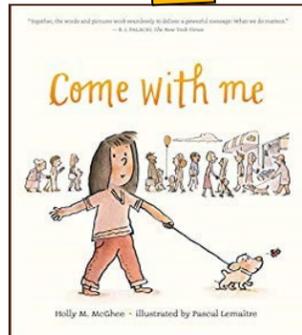


[http:// mindef.gov.bn](http://mindef.gov.bn) as shown below (Fig.1).

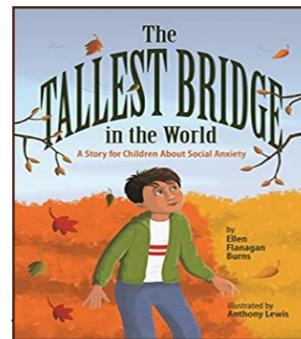


MINDEF Library & Info Centre website as shown below (Fig.2).

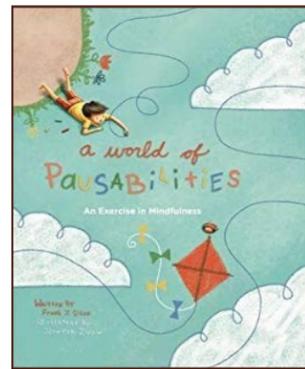
RAINBOW COLLECTION



Come with Me
By MCGHEE Holly M.
Call No: CF MCG

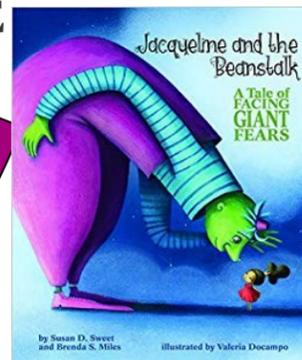


The Tallest Bridge in the World: A Story for Children About Social Anxiety
By BURNS Flanagan Ellen
Call No: CF BUR



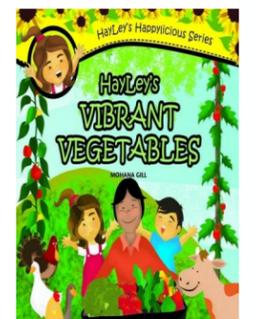
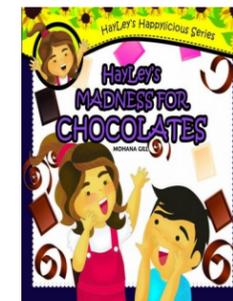
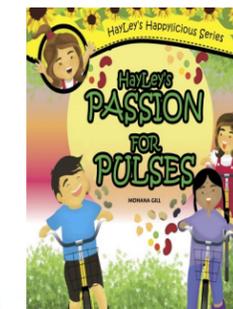
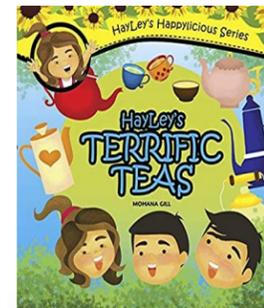
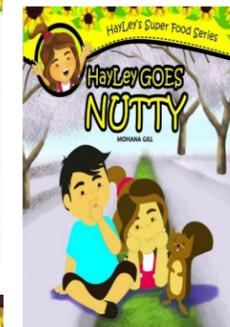
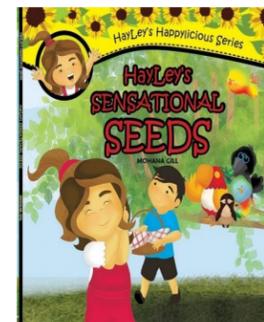
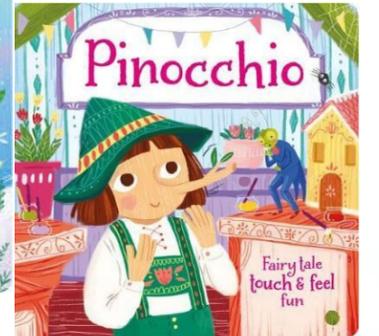
A World of Pausabilities: An Exercise in Mindfulness
By SILEO Frank J.
Call No: CF SIL

Jacqueline and the Beanstalk: A Tale of Facing Giant Fears
By SWEET Susan D.
Call No: CF SWE



RAINBOW COLLECTION

**READ MORE BOOKS
IN SERIES**



Author, Mohana Gill