What is an appropriate name given to women who are nicknamed *petite*? Although the nickname was given to Pengiran Nor Ikhsan binti Pengiran Jaya Indera Pengiran Haji Mokther Puteh, Public Relations Manager at Gleneagles JPMC Cardiac Center, she has proven women’s capability to conquer the Everest Base Camp (EBC) at the age of 53.

On February 23, 2017, with perseverance, determination and discipline, she did it, in conjunction with Brunei Darussalam’s 33rd National Day and as a token of love and respect to Brunei Darussalam. It is the most thoughtful gift given for her beloved country. Two other climbers from Brunei Darussalam were Pengiran Khashiem bin Pengiran Hassan, head of team operations; and Awang Jasmein bin Haji Mohd Said.

Climbing Mount Everest is not as easy as it sounds. Looking at the number of casualties that occurred during the climbing of the highest peak in the world, climbing Mount Everest is said to be the toughest and most challenging. The coldest temperature ever recorded was below 14 degree Celsius.

Various obstacles were faced by the three adventurers from Brunei Darussalam that joined a group of 11 other climbers including one from the United States; two from the United Kingdom; three from Australia; one from Canada and one from South Afrika.

The group continuously began their trekking expeditions which took six to seven hours and arrived in Lukla, North-East Nepal, 2,860 meters in the Himalayan region on February 16, 2017.

Among the challenges they faced were passing through cold weather condition that hit below 17 degrees Celsius together with the cold winter wind. For this group, they did not have problems with acute mountain sickness (AMS) and acrophobia during the climbing.
Preparations

Pengiran Nor Ikhsan’s hobbies include climbing, camping and outdoor activities. In early 2015, Pengiran Khashiem who was her trainer, did a trekking endurance test and found out that she has a mental fitness which made her reached every destination in Brunei Darussalam despite her physical strength was at a low level.

The next test was similar to climbing two mountains in the Java District. Then, it was the beginning of climbing follow-ups, a month before climbing the EBC, she had to climb four mountains for three days and two nights. Up until today, Pengiran Nor Ikhsan has climbed 18 mountains including Mount Kinabalu during her school days.

She is also active in training during the weekends in Bukit Shahbandar, Tasek Lama, Bukit Serubing and trekking in Temburong, while doing private core training which includes squats, planks, breathing exercises and others.

During her stay in Kathmandu, the climbing team were under the supervision and guidance of The Himalayan Wonders, Guide Ishwor Bhantan and Assistant Guide Chhiring Dorji. For the Brunei Darussalam team, training and supervision was under Pengiran Khashiem, who has also been to EBC in 2010 with a group of Brunei Darussalam Chess Association.

According to Pengiran Nor Ikhsan, Pengiran Khashiem has trained her up until she joined the “ASEAN Friendship Expedition 2016” consisting of climbers from Brunei Darussalam, Indonesia, Thailand, Philippines and Malaysia. Every year they would gather in Java District, Indonesia to climb six mountains within six days in Indonesia.
Morale Booster

Motivating their team are family members and friends who have the same hobby. According to Pengiran Nor Ikhsan there are some unforgettable memories. “While in Lukla, Pengiran Khashiem had fallen ill and yet was able to stand until our team arrived in Dingboche where his health was in critical condition and he was sent to a treatment center in Kathmandu.

The feeling of sadness and pressure was even more felt when in the last moments to climb to EBC, during the journey to Lobuche, Awang Jasmein bin Haji Mohd Said had fallen sick in a worrying situation and again had to receive treatment in Kathmandu,” said Pengiran Nor Ikhsan.

Despite being unwell, he gave her words of encouragement for her to continue to EBC and handed over the national for her to hoist once she reaches the EBC.

“I greeted him with strong enthusiasm and all efforts to curb the grief and anxiety even though I was the only Brunei Darussalam female participant to stay.”

“With the winter weather condition of under 17 degrees Celsius together with the cold wind blowing, I prayed and recited the zikir (reciting religious verses) remembering Allah the Almighty and seek intercession blessings of Prophet Sallallahu Alaihi Wasallam during my journey. Alhamdulillah finally on February 23, 2017 exactly 4.00 pm, the Brunei Darussalam flag was hoisted at Everest Base Camp.” she said. At that time, the head of our guides Ishwor Bhantan gave me the honour to declare that all 9 members of our team have successfully reached EBC at an altitude of 5,364 meters.
This success has at least proved that the people of Brunei, especially women, even though endowed physically with gentleness, is still able to do extreme activities with men.

While the EBC is difficult to be expressed in words. She was very excited to see the beauty of God’s panoramic creation that she sees from images and social media. “The enormous power Allah the Almighty, creator of the universe, and praises to the creator,” she said.

“God willing, if health permits, our next mission is Pantagonia, Agrentina in 2018 which will take about 12 days,” she said ending the interview with the writer.

Climbing not only tests your mental and physical strengths but also your emotions, body and soul. Without the spirit, strength and courage, one will not be able to achieve their dream of conquering mountains. The mission to climb mountains must be sincerely because of Allah the Almighty and not merely as to making a name.
When one mentions the Malay Islamic Monarchy (MIB), certainly most of us will know and have heard the philosophy of our country.

Malay, as written in the Constitution of Brunei 1959 refers to the seven Brunei ethnic groups of the Malays, namely Belait, Bisaya, Brunei, Dusun, Kedayan, Murut and Tutong, while Chapter 82 of the constitution states that Malay is the official language of Brunei Darussalam.

Fundamentally, “Uphold the identity, integrity and spirit of the Bruneian, and bring the MIB culture anywhere, MIB lifestyle and way of thingking, not any other.” - Titah (Royal speech) at the Get-Together ceremony with citizens and residents of Brunei Darussalam in the United Kingdom, Northern Ireland and Universiti Brunei Darussalam Chancellor’s Scholar Scholarship Award 2014/2015 session, London, United Kingdom.

Islam in the Constitution of Brunei 1959 is the official religion of the country that follows the Shafie Sect (Mazhab Shafie) according to the Ahli Sunnah Waljamaah. The monarchy is the government’s system where the sultan is the ruler and ‘Ulil Amri’ of the country.

The monarchy system is a Malay traditional system that has long existed, i.e. since the existence of the Brunei Malay government. It is a strong hereditary system, as mentioned in His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah ibni Al-Marhum Sultan Haji Omar ‘Ali Saifuddien Sa’adul Khairi Waddien, The Sultan and Yang Di-Pertuan of Brunei Darussalam’s titah (royal speech) in conjunction with His Majesty’s Silver Jubilee of Ascending to the throne Celebration on October 5, 1992:
Islamic teachings is the reference in administrating or managing the nation.
If we carefully observe with good faith, proving the government’s system that we practice all this while has been administered for a long time, it is strong and in fact has successfully brought welfare to the people and the country. From this, it is sufficient to provide assurance and confidence that the ‘monarchy system’ we have inherited and preserved has managed to create happiness and excellence to Brunei Darussalam.”

In terms of the relationship between the king and the people, it is based on mutual responsibility of government as in the tradition rule vision which is ‘the King should be equitable and the people should not disobey’ and together fulfill the trust of Allah the Almighty.

Islamic teachings are the reference in the administrating or managing the nation. The early Phase One Implementation of the Syariah Penal Code Order in Brunei Darussalam was held on 22 April 2014. The proclamation of Syariah Penal Code Order 2013 had been decreed by His Majesty The Sultan and Yang Di-Pertuan of Negara Brunei Darussalam on 22 October 2013 in conjunction with the opening Ceremony of the 2013 Knowledge Convention at the International Convention Center, Berakas.

The MIB philosophy not only applies in the administrating or managing of the nation but also in the education and the daily lives of the citizens and residents of this country. This shows that in Brunei, MIB is the basis of the country’s administration, management and education.

In terms of education, the Compulsory Education Order came into force in 2007 and was amended in 2011 and the Obligatory Religious Education Order 2012 between the Government of His Majesty through the Ministry of Education and Ministry of Religious Affairs is to ensure that all children attend school and religious education in this country.
One of the aims of the Vision 2035 is to set out the country’s goal to produce citizens who are skilled and educated, as well as being known as a country with knowledgeable, skilled, and highly civilized human resources. The focus is on strengthening education at the primary level.

His Majesty the Sultan and Yang Di-Pertuan of Brunei Darussalam in a titah (royal speech) in conjunction with the 2015 New Year said, there will be an increase of at least 90 percent of students reaching Grade ‘A’ to ‘C’ in the Primary School Assessment by the year 2017.

Childhood education is important to produce successors of the nation that will continue and help the country implement and achieve what is intended to promote and develop the country.

In this matter, the responsibility to maintain the country’s image according to MIB philosophy is the responsibility of all, that is the responsibility of every individual in the country, not only limited and focused to someone or group of people.

The administration of the country and national identity is also based on MIB, if Allah permits, it will be able to generate advocated visionary youths, remaining true to the Malay identity, holding on to the faith, obeying the King, working together to develop, build and realize towards the national vision.
The Department of Information Personal Contact Programme made a visit to Kampung Sungai Teraban located in Mukim Kuala Belait. The distance from Pekan Belait to Kampung Sungai Teraban is approximately 15 kilometers (km). A delegation from the Department of Information, Prime Minister Office, Belait branch led by Acting Head of Information Belait, Awang Eddy Iswandy bin Haji Ismail arrived at the residence of the Kampung Sungai Teraban village head, Awang Mohd. Mersidi bin Haji Mohd Shara who warmly welcomed the delegation.

Kampung Sungai Teraban is located in the West Bank of Belait River. The village is bordered on the South China Sea to the north, Belait River to the East, Rasau to the south with villages in Kampung Sungai Tiga and Malaysian border in Sungai Tujoh to the west.
Kampung Sungai Teraban was originally known as ‘Kampung Seberang’ and the indigenous people who live there are the Malay Belait ethnic group who are mostly fishermen. According to the village head, the village name comes from the Belait ethnic language ‘Terabin’ which means a resting place and station for waiting ships and boats. In the old days, Kuala Belait’s Administrative Center was located in Kuala Balai and the first people who came to the village were from Melanau, Sarawak and also the Malay Belait ethnic group.

Awang Mohd Mersidi, 55, was appointed as the head Village on 2 April 2002 and is the fourth generation in his family serving as the head village of Kampung Sungai Teraban. Previously before becoming the head village, Awang Mohd. Mersidi served as a Navy personel at the Royal Brunei Armed Forces (RBAF) for about 19 years.

Kampung Sungai Teraban covers an area of 22 square km starting from the Rasau Toll Bridge to Sungai Tujuh. Today, Awang Mohd. Mersidi said, the population have decreased from 1,300 to 1,100 people because they have been moved to the National Housing Scheme (RPN) in Panaga, Lumut and Seria as well as to other districts. Nonetheless, there are expected to be new residents with the construction of new flats and apartments built in this area of the village.
Village main product

Kampung Sungai Teraban is a fishing village that is continually inherited until now. The main products are fisheries and the products they introduce is based on marine resources such as fish snacks undertaken by the Women’s Bureau, through the One Village one Product (1K1P) project apart from producing dodol (sweet toffee-like confection).

The majority of the residents are Muslims and Malay originated from Melanau, Sarawak and are long time Brunei citizens, followed by a small number of Chinese and foreign nationals such as Indonesians, Thais, Bangladeshis and Indians. Apart from fishermen, there are also government servants, BSP and private companies.

Kampung Sungai Teraban is travelable by boat across the Belait River and by land through the Rasau bridge connecting Kampung Sungai Duhon to Rasau. Before the bridge was built, residents and people who wanted to go to neighboring Miri, Sarawak, would use the ferry, the only route for transportations. However, since the opening of the Rasau Bridge, the ferry transportation system is not operational because it is used less, since people prefer to use the bridge as it saves time and arrives to the destination quickly.

The village is not left out from receiving basic amenities from the government such as electricity, water, telephone, roads, primary schools and mosques.
**School**

Sungai Teraban Primary School is built on 10 acres of land. The earlier school building covers an area of five acres built by the villagers in 1968. A temporary building was built, then replaced with a permanent building that began fully used in 1981 until now. The building was officially used in early 1983. The school system is only in the morning session and in the afternoon, is used by the religious school.

**Mosque**

Kampung Sungai Teraban Mosque was built in 1994 and was completed two years later. The mosque can accommodate about 1,400 worshipers.

**Leisure place**

Not far from the community hall, three huts were built and were put together by the Sungai Teraban Village Consultative Council (MPK) with the cooperation of the Belait District Office. It is used as a place to rest and carry out projects or activities and to liven up the hall, in which the main focus of the villagers was to carry out projects and activities in order to strengthen the unity of the village. The hut is a traditional concept made from the nibong tree, boards and zinc roofs. Construction costs were contributions from the villagers and private companies based in the village, while the District Office helped in terms of moral and equipment.

**Kampung Sungai Teraban Cooperative (KKST)**

Koperasi Kampung Sungai Teraban (KST) Berhad is the 164th cooperative registered under the Cooperative Societies Act Chapter 84, July 27, 1998 in which the start of its establishments is known as the Farmers’ Cooperative. The activities carried out include, an operation of a petrol station, sales of lubricants, beverage, income from paid-up toilets and commission from income of sales.
Running a small business particularly from the youths, have today emerged with different kinds of business options. Even though small, it clearly shows a positive development of our youth’s contribution to the nation’s economy.

Economic development is a process that is crucial for a country to generate profits. The progress and deterioration status of a country is dependent on its economic growth. Youths play a major role in the world economic activity and country through their productivity and reproductivity.

The involvement of youths in our country within the business sectors have grown either in small scale or long-establishment and have developed. This shows that our youths have responded to His Majesty’s titah (royal speech), who urged the people and the citizens in this country, to be active in generating their income through businesses.
OWN DESIGN

One potential youth to enter in the field of business is Awang Mohd Aizat bin Jumat, 26 years old from Kampung Lambak Kanan and is assisted by his partner Dayang Siti Najihah binti Md Yussof, 22 years old.

Choosing customizing t-shirts as his business, Awang Mohd Aizat explained that, upon getting positive requests from his customers, it has motivated him to continue this business that customizes t-shirts with printed names or words requested by the customers.

Among the t-shirts favoured by his customers are the Fluorescent X-ray t-shirts.

According to Awang Mohd Aizat, he began to introduce the manufactured Fluorescent t-shirts when he sold it at the Times Square Complex and at an expo held at the Gadong Mall. From there, he was able to attract more people to recognize his company.

“But some are still not aware of the Fluorescent t-shirt, in fact, the t-shirts have been manufactured for a few years now and we sell them through our Instagram and Facebook,” he explained.

IDEAS

In terms of inspirations, according to Awang Mohd Aizat, it is because of his desire to design a one of a kind t-shirt where he can express himself. He also wants people to have equal rights to express their own ideas and desires from this t-shirt.

Awang Mohd Aizat said, his customizing t-shirt business has been running since three years ago, and by getting orders from family and friends, before selling through online market.
In terms of business, Mohd Aizat became interested in introducing the Fluorescent X-ray t-shirts as the reflected colours on the shirt would attract the public and to be curious with the details on the Fluorescent shirt, meanwhile allowing him to introduce their company and services.

“At first, I felt worried because of the business risks but with consultation and advice from my business partner, Dayang Siti Najihah, I felt more confident and brave to start this business, as well as learning the ways of doing business through friends and also from the internet,” he said.

Awang Mohd Aizat said that, there are targets in products that are produced and likewise with his company, he desires to be known in this country. Apart from that, he would also like to get support from the public for locally made Brunei products.

He further on added that t-shirts are ordered from neighbouring countries, in order to get the best quality. T-shirts designs are done by using the Heat Press Machine. Ideas for t-shirt usually come from himself personally and also from some of his customers, which is then varied with selected wordings.

“We also provide other t-shirts which are available for purchase other than online orders through Facebook and IG,” he explained.
Awang Mohd Aizat who owns Isaac Spade Clothesline said, he plans to expand his business in a variety of ways, including opening branches in other regions in the future. Currently, Awang Mohd Aizat has an outlet on the ground floor of Times Square and also at Level 3, Gadong Mall and regularly joins expos organized in the country.

Regarding the involvement of local youths in running businesses, he added that their involvement in the economy sector have increased and they play an important role in the country’s economic needs.

“To ensure that the development runs smoothly, the youths role should not be left aside. In most countries, the contribution from various youths to the country’s economy and development are dominant. This is because youths are aware that they are poised to become leaders in the future. They should also be aware of the national economic development to continue to improve the country’s economic situation, hence to realise the Brunei 2035 vision. Furthermore the nation’s future and economic development are dependent on the youths,” said Awang Mohd Aizat at the end of the interview.
Cycling is fun, convenient and relatively accessible. As a mode of transportation, it is far more affordable than cars and is good for the environment as well. Given that more and more people are trying to lead a healthy and active lifestyle, cycling is an excellent form of aerobic exercise that offers a variety of health and fitness benefits. If you are not on a two wheels yet, here are some reasons why you should pick up cycling!

1. **Weight loss**

   Studies have discovered that the body continues to burn calories and fat up to several hours after cycling. Hence, cycling for just 30 minutes might help you burn a higher quantity of total calories for a few hours after you stop cycling. Combined with a healthy diet, cycling can certainly help you to achieve your weight goals.

   As you get fitter, the benefits are a lot more extensive. One recent study showed that cyclists that incorporated quick intervals of intense sprints into their trip burned three times more body fat compared to those that cycled constantly but at a slower speed.
2. Better sleep

An early morning ride might tire you out in the short term, but it’ll help you catch some quality sleep at night. A research study from Stanford University School of Medicine reported that people with sleep disorders and cycled for 20-30 minutes every other day were not only able to catch their sleep faster but also, able to sleep longer than they usually did without cycling activity.

3. Boost your brain power

Preparing for an exam or a big presentation? Then get pedaling. Scientific studies have found that cycling consistently and regularly will lead to an improvement of up to 15 percent in mental tests. This is because cycling helps build new brain cells that can improve our memory and brain functions. Additionally, it boosts blood flow and oxygen to the brain which further explains how exercise helps with mood situation and memory function.

4. Enjoy quality healthy family time

Cycling is an activity that the whole family can do together. The youngest child can clamber into a bike seat or join in on a tandem bike. Studies found that, unsurprisingly, kids are influenced by their parents’ exercise choices. Simply put, if your kids sees you riding regularly, they think it’s normal and will want to follow your example. Cycling is easy on the joints too which grandparents can also join the family fun ride together.
Ready, Get set, Cycle!

Remember, like any activity, it takes time to get used to cycling. The point of contact with the bike are typical areas of discomfort, primarily on the seat. It is recommended to wear padded pants and saddles to reduce discomfort.

Start with 15 to 20 minutes of cycling and increase speed with distance as time goes by.

If you feel soreness on your arms, shoulders and neck, try not to lock your arms and change your hand position on the handlebars frequently. Some cyclists do not like shoes that lock into the pedals. So make sure you are comfortable on the bike and practice removing your foot frequently. Nevertheless, remember all of the benefits of cycling to help you stay motivated.

Watch out for the walkers and runners as you zoom past them and enjoy your ride!

Family members taking part in an early morning Cycling Expedition.
Cycling is an excellent form of aerobic exercise that offers a variety of health and fitness benefits.
Bruneians are indeed advanced in terms of technology, particularly in the use of social media such as Facebook, Twitter, Instagram and especially WhatsApp, which is widely used.

WhatsApp is an instant messaging service which enables users to send text, audio and other multimedias such as pictures, videos and documents in a split second. In fact, it is faster than e-mail as users can conveniently use it anywhere. Not only that, WhatsApp users can share details on the latest news, advices, stories and pictures. Furthermore, WhatsApp helps people to connect and interact with one another.

In addition to that, WhatsApp is a platform for the users to spread any events that happened at that time. Moreover, the user who received the message can spread the information to other users. However, WhatsApp is not exceptional from the spread of negative and false information from irresponsible users which causes the raise of issues among users. It is known to be a trend and culture of this wrong act of spreading false statement. One of the cases that users usually encounter is the spread of fake and false facts which is solely for entertainment purpose. This kind of wrong-doing can lead to defamation, provocation and accusation to other people.

Cybercrime and cases of spreading false news have been increasing and is widely made aware of in Brunei Darussalam. As Bruneians, we do not want to see the issues of cybercrime and the spread of cases are becoming headlines in local newspapers. As a result of such matter, these headlines might give a bad impression of our beloved country if outsiders, especially international media were to spread these headlines in their news.

Therefore, legal actions is a way that can set a disciplinary act for media technology users. Uneventful events such as restricting the use of social media in our country will hopefully not occur if social media users are using it wisely and with this we can combat cybercrime together.
Reminder

Although social media is a big part of our life in this modern world, we should never forget to do good deeds for the sake of Allah the Almighty. As social media can spread immorality, we as users should keep reminding among ourselves to always have good intentions.
Year after year, after a long wait, the residents' hopes especially those from the Temburong District are finally coming true.

Another improvement in Brunei Darussalam’s road infrastructure will be seen with the building of the bridge linking between the Brunei Muara District and the Temburong District.

The implementation of this project received the royal consent of His Majesty Sultan Haji Hassanal Bolkiah Mu’izzaddin Waddaulah ibni Al-Marhum Sultan Haji Omar ‘Ali Saifuddien Sa’adul Khairi Waddien, the Sultan and Yang Di-Pertuan of Brunei Darussalam in 2012.

The mega national project that is designed with Bruneian and Islamic features, will cover a distance of 14 kilometers (km) across the Brunei River and a total distance of 30km from Mentiri main road in Brunei and Muara District until Labu Estate in Temburong District which is expected to be completed by the year 2019.
FULFILLING THE EXPECTATIONS

With the building of the bridge, this would further develop Temburong District with its commitment to implement economic activities, develop projects, educational institution placements and increase of the tourism sector.

Shuttle facilities provided by the government will save travelling costs and further smooth bilateral relationship whereby all this while, travelling to Temburong was through river waterways using boats or on land through a neighbouring country.

Certainly, all of that has indirectly reshaped the landscape area of the ‘Green Gem of Brunei Darussalam’.

The linking bridge will indeed be awaited by residents in this country.

Implementation of the project shows how the Government of His Majesty is always concerned, considerate and caring for the needs of the people sheltered under the land of a peaceful, harmonious and beautiful ‘Darussalam’.

His Majesty the Sultan and Yang Di-Pertuan of Brunei Darussalam in a titah (royal speech) in conjunction with the 2016 New Year, among other things stated that, the construction of the bridge; one of the most important project so far, is seen as a large-scale modernisation of Brunei.

By crossing the Brunei River from the Brunei and Muara District to Temburong District, His Majesty said that upon completion of this bridge, it will provide many facilities and thus is a major potential for tourism.

Therefore, with the building of this linking bridge, it will reflect an insight of the communication infrastructure achievement and will further enhance the image of Brunei Darussalam at an international level.
Temburong bridge a national modernised landmark