



Empowering Our Young Lasallians

In May and June 2016, the Singapore Lasallian Youth Network (LYNK) organised the inaugural Facilitators Training Workshop for young Lasallians in Singapore. Conducted over two weekends, the three-part workshop equipped participants with the necessary understanding and skills to assume the role of facilitators for various LYNK programmes.

Through a series of sharing sessions and with the support of experienced facilitators Kenny Wong and Eric Amaladas, our 11 participants designed and conducted their first sessions in small teams. Following which, participants were provided with immediate and customised feedback to identify areas of strengths and opportunities for improvement.

We would like to congratulate Darrick Leow, Matthew Guan, Westine Juay, Yu Kai Yan, Jeremy Loi, Ivan Lim, Sophia Rossman, Bryan Lee, Jaxsen Chew, Wong Lu Yii, and Jeremiah Lim for successfully completing the workshop and being endorsed as Lasallian Formators on 4 June 2016. LYNK also welcomed some of our Lasallian Formators to facilitate sharing sessions at the biannual Lasallian Leadership Training Camp, held shortly after. (Ed-Linddi Ong, Youth Coordinator)

Introducing Beginning and New teachers to Lasallian Schools in Singapore

On 24 June 2016, on a Friday afternoon which is the last weekday of the four-week June vacation in the middle of the academic year, more than 60 beginning and new teachers gathered in SJI Junior. Most of the teachers were young and a majority, were beginning their teaching career. They were teachers from our primary schools, namely De La Salle Primary School, St Anthony's Primary School, SJI Junior, St Stephen's School and a secondary school, St Patrick's School. The session began with an Opening Prayer followed by an Introduction and an ice-breaking session conducted by Mr Lucas Lak, Supervisor of these schools. The ice-breaker consisted of the selection of various pictures and photos by which each of the 60 plus teachers could introduce themselves as to their reason for being a teacher.



This was followed by a meaningful input on the Founder's life punctuated with stories, some humorous, on the values that characterise what it means to be a Lasallian. This was presented by Bro Paul Ho who drew from current events as well as his experience of being a teacher, principal and the President of SJI, to emphasise the significance of being a Lasallian teacher who cares for the students in his/her care.

The session ended with a Question and Answer session with a panel of Brothers and Mr Lucas Lak replying to the questions which the teachers had. Most of the questions dealt with what a Brother is. The session ended with a prayer by early evening. The teachers were grateful for the session. Ms Noraini, a teacher in St Stephen's School and a Muslim, shared that she likes being in a school that has a faith-filled environment which often recalls the presence of God. Mr Paul Chew, an SJIJ teacher who is new to the school, though not a beginning teacher, shared that the session has helped him to understand better what being a Lasallian means and that being a Catholic, it has given added meaning to being a Lasallian teacher. (Br. Nicholas Seet FSC)

Thai Young Brothers Assembly

Nine young brothers and two Postulants attended this assembly in La Salle Nakhonsawan Community.

On the first day, there was a soccer special match between the young brothers and the teachers. The young brothers' team won with a close score of 7-5. After that we had a special welcome dinner in the evening.

On the next day, all the Brothers gathered for Morning Prayer Service after which Br. Joseph Klong, the Auxiliary Visitor, made a Welcome Speech. Following that we had a session run by Br. Eugene Prapas Sricharone FSC. We had a discussion on the recent situation in the Youth Ministry. Br. Eugene shared issues on students who go astray and how we can lead them back on the right path. He emphasized the importance of Prayer. We must always seek God's protection and ask Him to guide us in all we do. (Br. Raphael Tanet Lertwaja FSC)



St. Bede's College Volunteers in the Bamboo School

Volunteer groups from St. Bede's College, Mentone in Melbourne, Australia have been coming to Sangklaburi, Thailand, for some years and hopefully plenty more to come. These groups have been completing projects at the La Salle Learning Centre (Parmenie), such as building homes for children and other facilities for the School. This year, our group are starting work on an amenities block, which is certainly an essential thing for a school. Also, these trips could not be done without a purpose. Helping kids who have much less than we do, is definitely going to be a life changing experience for all the members of the group.

Firstly, the amenities block we are building is certainly going to go a long way for the kids and the school as it is growing so quickly. The first task we have been asked to do is to remove the earth so that the foundations can be laid. This is certainly a challenge for the group in the heat and humidity. This work so far has been handled very well with all the members of the group giving it their best shot, drinking plenty of water and sweating buckets. It has certainly been a challenge for all of us. There has been some stand out workers on site but everyone has stood out at some stage during the digging. All in all, everyone was able to find something that they were good at and the teamwork was top of the range. (Continued next page)



Over the course of the days of our stay, the students have treated us like celebrities. There is constant attention brought by the kids to us even when we are resting from a long hard days work, or even just some down time.

It is so good to see the enthusiasm in the kids to spend time with us. Even though they can't understand us most of the time, they are always smiling and cheerful in the times we spend with them.



The kids really enjoy playing with soccer balls, bouncy balls, drawings and even just a game of tag. A soccer game was arranged for us to take on the teachers and the students' best of the best. The spectators (the students), the music and the dancing were all fantastic to assist with the match. Unfortunately, the boys went down in both games and also some injuries.

So far, the experience for us has been outstanding. Since our first greeting up until a fantastic soccer game, it has all combined for a great time. Hopefully with plenty more fun to come. (Joshua Mravljak, Year 11 Student, St Bede's College, Mentone)

His Excellency, Bishop Joseph Piboon Pisitnonthachai Celebrates Special Mass at La Salle Nakhonsawan

Today, June 2, 2016, the Most Reverend Bishop Joseph Piboon Pisitnonthachai of Nakhonsawan Diocese, Thailand celebrates special mass to usher the opening of the school year 2016 – 2017 at La Salle Chotiravi Nakhonsawan School in Thailand. This occasion coincides with the 71st birthday of the beloved Bishop. The mass was attended by the La Salle Brothers headed by Bro. Eugene the school director, administrators and staff, Catholic and protestant teachers, representatives from each section from 3rd to 6th year high school students and grade 3 to 6 pupils. The intercessions of the mass were for guidance, wisdom, protection, faith, fortitude and celebration of life. After the mass, the congregation, greeted and sang birthday song to the well loved Bishop, then he distributed small boxes of delicious, no-preservative cake to teachers. The students and some teachers gathered again to greet Teachers, students and staff who celebrate their birthdays on this day. This school year will take us all to new heights with the guidance of the teachings of Bro. John de La Salle. (Br. John Niran FSC)



Newsbits

- Let's continue to pray for Br. David Hawke FSC, Visitor of ANZPPNG who is recovering from an operation for prostate cancer.
- Condolences to Br. John Hiep FSC and Family. John's mother, MARY LUU THI MAI, passed away last night, June 27 in Veitnam. The funeral mass will be held at 8:00am on June 29, 2016 at Vinh Hoa Parish Church, Buon Me Thuot, Vietnam. Br. John Hiep is from the District of Vietnam and is currently taking his graduate studies at DLSU Manila. he was able to come home to visit his mother on her last days.
- From the Secretary-General of the Institute: *Dear Brothers, This very morning, June 20, Pope Francis, during the public consistory, has officially announced the date of the canonisation of our Blessed Brother Solomon (October 16), as you can see in the attached announcement (in italian). Best regards.*
- La Salle College, Hong Kong had a very ordinary visitor yesterday. **#sarcasm** (See attached Gateway 66 for more details; photo from Br. Chris Soosai FSC)



Happy Birthday to our July Birthday Boys!

Brother Dominic Chong FSC	July 05, 1939
Brother Raphael Tanet Lertwaja FSC	July 05, 1991
Brother Gelo Paragas FSC	July 09, 1989
Brother Butch Alcudia FSC	July 10, 1980
Brother Jimmy Dalumpines FSC	July 15, 1949
Brother Egbertus Joikul FSC	July 14, 1961
Brother Dominic Chamlong Chaiputorn FSC	July 16, 1979
Brother Domingo Villamil SC	July 2, 1977
Brother Oliver Rogers FSC	July 22, 1933
Brother Bobby Casingal FSC	July 22, 1958
Brother Jeffrey Chan FSC	July 22, 1967
Brother Paul Anuwat Yasachai FSC	July 30, 1992

Health and Wellness



The Science Behind Your Sugar Cravings—and How to Beat Them

Whether you occasionally raid the drive-thru or keep your desk drawer stocked with candy, you probably have a go-to craving. But what's behind the hankering?

Discover these four scientific truths about cravings, and learn how to crush yours.

1. Cravings Start In Your Brain—Not Your Body: Instead, research suggests that most cravings have more to do with your brain than your body.
2. Sugar Trumps Fat: While both sugar and fat light up your brain's pleasure centers, you're more likely to crave donuts than bacon
3. Poor Sleep Can Lead To Cravings: When you're tired, you're more likely to crave carbohydrates and sugar to pick yourself up.
4. Your Supermarket Is Plotting Against You: Manufacturers pay what are called 'slotting fees' to grocery stores so that their products are placed in areas where you're most likely to see them

Read the entire article at: <http://www.menshealth.com/nutrition/what-your-food-cravings-mean>

Fraternally,

Edmundo Fernandez FSC