



## LEAD Senior Brothers Assembly

Even if I've yet to join the ranks of the Senior Brothers, I had a blast at the Senior Brothers Assembly held at De La Salle University-Dasmariñas, Philippines from February 24-28.

Around 32 Senior Brothers from LEAD were in attendance. Also present the whole time were the AVs Br. Paul (who gave a shared reflection during the first Mass), Br. Joe (who facilitated a session and gave a reflection for the Mass on Monday), and Br. JJ (who came in after the EDSA celebrations to give a session on the last day).

On the day of arrivals, the Residencia De La Salle Retirement Brothers' community gave us a tour of their home and hosted us for dinner.

I've outlined the sessions in the next page:

**SESSION 1: “AGE OF GRACE, GRACE OF AGE:“REFLECTING ON OUR JOURNEY WITH GOD AS RELIGIOUS IN OUR GOLDEN AGE”**

Sr. Corazon Manalo DC AFSC

**SESSION 2: “OUR DYNAMISM AS SENIOR BROTHERS IN OUR MINISTRY OF PRESENCE IN COMMUNITY”**

Facilitators/Resource Persons:

Br. Patrick Tierney FSC & Br. Kelvin Tan FSC

**SESSION 3: ”BECOMING DYNAMIC WITNESSES DURING OUR GOLDEN YEARS IN EMBRACING THE CULTURE OF CHANGE”**

Resource Person

His Eminence Cardinal Luis Antonio “Chito” Tagle

**SESSION 4: “THE FOUNDATION AND THE FUTURE OF OUR DISTRICT IN THE INSTITUTE: INTERACTION BETWEEN SENIOR BROTHERS AND YOUNG BROTHERS”**

Facilitators:

Br. Joe Klong FSC and Young Brothers with the LEAD Inter- Country Vocation Team Leaders (ICVT)

**SESSION 5: “THE ESSENTIALS OF HEALTH AND AGING: STAYING FIT AND ACTIVE”**

Facilitator/Resource Person

Dr. Ramona Luisa “Monette” Santos (Rehab Doctor) and team

**SESSION 6: “FOOD FOR THOUGHT FOR THE LEAD CHAPTER, TOWARDS THE 46TH GENERAL CHAPTER”**

Facilitator/Resource Person:

Br. Jose Mari Jimenez FSC

We had excellent meals, generously sponsored by benefactors. There was ample time for bonding and socials in the evening, and a half-day for sightseeing and shopping. I wasn't able to go with the tour groups but I heard that three groups went to the Mall of Asia, the National Museum, and the Manila Cathedral.

I wish to thank the Steering Committee: Br. Gus (Chair), Br. Tom, Br. David, Br. Marty, and Br. Paul for the excellent planning. Ms. Nena and Mr. Ritche for the logistics and hospitality. The speakers and facilitators. Mrs. Vicky Amalingan-Sales for Sunday dinner and of course the Senior Brothers who participated.

## Asian Youth Leaders Travel and Learning Camp

“Start the change I long to see.” At this year’s Asian Youth Leaders Travel and Learning Camp, I realized my significance as a Leader, a Youth Leader, an Asian Youth Leader, and most importantly as a Lasallian Leader. Experiencing 5 days of collaboration, integration and celebration with 20 different cultures can make one step back and re-evaluate things from a new perspective. At the onset of the camp I had no other agenda but to learn and meet new people. Little did I know that I was going to have my mind transformed and goals renewed. The camp was broken down into 5 days filled with learning sessions on various cultural and global lessons, as well as travel sessions where the beauty of Singapore as well as the Asian region was put on display. From each session I gained new insights, and new ideas about what could be done in my home country, and that is something I didn’t know was waiting for me. My outlook went from being centered and focused on the present, to being a visionary for the future. Singapore showed me that there is so much more to see and so much more to be done, only if we are willing to achieve it.

Across the 5 days, I was able to interact with so many different Asian nationalities, learn different cultures and experience life through a new lens. The camp offered me the chance to feel like I was a part of something bigger, and being myself, I made the most of the opportunity. Getting to know my groupmates, my fellow Filipinos, we were able to forge relationships that will last beyond the camp, and that is the network that this generation needs. Investing myself in all the camp had to offer, receiving the award as Outstanding Youth Leader, and Most Engaging Presentation was just a bonus and something I could bring back to my school, De La Salle Health Sciences Institute where my leadership and skills were developed. It was an honor and a blessing to share best practices and skills with the others and vice versa. AYLTLC 2017, left me empowered, inspired, and motivated to achieve more for my school, for my country, for the world, and for me, that is the real experience. I got a taste of what is to come, and I can’t wait to share that with the rest of the world. **(Darwin Eusebio)**

\*Darwin received the Outstanding Youth Leader and Most Engaging Presentation at the Camp. He is currently a pre-med student and a student-leader at De La Salle Health Sciences Institute, Philippines. Si Yeon Lee, also a pre-med student at DLHSI also participated in the camp.



## Walk and Learn

We usually have field trip once a year for all students in La Salle Chanthaburi School. This year high school students visited “HTMS Chakri Naruebet” (meaning "In honour of the Chakri Dynasty") which is the flagship of the Royal Thai Navy. The officers allowed us to tour inside and told inspiring stories in the history of the navy.

After that, we went to the “Sea Turtle Conservation Center of the Royal Thai Navy”. Here, we know more on how the sea turtles live and lay eggs. King Rama IX started this project. The students enjoyed this trip very much. They got to experience new things, it is fruitful for the students to learn that the Royal Navy is doing many things not only to guard the country but also to maintain and taking care of nature. All of us also have that duty to safe our world as Pope Francis said “let us be protector of our creation, protector of God's plan inscribe in nature protector of one another and of the environment.” **(Br. Benedict Chaiwat FSC)**



## The Lasallian Way



MORE than 100 individuals from all over peninsula Malaysia attended a successful one-day conference at St Joseph's International School in Petaling Jaya last Saturday.

The attendees include principals of La Salle secondary schools, headmasters of La Salle primary schools, heads of convent schools, board of managers of La Salle primary schools, board of governors of La Salle secondary schools, more than 10 La Salle Brothers led by Brother Paul Ho, Auxiliary Visitor for Malaysia and Singapore, Brother Andrew Loke, Country Coordinator of La Salle Schools Malaysia, as well as other key resource personnel.

The conference looked at the following topics: The Lasallian Heritage by Brother Augustine Julian, the Education Act and the School Boards by Megat Mizan Nicholas Denney, the Role and Responsibilities of the Board and the Instrument of Governance by Megat Mizan, and Recent Developments to the Lasallian Mission in Malaysia by Brother Andrew Loke.

Following lunch, there was a question and answer session, which was a fruitful session to air the many issues and challenges facing the School Boards throughout Malaysia. (Continued)

There were also instances where all the parties concerned i.e. school authorities, boards of managers/governors, old boys' associations (and old girls too), and the parent-teacher associations worked in close collaboration.

Many of the issues and challenges facing school boards stem from the fact that currently none of the La Salle schools have any brothers teaching or heading the schools! Another is the fact that many newly appointed principals and headmasters are not familiar with the Lasallian mission, ethos, culture and tradition.

It was generally agreed that much more should be done to acquaint these principals and headmasters with the merits of the Lasallian/convent mission, ethos, culture and tradition through fostering rapport, initiating regular visits, discussions and hosting orientation sessions.

Many shared their views generously in our continued commitment to educating future generations. Their participation was heartening and a step in the right direction to show our solidarity to the cause of the Lasallian Education Mission to build a better Malaysia.

Kudos to the Malaysian Federation of Lasallian Associations and the De La Salle Brothers Malaysia for hosting such a splendid event. (**Mr. Benedict Morais**)

Excerpt from **The Star**. Available online: <http://www.thestar.com.my/news/education/2017/02/26/the-lasallian-way/>



## News Notes

**Watch.** In 2019 we will celebrate the tercentenary of the death of our founder, John Baptist De La Salle. From the afternoon of March 1, 2017 (at 15:30 Italian time) the video made for the occasion and logo, with explanation, will be published on the YouTube channel of the Christian Brothers Conference - Lasallian Region of North America (RELAN). <https://goo.gl/Qoc6LR>

**Read.** Apology from the De La Salle Brothers in Australia after the final public hearing of Royal Commission into Institutional Responses to Child Sexual Abuse. <http://www.delasalle.org.au/blog/apology-from-the-de-la-salle-brothers-australia>

**Pray.** Let's pray for the speedy recovery of Brs. Anthony Rogers (fatigue) and Michael Broughton (stomach problems), both are hospitalized in the Philippines.

## Visitor's and Auxiliary Visitors' Calendar March 2017

	Week 1	Week 2	Week 3	Week 4
Visitor	LEAD PRV  Singapore, Canonical Visit	Philippines, Canonical Visit: LFC and HOST  DLS-CSB BOT	LEAD PRV  Philippines, DLSL BOT  Malaysia, Meet with MFLOSA for Project Revival	Japan, Country Assembly  Interim Mission Council Meeting  Canonical Visit
AVMA	Singapore	Malaysia  Singapore	Malaysia, Meet with MFLOSA for Project Revival	Japan, Country Assembly  Interim Mission Council Meeting
AVVF	Thailand, OAV Bangkok  Bangkok Brothers Meeting	Thailand, Bamboo School	Malaysia, Meet with MFLOSA for Project Revival	Japan, Country Assembly  Interim Mission Council Meeting
AVSP	Philippines, Pastoral Visit, LS Novitiate	Philippines, DLSP Joint Presidents' Circle and National Mission Council Meeting  Myanmar, Country Team Meeting	Malaysia, Meet with MFLOSA for Project Revival	Philippines, DLSP-CHA  SBBC End-of-Year Celebration/ Community Outing

## Happy Birthday!

Brother Gregory Lim FSC	March 02, 1924
Brother Anthony Rogers FSC	March 05, 1949
Brother Jun Erguiza FSC	March 06, 1951
Brother Andre Labelle FSC	March 09, 1930
Brother Rodrigo Treviño FSC	March 09, 1953
Brother Leonard Lewis FSC	March 10, 1938
Brother Jason Blaikie FSC	March 13, 1974
Brother Irwin Climaco FSC	March 14, 1992
Brother Harry Reynolds FSC	March 16, 1924
Brother Eugene Prapas Sricharoen FSC	March 20, 1958
Brother Mark Salvan FSC	March 22, 1989
Brother Joseph Klong Chaiphuak FSC	March 25, 1964
Brother Alex Diaz FSC	March 31, 1984

## Health and Wellness

### 4 Smart Ways to Kill Sugar Cravings

#### 1. YOUR HORMONES LOVE SUGAR.

When you're hungry, gut hormones like glucagon-like peptide, ghrelin, and insulin basically beg you to acquire energy from food. Your move: Build your meals and snacks around slower digesting fuel sources like proteins.

#### 2. YOUR BRAIN IS PROGRAMMED TO USE GLUCOSE AS FUEL.

The brain uses glucose for fuel 95 percent of the time. Your move: We can actually "trick" our brains by eating glutamine instead of eating something sweet

#### 3. YOU USE SWEETS AS AN EMOTIONAL CRUTCH

It isn't your imagination — that chocolate bar really is making you forget about your troubles. Your move: Learn how to eat proactively, not reactively

#### 4. CHILDHOOD PATTERNS ARE HARD TO BREAK

If you were rewarded with sweets as a child, or if sweets were withheld as a form of punishment, you may have grown up associating "forbidden sweets" with pleasure. Your move: Begin to replace food rewards with healthy, but equally pleasurable ones, such as an after-workout massage.

Read the complete article at: <http://www.menshealth.com/nutrition/smart-ways-to-kill-sugar-cravings/>

Fraternally,

Edmundo Fernandez FSC