



Academic Day at La Salle Chotiravi Nakhonsawan

Academic Days focuses on a specific academic topic, where students can gain knowledge with different events and activities. In this time of event, students reflect and share insights on things they gained with each other. It is an annual event in La Salle Chotiravi Nakhonsawan School for teaching minds, touching hearts and transforming minds of its own students. La Salle Chotiravi Nakhonsawan had its Academic Day last February 9th and 10th this year. It is a two day activity that allowed the students to gain and exchange knowledge and experiences. The school director Br. Eugene Prapas Sricharoen together with the brothers and the special guest Br. Joseph Klong Chaiphuak (school director of La Salle Bamboo School and Auxiliary Visitor) opened the activity on the morning of Thursday, February 9. (Continued)

The grand opening was followed by the students' presentation from the different levels. Different Academic activities followed such as quiz bee, project exhibit from different subjects, singing contest, search for the best recycle costume and the school provided a booth where students from each level exercised their talents in cooking and selling varieties of Thai food.

The primary level also had a scouting camp where the pupils enjoyed games and other activities. Sports, such as football, is one of the student's favorite. The Student Council also organized a football match against every section in the higher secondary level. The school was busy during those two days but the students definitely learned and had fun. **(Br. John Niran Suksankrasin FSC)**



The Power Of We

On the 31st anniversary of the People Power Revolution, De La Salle Philippines joined the February 25 Coalition in the Power of We Protest Rally. The rally was meant to not only commemorate a movement that toppled the Marcos regime, but also to denounce historical revisionism, to resist the re-imposition of dictatorship, and to respect and uphold life, dignity, and human rights.



Prior to the rally, a Eucharistic Celebration at the National Shrine of the Divine Child at La Salle Green Hills which was officiated by Fr. Jose Ramon “Jett” Villarín SJ, President of the Ateneo de Manila University. The chapel was filled with government leaders, members of the Lasallian Family and the Association of Major Religious Superiors of the Philippines (AMRSP).

In his shared homily, Br. Jose Mari Jimenez FSC reminded us how the People Power Revolution enabled Filipinos to make change happen without resorting to fear and violence, anchored on the hope that we can form a government that recognizes the capability of each Filipino for goodness. He enjoined the faithful to renew the spirit of EDSA and to continue loving the country especially at a time where the values we fought for are being challenged.

After the mass, the community marched from La Salle Green Hills to the People Power Monument to join the rally alongside thousands of people who declared their commitment towards building a society of justice and peace. The rally highlighted the different sectors and leaders who continue

to believe in this cause. It was a reminder to us that no matter how diverse the coalition was and how much our ideologies differ, building a society free from violence and injustice is possible if we work together, just like in EDSA. (Ms. Carmel Puertollano; Photo: Ms. Nelca Leila Trayfalgar Balisado-Villarín)

Hong Kong Inter-Schools Athletics Meet (Division 1)



The Athletics Team of La Salle College is pleased to announce that we captured the championship in both B Grade and C Grade while our A Grade Team came second in the Inter-Schools Athletics Meet (Division 1) held on 3rd March 2017 at Wanchai.

The teams had some mishaps in the heats but that did not deter them from persevering. The teams showed a strong fighting spirit on Day 2 and Day 3 and performed marvelously, especially on Day 3. Eventually with 191.5 and 136 points respectively, B and C Grade Teams captured the championship. A Grade Team scored 105 points and came second. Overall we came second with 432.5 points.

The Athletics Team would like to thank their teacher advisors Mr Ma, Mr Szeto, coaches, old boy coaches, old boys and parent supporters. They would also like to thank the teachers and students who went to cheer and support them at the Wanchai Sports Ground. (<http://web.lasalle.edu.hk/eng/home.php>, Photo: <https://www.facebook.com/ameetgallery/>)

News Notes

Invitation. Global University Counselor Connect (GUCC 2017) will be held on 31 March and 1 April 2017. To ensure close interaction GUCC 2017 will be limited to 100 participants. All sessions will be held at St. Joseph's Institution International School in Singapore.

Each session is being planned and led by a school-based counsellor. Sessions will run from 8.30 am to 5.30 pm on both 31 March and 1 April, with a reception at the school until 7 pm on the first day. For more information and registration: <http://www.globaluniversitycounselorconnect.com/registration-payment/>

Congratulations. Br. Jonhnnny Perapong Kaewkanha attained his Graduate Diploma (Teaching Profession) from St. John's University, Bangkok, Thailand. He is now a fully qualified teacher! We're proud of you!

Returned. Br. Isaie Ky, formerly a student in DLSU-Dasmariñas, has returned to his home District (Burkina Faso) to take on a new assignment.

Health and Wellness

Recipe's For Fridays of Lent: Oven-Baked Salmon

Ingredients

- 1 to 2 lbs salmon fillet, with the skin on (we prefer a wild-caught salmon, like a sockeye, but farm-raised bakes well too)
- Extra-virgin olive oil (a generous pour to coat well the top of the salmon)
- Coarse ground kosher salt

Instructions

- Preheat oven to 450.
- Rinse salmon in fresh cold water, then pat dry.
- Place salmon in a glass or ceramic baking dish, skin side down.
- Coat with extra-virgin olive oil, then generously sprinkle with kosher salt.
- Bake until opaque and flaky.

From: <http://catholicfoodie.com/oven-baked-salmon>



Fraternally,

Edmundo Fernandez FSC