



Brother Harry's 93rd Birthday

Twenty-Two Lasallians from Malaysia flew to the retirement facility of the La Salle Brothers, Residencia De La Salle, in Dasmariñas City, Philippines to celebrate our dear Brother Harold's 93rd birthday on the 19th of March.

We had a wonderful time with Brother Harold who was very happy to see so many of us turned up to celebrate his birthday. Deeply grateful to Brother Gus & his staff for arranging our accommodation & local tours. (Ms. Irene Tan)

Project Cope 165

From 1 April 2017 Singapore will no longer have 2G on its bandwidth. Mobile operators will cease 2G services and the spectrum will be used to provide for more advanced services like 3G and 4G. This will result in some people being disconnected.

What will happen to the people who are unable to afford a new 3G or 4G phones? (<http://sgprojectcope165.weebly.com/find-out-more.html>)



In conjunction with their 165th year in Singapore, the schools and organisations under the Catholic De La Salle Brothers' network are organised a joint effort to collect used (and usable, please) 3G handsets as well as donations in cash or cheques for the same cause.

These (phones, new SIM cards, workshops for those who require assistance in learning how to use the new phones) will go toward elderly who are living in one-room flats in Toa Payoh and Jalan Kukoh, as well as migrant workers who have just arrived or are unable to afford new phones.

The Lasallian Family in Singapore was assisted by volunteers in checking, distributing and helping teach beneficiaries how to use the new phones. ([http://mothership.sg/2017/03/got-a-usable-3g-phone-in-good-](http://mothership.sg/2017/03/got-a-usable-3g-phone-in-good-condition-pass-it-on-to-2g-phone-users-in-need-ahead-of-april-1/)

[condition-pass-it-on-to-2g-phone-users-in-need-ahead-of-april-1/](http://mothership.sg/2017/03/got-a-usable-3g-phone-in-good-condition-pass-it-on-to-2g-phone-users-in-need-ahead-of-april-1/))

Kudos to the Ed-Linddi and the entire Lasallian Family in Singapore for responding to the need of the poor in a creative way! Keep up the good work!

Visitor's and Auxiliary Visitors' Calendar April

	Week 1	Week 2	Week 3	Week 4
Visitor	Philippines, Southdown Conference LEAD PRV	Holy Week Retreat Thailand and Philippines	Philippines, Visa Application and Renewal	LEAD PRV Philippines, DC 24
AVMA	Singapore	Holy Week Retreat, Thailand	Singapore and Malaysia	Philippines, DC 24
AVVF	Thailand, Bamboo School	Holy Week Retreat, Hong Kong	Thailand	Philippines, DC 24
AVSP	Philippines, Pastoral Visit HOST DLSP	Holy Week Retreat, Malaysia	Philippines, LASSO Supervisors Conference	Philippines, DLSBI and OLEF Philippines, DC 24

News From Around the World

Novena for St. John Baptist De La Salle, 30 March-07 April: <https://drive.google.com/file/d/0BwBh3BtFjkbFQXJ2R3l4TnVyLWc/view> (By Kane Rakura, De La Salle College, New Zealand)

Institute: <https://goo.gl/lfqXPw>

ANZPPNG: <https://goo.gl/VOytQT>

New CBIS CEO: <https://goo.gl/66Wnqk>

Happy Birthday to our April Birthday Boys!

Brother Benildo Feliciano FSC	April 1, 1937
Brother Augustine Julian Arokiasamy FSC	April 7, 1939
Brother Jun Estrellas FSC	April 8, 1959
Brother Peter Boonchert Kertrat FSC	April 14, 1957
Brother Josue Traore FSC	April 16, 1982
Brother Joseph Dat Hoang FSC	April 17, 1968
Brother Mark Sixtus FSC	April 18, 1942
Brother Dante Amisola FSC	April 21, 1967

Health and Wellness: Broccoli-Rabe and Ricotta Frittata

This lenten recipe is dedicated to my broccoli loving community, LSC Kowloon.

3/4 pound broccoli rabe, tough stems removed
9 eggs
3/4 cup ricotta (about 1/3 pound)
3/4 teaspoon salt
1/2 teaspoon fresh-ground black pepper
2 tablespoons olive oil
1 clove garlic, minced
2 tablespoons grated Parmesan

Heat the oven to 325°F. In a large pot of boiling, salted water, cook the broccoli rabe until almost tender, about 3 minutes. Drain. Rinse the broccoli rabe with cold water and drain thoroughly. Cut the broccoli rabe into 2-inch lengths and set aside.

In a large bowl, beat the eggs with the ricotta and 1/4 teaspoon each of the salt and the pepper.

In a medium cast-iron or ovenproof nonstick frying pan, heat the oil over moderate heat. Add the garlic and cook, stirring, until fragrant, about 30 seconds. Add the blanched broccoli rabe and the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, stirring, for 2 minutes.

Evenly distribute the broccoli rabe in the pan and then add the egg mixture. Cook the frittata, without stirring, until the edges start to set, about 2 minutes. Sprinkle the Parmesan over the top and bake until firm, about 25 minutes.

From: <http://www.foodandwine.com/recipes/broccoli-rabe-and-ricotta-frittata>



Fraternally,

Edmundo Fernandez FSC