



## Hong Kong: 12 Years of Unity

The **Christian Brothers' Schools Exchange Programme** (Hong Kong) has marked its 12th anniversary this year, with more than 80 students from our local Lasallian secondary schools participating in this meaningful event, opening doors to the high principled values of Faith, Service and Community.

298 years ago, our founder, St. John Baptist De La Salle, embarked on his final journey as he received his final call from heaven. The legacy he left behind was a virtuous dream that brought life to the greater good - accessible education for those who are socially excluded, and unconditional service to the society.

In the beginning, the doctrines and values of St. La Salle seemed a bit vague and far from our normal understanding to me, but throughout the 2 years of my involvement in this unique exchange programme, I have been able to truly understand the spirit of our founder and get in touch with this aspiration, vision and dream. (Continued)

From a participant of the programme to being part of the Organising Committee was one unique and rewarding experience.

On the standpoint of a participant, I could sense the excitement and adrenaline of being a part of a new school, spending 4 solid days in a new environment with new friends. I was blessed to be given the opportunity to visit St. Joseph's College last year. Despite of how different the two environments were, I could still feel the sense of belonging given the same organisation the schools belonged to.

From an organisers' perspective, I was able to understand that all activities planned for participants were not easy and simple. I was also aware that this programme was not only intended for education exchange or a platform to expand social circle, but also to unite different Lasallian secondary students in Hong Kong, and to get to experience the unique Lasallian Education. This might sound cliché, but Lasallian teachers are not only the disseminators of knowledge, they are also the guiding light of your life path, regardless of your social status, your background, your economic ability or your ethnicity. Lasallian education is open to the whole of the society. It was a privilege for me to witness a bunch of young kids get closer to each other only after a few days of interaction and exchange. They were brothers in the Lasallian community and they shared the same goal to become ambassadors of this legation and work out the Lasallian spirit. (Continued)



In the world we are living in today, often chaotic situation draw people apart. Polarised societies, segregated communities have deprived the roots of humanity. This is a really good time for us to reflect as Lasallians, how important it is to stay united, despite of the differences that exist among us. Keeping the bond and unity among us is of paramount importance, especially in such times when humanity is at risk.



"We are one, yet we are many" witnesses how important unity is in this community. No matter, who we are, where we are from, what we believe, we are united by the spirit of Faith, Service and Community, bonded by the bright star that led our predecessors 298 years ago.

The fundamental difference of the Christian Brothers' Schools Exchange Programme and other joint school exchange programme is that this programme is open exclusively to schools that are in the Lasallian community. It is not only a platform to get to know more people, or simply to learn more extra knowledge, but it gives a boost to our awareness as men for others, and allows us to get to know our related brothers from different corners of Hong Kong. It is far more than a 4-day programme - it is a commitment for life.

May God continue to bless this meaningful programme with hope and motivation in the coming years.  
**(Sean Yap, La Salle College)**

## Expanding Our Pool of LYNK Resource Persons - Singapore



Over the course of a day and a half, nine Lasallians of vastly varied ages came together to participate in the Lasallian Faci-Trainers Workshop. The workshop, conducted by the energetic Eric Amaladas, was meant to hone the skills of budding young faci-trainers (a cross between a facilitator and a trainer - to guide younger Lasallians as friend and mentor, as well as to impart knowledge from a place of eminence).

Participants were introduced innovative and effective presentation techniques. Eric, with his infectious energy, moved from end to end of the training room at St Joseph's Institution Junior, as he brought across the pertinent lessons on confidence, clarity and "modelling the way". Participants were treated to the best example of how a presentation should be conducted. (Continued)

It was then time for the participants to try their hand at presenting their own session. Working in pairs, the participants were required to conduct sessions on leadership-related topics. The participants went from strength to strength, as they internalised the lessons from Eric and worked them into their presentation. It was indeed a day of learning and growth.

As the day drew to a close, participants were reminded of their ambassadorial role. They were called to action, such that any time the Singapore Lasallian Youth Commission require, these faci-trainers would be on hand and fully equipped to step up and pass on the Lasallian values and mission. With the annual Lasallian Leadership Training Camp imminent, the newly recognised faci-trainers were quickly given the opportunity to put their freshly acquired skills to good use. Facilitators are always needed in our Lasallian family and who better to conduct them but our ever-growing team of faci-trainers. **(Stix Zixiang)**



## Thailand: Sunflowers for the King



La Salle Chanthaburi (Mandapitak) School is a learning center that embraces the philosophy of sufficiency economy by the King Rama IX. The school emphasizes on thinking skills and practicality. And what is in the picture is that, the success comes from the perseverance of the students and teachers who are following the King's doctrine.

The sunflower field is another success indicator of the use of philosophy, the use of science with agriculture in the school area. This beautiful flower is a symbol for us to think of the father of the land, BHUMIBOL ADULYADEJ, the father who had worked so hard for us all in the country. No one in the history of the Kingdom of Thailand has done so much to improve the well-being of its people.

We, as Lasallian will, be the leader of the new generation to follow in his footsteps forever. (Br. Benedict FSC)

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

	Week 1	Week 2	Week 3	Week 4
Visitor	Visit Sabah Brothers  LEAD PRV	LEAD PRV  Philippines, DLSL BOT DLSHSI/DLSUD BOT	Myanmar, Canonical Visit  Philippines, Final Vows, Br. Iñigo	LEAD PRV
AVMA	Singapore, SJI	Singapore, SJI	Singapore, SJI  Philippines, Final Vows, Br. Iñigo	Singapore, SJI
AVVF	Thailand, OAV	Thailand, Pastoral Visit Sampran	Thailand, OAV Meeting with Thailand Economic Team  Philippines, Pastoral Visit  Final Vows, Br. Iñigo	Thailand, Sangklaburi
AVSP	Myanmar, Pastoral Visit	Myanmar, Pastoral Visit	On Retreat  Philippines, Final Vows, Br. Iñigo	Philippines, Joint Presidents' Circle and National Mission Council Meeting

### Prayers Requested

For the recovery of Br. Dindo Maralit's father, Marcelino, recently in hospital.

For Br. Felix Donohue FSC, who has been ill and in and out of hospital.

For peace in Marawi, Mindanao, Philippines and all parts of the world where conflict is prevalent.

## Happy Birthday to our June Birthday Bros!

Brother Ruben Caluyong FSC	June 01, 1963
Brother Timothy FSC	June 03, 1989
Brother Mario Zammit FSC	June 04, 1942
Brother Aikee Esmeli FSC	June 08, 1984
Brother Anselm Ling John FSC	June 12, 1974
Brother John Hiep FSC	June 14, 1971
Brother Tom Lavin FSC	June 16, 1943
Brother Jose Del Coss FSC	June 19, 1955
Brother Collin Wee FSC	June 20, 1957
Brother Paul Ho FSC	June 21, 1954
Brother Richie Yap FSC	June 23, 1979
Brother Stephen Zeim Thu FSC	June 25, 1991
Brother Ricky Laguda FSC	June 26, 1969
Brother Michael Kum FSC	June 30, 1956

## Health and Wellness

### 5 Ways to Choose a Healthier Breakfast Cereal

1. Skip "made with whole grain". Anytime you see a claim on the front of the box, check the ingredients on the back
2. Beware of stealth sugars. Stay under 10 grams of sugar per serving.
3. Fill your bowl with fiber. Aim for at least 5 grams of fiber per serving.
4. Don't fall for fruit. Even most cereals with freeze-dried berries or raisins don't have enough of them to equal a serving.
5. Start the day smarter. High in fiber, low in sugar.



Read: <http://www.menshealth.com/nutrition/decoding-the-cereal-aisle/slide/5>

Fraternally,

Edmundo Fernandez FSC