



## Visit of the Vice President to the University of St La Salle, Bacolod

The Vice President of the Philippines, Maria Leonor “Leni” Robredo launched “Istorya ng Pag-asa” (Story of Hope), on October 19, 2017, at the University of St. La Salle (USLS) in Bacolod City. “Istorya ng Pag-asa” is a message of hope for ordinary Filipinos in times of negativity and divisiveness, according to the Vice President. This advocacy aims to spread hope for Filipinos around different parts of the country, sharing stories of ordinary people doing extraordinary things.

Carlo Lopez, a former city councillor, assisted the Vice President in coordinating the program for Bacolod City, in the Island of Negros, along with Brother President and Chancellor of USLS, Br. Joaquin. “Kenneth” Martinez FSC, who agreed that USLS would be an Institutional partner for the program. (Continued)

The Vice President, featured stories of ordinary Filipinos doing extraordinary things, bringing a sense of hope and pride for the Filipinos striving for excellence and determination for the things they do in their everyday lives. “Hope is a powerful thing”, says VP, Lobredo.

During the talk, the Vice President, introduced numerous stories of Filipinos around the Philippines, especially the stories of individuals who are living in the Island of Negros. She introduced three different individuals from different walks of life.



Stories of JB Villanueva, who is currently a teacher at USLS - Bahay Pag-Asa Youth Center, was a former juvenile, who at a young age committed crimes, Villanueva was brought to Bahay Pag-Asa Youth Center, where he would finish his studies and turn his life around. Now he inspires the children to make a change and improve their lives, bringing hope to their families and to society.

Michael Santa Ana, was born with no arms. He currently is a jeepney barker and a pedicab driver with an amazing talent for singing. Despite his disability, Michael has the motivation and the drive he needs to provide for his wife and child as well as pursuing his love for singing.

Vejiel Velez is a member of an indigenous tribe. She is a Lasallian volunteer and is currently teaching at a preschool in Bagac, Bataan. She is the first ever member of the tribe to graduate college. She was granted full scholarship through her hard work and determination and achieved a Bachelor of Science in Education, Cum laude from USLS.

“Listening to these stories gives us hope that, in the end, light will always triumph over darkness. Hope is a very powerful thing”, Robredo said. (**Christian Carmona, USLS**; Photos: [https://www.facebook.com/pg/VPLeniRobredoPH/photos/?ref=page\\_internal](https://www.facebook.com/pg/VPLeniRobredoPH/photos/?ref=page_internal))

## How Passion Against Injustice Led a Catholic Brother to Kamunting (Malaysia)

October 27 marks the 30th anniversary of Operasi Lalang, where 106 people were detained without trial and the publishing licences of three newspapers were revoked. The episode remains a grim reminder of what can happen in the absence of check and balances, a deep scar in the Malaysian psyche. To mark this day, The Malaysian Insight speaks to those involved in the dragnet – the victims and their families, detention centre wardens and police.

WHAT does not break you, only makes you stronger.

He was not a prominent politician. He was not a champion of vernacular education. He did not make a living driving the wedge between Malaysians with fire-and-brimstone speeches yet this La Salle Brother was among the 106 individuals detained under Operasi Lalang.

What were Brother Anthony Rogers' offences? Developing social programmes, providing aid to the poor and raising awareness on social and economic injustices.

The passage of time does not make his detention for being a threat to national security any less ridiculous but Rogers is not a bitter nor defeated man.

He said that his detention gave him the opportunity to strike friendships with people of different faith. He also found solace in the Bible, which he read from cover to cover many times.

Recalling his arrest, he said: "I was told that the government wanted to know more about the growing involvement of the Catholic Church in human development and social justice work.

"The only thing we were told was that we were being investigated for being a threat to national security."

Rogers was held for 60 days in solitary confinement at the police remand centre at Jalan Ipoh, Kuala Lumpur, and then sent to the Kamunting detention camp on December 28, 1987 under a two-year detention order. He was released after eight months.

Rogers' passion for speaking out against poverty and corruption was born out of a belief that "concern for the poor and moral order is a permanent mission of the church".

(Excerpt and photo from: <https://www.themalaysianinsight.com/s/20207/> Click on the link for the full text, including the riveting interview with Br. Anthony Rogers FSC)





## News Notes

**Holy Week Retreats.** The location of the retreats for 2018 will be: Malaysia (Malacca), Thailand (Minburi), and Philippines (Dasmariñas). The facilitators will be Br. Ricky Laguda (Thailand), Br. Gustavo Gutierrez (Malaysia), Br. Paulo Petry (Philippines). The Auxiliary Visitors are finalising the list of participants.

**Passport Reminders.** Brothers are Reminded to renew their passports or apply for one in preparation for the following events in 2018: Holy Week Retreats, Young Brothers' Assembly, and District Assembly.

**Letters for Renewal of Vows.** The deadline for application letters for those renewing vows is November 21. Please send them directly to Brother Visitor: [edmundofernandez@me.com](mailto:edmundofernandez@me.com) Don't forget to upload your updated CV to the designated dropbox.

**Erratum Leadership Calendar.** Br. Joe Klong's pastoral visits to formation houses in the Philippines will be postponed to January 2018.

## Health and Wellness

### Weight Loss Rules That Work

#### Alpha Males Use Omega-3 Fats

Each year, we learn more about the health benefits of omega-3 polyunsaturated fats, which are found in fish, nuts, seeds, and flaxseed and fish oils. (And also in the cool, orange-flavored supplement Coromega, available at [iherb.com](http://iherb.com).)

These health benefits—less risk of heart disease and diabetes, for example—are great on their own. But omega-3 fats contribute to a better physique as well.

For example, omega-3s reduce inflammation throughout your body. That not only can prevent heart attacks (inflammation in the tissues surrounding blood vessels is a major cause) but also helps your muscles recover faster from workouts. Bigger, less-inflamed muscles mean a faster metabolism, and speeding up your metabolism is crucial when you're trying to get lean.

If you don't eat fish twice a week and can't stomach fish-oil supplements, try eggs high in omega-3s, which are found in the dairy case, next to the regular eggs. You can eat four of them a day without any negative effect on your cholesterol levels.

Text: <https://www.menshealth.com/weight-loss/weight-loss-rules-that-work>

Photo: <https://goo.gl/images/3eya7h>



Fraternally,

Edmundo Fernandez FSC