



Affiliation of Mr. Dominic Yip and Mr. Lucas Lak (Singapore)

“Anyone who humbles himself will be exalted” ends the gospel for the 31st Sunday of Ordinary times. Today the day the Lasallian family in Singapore recognised two of our Lasallians as Affiliates and also remembers the Lasallians who have gone before us. It is a dual celebration held on 4th November, Saturday in St. Patrick’s school chapel. Although the Brothers working in Singapore are a small group, we worked together as a team to organise this. We felt that it was important that the Institute of the Brothers of the Christian Schools with the recommendation of the Brothers in Singapore honours Mr Dominic Yip and Mr Lucas Lak. (Continued)



Mr Yip was educated in SJI and completed his education in 1951 at St. Joseph's Institution. Since 1954 till his retirement as Principal from St Stephen's School in 1996, he has been tirelessly working for the Lasallian Mission.



Mr Lak served as Principal of St. Patrick's School from 2002 and retired in 2011. During his 10 years of service as principal, he contributed much to the improvement of the physical structure and reputation of the school.

Today both men are still offering their time and energy serving the Lasallian Mission. Mr Yip as an administrator in SJI Junior and Mr Lak as Supervisor of the Christian Brothers' Board. Both men have truly in their own unique way humbled themselves and they are exalted today as Affiliated members of the Institute. (Br. Kelvin Tan FSC; Photos: Br. Nicholas Sees FSC)

Young Brothers' Conference (Philippines)



On October 26-31, 2017, the Young Brothers assigned in the Philippines participated in the Young Brothers' Conference held at Siargao Island in Mindanao. The annual conference was held in what is known as the surfing capital of the Philippines yet for the participating Young Brothers, the experience was more than what any reputation the magnificent island previously had gotten.

This year's YBC invited amiable and inspiring speakers in the persons of Mr. Ritche Bongcaron and Br. Dante Amisola FSC. The session given by Mr. Bongcaron on Strategic Planning enabled the Filipino Young Brothers to recognise and reflect on the present contexts of their ministries and eventually facilitated the conception of a clear and hopeful vision for the respective ministries here in the Philippines. (Continued)

Br. Dante's two-part session began with an Overview on School Management involving Challenge Areas. Given the sharing and discussion, the session asks to reflect, 'As Brothers, which direction should our schools and those entrusted to our care be led to?' The session proceeded to discuss about the Lessons Learned; the Young Brothers were able to express and exchange insights about their personal experiences in the role they have in the respective schools. Being able to listen and participate during these sessions were truly inspiring and encouraging; the dare for the Filipino Young Brothers was to dream boldly and make it happen---not perfectly but to the very best we are able to for us to participate fully in God's Work.



After a day of sessions and discussions, it was a must to experience the beautiful eccentricity of Siargao Island. With activities ranging from island hopping to cave explorations to beach surfing to food tripping (most especially)---dull moments were just unheard of. This year's Young Brothers' Conference in the Philippines could be ascribed to what Siargao Island is best known for, the Cloud 9. But rather than just merely referring to the waves on this part of the Pacific, YBC x SIARGAO was indeed a Cloud 9 experience of faithfully witnessing the fraternal character of our lives as Brothers. **(Br. Nico Mariano FSC; Photos: Br. Irwin Climaco FSC)**



News Notes

Opera Star in Hakodate. Brother Joe Dougherty sang the minor role of Doctor Bartolo in Mozart's sublime Marriage of Figaro in Hakodate on 29 October. (The earlier Bartolo had become ill.) This was Joe's operatic debut. It was also his first time to perform in an alien language (Japanese).

The amateur production was the center-piece of the annual city arts' festival. Although the opera was drastically reduced by cutting recitatives and some arias, it was a very rich, acted performance with full orchestra. **(Br. Joe Dougherty FSC; Photo: Br. Fermin Martinez FSC)**

Health and Wellness

Is Muscle Soreness Really a Sign Of an Effective Workout?

You've crushed your leg session. That means your lower body is in the clear until the next time leg day rolls around, right?

Well, not exactly. For a lot of guys, the soreness you feel in your muscles after a tough workout could be even worse than the discomfort you feel powering through the actual exercises. It's called delayed-onset muscle soreness, or DOMS, and it could make everything from walking down the stairs to putting on your shirt feel unbearable, depending on the muscles you worked beforehand.

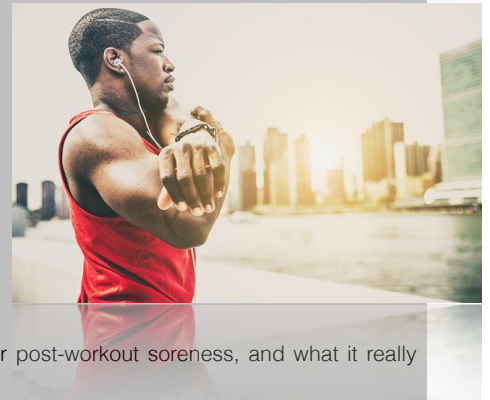
Sore, achy muscles sounds like something you'd want to avoid, but there's a lot of controversy among gym-goers whether DOMS is actually a badge of honor. In fact, many guys believe they didn't get a good enough workout in if they're not super sore the next day. So what's the deal with DOMS? We talked to a few experts to decipher what's behind your post-workout soreness, and what it really means for your gains. Here's what we found out.

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<https://www.menshealth.com/fitness/what-is-delayed-onset-muscle-soreness>



Fraternally,

Edmundo Fernandez FSC