



Camp De La Salle, Singapore

Camp De La Salle is a program being run at St Joseph's Institution International. This year, it was held last May 5 and 6. Camp De La Salle goes beyond creating a fun and enjoyable bonding experience for Grades 7 and 8. It serves to introduce them to the Lasallian Community. The Camp aims to help each participant to not only embrace their identity as a Lasallian but also to embrace the core values of faith, service and community upon which the school was built. Through a fun-filled weekend program, the students gain a better understanding of the school's history while forming bonds with senior students in the high school.

In the next few pages are testimonies from those involved in the camp (as told to **Br. Paul Mata FSC**):

Zachary Naidu, G11, Program Director

After being a facilitator for Camp De La Salle last year, I was excited to take on the new challenge as program director of the camp and it certainly gave me a far greater appreciation for the camp and what it meant to the participants and facilitators alike. This role allowed me the opportunity to oversee and observe everything that went on in the planning of the camp, to see how much work each facilitator put into the camp, their passion and love for the camp through their immense levels of effort in all the tasks presented to them. Although there were a few hiccups along the way, the facilitators and core team picked up the pace as the camp approached and put everything together fantastically. I could not be more proud of the way the camp turned out. The participants (both new and returning ones from the year before) thoroughly enjoyed themselves. The games and sessions were both fun and impactful for the participants, as they learnt about the life of our founder St John Baptist De La Salle, in an interactive and fresh way. It was extremely heartening to see the participants taking their free time to write affirmations and encouragement letters to one another, the facilitators, and the core team. From this, and the letters received by the organising team from the participants, it is clear and evident that they enjoyed the camp even more so than we expected and it made me even happier to know that many of them will be anxiously waiting for when they become Grade 10s and they are able to facilitate the camp. The growth and maturity that the facilitators have undergone still amazes me and I have no doubt that the future of Camp De La Salle is in the hands of capable, driven and passionate individuals that come together to form the DLS family.



Kyle Tan, G11, Head of Logistics

During my experience at Camp De La Salle as the Head of Logistics, I learnt more than I could have imagined. Being my first time as a core member, I really appreciated the opportunity to both lead and mentor the facilitators to set an example for all the participants within the camp. From financial work to equipment preparation, I had to challenge my ability every step of the way, but with the team I knew it would all be worth while. The community this camp formed is something that will be special and will stick with me as I pass the baton on to the next round of facilitators.

Vikram Ananda, G10,

Facilitator Camp De La Salle has been genuinely an extremely enriching experience for me. Not only have I developed organisational and leadership attributes due to being a facilitator to many Grade 7s and 8s, (which was a large challenge) but I have also made many new and extremely good friends from this camp, which I really would like to continue spending time with and hope to collaborate with in the future. I have really enjoyed the many different moments with them, and I honestly could not have asked for a better team to work with. This is definitely an environment where I discovered what I truly enjoy.

Issy Egold, G8, Participant

Camp DLS was one of the most fun and eye-opening camps I have ever attended. My favourite part was the water games on the second day, and getting to know my teammates throughout the camp. I was so happy that it was overnight and look forward to it being like this in successive years. Of course, this experience would not have been possible without the dedicated, fun-loving facilitators. I am extremely thankful to them for putting in the work in making this camp happen.



New Beginnings At Chanthaburi, Thailand



Last May 23, 2018, La Salle Chanthaburi (Mandapitak) School community celebrated the Eucharistic Mass for the opening of this new semester to ask for God's blessing to the teachers, students and missions of the school.

This year, the De La Salle Brothers of Thailand together with La Salle Chanthaburi (Mandapitak) School has endeavoured to provide scholarships to Catholic boys of good conduct. These students are known as the Saint Brother Miguel House Student scholars. There are 11 student-scholars under the supervision of Br. Benedict Chaiwat FSC.

The La Salle Chanthaburi community also welcomed two new Aspirants. Both of them will be living with the brothers and will continue their studies at the university. (**Br. Raphael Tanet Lertwaja FSC**)

Brothers in Singapore at La Salle Hall, PJ, Malaysia



With the annual retreat, being a time away from the normal routine, the Brothers in Singapore gathered at the newly renovated La Salle Hall in Petaling Jaya, Malaysia. Directed by Cenacle Sister Francisca Tan, the retreat schedule included quiet time from the morning session till the late afternoon which meant lunch in silence. The Brothers were invited and guided to “stop, look and listen” to ourselves as well as to the Lord who is speaking to us at every moment. The Brothers found the time of retreat to be restful amid the new beginnings of La Salle Hall which also reflected a time of refreshment to look anew at our lives. Brothers Gregory Lim, Paul Ho, Collin Wee, Jeffrey Chan and Nicholas Seet followed the retreat and were also joined by Bro Augustine Julian. **(Br. Nicholas Seet FSC)**

Health and Wellness

9 High Fiber Foods You Should Probably Be Eating

(Continued from last issue)



4. Broccoli, Serving size: 1 cup, Fiber: 5 grams

Broccoli is “low in calories and high in folate, which is protective against GI cancers,” says King. It also contains vitamin K, which is vital to maintaining healthy bones. Serve it up raw, or put it on top of pizza, a baked potato, soup, or salad.

5 Sweet potatoes, Serving size: 1 cup, Fiber: 4 grams

“Sweet potatoes contain potassium and vitamin A,” says Sara Korzeniewski, R.D., and blogger behind The Organic Dietician. Vitamin A offers an immune boost, and potassium helps your muscles contract. It can also sometimes help offset the harmful effects of sodium on blood pressure, according to the U.S. National Library of Medicine.

6. Apples, Serving size: 1 medium apple, Fiber: 4 grams

Four grams “may not sound like a whole lot of fiber,” says Korzeniewski. But the upside is that apples contain “a lot of additional nutrients,” she says. Like other fruits, they contain a wealth of vitamin C and antioxidants.

7. Avocado, Serving size: ½ avocado, Fiber: 5 grams

Although they’re known for their heart-healthy fats, avocados also pack a fiber punch. Not only that, but researchers at Loma Linda University recently discovered that adding half of an avocado at lunch helped study participants feel more satisfied, according to Moore. The extremely versatile and adaptable fruit can be incorporated into almost any dish, but Moore recommends trying it diced in salads, mashed as a dip for vegetables, or in thin slices to top tacos or burgers.

8 Quinoa, Serving size: 1 cup, Fiber: 5 grams

“This pseudo-grain boasts five grams of fiber per cup and works as a tasty addition to stir fry, formed into patties or burgers, or as part of a stew,” says Moore. Even better, one serving size also gives you 8 grams of protein. Not bad for a cup of seeds.

9. Lentils, Serving size: 1 cup (cooked), Fiber: 15 grams

Knock out almost half your daily fiber intake with a single cup of this high-protein pulse. “Lentils are a great source of fiber and magnesium,” says McKel Hill, M.S., R.D.N., L.D.N., and Founder of Nutrition Stripped. She recommends trying them in her fan favorite Red Lentil Daal with Coconut and Squash.

“We’re continuing to learn overall health starts in our digestive system,” says Hill. That is why it’s important to find some fiber-filled foods that work for you.

Be careful, though: it’s important not to up your fiber intake all at once, which will kick your digestive system into high gear. Instead, slowly increase your fiber intake by five grams per day and spread it out throughout the day, so you’re not spending all of your time on the toilet.

Read the entire article at: <https://www.menshealth.com/nutrition/g20088471/foods-high-in-fiber/>

Faternally,

Edmundo Fernandez FSC