



Mobile Shortcuts for Seniors of Singapore

A couple of months ago, we were approached by Toa Payoh East Community Club to discuss on a possible collaboration to continue with Project Cope 165. Project Cope 165 was a project which we collected donations, distributed mobile phones to and trained the people who needed it since Singapore was going to abolish the 2G connection.

Our first round of Mobile Shortcuts for Seniors began on 15 October. This monthly session addresses the mobile phone questions that our seniors citizens have. Each volunteer is assigned to a senior. There isn't any fixed topic but it's a chance for the senior to ask whatever questions they have. We just ended our second round recently. Due to overwhelming response, we decided to expand our class by two times to be able to accommodate our enthusiastic "students". (Continued)

It is affirming to know that at the end of each session, the seniors are happy with their learnings and they look forward to future sessions. We are thankful for the volunteers (Lasallians and non Lasallian) who come in after a long day at work or school to patiently listen and teach the seniors as much as they can.



Mobile Shortcuts for Seniors happens every third Monday of each month except for June and December. (Ed-Linddi Ong)

Young Brothers' Conference, Philippines



Last October 29-30, 20 Young Brothers from various communities in the Philippines attended the Young Brothers Conference (YBC) Gathering. The annual event aims to provide opportunities for spiritual and professional growth – usually called the ‘Education Day’, and spend time for rest and recreation. This year, the activities were based in the province of Batangas, a two-hour drive south of Manila. (Continued)

Sr. Yna Oñate RC facilitated the session on 'Experiences and Lessons in Spiritual Accompaniment'. An orientation on the Leadership Mentoring Program and DLSL's Learner Management System was also held. The Young Brothers enjoyed using the Nexus Innovation Labs in-between these sessions. Despite the weather, the Brothers has a time for rest and shared reflection at the Eagle Point Resort in Anilao.

The Young Brothers are thankful to Br. Dante and his staff at De La Salle Lipa for the warm welcome and assistance. **(Br. Aikee Esmeli FSC)**



SJII Malaysia Celebrates Its Third Batch of IBDP Scholars

St. Joseph's Institution International School Malaysia (SJIM) recently celebrated its third batch of International Baccalaureate Diploma Programme (IBDP) Scholars through a Scholarship Awards Ceremony on 19 October 2018. The event was graced by the Brother President of SJI International Singapore, Br. Lawrence Humphrey as the Guest of Honor and notable guests such as Ms. Chew Gek Hiang who is the council member of the Tan Chin Tuan and Tan Sri Tan Foundation.



A time honoured Lasallian tradition that is also observed in its brother school, SJI International Singapore, the IBDP Scholarship Programme is a cornerstone of the Lasallian International School. The scholarship programme is now in its third cycle and has been supported by many organizations, well wishers since its inception in 2016 and in particular, the Tan Chin Tuan and Tan Sri Tan Foundation who has been a significant benefactor of the initiative. (Continued)

Each of these scholars stood proud as they were called on stage to receive their Scholarship Award Certificates while being celebrated by SJIIM's Board of Governors, Principals, invited guests, teachers, parents and students. The presence of Br. Lawrence Humphrey as the Guest of Honour exemplifies SJIIM's unbridled connection with SJI Singapore.

In his speech as the Guest of Honour, Br. Lawrence Humphrey congratulated the scholarship recipients and reiterated that as Lasallian Scholars, the honour should be worn with pride, distinction, responsibility and courage. He asked the scholars to appreciate the opportunity they have been given and challenged them to pass forward the generosity they have received in the future. The importance of this was further reiterated in his speech, stating "Next year we will be observing the 300th anniversary of the passing of De La Salle, who died in 1719. In the face of the many difficult situations he encountered, De La Salle had the courage and the faith to overcome fear and what seemed to be insurmountable obstacles – all for the sake of the mission. You, too, as a Lasallian scholar, are called to touch hearts and change lives, especially for the Least, the Last, and the Lost, like De La Salle".

An all-round enriching scholarship experience, the IBDP Scholars of this programme also had the opportunity to participate in a Lasallian Leadership Training Camp in the Philippines this year which focused on Lasallian Formation, Leadership Training and Service Work. This helped to prepare the school's scholars as Senior Lasallian Student Leaders to serve the school's community and the needy public on their return from the camp.

Dr. Nicola Brown who is the High School Principal of SJIIM was also beaming with pride at the school's latest scholarship awardees. She said, "We are proud of our latest batch of IBDP scholarship students and look forward to supporting them through their studies. They are already displaying an understanding of our values and expectation and I am sure they will be positive role models for our younger students."

The SJIIM IBDP Scholarship Programme is a unique outreach initiative of St. Joseph's Institution International School Malaysia. It offers a 2-year scholarship to pursue the International Baccalaureate Diploma Programme in SJIIM. Applications are evaluated based on merit and means and all applicants are expected to be able to provide evidence of good academic performance and demonstrate active participation and leadership in service & co-curricular activities.

Applications will open again in November 2018 for SJIIM's 2019/20 IBDP intake in August 2019. Interested applicants are encouraged to learn more about the programme by contacting the Scholarship Coordinator at: scholarships@sj-i-international.edu.my (**Neoh Soon Ken**; This is an excerpt, the full press release is available at: <https://goo.gl/GRv4WS>)



News Notes

Congratulations. Br. Sockie de la Rosa FSC, from the LEAD PRV/La Salle College, Hong Kong, graduated with Distinction from the University of Hong Kong (HKU) with the degree: Master of Education, specialisation in Educational Administration and Management.

Health and Wellness

Got a Hard Stomach? It Could Indicate That Your Health Is at Risk

...a hard, protruding gut is caused by the buildup of visceral fat, a soft belly is caused by subcutaneous fat, which is located close to the skin's surface. If you have subcutaneous belly fat, your belly feels jiggly and softer to the touch (as demonstrated above). Unlike visceral fat, subcutaneous fat can also be pinched.

Like visceral fat, subcutaneous fat is largely caused by a lack of exercise and a high-fat diet filled with processed foods. Women are more likely to store fat as subcutaneous fat than visceral fat, though they start storing visceral fat when they reach menopause...

The health risks associated with belly fat are present even if you're not overweight. According to a 2015 study in the *Annals of Internal Medicine*, people with a "beer gut" who were otherwise at a healthy weight still had a higher risk of dying of heart disease than people who did not have excess belly fat.

Read the entire article at: <https://www.menshealth.com/weight-loss/a19543924/abs-diet-hard-belly-fat/>



Fraternally,

Edmundo Fernandez FSC