



## **Affiliation Ceremony of Dr. Romeo Ariniego MD**

On 10th February 2019, De La Salle Medical and Health Sciences Institute, the school and hospital he has so loyally served his entire life, organised a ceremony to formally grant the letter of affiliation from Brother Superior to Dr. Romeo Arineigo MD, fondly known as RA.

During the Mass, Br. Jose Mari Jimenez, Auxiliary Visitor, and Br. Ray Suplido, Chairman of the Board formally handed the letter to Dr. RA. Brothers; Br. JJ also gave a shared reflection during the Mass (excerpts of which are published below). A handful of Brothers were present together with relatives, former students, and colleagues. Because of difficulties in speaking due to a stroke, Dr. RA's acceptance was read on his behalf by Dr. Dina Gonzales MD, his former students and colleague. In his response, Dr. RA thanked the Brothers and expressed, with typical good humour, that he now prefers to be called "BroMEO". (Continued)

## Excerpts from Br. Jose Mari Jimenez' Shared Reflection During the Affiliation Rites for Dr. Romeo Ariniego AFSC



*In a special way today, we honor Dr. Romeo Ariniego with an Affiliation to the Institute of the Brothers of the Christian Schools. This honor is given to Dr. RA because we recognize in his life a deep sharing – a strong partnership - in what the De La Salle Brothers are passionate about. Dr. Ariniego, we thank you for caring deeply firstly for the brothers. The attention and care you show when we need to visit the Medical Center heals just as much as the medication you prescribe. We know that in your own quiet way, you share our passion for educating young people, especially those who are poor. Thank you for the many scholars whom you have quietly supported and encouraged. We thank you most of all for building up this institution dedicated to the well-being of people. In your person, God's kindness is made more real. And so for all these, we are happy to recognize you as being one of us. Today, you are not only our doctor, but also our brother. (Continued)*

*We invite you live in spirit our vow of poverty when you show a special sensitivity to the needs of the poor. We invite you to live in spirit our vow of chastity when you choose to make love the foundation of your actions and decisions towards others. We invite you to live in spirit our vow of obedience. Please obey your doctors and follow their good counsel. Let them take care of you in the same professional and caring way that you have taken care of them.*

*This is what our brotherhood is about. There will be times when you will be asked to give love or forgiveness. When you are strong, it is so that you can show understanding and mercy to others. But there will also be times when because of human frailty, it is you who will need to receive love or forgiveness or mercy and understanding from others. IN the way we will relate with each one, let us hope that others will find God among us. When people want to find God, I hope they can look at us and the way we live together and relate with each other. And seeing how we give and receive from each other, may others come to believe that Jesus is alive and that above all, God is love and mercy.*

*Congratulations and welcome to our family, Br. Dr. Romeo Ariniego AFSC. Live Jesus in our Hearts!*



## International Economic Council



A group photo of the International Economic Council at the Casa Generalizia in Rome, during their meeting from January 30 to February 1, 2019. From left to right are: Br. Ambrose Payne FSC, former Bursar General (Australia); Msr Bernard Hure (France); Br. Gus Boquer FSC (Philippines); Br. Michael Quirk FSC, President & CEO, Christian Brothers Services (USA); Br. Joe Saurbier FSC, (Midwest USA); and Br. Martin Rocha FSC, new Bursar General (Mexico).

## Princess Ubol Ratana Visits La Salle Chotiravi Nakhonsawan School, Thailand



After a long preparation, La Salle Nakhonsawan was ready to welcome Princess Ubol Ratana, who is well known as the woman behind the popular, “To Be Number One’ foundation to combat drugs use among the young Thai people.

The night before, strong wind blew and heavy rains poured over Nakhon sawan. These brought uncertainties and suspense as what the next day’s weather would be.

The Lord God lifted our spirits since in the early morning of the 12th of February, the rain stopped and with determination and positive thoughts teachers and students came early to restore the havoc brought by the weather the night before. (Continued)

Tight security measures were imposed for the smooth and peaceful visit and concert of the Princess. Local officials, private companies, public schools, military officers, police officers as well as other private schools came to witness this rare event. Supporters and friends came to help and others donated food and drinks for free for all who were present for lunch and dinner.

Preconcert activities with local singers were enjoyed by the students, teachers, school staff and visitors from different sectors. The concert ended at 10 p.m. and everybody was tired but felt happy, glad and accomplished for this great undertakings. So for all the preparation, we have to thank the school director Bro. Eugene Prapas Srichareon, FSC for leading us from the beginning to the end of the visit preparation. **(Br. John Niran Suksankrasin FSC; Photos: Br. Pichit Wecharak FSC)**

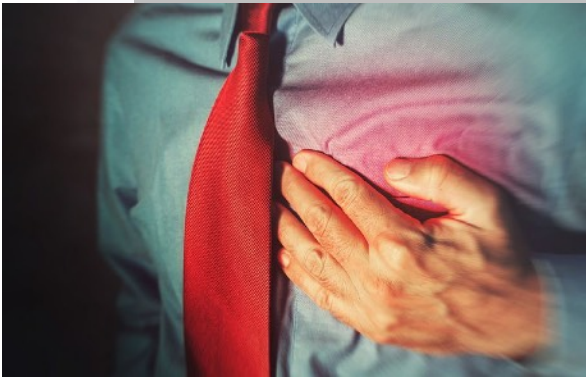


## Happy Birthday!

Brother Anthony Rogers FSC	March 05, 1949
Brother Jun Erguiza FSC	March 06, 1951
Brother Andre Labelle FSC	March 19, 1930
Brother Rodrigo Treviño FSC	March 09, 1953
Brother Leonard Lewis FSC	March 10, 1938
Brother Alain Nzuzi FSC	March 10, 1978
Brother Jason Blaikie FSC	March 13, 1974
Brother Irwin Climaco FSC	March 14, 1992
Brother Harry Reynolds FSC	March 16, 1924
Brother Eugene Prapas Sricharoen FSC	March 20, 1958
Brother Mark Salvan FSC	March 22, 1989
Brother Joseph Klong Chaiphuak FSC	March 25, 1964
Brother Alex Diaz FSC	March 31, 1984

## Health and Wellness

### 7 Warning Signs That You May Be at Risk of a Heart Attack



#### **You're physically exhausted**

Feeling extra tired can signal weakness of the left ventricle of your heart, the main muscle responsible for pumping blood from the heart to the rest of the body, says Segal. If it stops working, the heart isn't able to pump properly, which can result in a heart attack.

#### **Your leg or hip cramps up when you walk**

A cramping or burning sensation in your calves that slowly moves up to your thighs and hips could be bad news. It's a common sign of peripheral artery disease—a narrowing of the arteries that limits blood flow to your limbs, stomach, and head.

#### **You have a serious snoring problem**

Snoring like a buzz saw, waking up gasping for air, or feeling tired despite going to bed at a reasonable time could all be signs that you have sleep apnea, a sleep disorder marked by pauses in breathing. And if left untreated, it could increase your chance for a heart attack.

For the full list read: <https://www.menshealth.com/health/a19547054/signs-heart-attack-in-future/>

Fraternally,

Edmundo Fernandez FSC