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“I am, You are, We are Lasallian”: Founder’s Day Celebration in Singapore. Another collaboration between two Sectors of LEAD happened last April 3 - 9, 2013. 3 Young Brothers from the Philippines went to Singapore to attend the Founder’s Day Celebrations of the different La Salle schools there. Brs. Iñigo, Gelo and I went to 5 La Salle schools, namely St. Stephen’s School, St. Anthony’s School, St. Joseph’s Institution – Independent, De La Salle School, and St. Patrick’s School to sow the seeds of vocation by our presence in their Founder’s Day activities. We attended general assemblies wherein a prayer service or mass is conducted, followed by a presentation about the life of St. John Baptist de la Salle, and ended with a Lasallian song or school rally. In St. Anthony School, we were fortunate to have a short class interaction with Primary 1 students. We also attended the awarding ceremonies of the SJI and St. Pat’s.

On the night of April 5, we went and interacted with some young Lasallian alumni in their overnight formation camp called Re-LYNK (Lasallian Youth Network) in SJI International. We enjoyed the cookout and energizer activities provided by the organizers. Br. Arian Lopez FSC gave an input to the participants on what it means to be One La Salle. We ended the session by forming a small human Lasallian star using candles in the dark.

We didn’t spend the whole time busying ourselves in La Salle schools. The afternoons were pretty much free for us, so we took the opportunity to visit the tourist spots and go on food trips. Orchard Road, Bugis Junction, Universal Studios, Marina Bay Sands, Gardens by the Bay, Lau Pa Sat and Asian Civilizations Museum are just some of the places we visited.



We'd like to thank the Brothers of the Singapore Sector and the different principals and school staff for their hospitality and generosity in organizing this entertaining and learning experience. We hope that our presence, even for a short while, would somehow help in the growth of the Brothers' vocation in Singapore. We pray that the students would look into the Brothers' life and mission as an option for theirs. *(Br. Michael Cua)*

Spring in Japan: Beginning a New School Year.

Throughout the world, the transition from winter to spring is celebrated annually in rituals ranging from Easter parades in the West to cherry-blossom viewing in parts of the East. For almost 2000 years now the traditional Japanese rite has been to celebrate the brief appearance of their favorite flower, the "sakura".

Along with the plum, pine, and bamboo, the cherry blossom has been completely assimilated into the life of the Japanese people, from art to literature to "Hanami" (Hana means flower and "mi" came from de verb "miru" which means "to watch"). Hanami is the name given to cherry blossom viewing parties that begin in southern Kyushu (where the La Salle Kagoshima is) and continue northward through the archipelago as warm weather ushers in spring. For example here in Kagoshima during March we can reach temperatures about 20-23 while in the north part of Japan, where another of our schools is found, Hakodate La Salle, they have barely 1 or 2 degrees as maximum (including snowing until latest April). The pale, perfectly formed cherry blossoms last only a week or so. For the Japanese they are synonymous with the transitory nature of life itself and the brief duration of youthful beauty.

In Japan, as in other countries, the spring flower viewing has always included an important symbolic note: the annual rebirth of nature's growing season. For Christian countries, at least, the key spring ritual, Easter, has religious roots. But the idea could be the same, Rebirth and the Resurrection for us who believe in it.





During those days, the New School Year just began, and within lots of hopes and emotions, which enrich our faith and nourished our ministry to give our students the Good News, messages of hope for their futures, as De La Salle said, “If you want the instructions you give to those whom you have to instruct to be effective in drawing them to the practice of good, you must practice these truths. You must be full of zeal, so that your students may be able to receive a share in the grace that is in you for doing good and your zeal may draw down on you the Spirit of God to inspire your students in the same way” (MR. 194.3.2). Moreover, with the beginning of the School Year, a new Building Construction has taken place last month. This building will be the New Dormitory to our 600 boarder students whose came from many parts of the country from north to south.

During that Building Ceremony, Our Bro. Visitor Edmundo Fernandez and Our Sector Leader Rodrigo Trevino, were present, and they had the opportunity to appreciate the Short but very Traditional Japanese Ceremony (many symbols and small rituals included) in combination with the traditional ritual of Catholic Blessing Ceremony, lead by our Priest and our Bro. Director of the School, Jose Del Coss.

Spring had began, and with it, we have new opportunities to renew our mind, heart and spirit, to face life with faith and hope. It is a time to believe, time to rebirth. Our Church is just starting new era, New Pope and new projects and for sure in our schools could be the same, time for renovation and innovation. My hope is that God continue to bless the entire LEAD members to be real actors of change wherever we are and whatever we are doing in our different ministries. Peace for all of you, from the Sector of Japan. *(Br. Domingo Edgar Villamil Lopez, Kagoshima La Salle, Japan)*



DLSHSI Bridges Research Gap in Use of Herbal Medicines. “Her attention caught by DLSHSI’s exhibit on its research on herbal remedies, a foreign IALU Encuentro X delegate casually asked VC for Research Dr. Mel Frias if they have something for her Impetigo. To her surprise, he said yes, and introduced to her an organically-formulated Virgin Coconut Oil which research has found to an effective remedy against this contagious infection of the skin which cause blisters that form yellow-brown scabs. She left DLSHSI and the Philippines with a bottle of the VCO. About two months later, Dr. Frias received an email from her thanking him for the lotion which has brought her great relief from her Impetigo.



“The VCO lotion is only one of the herbal-based remedies that the De La Salle Health Sciences Institute’s – Angelo King Medical Research Center (DLSHSI-AKMRC) in Dasmariñas Cavite has contributed to medical care through its researches that center on our indigenous natural resources as possible health remedies.

“For example, researchers in the Dasmariñas, Cavite-based Lasallian

community have already proven that indeed, extracts of a specific part of two local plants have possible effects in raising platelet count, which is key in dengue patients. They are now initiating Phase II clinical trials on the formulation to determine its toxicity levels. Research for medicines against dengue is complemented by another research on black pepper to target dengue-carrying mosquitoes. Another plant is also now the subject of another study, this time for its possible use against cancer.

“Also, in two collaborative studies with researchers from DLSU-Manila, DLSHSI researchers, have proven the effectiveness of our local Malunggay seeds and Yacon leaves as remedies against common skin bacterial infections. There are also on-going researches on at least 10 plants for their possible uses as anti-TB remedies.

“In addition to the VCO lotion, the Research Center has also developed other herbal-based topical remedies: Akapulco lotion for scabies, Neem lotion, an effective insect repellent; and Atis leaves for the treatment of head lice. DLSHSI’s focus on discovering and developing herb or plant-based remedies is motivated by its mission to find ways to make quality medical care more accessible to poor Filipinos by delving into our rich resource of locally-available plants.

“These efforts are critical for the health industry, especially in the midst of the prevalence of herbal supplements being sold in our country today, which claim “medical benefits.” This thriving multi-million peso industry indicates a strong need and belief among Filipinos for herbal-based health remedies. However, experts contend there are issues of toxicity and actual efficacy that must be addressed before they can be used as treatments. This is the research gap that DLSHSI-AKMRC aims to bridge. A tall order, but this group of researchers is ready for the challenge.” (<http://www.dlshsi.edu.ph>)

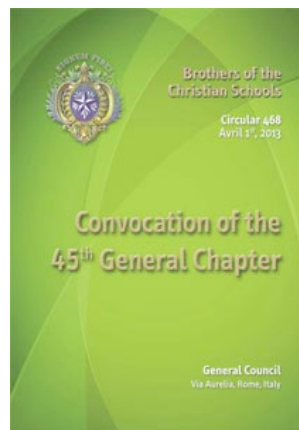
Scholastics on 30 - Day Retreat. Let us include in our prayers the intentions of our Scholastics who are currently on a 30 - Day Ignatian Retreat at the Jesuit Retreat House, Cebu City, Philippines. Brothers Butch Alcludia, Dan Sanding, Joseph Daluz, Toby De La Cruz and Timothy started their retreat last 8 April. Prior to the retreat, the House of Studies community spent a summer getaway at Punta Fuego in Batangas.



New Secretary for Formation in the English - Speaking Parts of the Institute.

Brother Joseph Fernando will be finishing his term as Secretary for Formation. Our new Secretary is another Brother from India, Brother Joseph Thangaiah Felix. Brother Joseph Felix is just finishing up as a Principal of a school in the Delegation of India. Previously, he has been Director of Novices and Director of Postulants. He was also the Vocation Promoter, having been instrumental in bringing some of the Young Brothers in the Delegation. Brother Felix, as he likes to be called, will arrive here sometime in May to take over from Brother Joseph Fernando. He is waiting to receive the visa to live in Italy. We welcome Brother Joseph Felix. (*Br. Thomas Johnson*)

Convocation of the 45th General Chapter. Circular 468 on the “Convocation of the 45th General Chapter” was recently released by the Generalate. The Circular outlines the objectives, stages, processes and members of the said Chapter. It also includes the timetable of dates leading to the General Chapter. In their concluding message, Br. Alvaro and his Council writes: “The one year that remains until the Chapter should be for us a time of grace, conversion, and renewal. For that reason, Circular 466, *They Will Call Themselves Brothers*, can be for us a very useful tool both on the personal and community levels. This year should also be one of much prayer, insistent and ardent prayer so that the Holy Spirit will enlighten, walk with us and strengthen us: *Come, Holy Spirit, and renew the face of the earth.*” You may download a copy from this Institute website link: http://www.lasalle.org/wp-content/uploads/2011/07/Circ468_eng_web.pdf



INSTITUTE SNIPPETS

PACIFIC ASIA REGIONAL CONFERENCE



Visit India. Recently I visited the Delegation of India, primarily for the Delegation Council. I was delighted to spend a morning with the seven Brothers preparing for Perpetual Vows. They are following an excellent programme developed by Bro Christopher, President. Bro Brickston will make his Perpetual Vows on 1 June with the others in December. As April 7 occurred during this time a group of young Brothers prepared a very impressive outdoor prayer service before the Blessed Sacrament to honour the Founder. It concluded with a communal recitation of the formula of the Heroic Vow and then a social. (PARCVIEW: 12/04/13)

Hearts on Fire. Bro John Pill sent out “Hearts on Fire” which serves to inform on vocations’ ministry in the Region. He will send out copy whenever news comes to hand rather than the previous arrangement of four per year. Do send news of vocations initiatives etc to Bro John. It is a source of encouragement to all to hear good news on the vocations’ front. (PARCVIEW: 12/04/13)

Circular 466: “They will call themselves BROTHERS”. Feedback on this Institute Circular is very positive. I had very good dialogue with the Brothers in Hong Kong during their retreat on the Circular and also with the Brothers preparing for Perpetual Vows in India. The questions at the end of each Chapter facilitate individual reflection and fraternal sharing. The PARC office staff is available to facilitate programmes or retreats based on the Circular. I recommend that the Circular be translated into local languages. (PARCVIEW: 12/04/13)

News Flash. The Governor General of Australia, Her Excellency Ms Quentin Bryce AC CVO, will visit Lasalle Technical Secondary School at Hohola in Papua New Guinea on Monday, April 22nd 2013. (Now You Know | ANZPPNG: 08/04/13)



Now you know...
District News

Fraternally,

Br. Edmundo L. Fernandez FSC
Singapore

50 Simple Health Tips
<http://www.wholeliving.com/136136/50-simple-health-tips>