



The 3rd LEAD Chapter

The 3rd Chapter for the Lasallian East Asia District was held at the Mahatai Hotel and Convention Center (Redemptorist Center) in Pattaya, Thailand from 28th April to 30th April, 2019. The Chapter President, by right, was Brother Visitor, Edmundo Fernandez. The Chapter Coordinator who handled the program and flow was Br. Ricky Laguda. In attendance were 37 chapter delegates, 10 of whom were members by right (Auxiliary Visitors and Council members). The main work of the chapter was deciding on the revision of the District Statutes, endorsement of the acts of the District Mission assembly, and providing strategic directions (i.e. Chapter resolutions). At the end of the Chapter, a solemn turnover ceremony was held for the incoming Visitor, Br. Armin. It was at this point that Br. Armin announced the new members of the District Council.

Thank you to Br. Ricky and the Steering Committee for the efficient work and the Brothers of Thailand for the wonderful hospitality! (I've outlined the strategic directions below):

ASSOCIATION FOR MISSION

Lasallian Leaders, Formators, and all Lasallians

Deepen the commitment of Lasallian leaders, formators, and all Lasallians by developing a vision and plan for their formation after assessing existing formation programs being offered at different levels (Institute, Region, District, Sector, Institutions).



Mission Council(s)

Establish the District Mission Council as mandated by the District Statutes 2.6 and ensure that all sectors have a functional mission council in order to address their specific needs.

Quality of Education and Lasallian Identity

Initiate a District-wide conversation on the current state and quality of education in our Lasallian institutions, both formal and non formal, and propose steps to address new challenges in education (21st century education, global trends in education, etc.)

THE LIFE OF BROTHERS TODAY

Missionary District: Brothers without Borders

Design a structured preparation and formation plan for Brothers being sent outside their own sectors, as well as, for receiving sectors to be favorably disposed to accept the Brothers.

Culture of Vocations

Formulate a District-wide Vocation Promotion and Formation plan.

Community Animation

Assess the quality of community life in order to sustain and promote quality community living.

Care for Senior Brothers

Reiterate the 2.3 resolution of the 2nd LEAD Chapter



LEADERSHIP AND ANIMATION



Organization Design

Review and define the roles of Auxiliary Visitors and Sector Leaders after a period of planning by the District Leadership team.

Financial Transparency and Accountability

Ensure transparency and accountability of Lasallian ministries and communities at all levels with regard to sources and uses of funds.

2nd Mission Assembly Report

The 3rd LEAD Chapter endorses the document “Acts of the 2nd LEAD Mission Assembly” to the Executive Team as part of their planning.

Happy Birthday!

Brother Ray Suplido FSC	May 13, 1947
Brother Ignaci Heri Satrya Wangsa FSC	May 16, 1968
Brother Ranier Guillergan FSC	May 16, 1988
Brother Victor Gil Munoz FSC	May 17, 1943
Brother Bernie Oca FSC	May 17, 1954
Brother Philip Bancha Pichitpraipana FSC	May 20, 1987
Brother Fermin Martínez FSC	May 26, 1949
Brother Lucian Ng FSC	May 29, 1940
Brother Kelvin Tan FSC	May 04, 1975
Brother Mawel Pajarillo FSC	May 05, 1960

Health and Wellness

The High-Protein Food You're Probably Overlooking

First, yogurt started crowding out everything else on the dairy shelf. Then Greek yogurt muscled its way in. But one underdog dairy case food, which kept hanging on by its fingernails, is starting to fight its way back.

Some brands of cottage cheese, including Good Culture and Muuna, are starting to make it cool, launching snack-size containers with contemporary labels and mix-ins like acai and chia seeds, and hoping you'll forget about its unfortunate melba toast, bland weight-loss diet phase. Even Breakstone's is in on the act, with flavors like mango habanero.

Cottage cheese skeptics, stay with us, here. There's more beyond the packaging and flavors to like about the stuff:

Cottage cheese contains more protein than two eggs.

And that's just the protein in a personal-size cup of the stuff (5.3 oz)—in that size, those wannabe trendy cottage cheeses are weighing in at 16 to 19 grams of protein; eggs have about 6 g each. And your yogurt? Totally depends on which one you choose. Your Greek yogurt might have 15 g; the standard yogurt can have as little as 3 or 6 grams of protein. (Read the entire article: <https://www.menshealth.com/nutrition/a27335542/cottage-cheese-healthy/>)



Faternally,

Edmundo Fernandez FSC