Dear Salesian Sisters and Brothers,

Tonight the provincial council and I met for our monthly (August) meetings. We began with evening prayer, a reflection and a climate check as to what has been happening in our lives since we last met in July. Then, after a few housekeeping details that covered the next few days, we went out to dinner.

For the next three days, we will be meeting all day (two days for provincial council meetings and one day with all of our directors and pastors). Although, these days are tiring and long, they are necessary for communication and the running of the province. Please keep us in your prayers.

Tomorrow we welcome our two new novices, Tom Janus and Dan Glass. We welcome them to our province for their year of novitiate. The Novitiate program is a joint program with the New Rochelle Province. In fact, Tom and Dan are both from the Eastern Province. We have committed to work together in different phases of formation such as the novitiate and post-novitiate. Fr. John Puntino, from the New Rochelle Province, has been asked to join the formation team at the Novitiate. We thank him for his presence with us. We ask God’s blessings on Tom and Dan as they begin this new journey toward their profession as Salesians with vows. We pray this year will truly be a year of growth and abundant blessings.

On Tuesday, the feast of the Assumption, two of our novices from our Western Province will profess their first vows. Quang Damien Ho and Quang Nguyen will both make their first vows on Tuesday, August 15th, at St. Dominic Savio Parish. All are invited to join us celebrate this beautiful occasion. The Mass will be at 5pm, followed by a simple reception in the Church hall. This is a blessing for our province and a sign of great hope.

Tonight, at De Sales Hall, Fr. John Roche and his team began the formation year for the candidacy program. We have five candidates beginning this year. There is great

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AUGUST BIRTHDAYS

Fr. John Lam.........................1
Br. Ernie Martinez...............3
Br. Gustavo Ramirez............5
Fr. Paul Tran.........................5
No. Quang D. Ho..................6
Fr. Joseph Paradayil.............8
Fr. James Nieblas...............8
Fr. Andrew Ng......................9
Fr. Tuan Nguyen.................10
Fr. Jerry Wertz....................16
Fr. Adrien Mendoza............17
Fr. Ramon Zarate...............18
Fr. John Roche....................25

PLEASE PRAY FOR OUR SICK

Fr. Lucian Lomello, SDB
Br. Jerry Weirich, SDB
Br. Tony Matse, SDB
Fr. Armand Oliveri, SDB
Fr. Mario Rosso, SDB
Fr. Avelino Lorenzo, SDB
Fr. Jack Gibson, SDB

REST IN PEACE

Mr. Peter Tuat Nguyen father of Frs. Chinh, SDB & Chuyen, SDB
August 6, 2017

Fr. John O’Brien, SDB
July 6, 2017
enthusiasm on the part of the team and we are hoping to continue to increase the number as time goes on. Again, we are grateful to God for his blessings and pray that we may always be grateful for the blessings bestowed upon us and faithful to following Jesus. Please keep Fr. John and his team in your prayers as they give their all to attracting new vocations and accompanying them in a well organized program. I am very hopeful that we will see great growth in our vocation and formation programs. Let us continue to pray for vocations and attract more young men to our Salesian consecrated lifestyle by our example, our community witness and our invitations to the young to follow Christ as a Salesian brother, sister or priest.

We thank Fr. John Itzaina for his ten years of service as Pastor at Sts. Peter and Paul’s Church in San Francisco. On Thursday, August 10th, the Parish community of North Beach, gathered at the Basque Cultural Center in South San Francisco to bid farewell and thank Fr. John for his dedicated service as a pastor and shepherd. I learned that the name Itzaina, in Basque, means “Shepherd.” The cultural center where we gathered, was packed with 200 or more people. It was obvious that Fr. John is well loved and respected. We thank Frank Lavin and Gibbons Cooney and their team for organizing such a beautiful and moving reception. We continue to pray for Fr. John as he begins his one year Sabbatical. And, we thank the parishioners of Sts. Peter and Paul’s for their generosity and support of Fr. John and the Salesians.

Schools are beginning these days. We wish all the staffs of our schools and the young people who attend, a very successful and memorable year. We are called, like Don Bosco, to be signs and bearers of God’s love to the young, especially, those who are poor and most in need. Let us pray that in all we do, we may stay focused on our “why.” Why do we do what we do and what motivates all that we do? Let us ask God to make us visible signs of His love to the young.

With warm regards and gratitude,

Fr. Ted Montemayor, SDB
AUGUST
SALESIAN MISSIONARY INTENTION
IN THE LIGHT OF THE HOLY FATHER’S PRAYER INTENTION

For the Salesians in Oceania
That they may share with the young the beauty of their vocation.

May the Salesians in Oceania know how to express and share their faith through art, music, theatre and storytelling with an oratorian spirit. We find a very varied mosaic of cultures in each of the countries in Oceania where the sons of Don Bosco are present. Young people in each of these contexts must grow in their ability to know, love and develop all that is good and beautiful which is in the bosom of their communities.

Province Calendar

August, 2017

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>4</td>
<td>FR</td>
<td>Renewal of Professions, San Juan Bautista Retreat</td>
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<tr>
<td>13-16</td>
<td>SU-</td>
<td>Provincial Council Meeting, St. John Bosco HS, Bellflower</td>
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<td>14</td>
<td>MO</td>
<td>Induction of new novices, SJB Chapel, Bellflower, 5 pm.</td>
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<td>15</td>
<td>TU</td>
<td>Directors/Pastors Meeting, Bellflower, 9:00 am - 4:00 pm.</td>
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<tr>
<td>15</td>
<td>TU</td>
<td>Assumption Mass and First Professions, St. Dominic Savio, 5:00 pm.</td>
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<tr>
<td>25</td>
<td>FR</td>
<td>Blessed Maria Troncatti</td>
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<tr>
<td>26</td>
<td>SA</td>
<td>Blessed Zeffrino Namuncura</td>
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The Salesians of Don Bosco of the Province of Saint Andrew invite you to share in the Solemnity of the Assumption of the Blessed Virgin Mary and to witness the First Religious Profession of QUANG DAMIEN HO QUANG VINH NGUYEN on Tuesday, the fifteenth day of August in the year of our Lord two thousand seventeen at five o’clock in the evening at Saint Dominic Savio Church 13400 Bellflower Blvd, Bellflower, California

RECEPTION TO FOLLOW
Congratulations FMA Sisters of the western province

On August 4th, three sisters renew their vows. (Sr. Sydney Moss, Sr. Lindsay Durham, Sr. Theresa Khong).

August 5th, we have two newly profess sisters: Sr. Ailed Melissa Benitez and Sr. Quynh Thi Thuy Pham.

August 6th, we have the transitions of provincial. We welcome Sr. Rosann Ruiz as our newly provincial.
On Thursday, August 10th at the Basque Cultural Center in South San Francisco, over two hundred parishioners attended a banquet dinner to thank and to say good bye to their beloved pastor of ten years, Fr. John Itzaina, SDB. A bus provided transportation for thirty of so parishioners to serve as their “designated driver” for the event, among whom was our good pastor. Fr. Ted, our thoughtful and kind Provincial, was able to attend despite having just concelebrated the funeral Mass of Peter Nguyen, the father of Frs. Tuat and Chinh, in Stockton earlier that day. Many old friends enjoyed time reminiscing over the last ten years of Fr. John’s pastoral assignment and the many activities over which he supported and shepherded. These included the Salesian Sisters’ 100th Centenary of their arrival in the United States, the visit of Don Bosco’s relics to the United States, and to Sts. Peter and Paul Church, the seismic strengthening of our Church’s spiral towers, a multi-million dollar project, and the renovation of our Boys’ and Girls’ Club, an $11 million dollar project. Also, sadly, gracefully, and, ultimately joyously, Fr. John accompanied four confreres on their the journey home to the Father: Fr. Michael Ribotta, SDB, Fr. Salvatore Giacomini, SDB, Fr. Paul Maniscalco, SDB, and Fr. Austin Conterno, SDB, with tender and attentive care in their final months and days. He continued his on going caregiving support of Fr. Armand Oliveri, SDB, and Fr. Mario Rosso, SDB. These facts were noted with distinction and admiration during the evening.

Over twenty tributes were made during the course of the evening and over the courses of soup, salad, prime rib and ice cream. Fr. Ted spoke and asked forgiveness for having to move our pastor. Memories, gratitude, fun and funny stories were shared by many, including the principal of the school, Lisa Harris, the animator of the FMA community at Sts. Peter and Paul, Sr. Suzanne Miller, FMA, Fr. John’s one time high school teacher in Richmond some fifty five years ago, Fr. Al Mengon, SDB, Russ Gumina, the former executive director and current development director of the Club, Anna Lee, the leader of the Chinese Apostolate at Sts. Peter and Paul Church started by Fr. Joseph Cheng forty-five years ago, Art Costamagna, Club board member, former student of the school sixty years ago and friend of Fr. John, Gibbons Cooney, Fr. John’s “right hand man” for ten years at the Church office, newly ordained Reverend Deacon,
Edward Te, who thanked Fr. John for the vocational encouragement as his pastor, Barbara Simmons, head of the Laura Vicuna Pre-K program at the church and school, and many others. A hearty tribute was read from the West Coast Walk for Life contingency that attended, thanking him for continuing to find overnight housing for the two hundred and fifty young people who sleep at the Club, auditorium, parish center and wherever else they can find a place to rest before the annual event, which was started at Sts. Peter and Paul under the guidance and leadership of their previous pastor, Fr. John Malloy, SDB.

While it is sad to see him leave, we are left with much gratitude and with much work to continue Fr. John’s legacy, and his goal of building, implementing, and growing a single unified pastoral goal for the school, club and parish as one unified church community, which he said in his closing remarks and final Good Night had been his overriding goal during his time as pastor. And, he noted, poignantly, how it had been carried out as evidenced by the participation at his dinner of all the major parts of the parish community. Taking no credit, rather he gave credit to the leaders of the school, club, and various parish organizations. We, of course, knew better. His steady hand had been guiding us all of this time. We wish you well, dear pastor, in your sabbatical year of resting, recharging, reinvigorating, and, of course, “re-golfing.”
May 24th was one of the most spectacular feasts of our blessed mother Mary ever celebrated at the parish. Fr. Beto Chavez led the parish organizations and clubs in an all-out celebration that showed the great devotion our parish has for our lady. Pictured above are the myriads of fresh flowers that surrounded the statue of Mary. Fr. Joe Farias was main celebrant with Fr. Jesse Montes concelebrating. Fr. Beto was Master of Ceremonies. The afterparty was equally impressive
Mary, Help of Christians Feast (con't)

The cathartic moment was the unfurling of Mary, Help of Christian's veil that hovered over the congregation much to their delight. There was a moving moment when the teens from the confirmation programs gathered around the statue and offered their youthful prayers. The mass was beautifully complemented by Ramon and Ana Anguiano's choir. There was a gathering after mass in the church hall. The entertainment began with an excellent band made up of brothers, sisters, and their father. Banda music is bombastic-- it moved the spirit.
Generations of families have passed through the portals of our church. It has always been a blessing to see the loving care with which families in our community care for the aged and the ill. The basis for this loving care is the faith they have in Christ the Healer and in Mary our Help.

Each Wednesday of every week, after the morning mass, the priests join the parishioners for a community-building breakfast. The different congregations of sisters also join our family for breakfast. What started off with about ten members has grown to forty plus. We began with coffee and sweet bread. It has developed into a gourmet's delight with tamales, menudo, tortillas, and other delicious foods—all of which are donated.
On the feast of Joachim and Anna, the grandparents of Jesus, a handful come from different parts of the city to participate in celebrating their gift of life as grandparents. Most are widows. You can see the love they hold in their hearts as they share stories of their beloved. They lauded Fr. Joe Farias for supporting their little group since the 1980's.

Wednesday is becoming a rather busy day. Fr. Jesse saw the need for more summer night activities for the neighborhood kids. With the help of the new youth group, Eastbound Salesians, Fr. Jesse began showing movies each Wednesday night. Free popcorn, candy, and juice proved a good draw.

About two months ago, a group of young adults from previous youth groups here at St. Mary's started congregating on hot weekday evenings to play basketball or volleyball. Fr. Jesse was impressed with the group that started with a few and began to flourish. The leaders of this group made the initial contact with Fr. Jesse. This resulted in the hiring of two young adults who orchestrated a plan to evangelize the hundreds of youngsters and teens that live within the boundaries of our parish and beyond. Ours is a Salesian parish. However, with only a handful of youth, it did not seem like one. HOPE. Now the hard work begins.
The new youth group will begin work to cooperate with the Salesian Family Center. Hopefully, there will be opportunities to offer the community a safe place to enjoy life without the typical dangers that hound our youth today. The planning stage has begun. The group hopes to be in full swing by this September.
On July 21, during the middle of summer school, as our freshmen approached the school’s back gate on their way to their first morning class, they spied something unusual: they saw two rows of white t-shirt clad upperclassmen. They could see that they had to pass through the 50 older students to get onto the campus. Each of the older students had “Big Brother” printed on the back of his t-shirt. If this were some kind of initiation, the freshmen realized that they could not run away because their arms were full of textbooks, sleeping bags, pillows, boogie boards, and other items. As each freshman reached the gate, their fear lessened as a Big Brother walked toward each one and offered to help carry some of the freshman’s items. Their fears disappeared when they began walking between the two rows of the now loudly applauding upperclassmen.

This was the start of the traditional Bosco Tech welcoming experience and two-day retreat put on by the Youth Ministry Core Team and Big Brothers under the direction of Mr. Rudy Herrera (Mr. H), with the aid of many parent volunteers. This retreat was the end result of two months of preparation, culminating in a Thursday overnight retreat in which the leaders sought God’s help in putting on a positive experience for the freshmen over the next two days.

The retreat itself began with a shared lunch with their Big Brothers. After classes, they were welcomed in the chapel by Mr. H. Afterwards, they began bonding with each other and the Big Brothers through a series of icebreakers. The most popular ice breaker on that warm day was the last. It started off as a water toss with a partner, but ended in a giant free-for-all battle using 1,400 water balloons, igloos, and anything else that could hold water. No one was too wet or tired to eat dinner, which was followed by an hour-long scavenger hunt. As it became dark, a reconciliation service began and the opportunity to make an individual confession presented itself. The day ended with the traditional Salesian Good Night as practiced by St. John Bosco. After that, some actually did get a few hours of sleep.

Early Saturday morning, the retreat and the bonding with each other and with God continued in a different environment at Huntington State Beach. After a safety talk by a lifeguard, everyone was in the cool water, which was certainly warmed by their enthusiasm. In addition to enjoying the water, other popular activities were building sand castles, playing volleyball and soccer, burying classmates, and tossing Frisbees. Lunch and dinner, cooked by some of their hard-working parents, were also extremely popular.

The retreat ended back at Bosco with the traditional Salesian Good Night, but this time they were joined by their parents. The boys ended this great start to their four years by serenading their pleasantly surprised parents with the “Don Bosco” song.
We continue to accompany with affectionate prayer the conferees of the next Missionary Expedition, the 148th. At Valdocco, everything is being prepared to welcome them and to send them forth.

A very interesting fact about this Expedition is that two Provinces, one in Europe and one in Africa, do two things at the same time - offer and receive ad gentes missionaries. The Spanish Province of Mary Help of Christians SMX sends a priest from Catalonia, and the same Province receives two non-Europeans who are in their regency. In Africa, a new Visitoria is born: Africa Congo-Congo ACC (Kinshasa-Brazzaville). This new Visitoria is born while giving birth to two missionaries, both doing their regency - one goes to Spain and the other to the Antilles; and receives two Vietnamese trainees - a cleric and a Salesian Brother.

"Mission is no longer just a one-way movement towards mission lands," says the updated Salesian Missionary Manual. "This is, instead, a multidirectional movement. Each local church, therefore, sends and receives at the same time. Likewise, every Salesian Province, rich or poor in staff or resources, is co-responsible in the missionary initiatives of the entire Salesian Society. All Provinces therefore send and receive!"

D. Guillermo Basanes SDB
Consigliere per le missioni

MISSIONARY ANIMATION IN THE CHURCH. "Faith is strengthened by passing it on!" Thus, missionary animation aims to educate and inform the people of God to keep alive in every Christian the passion to make Jesus known and to teach the Gospel, promoting missionary vocations and eliciting cooperation in evangelization. Effective missionary animation promotes a gradual deepening of one's own love for Jesus and his people. This is the "sweet and comforting joy of evangelizing" that "fills the life of the community of disciples" which releases the energy "to serve Christ in oppressive situations of human suffering, to place oneself at the service of humanity, without withdrawing into one's own welfare."

SALESIAN MISSIONARY ANIMATION. In the light of Don Bosco's charismatic experience, we can now define our objective for Salesian missionary animation. It is not limited to celebrations, or occasional initiatives. It is rather a continuous process of raising awareness and animating the provincial and local communities, with a view to a deeper missionary awareness, a service renewed in content and methodology, and a renewed commitment that, to be credible, must be exercised simultaneously both inside and outside the community. This process is made concrete in the provincial project of missionary animation.

FIRST OBJECTIVE: Missionary animation has a dual purpose, interdependent and mutually complementary. It aims above all to keep missionary zeal alive in every Salesian and in the educative and pastoral community and to promote missionary culture. This implies an organic missionary ministry, so that missionary animation is an option within the totality of youth ministry making all the dimensions of the Salesian Educative Pastoral Plan fruitful, and the various pastoral areas or sectors of the mission. It also interacts with the initial and ongoing formation of Salesians and involves members of the Salesian Family according to their particular charism.

THE SECOND OBJECTIVE: Missionary zeal is the spark that triggers in every Salesian an "openness to a permanent conversion" and to discerning the call of the Lord to be a missionary. Therefore, the second objective of Salesian missionary animation stems from the primary objective: to help Salesians to discern the missionary vocation ad exteros, ad gentes, ad vitam.
I remember being struck by a Bible verse (Rev 10:11) long before I realized I had a religious vocation. This verse, which in its literal sense sounds missionary, kept coming back to me repeatedly as I opened the Bible several times to read from it at random. I never understood it but it took root in my heart and I never forgot it.

As a youngster I loved watching movies. When I joined the Salesians, to my bad luck, the video library in my aspirate was full of videos from ANS, mostly on the missions. I watched them, not because I was eager to, but because it was the only option. To my surprise, they began to interest me so much that I made it a point to watch at least two every week. A more explicit invitation came from our then regional, Fr. Basanes, when he visited the prenovitiate. That day, for the first time, I felt strongly that I might be called to be a missionary.

Ours being a young province, many asked me, “Why become a missionary while you still need missionaries in Tanzania?” My conviction is that I didn’t call myself to be a religious nor a missionary. He who called me knows why He did it and what plans He has for me and for the mission ahead of me. This is not my mission and, therefore, He will provide as per His plans. If He sent me to Mexico it is because He wants me to be in Mexico and, certainly, He will find whoever He needs for Tanzania.

My greatest joy as a missionary in Mexico is the atmosphere of warm welcome I experience in the province and from the people at large. As a practical trainee, I work in a place where children and young people form the majority of the population. Hence, I feel completely immersed in the Salesian mission.

My greatest challenge is the culture, which I find to be very different from that of my home country. The values that I live by and held dear are being confronted, and the readjustment is not that easy. We are in a zone afflicted by violence born of drugs in the streets, broken families, early marriage and young people who are addicted and without a vision. Many of the youth I deal with are influenced by these, which is normal because they are products of this ambience.

To young Salesians who may be thinking of being missionaries I would say, discernment is very important. If you have an opportunity to visit mission areas, please do so before you take your final decision. Take very seriously the human formation given in the formation houses. We need that to interact easily with new cultures. Above all, personal prayer is indispensable for a robust soul.

Cl. David Komba
Tanzanian, missionary in Mexico

Witness of Salesian Missionary Sanctity
Fr. Pierluigi Camerani SDB, Postulator General for the Causes of Saints

The Blessed young martyrs of the Salesian Oratory of Poznan (Poland). They wrote as follows to their family members about their martyrdom on August 24, 1942: “My Beloved Parents, Brothers and Sisters!” begins the letter of Franciszek Kesy. “It is time to leave you; and it is on August 24, the day of Mary Help of Christians. (...) Good God takes me to Himself. Do not weep though I leave this world at such a young age. I am in the state of grace right now, and I do not know whether later I would be faithful to my promises. (...) I go to heaven; goodbye. There in heaven I will pray to God for you ... Pray sometimes for me, too. (...) I go now.”

“Beloved Parents! Mamma, Babbo, Mary, Henryk!” Edward Klinik addresses his relatives. “Wonderful are the plans of God, and we accept them, because everything is for the good of our soul. (...) Maria has been a mother to me right to the last moment. Now, when you, Maminka, you will not have me any more, take Jesus. (...) My dear ones, do not despair for me and do not weep because I am already with Jesus and Mary ...”

For Salesians in Oceania

Salesian Missionary Intention

That they may share with the young the beauty of their vocation.

May the Salesians in Oceania know how to express and share their faith through art, music, theatre and storytelling with an oratorian spirit. We find a very varied mosaic of cultures in each of the countries in Oceanica where the sons of Don Bosco are present. Young people in each of these contexts must grow in their ability to know, love and develop all that is good and beautiful which is in the bosom of their communities.
Dodge Disease with Diet

Part III

Abstracted by Sheila Kun, Cooperator

Have you been waiting anxiously for the answers from our Part III (the last) series of the you quiz on food and your health? Wait no further; here are the remaining quiz from the Nutrition Action Health Letter June 2017 edition.

1. Which is LEAST likely to lower your risk of cataracts?
   
   a. Not smoking
   b. Eating leafy greens
   c. Taking a multivitamin
   d. Taking high doses of vitamin C
   e. Wearing sunglasses year-round

   d. There’s evidence for all but vitamin C, which failed to prevent cataracts in large trials.

2. Which of these additives may raise the risk of cancer?
   
   a. Disodium inosinate
   b. Calcium propionate
   c. Sodium nitrite
   d. Potassium sorbate
   e. Fumaric acid

   c. That may help explain why people who eat more bacon, sausage, and other cured meats have a higher ris of colorectal cancer. Meats that have “No nitrates or nitrites added” still get nitrate from celery powder or juice. The other additives are safe.

3. Four of these five supplements failed to prevent memory loss in studies. Which one is still being tested in a major trial?
   
   a. Prevagen
   b. Vitamin E
   c. DHA
   d. Ginkgo
   e. Vitamin D

   e. Results on vitamin D from the VITAL trials are due in 2018

4. Which is LEAST likely to keep pre-diabetes from becoming diabetes?
   
   a. Taking a multivitamin
   b. Exercising
   c. Cutting carbs
   d. Losing excess weight
   e. Drinking coffee

   a. Weight loss and exercise are backed by the strongest evidence.

5. Which is the surest way to get enough vitamin D?
   
   b. Drink a daily glass of milk
   c. Take a daily supplement
   d. Eat an egg every day
   e. Spend 30 minutes a day outdoors
   f. Eat a daily yogurt

   c. Adults need 600 IU a day of vitamin D (800 IU after age 70).
6. Exercise is LEAST likely to prevent:
   a. Breast cancer
   b. Cataracts
   c. Colon cancer
   d. Colds
   e. Esophageal cancer

d. People who exercise also have a lower risk of cancers of the bladder, kidney, liver, lung, stomach, and uterus.

7. Caffeine is MOST likely to lower your risk of:
   a. Type 2 diabetes
   b. Pancreatic cancer
   c. Parkinson’s disease
   d. High blood pressure
   e. Irregular heartbeat

c. People who drink regular or decaf coffee have a lower risk of type 2 diabetes, but only regular coffee is linked to Parkinson’s.

8. Saturated fat has been linked to all but one of these problems. Which one?
   a. Heart attack
   b. Breast cancer
   c. Belly fat

d. Type 2 diabetes

e. Arthritis

e. The evidence is strongest for heart attack, but some studies find a higher risk for the most common types of breast cancer, type 2 diabetes, and increased belly fat.

9. In the best studies, high doses of antioxidant supplements lowered the risk of:
   a. Heart disease
   b. Advanced macular degeneration
   c. Stroke
   d. Colon cancer
   e. Lung cancer

b. Antioxidants didn’t slow the progression of early macular degeneration or prevent heart disease, stroke, or colon cancer. In some studies, beta-carotene raised the risk of lung cancer in smokers.

Your homework assignment from the Care Ministry this week: review the questions that you missed.

The Care Ministry welcomes your comments/suggestions: write to kunlouis@gmail.com