(ANS - Vatican City)

On the occasion of the opening of the Salesian Family Spirituality Days, we publish the preface by the Holy Father to the volume edited by Antonio Carriero, SDB, “Evangelii gaudium con don Bosco”, a text in which the Salesian Family takes up the message of the Apostolic Exhortation of Pope Francis from a pastoral educational point of view.

You Salesians are lucky because your founder, Don Bosco, was not a saint with the face of “Good Friday”, sad, long-faced, morose ... But rather from “Easter Sunday”. He was always joyful, welcoming, despite the thousand labors and difficulties that besieged him every day. As they write in the Biographical Memoirs, "his radiant face of joy manifested, as always, his own happiness in finding himself among his children" (Biographical Memoirs of Don Giovanni Bosco, volume XII, 41). It is no coincidence that for him holiness consisted in being "very happy, joyful". We can therefore call him a "healthy bearer" of that "joy of the Gospel" which he proposed to his first great student, Saint Domenico Savio, and to all of you Salesians, as an authentic and ever-present style of the "high measure of Christian life" (John Paul II, Novo Millennio Ineunte, 31).

His was a revolutionary message in a time when priests lived the life of the people with detachment. The "high measure of Christian life" Don Bosco put into practice by entering the "social and existential periphery" that grew in the 19th century Turin, capital of Italy and industrial city, which attracted hundreds of young people looking for work. In fact, the "priest of the poor and abandoned young people", following the farsighted advice of his teacher St. Joseph Cafasso, went down into the streets, entered the building sites, factories and prisons, and there he found children who were alone and abandoned at the mercy of the owners of work, without any scruples. He brought the joy and care of the true educator to all the boys he tore from the streets, boys who found in Valdocco an oasis of serenity and the place where they learned to be "good Christians and honest citizens". It is the same atmosphere of joy and family that I too was lucky enough to live and taste as a child, attending the sixth grade at the Colegio Wilfrid Barón de los Santos Ángeles, in Ramos Mejia. Salesians have formed me to beauty, to work and in being very joyful and this is your charisma.

They helped me grow without fear, without obsessions. They helped me to move forward in joy and in prayer. As I had the opportunity to remind you during the visit to the Basilica of Mary Help of Christians on 21 June 2015, I return to recommend the three white loves of Don Bosco: Our Lady, the Eucharist and the Pope. Today we speak little of Our Lady with the same love with which your Saint spoke of her. He entrusted himself to God by praying to Our
Lady and that trust in Mary gave him the courage to face the challenges and dangers of life and its mission. As a second love of Don Bosco, the Eucharist must remind you to start children in the practice of liturgy, lived well, to help them enter into the Eucharistic mystery and, lest we forget, the Adoration. Finally, love for the Pope: it is not only love for his person, but for Peter as head of the Church and as a representative of Christ and spouse of the Church. Behind that white love for the Pope, there is love for the Church. The question you must ask yourself is: “What is a Salesian of Don Bosco to be for today’s young people?” I would say: a concrete man, like your founder, who as a young priest preferred, to the career as preceptor in the families of nobles, service to and among the poor and abandoned children. A Salesian who knows how to look around, sees critical situations and problems, confronts them, analyzes them and makes courageous decisions. He is called upon to encounter all the banlieues and inner-cities of the world and of history, the peripheries of work and of the family, of culture and economy, which need to be healed. And if he welcomes, with the spirit of the Risen Lord, the peripheries inhabited by children and their families, then the kingdom of God begins to be present and another story becomes possible. The Salesian is an educator who embraces the fragility of young people who live in marginalization and without a future, bends over their wounds and cures them like a good Samaritan. The Salesian is also optimistic by nature, knows how to look at young people with positive realism. As Don Bosco teaches still today, the Salesian recognizes in each of them, even the most rebellious and out of control, that point of access to the good on which to work with patience and trust. Finally, the Salesian is the bearer of joy, the one born of the news that Jesus Christ has risen and is inclusive of every human condition. In fact, God does not exclude anyone. To love us, He does not ask us to be good. And neither does He ask us for permission to love us. He loves us and forgives us. And if we allow ourselves to be surprised by the simplicity of those who have nothing to lose, we will feel our heart flooded with joy. When these characteristics are missing, here are those long faces, sad faces.

No! To the young you must bring this beautiful news, true news versus all the news that pass every day in the newspapers and on the net. Christ has truly risen, and to prove it were Don Bosco and Mother Mazzarello, all the saints and blessed of the Salesian Family, as well as all the members who daily transfigure the life of those who meet them because they were the first to let themselves be reached by the mercy of God. The Salesian becomes a witness to the Gospel, the Good News which in its simplicity must deal with the complex culture of each country. Putting together simplicity and complexity, for a son of Don Bosco, is a daily mission.
World Youth Day
Salesian Youth Movement in Panama!

By Andres Neria
Delegate for Social Communications

For the past few months 18 young adults from our province have been preparing for World Youth Day 2019, which will take place in Panama City, Panama beginning January 22nd and concluding with Mass with Pope Francis on January 27th.

Here is a chance to get to know a few of those people and some interesting fun facts about them!

Alec Moran
Favorite quote: “People don’t care how much you know until they know how much you care.” - Teddy Roosevelt

Fr. Mel Trinidad
Top 3 favorite songs: Don’t Stop Believin’, Don’t You Forget About Me, Say Something

Peter Truong
Favorite Sports Teams: Bears, Bulls, and Blackhawks

Maria Guadalupe Linan-Garcia
Was born in Guanajuato, Mexico and is fourth of twelve siblings.

Tila Banuelos
Graduated High School in 1952 and they were “Toppers” (top hat and cane)

Monica Rosales
Favorite thing to eat: Chocolate and bread!
Elena Diaz
Collects statues of Mary (Blessed Mother) from all the countries she's travelled to.

Enrique Diaz
Last thing watched on Netflix: Minimalism

Emely Jacobo
Top 3 favorite songs
Enanitos Verdes - Luz De Día, Winner - Baby Baby, Heart of Worship

Andres Neria
Favorite snack: Gansitos

Andrea Neria
Favorite TV shows: Friends and That 70’s show

Maciel Chavez
Collects Mexican sugar skulls, catrinas and dream catchers.

Alan Tirado
Favorite Saint: St. Francis de Sales

Marie Barnes
Favorite TV show: Food Network (loves to bake and cook)

Valerie Solorzano
Favorite quote: “The most important thing is to enjoy your life - to be happy - it’s all that matters.”
- Audrey Hepburn

Angeles Hernandez
Favorite snack
Beef jerky, sunflower seeds, salted cashews
The Province of Australia-Pacific is currently on a Pre-World Youth Day trip around our Province. They will be visiting our local sites in Southern California until Sunday January 20th.

Also pictured are Fr. Ted Montemayor, Gina Robles, Fr. Paul Chuong, and Andres Neria.
ROSEMEAD, CA. – Don Bosco Technical Institute (Bosco Tech) will host its mathematics competition for fifth through eighth grade students on Saturday, February 2. The 47th annual event will offer awards to the highest scoring individuals and teams. “Our popular math competition is the longest running in Southern California and is a great opportunity for elementary and middle school students to challenge themselves,” said Bosco Tech Principal Xavier Jimenez. “The complex critical thinking skills involved are vital in pre-engineering studies like those offered at our school.”

Event check-in is 8:00-8:45 a.m. and the competition begins at 9:00 a.m. To register, review rules and see sample test questions, visit www.boscotech.edu.

Pre-registration is required and ends January 25; the cost to participate is $15 per student. Bosco Tech is an all-male Catholic high school that combines a rigorous college-preparatory program with a technology-focused education. The innovative curriculum allows students to exceed university admissions requirements while completing extensive integrated coursework in one of several applied science and engineering fields, including the newly added Biological, Medical & Environmental Technology (BMET) program. On Niche.com’s list of top boys high schools and Catholic high schools in California and the U.S., Bosco Tech boasts a college acceptance rate of 100 percent, with the majority of graduates pursuing STEM-related post-secondary majors and careers. The school is located at 1151 San Gabriel Boulevard, Rosemead, 91770.

More information is available at www.boscotech.edu.
Symphony Irvine

performs a concert to

Saint John Bosco

Un concierto para San Juan Bosco presentado por la Sinfónica Irvine

"This is my house; from it my glory shines forth"

"Esta es mi casa; de ella saldrá mi Gloria."

Friday, January 25, 2019 @ 7:30pm

Saint Dominic Savio Church

13400 Bellflower, Ca.90706

(562) 920-7796

FREE ADMISSION / ENTRADA GRATIS
COMPLIMENTARY TICKET / BOLETO DE CORTESIA
SPONSERED BY THE SALESIAN FAMILY/ PATROCINADO POR LA FAMILIA SALESIANA
Digital electronic file is no longer a novelty in the health care industry. As a matter of fact, investments into the electronic filing and documentations are no longer restricted to inpatient care in big hospitals. For health care providers who have implemented successfully on their inpatient records, the next logical move is to look beyond the episodic encounter of an acute hospitalization, and link any information that helps with the continuum of care. Community pharmacies, for example, receive electronic prescriptions by the clicking of the electronic orders from physicians. Patients get their medications from their preferred local pharmacy without turning in paper scripts. Pharmacies, with the advances in technology, can study a patient’s medication profile and alert physicians that certain medications potentiate or decrease the effectiveness of another medication that the patient is taking.

What is the big fuss about these digital documentations, one might ask? The bottom line is safety – the capability to profile one’s health status at a glance, with accurate recording of all the pertinent past medical events. Documentation of allergies or resistance to a past medication could be life-saving.

We all protested over 10 years ago when we did away with paper charts. Now we cannot go back to the paper trail and expect the same efficiency.

Reaping the benefits of accurate recording of our health encounters from our health plans, have you done your part to update your health profile? For those of us who are fortunate to belong to a health plan that keeps electronic medical records among all entities – hospital, outpatient, emergency room, pharmacy and therapies, to name a few, creating our own record is easy. All your past medical events are captured, including laboratory work etc. But for those who might have a different plan, the record keeping is very much on your own.

Personally I feel sharing your health record is a basic responsibility to the people who live with you. Something as basic as that you are allergic to nuts and that you need to stay away from salads or desserts with nuts is essential. If you have a chronic condition that requires special attention, it is an obligation on your part to tell the people around you how to respond to your change in condition.

The health form on the next page seems to be specific to folks living in the community. However, you can extrapolate the content and create your own. Updating your health record is a good start to begin a healthier year. Examine what your health needs are and how you take care of them?
Health Care Form (2019 Update)

Name:_________________________________________  DOB:___________________
Address: ________________________________________________________________
Telephone: (_______) ____________-__________________
Contact person: ____________________________________

Family contact person
Address: ________________________________________________________________
Telephone: (_______) ____________-__________________

Health Insurance
☐ Commercial insurance
☐ Medi-Cal/Medi-Care
☐ Dental Insurance
☐ Others:
☐
In case of emergency (ICE) contact: ________________________________

Advance directives
Emergency Contact: (Family or the community you are living with)
________________________________________________________________________

Date: (updated annually) or more frequently if intermittent illness occurs.
__________________

Primary Attending physician/telephone (and for what medical problem):
________________________________________________________________________

Diagnoses:
1. _____________________________________________
2. _____________________________________________
3. _____________________________________________
4. _____________________________________________
5. _____________________________________________

Pharmacy (name and address): ___________________________________________
Telephone: (_______) ____________-__________________
Weight: ___________ Height: ___________

Name of medicine  How much to take  Indication/reason
1. Rx Drugs:

2. OTC meds (cover the counter):
## Special Medical Clinics

<table>
<thead>
<tr>
<th>Name of doctor</th>
<th>Type of doctor</th>
<th>Medicine</th>
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<tbody>
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### Family History:
- Alcohol
- Asthma
- Bleeding disorder
- Cancer
- Depression
- Diabetes
- Glaucoma
- Heart disease
- Lung Disease
- Kidney Disease
- Seizures
- Thyroid Disease

Father’s Age at death: ________  Mother’s age at death:_______

Diet/Nutrition: __________________________________________________

### Equipment/supplies

Company: ________________________________ Telephone: (_______) ____________-_________________

Activities of daily living: (walking, wheel chair, independent in preparing meal, out-shopping, activities outside the house without supervision?)
- Glasses: _______
- Dentures: _______
- Incontinent/continent: _______
- Fall risk? _______
- Adaptive devices: _______
- Driving: _______

### Past emergency room visits (last 2 years)

Past surgeries: ______________________________________________________________________________

### Health History:
- Eyes
- Ears
- Nose/Sinuses
- Mouth/Throat
- Neck
- Heart
- Stomach-Intestines/Endocrine
- Kidney/Bladder
- Muscle/Skeletal
- Other Diseases

Your homework assignment from the Care Ministry this week: Update your health record. Create one if you have none on file. Make your special needs be known to your family/community.

The WORD version of the health form is available. Please e-mail us for the form: kunlouis@gmail.com
“In every young person a point of goodness is accessible, and it is the primary duty of the educator to discover that sensitive cord of the heart so as to draw out the best in the young person.”

- Don Bosco