Larry has been involved with the Catholic Deaf Community in the Diocese of Orange; he also teaches music to young people who are hearing impaired. We were reflecting together on the Salesian Educational System of Don Bosco and I was giving him updates on the Preventive System for young people today and on Salesian Youth Ministry. Lo and behold, in front of us was a t-shirt with the Don Bosco's saying that "Education is a matter of the heart." I believe it was Don Bosco’s spirit which helped him connect to this phrase. His face lit up, he bought the t-shirt and went on his way to an event to do sign language, with a newfound energy and passion to educate young people and mentor colleagues in forming the young.

As we journey through the Lenten season let us trust that God will accompany us as people of God and as members of the Salesian Family. And let us, in turn, accompany the young in their quest for love, for peace and for justice.

God bless you all!

Fr. Mel Trinidad, SDB
Province Delegate for Youth Ministry

Dear Salesian sisters and brothers,

The Religious Education Congress has once again come and gone. This year’s theme for Youth Day was “Trust! God’s Gotchu!” and for the adult days was “Thirsting for Justice!” In both days the usual tens of thousands of participants from all over the United States and from other countries prayed, sang praises, engaged each other and participated in various workshops. I have once again witnessed that despite our struggles the Church is indeed alive and well! God’s abiding Spirit continues to permeate our lives.

I personally spent the four days in our Salesian Youth Ministry booth at the RE Congress Exhibit Hall. Except for the Eucharistic liturgies and occasional breaks, I and a few others were literally glued to the Salesian booth greeting and welcoming guests and participants from the Salesian Family and beyond. I treasure those moments of engaging members of the Salesian Family, alumni and alumnae of our schools, former Salesians of Don Bosco, former and current colleagues in ministry, and many others who have had a connection with Don Bosco and the Salesian charism or have met him for the first time. Of course, there were also those moments of being salespeople...getting people to buy t-shirts, water bottles and all kinds of Salesian articles and gear.

One of the highlights of my weekend was my conversation with Larry Lopez, a former Novitiate companion of mine in the mid-70’s in Newton, New Jersey.
Many educators, teachers, and youth ministers, stopped by our booth for valuable resources such as shirts, posters, books, and of course prayers!

We had a great time working the booth and animating the various activities we had to offer such as Chris, one of our novices, teaching attendees how to make string rosaries.
Our booth on display! We had a great collaboration from the Salesian Family. St. Josephs Retreat Center displayed their resources as well as upcoming events and open dates for retreats this year, our Vocations department and FMA’s animated our mini prayer space as well as our Social Justice activity.
Online Formation for our Future Volunteers

By J.C Montenegro
Delegate for Mission Animation

This summer we will be welcoming 12 volunteers from the University of Comillas in Spain.

Half of the volunteers will be assigned to Corpus Christi in San Francisco while the other half will be assigned to the Salesian Family Youth Center in Boyle Heights.

As part of their commitment they have to participate in an online formation where we discuss expectations, safeguard the children policies, and community life. The volunteers expressed their excitement to come and serve in our province. We plan to continue with weekly formation and reflection sessions during their time here.
“Rejoice...the Lord is with you”
Lc 1,28

CONGRATULATIONS
Fr. Fabian Cardenas, SDB!
Eric Tom, Don Bosco Technical Institute (Bosco Tech) Assistant Principal of STEM Education, has won the 2019 Vernier Engineering Award for the school’s Green and Sustainable Technology curriculum. The award annually recognizes educators who use Vernier Software & Technology sensors in innovative ways to introduce engineering concepts or practices to their students. Awardees receive $1,000 in cash, $3,000 in Vernier technology, and $1,500 toward attendance at upcoming STEM conferences.

At Bosco Tech, Mr. Tom teaches a course that investigates green and sustainable technologies utilizing the company’s products. The course, which is aligned to the Next Generation Science Standards (NGSS), has students designing, building, and testing wind turbines, simple off-grid solar power systems, and energy-efficient lighting systems. A video about the project is available at www.vernier.com/grants/engineering/2019-winners/.

“We’re extremely proud of Mr. Tom and the engineering curriculum he has developed,” said Memo Gutierrez, Bosco Tech Vice President of Administration and Development. “He epitomizes the deep commitment our faculty has to providing students with forward-thinking, technology focused coursework.”

An all-male Catholic high school, Bosco Tech uniquely combines a rigorous college-preparatory program with STEM-based studies. The innovative approach allows students to exceed university admissions requirements while completing extensive integrated coursework in one of several applied science and engineering fields. The school’s Green and Sustainable Technology program is part of its unique applied science and engineering curriculum.

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.
Ms. Christine Miaskowski, RN, PhD, FAAN summarized the principles of effective cancer pain management this way:

1. Ascertain the cause of the pain.
2. Treat the underlying cause of the pain.
3. Remember that prevention of pain is better than treatment.
4. Individualize the dosing regimen
   a. Appropriate drug
   b. Appropriate dose
   c. Appropriate route
   d. Appropriate dosing interval
5. Use an around-the-clock dosing regimen.
6. Remember that the right dose is the dose that works.
   a. Titrate doses of analgesics aggressively
   b. Titrate the dose of analgesics to achieve maximal analgesic effects with minimal side effects
7. Anticipate, prevent, and manage side effects.
8. Use appropriate combinations of non-opioid, opioid, and co-analgesics.
9. Use non-pharmacologic interventions to enhance analgesic approaches.

Sheila’s note: based on these principles, it is essential to identify the reason for the pain and treat the real cause. A good personal example that might not be related specifically to cancer pain is abdominal pain. I still remember when my second son was in the day care center across the hospital where I worked, his teacher said he doubled over and was crying. The teacher was concerned that this could be something acute and serious. We took him to see the pediatrician who ordered an abdominal X-ray. “There is nothing wrong with his stomach, appendix, or intestine.” the doctor said. The diagnosis was FOS (full of shit). I was totally embarrassed as I never really paid attention to his bowel habit. “When was the last time he pooped?” the doctor asked. I didn’t know. The sharp pain was from constipation. You can relate to my story as to the importance of finding the source of the pain. You know your body and baseline better than anyone else. And knowing how you dealt with pain effectively in the past helps you to plan your strategy to be effective in pain management. The pain sensation is very subjective; the best pain medicine is what works for you.

Your home work from the Care Ministry this week:

Using the these principles, help a friend who has pain management issues.

The Care Ministry loves to hear from you
Write to kunlouis@gmail.com
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### MAY

1. Don Bosco Hall, Berkeley
2. Don Bosco Hall, Berkeley
3. Conclusion of Visitation
4. Travel to Stockton, St. Luke’s Parish and Vietnamese Center
5. St. Luke’s Parish, Stockton
7. Provincial House Visitation
8. Provincial House Visitation
9. Work Day
10. Work Day
11. Conclusion of the Province Visitation and Final Report (given in Northern California)
WORLD GRATITUDE DAY 2019
Thank You
Mother Yvonne

Join us for World Gratitude Day with Mother Yvonne Reungoat, Superior General of the Salesian Sisters of St. John Bosco.

Thursday, April 25
6pm Evening Prayer & Celebration at St. Mary’s
416 South St. Louis Street, Los Angeles, CA 90033

Friday, April 26
2:30pm Eucharistic Celebration with Archbishop Gomez at St. Dominic Savio
9750 Foster Rd, Bellflower, CA 90706
7pm Evening Prayer & Celebration at St. Thomas the Apostle
2727 W. Pico Blvd, Los Angeles, CA 90006

https://www.salesiansisterswest.org
Bailando por VENEZUELA

SUNDAY, APRIL 7th
9:30-11:00 am

Non-perishable food items, medicines and personal hygiene donations encouraged

hosted by Salesian Boys and Girls Club

2228 4th St
Los Angeles CA 90033

PRESENTADO POR Pany Benitez

$20 Donation
In every young person, a point of goodness is accessible. The primary duty of the educator is to discover that sensitive cord of the heart so as to draw out the best in the young person.

- Don Bosco