

# Leda News 306

September 13, 2016

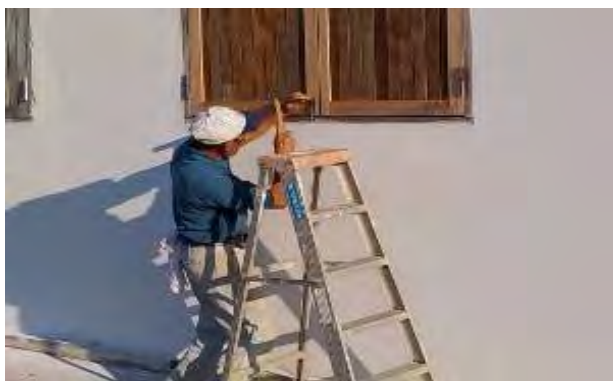


View of Pigland in Retiro

Report: K. Date / Translate: D. Pimentel

After the Youth Volunteer Team left, it became quiet again. On September 9<sup>th</sup> I went to Asuncion to get treatment for my leg, and Tosa-kun came back to Leda on the same day. We are challenging ourselves with the Leda project with a limited number of people, but we are proceeding with the preparation for new steps in future.

Mr. and Mrs. Nakai and Mr. Sano work hard in Asuncion. Mrs. Satoko Miyahara, who is a former missionary, visited Leda after a long time. At this time, the 40<sup>th</sup> anniversary of the mission in Paraguay is being celebrated. There was a big celebration of the 80<sup>th</sup> anniversary of immigrants from Japan to Paraguay with the first daughter of the Imperial Prince Akishinomiya and Princess Kiko, Princess Mako. Mr. Sano also attended that celebration.



<Left> Mr. Mizuochi installing the new windows for the cowboy's building.

<Right> Victor covers young Algarrobo with grass.



<Left> Mr. Kobashi made *Taro dumpling*. It is soft and easy to eat.

<Right> Mr. Sano and Mr. Nakai with Mrs. Satoko Miyahara. She did 12 years of missionary work in Paraguay.



<Left>The church leader gives a speech about the 40<sup>th</sup> anniversary of missionary activity in Paraguay. <Right> An article in the ABC Daily paper reports on the volunteer team's painting of a school in Diana.

### [The effect of Bitter Gourd]

The Vitamin C in the *Bitter Gourd*, is five times to one tomato and more than the juice of one lemon. It's also known that it is the only one vegetable that keeps strong Vitamin C even when heated. There are reports that Bitter Gourd has nutrition that kills 90% of cells that can generate cancer. In Okinawa, which is the special area for Bitter Gourd, the incident of cancer is the lowest in Japan. < from Nikkei Journal> Bitter Gourd grows well in Leda.

### [Moringa powder]

Ottmar made *Moringa powder*. It is not bitter and it's tasty. It can be used as *Furikake* (sprinkle) on rice.

