

Support coming from all over the country!

All kinds of people from all over the country come to support various locations in Fukushima. Here are some messages from two of them.



Keiko Maeda,
general secretary of Kure YWCA

We've come from the city of Kure to lend our support. In Shinchi, people have begun to move from evacuation shelters to temporary housing. We would like to provide assistance with a focus on livelihood support, offering care where needed in places where we have some breathing room — making the most of our time by listening to what disaster victims have to say, for example.



Masaki Hyodo,
Community Welfare Director of the Suginami Council of Social Welfare

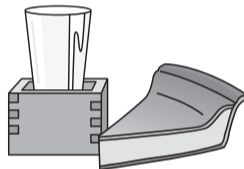
There is a Mutual Disaster Aid Agreement between Suginami Ward and Minamisoma City that was made irrespective of our relationship as social welfare councils. As a social welfare council we would like to lend our own separate support for the Minamisoma Social Welfare Council. We would like to harness the power of volunteerism toward reconstruction activities that have lagged behind for various reasons and help make even just a small difference toward recovery. Hang in there, Minamisoma!

Things you can do even from afar — be part of a Fukushima Support Team!

It will soon be three months already since the earthquake struck. Many volunteers have come from all over the country to assist Fukushima. However, I think there must be many other people who have thought "I'd like to go, but I can't..." In fact, yours truly, the author of this article, is one such person. I've been to Fukushima three times so far, but both my home and my job are in Tokyo, and it is not uncommon for me to get frustrated and think "if only there were more I could do for Fukushima." Why not try doing what we can from wherever we are, together?

■ The Supportive Shopping Team

Buy sake from a liquor store in Fukushima, or buy cheese cake over the Internet from a bakery in Fukushima. Buy not only Fukushima-unique items, but things you can get anywhere, from stores in Fukushima! That seems like one way to help Fukushima out.



■ The Supportive Travel Team

If you're one of those people who lacks confidence in being able to perform volunteer activities, then why not come to Fukushima just to have fun? What surprised me when I visited Fukushima was how beautiful it was and how friendly so many people were! Many of the hotels and traditional inns here are open. Why not go to Fukushima for a weekend or holiday trip?



■ A Real "Support" Team

In a sense, it's only natural that interest will wane as time passes. That's why a message saying "I haven't forgotten!" must be such a happy thing to receive. When I go to the disaster volunteer center, I see letters that have been sent from all over the country hung up. As I read them, tears well up in my eyes. Letters to friends, to relatives, to the Disaster Volunteer Center. Please write a letter or an email to express your feelings of support. It may be difficult for them to answer each and every letter at times, but your sentiments will undoubtedly get through to them.



"Wouldn't this be another good way to show support?" Sending your ideas is an excellent way to show support. However, the truth is, when you reach the point where you begin to think "I wish I could do something..." you've already begun to help. Thinking about Fukushima. Going from thought to action, step by step...

About food poisoning

This is the season during which food poisoning is most likely to occur. Protect yourself by following the three principles of safety: don't get germs on your food, don't let germs multiply, and get rid of germs.

● Don't get germs on your food.

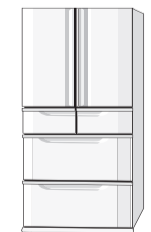
When preparing food, be diligent in cleaning food ingredients and cooking utensils. Wash your hands before eating.



● Don't let germs multiply.

Put food in the fridge as soon as you bring it back. Use the fridge or microwave oven for thawing food. Don't pack the fridge too tightly with food, and try not to open and close the door too much.

Meals should be eaten as soon as they are prepared. Delivery food and bento meals should be eaten promptly. It may seem like a waste, but uneaten portions should just be thrown away to prevent food poisoning.



● Get rid of germs.

Food should be adequately cooked right to the middle. When reheating leftovers, cook them well.



■ Bento Advice ■

- The box you carry your bento in should not just be washed, but should be disinfected by spraying it with an alcohol spray. Drying it by heating it in the microwave is also effective.
- Moisture is a great enemy of food poisoning. Avoid raw vegetables.
- The moisture in inedible parts like cherry tomato stems and orange peels can make them spoil quickly. Remove those parts beforehand.
- For side dishes, we recommend items, like grilled or deep-fried meat, that don't spoil easily. Umeboshi (dried plum) and garlic have excellent bactericidal properties, so try to use them.
- When packing side dishes, change chopsticks. This is because hot items will get cold. Take care to ensure food items are separated so that different side dishes don't touch each other.
- When taking a bento to go, frozen jelly bites can act as a refrigerant. We recommend using a commercially available refrigerant pack or antibacterial sheets.



For people in shelters

Exercises to get blood flowing to your extremities

We all know how important it is to be physically active, but it's something we tend to put off. Here are some exercises you can try on your own. Please give them a try!

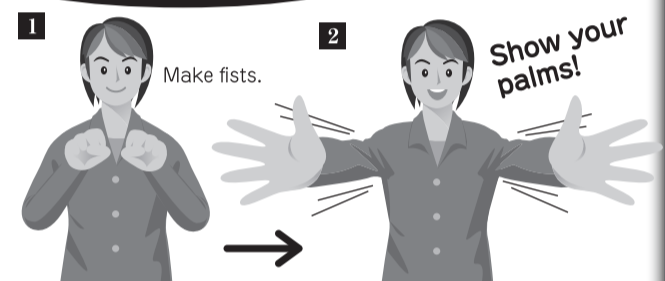
◎ Loose Hands and the Fist-Palm Exercise

In order to get blood flowing to your finger tips, let your hands hang loose while waving them about. For the fist-palm exercise, hold your hands in front of your chest and form fists. Then extend your arms forward and open your hands.

Loose Hands



The Fist-Palm Exercise

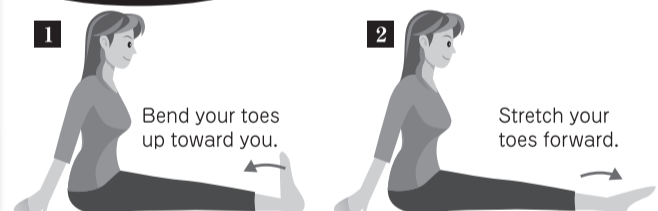


◎ Ankle Pumps and Ankle Twists

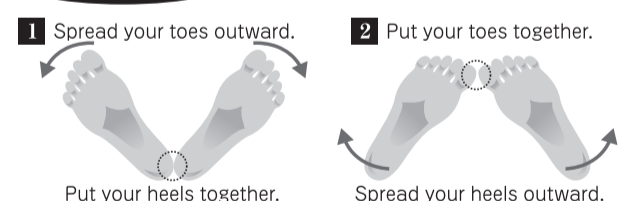
Sit on the floor with your legs stretched out in front of you, and rotate your ankles. With your legs outstretched, bend your toes up toward you and then stretch them forwards to work your calf muscles.

Another exercise we recommend involves putting your heels together and spreading your toes outward, and then putting your toes together and spreading your heels outward.

Ankle Pumps



Ankle Twists



(Yoshinari Sato, director, Fukushima Recreation Society (NPO))

Editor's note:

A year has already flown by since I began working at the Fukushima Prefecture Council of Social Welfare. I study daily at the Disaster Volunteer Center. I want to keep on doing my very best because of my love for Fukushima. (Watanabe)



赤い羽根共同募金

Let's persevere,
Japan
Let's persevere,
Tohoku

Let's persevere,
Fukushima

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