

Support coming from all over the country!

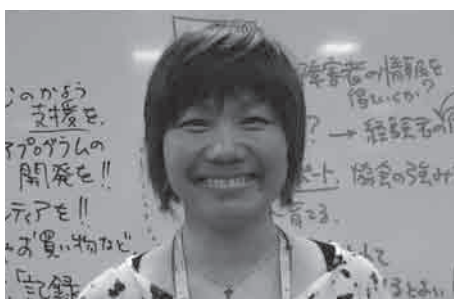
All kinds of people from all over the country come to support various locations in Fukushima. Here are some messages from two of them.



Fukuoka Prefecture Onojo City
Council on Social Welfare

Takeshi Awazu, Norihiko Okabe

We, a trio from the Fukuoka Prefecture Onojo City Council on Social Welfare (and members of the Japan Volunteer Coordinator Society) take turns at being active in Minamisoma City (Haramachi-ku). We received the order "do our best!" from our respective bosses, and we are working hard to pass the baton unwaveringly to each other.



Osaka Volunteer Society
Mika Nagai

When I first came to Fukushima, I said (with my Kansai accent), that I was looking forward to exploring the good things and delicious food here. The local squid and carrots dish goes great with sake! Now, I can't wait for the peach and nashi season to start. Fukushima is about seven times the size of Osaka. I am looking forward to learning more from everyone about the local nature, history and culture.

For spending a safe rainy season and summer! A request to volunteers

When you work in this prefecture, please beware of the following injuries and accidents.

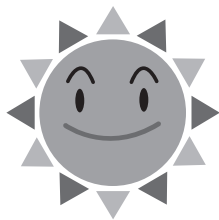
- Insect bites from bees and chiggers
- Cutting your fingers with broken pieces of glass hidden in the mud
- Hurting yourself with rusty nails
- Cutting yourself with nails or pieces of wood when clearing out debris

■ Clothes and Equipment when you work

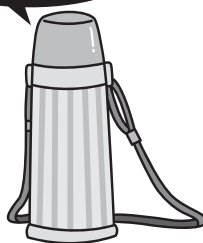
It is very hot during the day.

There are people who are working with short sleeves and shorts, which is regarded as too light clothing for the removal of soil and debris.

- When working, depending on what you do, please wear long sleeves, long pants, rubber gloves, and high boots.
- The masks are not only to prevent viruses from spreading, but also to prevent dust and asbestos from entering your lungs. Therefore, wear a dust-proof mask.



This is obligatory!



■ Beware of heat strokes

If there is high temperature, high humidity, weak wind, it got hotter quickly or the sun is strong, beware of heat strokes. It is very important to "start drinking many fluids even before the beginning of the work". Also, when you just take in fluids, the concentration of salt in the blood drops. If you are in a situation where you will sweat a lot, make sure to also take in extra salt.

■ Prevent Tetanus

Tetanus bacteria has an incubation period, which means that it takes some time from the infection until the symptoms start to show.

If you got a deep cut or other external injury, get first aid treatment, and get a tetanus immunization on the same day.



We are collecting donations for the aid needed due to the natural disaster of the Tohoku Region Pacific Coast Earthquake

<Nippon Foundation Road Project>

This is funding for organizations involved in the various relief efforts in the wake of this natural disaster.

- **Qualifying Organizations:** NPOs, Volunteer organizations, other charitable corporations
- **Activities:** Relief efforts to help people and areas affected by the Tohoku Region Pacific Coast Earthquake
Main Evaluation Points: 1. Urgency
2. Needs of the affected people and areas
3. Activities which can be opened to the public on a wide scale

■ **Funding limit:** 1 million Yen (subsidiary rate 100%)

■ **Operation time frame:** as a general rule, until March 31st, 2012

■ **Note:** After the activities are carried out, a report on the efforts has to be handed in which includes a detailed record of how and for what the funds were utilized.

Application Deadline
June 30th (Thur)
17:00

For details,
please contact

Nippon Foundation Natural Disaster Call Center ☎0120-65-6519
<http://www.nippon-foundation.or.jp/org/news/2011040103.html>

For people in shelters

How to do anger management and control our frustration

Fukushima Prefectural Medical University
Medical Department Neuropsychiatric Course

Assistant Professor and Clinical Psychotherapist **Takahito Takahashi**

The key to effectively manage our anger is not to try to get rid of it. Let us not try to push away our frustration, but to live with it positively and to control it. In a disaster like this, in which our every day life is so far from normal circumstances, it is not a realistic choice to get rid of our anger. We are introducing two important steps to controlling it.

Step 1 Become aware of your anger

In order to manage our anger, the first thing you have to do is to be aware of it. It is necessary to realize anger as soon as possible and to start getting prepared. Signs of anger are moving of our hands and feet, speaking in an agitated way, being ill at ease, having a racing heart.



Step 2 Dealing with it

When coming up with a way to deal with the anger, let us not think of it as a problem of our emotions or a problem with our personality. Rather than changing the way we feel or our personality, it helps a lot to make a change in the actual behavior, in the physical spot we are, in the situation or the things we see before us. This kind of diversion can make a big difference. Here are some concrete examples.

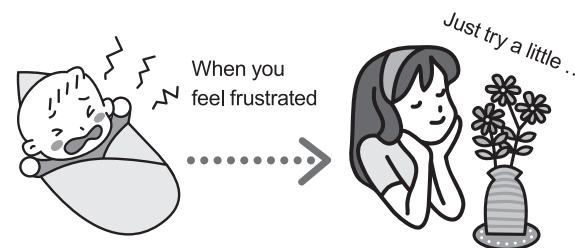
① Let us relax our body

At first, let us simply get our body to relax. Taking deep breaths, rotating your shoulders and your neck and doing some easy stretching exercises can get our bodies to calm down and change the way we feel.



② Change of the place we are, situation, thing we see before us

When we are in the middle of a situation that is making us angry, it is usually not easy to just not be angry or frustrated. But you can get make some space between you and the people or things which are making you angry, so that you cannot see them anymore. Some mothers who are raising small children think they cannot leave their child alone. Even in this situation, there are things you can try. Look at something else for a little while, turn your back on your child and take a deep breath.



Editor's note:

Every day, I feel the power of the support from all over Japan and from Fukushima prefecture itself. Everybody who is involved in the relief and rebuilding efforts, thank you for your hard work! Please look after yourselves, do not work too hard and let us keep up the good work! (Shiro)



赤い羽根共同募金

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

**Let's persevere,
Fukushima**

Please see the latest information
on our homepage
<http://www.pref-f-svc.org>

