

## 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.



Takashima-city Council of Social Welfare  
**Mr. Hitoshi Ioka**

Tohoku Prefecture was my dream land as it was the only place I had never visited in Japan. The natural disaster provided this opportunity for me to step into Fukushima. Whenever I come to Fukushima from Shiga prefecture, I feel a "heartfelt" attraction to Fukushima's people, nature and climate. As long as there are people who wish to continue living here, I will support them as best I can.



Maebashi Council of Social Welfare Volunteer Center  
**Mr. Hiroki Takayama**

I have been dispatched to Fukushima for a total of more than 40 days. Even after my return to Gunma, I still have a tendency to check Fukushima's weather first on the weather forecast. I will continue to cheer for and support Fukushima through the encouragement I receive from volunteers from all over Japan and from people in Fukushima who strongly support each other!

## The Volunteer Bus Departs! "Glad to be of help!"

During the Golden Week in May, the Fukushima Volunteer Disaster Center ran several "volunteer buses" which transported people between Fukushima Railway Station – Shinchi-city and Koriyama Railway Station – Iwaki-city. Many people worked hard, including first-time volunteers, cleaning both inside and outside houses and dug out mud. Here are some comments from questionnaires given after volunteer activities.

What I did was very little, but when the work was done, we were able to see that all of our efforts put together really showed a difference and I was very glad to be able to help.

This was my first time volunteering, but I felt that I was able to fulfill my duties as a volunteer.

This was my first time volunteering. I had no idea what I was supposed to do, but I felt that after volunteering, many things changed inside of me.

I was able to see with my own eyes what was shown on TV; however, I was able to feel something that is impossible to express or experience through the media.

I felt this experience satisfying as each of us had the same goal in mind, "we wanted to give some kind of help."

My volunteering time was limited, but I was able to see how big this disaster was. What I did was small, but I am glad I was able to give some kind of help.

**Thank-you & Much appreciated**

I was highly impressed by a volunteer center leader who was also a victim of the disaster who gave us a heartfelt word of thanks every time we volunteered.

I currently live in Fukushima, but seeing so many people volunteering from all over Japan warmed my heart.

The volunteer work I was involved in before was in a small group setting, so our work was limited. This time, I was in a bigger group and highly enjoyed volunteering in an environment where everyone put their efforts together.

I want to thank the people in Shinchi-city for accepting a first-time volunteer like me with a patient spirit.

I was reminded again that when many people work together, we can accomplish something.

Our work efforts proceeded and little by little, the gutter began to appear. At that moment, I realized that there is something I can do and I felt that I was glad I was able to cooperate even if it was a little.

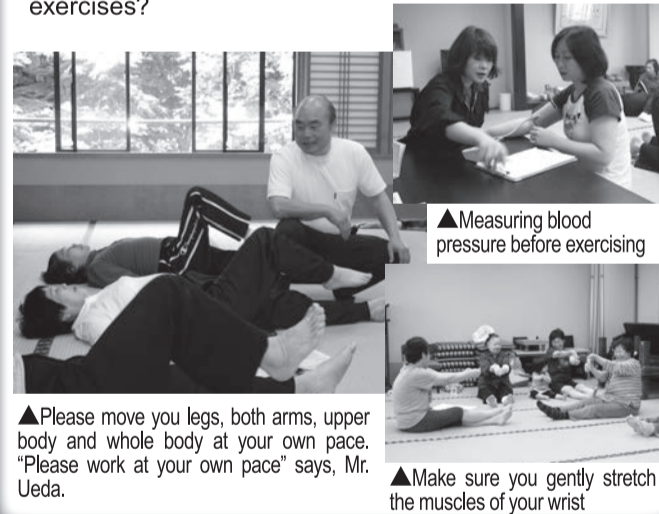
## For people in shelters

### Healthy Living through Exercise and Laughter!

#### "Hidamari" a salon activity started in Okuma-city



Many disaster victims of Okuma town are evacuating for the second time in Aizu Wakamatsu-city where the Okuma town council moved its head-functions. In one of the evacuation centers, Aizu-Higashiyama Onsen (Ryokan Hataraki), 63 households (240 people) are currently living there. Among these people, many including Mr. Masao Akimoto who is the leader of the group, started the salon activity, "Hidamari" as a way to maintain their health. Every Wednesday, starting from 9:30 a.m. to 11a.m., this activity is run free of charge on the 3rd floor of the multi-purposed hall. There are no age limits. Today, a public health nurse took people's blood pressure and afterwards all enjoyed a fun time with easy exercises. The leader for this exercise program was Mr. Kazunori Ueda who used to have a chiropractic office in Okuma town. When Mr. Ueda is not present, Mr. Shuichi Yamamoto who leads a juvenile sports league pitches in instead. In asking why they started this activity, Mr. Akimoto answered that, "When living in a cubicle, it is easy to become shut-in. I thought it would be good to prepare a place and time where we can all get together to maintain our health." "It's your own leg. Gently tap your leg." "Make sure you gently move your wrists today so that you will have strong hands when you are ready to cook in temporary houses." These humorous comments during the exercises make people laugh. "I laugh all the time which helps relieve stress." "When I move my body, I can sleep well during the night." People who join these exercises shared their thoughts with us. Ms. Chiemi Takeuchi who joined our report from Okuma Town Council of Social Welfare said that in order to develop people's relationships with each other, she would like to see other evacuation centers utilize similar programs. Wouldn't you like to join a program to maintain your health through laughter and exercises?



▲Measuring blood pressure before exercising

▲Please move your legs, both arms, upper body and whole body at your own pace. "Please work at your own pace" says, Mr. Ueda.

▲Make sure you gently stretch the muscles of your wrist

## Dear NPO Volunteers, Second Round of Applications for the WAM (Medical Social-Warfare Council) Social Warfare Recovery Support Project

Application Date June 1st (Wed) 2011 – July 15th (Fri) 2011

Example of Projects

- \*Projects that understand and coordinate the needs of elderly and disabled people in disaster-affected areas and allow Disaster Volunteer Centers and NPO organizations to effectively function.
- \*Projects in which local residents associations plan a recovery program to rebuild local communities in effected areas.
- \*Projects that will provide support to meet the needs of elderly and disabled people who have evacuated inside and outside of Fukushima.

Amount of funding Over 500,000 yen (Up to 700,000 yen depending on the project)

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Looking for specific projects that will support victims of the Tohoku Earthquake.

### Editor's note:

Now that we are in the rainy-season, it will probably continue to rain for awhile. To people who are working on recovery projects in disaster areas, think of rainy days as a gift from God saying, "Rest," and please rest. When it is fine again, let's do our best to bring Fukushima back to its former vibrant self! (Satoru Iwata)



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>

