



Namie-machi

Namie Sosei Elementary School / Namie Sosei Junior High School "School Song" to be made.

Namie Sosei Elementary School and Junior High School, which were both opened in April 2018, did not have their own school songs. The school songs are currently under works by two amazing people, Mr. Ryoichi Wago



writing the lyrics and Mr. Takatomi Nobunaga composing. They were asked to create a song that is easy to sing, energetic, and lively as the basic image. The song will be presented to the local residents, supporters of the schools, and guests from other areas for the first time on March 16 in the school gymnasium, inviting both Mr. Wago and Mr. Nobunaga as special guests. Anyone interested is more than welcome to attend and to join us sing the new school song together.

School Song Establishment Committee Member Yuriko Hashimoto (Nagomi Board Member)

Tomioka-machi

New Café opened in Tomioka-machi after evacuation order was lifted!

I had a chance to visit Tomioka-machi, where difficult-to-return zones and zones where evacuation order had been lifted are located next to one another like a maze. This was an experience from which I realized the difficulties and complex feelings and thoughts. However, I was also able to feel the signs of restoration from the newly opened attractive café and information transmitting base, and also by seeing many people gathering in the salon run by the social welfare council. (Fushimi)



Notice!!

General Assembly will be held on
June 15, 2019 (Sat)

Please refer to the next issue of our Newsletter (scheduled to be sent out at end of April) for details.
We look forward to your active participation★

We are inviting you to become a new Nagomi Supporter Member! (member of the NPO Corporation)

1. Regular Member Annual Membership Fee: 10,000 yen
2. Supporting Member Annual Membership Fee: 3,000 yen
3. Donations



We regularly send newsletters and local information to our members. We look forward to your participation!

【How to become a new member】

Please send your application as follows and make payment of your membership fee by postal transfer.

1. Send us the following information by postal mail or fax to the address/fax number below; regular member or supporting member, name, address, company or organization name (occupation), phone number, e-mail address.
2. Application can also be made via our website: <http://soso-cocoro.jp/>
Click button and fill out the application form.

【Donations】

Donations can be made via our website. Please click

button.

To pay your membership fee / to donate: Postal Transfer

Account No. : 02260-0-126825

Account Name : The Association for Establishing a New Psychiatric Care,
Health and Welfare System in Soso

Contact: Nagomi Soma Office
1-2-8 Okinouchi, Soma City, Fukushima
Prefecture 976-0016
TEL: 0244-26-9753
FAX: 0244-26-9739
E-mail: nagomi@soso-cocoro.jp



The Association for Establishing a New Psychiatric Care,
Health and Welfare System in Soso

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"Natsu-shoku" Good Old Dishes / Spiritual Home Restoration Project 2018

"Natsu-shoku" Recipe book which we put together by gathering information from the local residents of the dishes that they remember that "they want to enjoy again" and "delicacies that they fondly remember". This year, we used this recipe book and held many exchange events in various locations. With cooperation from members of many related organizations, we were able to create opportunities for interaction amongst various generations from small children to adults. Let us introduce some of our activities!

*This project is funded by Reconstruction of Heart Project under the Japanese Reconstruction Agency

Exchange event between children from Odaka Kindergarten and local residents

① Sakura-mochi



At the Ekiden Race (Minami Soma to Namie) held in March in prayer for reconstruction after lifting of evacuation order. Making Ton-jiru (Pork Miso Soup) with residents at the meeting house in Namie-machi which was the goal of the race.



Exchange event between children from Odaka Kindergarten and local residents ② Daija-maki (snake shaped rice roll) We made a long Daija-maki!!



Making Nira-manju (dumplings with Chinese leaks) at public restoration housing.



Cooked Salmon Soup and Harako-meshi (fish egg rice) in Namie-machi.
Project held in collaboration with "Minatomo"*1) in Guest House Aota-so.



Exchange event between residents of Odaka-ku and high school students from Tochigi Pref.
Cooked local dishes such as rice with hokki-clams, grilled and marinated bonito. Project held in collaboration with Live Lions Odaka*2).

*1) In addition to operating the guest house in Namie-machi which is a base for exchange, also plans and operates exchange events between local residents and the young generation.

*2) Group of 15 high school students who gathered together to revitalize Odaka-ku of Minami Soma City. Commonly known as LLO.

Participation in local Health Fairs !

We participated in many local Health Fairs this year starting with Hamanasu-kan Festival of Soma City, exhibited Nagomi Booths in Minami Soma City and Shinchi-machi, and participated in Tohkaichi Festival of Namie-machi for the first time.

Many children participated in the workshop to make Christmas Cards to send to children in Chernobyl and made many lovely cards! We were able to send so many cards again this year! (Otani)



At the Health and Welfare Festival in Minami Soma City, we held a round-table discussion to think about opportunities for people with handicaps to go out of their homes. Participants both with and without handicap discussed about the current lack of support and also exchanged opinions and wishes on the places that they want to go out and visit. (Adachi)



We made this many Christmas Cards again this year!



Report from Mental Care Volunteer Training Course 2018

Mental Care Volunteer Training Course was held for the third time. We listened to lectures on basic knowledge regarding mental disorders and ways on how to deal with people with handicaps, and also listened to stories told by people actually suffering from mental disorders. We also had the opportunity to visit Coffee Time and Asagao, which are both Support for Continuous Employment – Type B services. Is was really a great opportunity to understand that it is possible to live actively in the local community even with mental disorders. Please let us extend our sincere appreciation to everyone who cooperated in the volunteer training course. We are planning to hold this course again next fiscal year. Details will be announced in our website and we are looking forward to your participation. (Otani)



Gathering of training course alumni held in February♪

Our recommendation from Natsu-shoku recipe book!

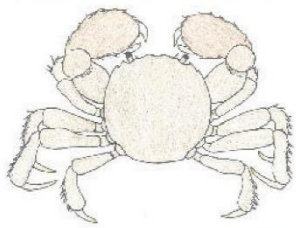


Ukedogawa River Line, Namie-machi, April 2017

March & April

Cherry Blossom Viewing

Can't wait to see the cherry blossoms. There are many famous locations to view cherry blossoms in Soso District of Fukushima Prefecture. Where is the cherry blossom that remains in your memory? Where shall we go this year to enjoy cherry blossoms in full bloom?



Japanese Mitten Crab

A friend who lives in Kami-Mano gave me some crashed crabs. It was so delicious. (Female in her 40's from Kashima-ku)

"Gani-maki" is a soup made with Japanese Mitten Crabs caught in the river. We were told that soup made with crabs caught before egg-laying period in spring tastes best. Not many areas cook this dish as home cooking nowadays. The rich soup stock made from these crabs tastes so good that you will surely be fascinated by the taste once you try it! (Adachi)

We made bookmarks from paintings at Nagomi CLUB Art Class!

With support from "Kyouiku-Geijutsu-Iryo-de-Tsunagukai", a Great East Japan Earthquake Volunteer Group, we held an art class at Nagomi CLUB, the local activity support center. We wet drawing paper with water and painted with three colors. Being amazed by how the colors changed when the paint was blurred with water, we added some more colors. We had some really fun time. We made bookmarks with these paintings, which are enclosed with this newsletter. Members of Nagomi CLUB wrote their heartfelt messages on each bookmark. Please have a look and enjoy!

(Fushimi)



Nagomi's Supporters (March 2018 ~ December 2018)



Individual donations

From 25 individuals totaling 182,000 yen



Corporate Supporters (companies and organizations)

- Wise Men's Club
- Medical Corporation Soushikai Kinshicho Kubota Clinic
- Patients of Medical Corporation Amitani Clinic
- Visiting Nurse Station Fudodaira

From 4 organizations totaling 151,665yen



Donations, support funds

(listed in random order, honorifics omitted)

- Japan Platform "Living Together" Fund
- Mental Reconstruction Project of Reconstruction Agency
- Social Welfare Corporation Fukushima Prefecture Community Chest "Akaihane Community Chest"

Your membership fees and donations are being utilized as operational costs of the NPO. We truly appreciate your contribution and support!



"Natsu-shoku" Project Corner

Gani-Maki

Ingredients:
Japanese Mitten Crabs
Miso

Directions:
1. Crash crabs using mortar, add Miso and continue pounding.
2. Strain with a net to make first broth.
3. Add water to first broth and boil. Add some more first broth to make soup stock.



Picture provided by Mr. Hiroaki Ozawa, Restaurant Sawa, Kashima-ku

I used to cook this dish with "Japanese Mitten Crabs" that I caught upper stream of Manogawa River in Kashima-ku using "Ganidou", a special tool to catch crabs. It became difficult to catch these crabs after the earthquake, so I have them sent from relatives in Akita. (Man in his 50's from Kashima-ku)

I caught the crabs using bamboo grass leaves in Ukedogawa River. This is a dish that a man should cook. (Man in his 70's from Namie-machi)