



September 24, 2018

NALC Holland *Newsletter vol.6*

We hope that you are doing well after the exceptionally hot summer here in Holland. Please find the newsletter vol. 6 with various stories. We hope you will enjoy reading !

“ ANNA KOTO, KONNA KOTO”

“ Volunteer stories” of the NALC Holland members.

My “maatje” and I sometimes go garbage picking in the neighborhood. We once happened to witness a guy suspiciously dumping a whole lot of trash in a huge box (just the size of human) wrapped in plastic into the bushes. We were just curious and frightened to find out what he had dumped, as it could be a dead body! We weren't adventurous enough to go and find out by ourselves. On our way home we came across policemen and we reported as good citizen's behavior, what we had seen. We still do not know whatever it was but it was definitely not a dead body. (K)

From the editor: Mrs K. Is doing volunteer work via “Maatjesproject”. This is a project that helps people who have problem to go out from their houses because of; for instance, mental illness. (for her report: pls see newsletter vol. 4 <http://nalcholland.nl/nalc-holland-news-letter/vol-4-november-2017-english/>) How nice to hear that she is doing garbage piking with her “Maatje”! (Mrs K, we are also happy for you & your “Maatje” that it was not a dead body 😊)

Do you also have “ a scene that I never forget” “ a nice / sad memory” “ what I felt through the activities “ etc. etc.? Any short/long stories are very welcome. Please share with us.

We happily share some positive comments about newsletter vol.5
which arrived to the editors.

✉ In our organization : “Stichting Japanese Helpdesk” there are some members who do similar kind of volunteer works. The short stories in the NALC Newsletter were alike to their experiences. “Mantelzorg”: that is what I also studied when I went to the Dutch Senior Houses with some study group members from Japan. I am glad to see the progress of NALC Holland via the Newsletter. The committee groep is growing bigger as well. I wish NALC Holland succes. (K.F.)

✉ Thank you for sending Nalc Newsletter Vol.5. It is also useful that you have English version. I will share this with the non-Japanese speaking people. Congratulation with the start of the Website. It is a good design and I like it. (M.H.)

✉ Thank you for the Newsletter Vol.5. The article about football team and “Mantelzorger” was the hear warming one. (K.N.)

W.M.O. = *Wet Maatschappelijke Ondersteuning*

Translation in English : The Law for Societal Support.

In the Newsletter of NALC Holland (Volume 5 April 2018page 3) you can read my article about the Meaning of “Mantelzorg” as part of the informal Dutch Care and Welfare. Herewith I want to explain more about a person who gives “Mantelzorg”. This is someone who has an *emotional connection* with a person who need support. This means mostly a family member sometimes a good friend or good neighbor. This support are often 24 hours and 7 days a week and it is difficult to break these ties.

A volunteer, however, gives some support for one or several times for some hours per week.They can support a person in need and therefore the “Mantelzorger” is able to take a “Timeout “in which he/she is able to do their own activities and/or takes a rest.

The Stimulation of the Local Government

Through the WMO the Local Government(=L.G.this is a Town or a Village) stimulates the participation and independent living of the citizens in the society. A number of citizens need support therefore the L.G. wants to create good conditions for the Mantelzorgers and the Volunteers. For example the promotion of courses to become a better volunteer. These courses are developed for people of NALC by the *Stichting WELnu and is called “ Het Nieuwe Zorgwerken “*. So for people who want to be(come) the Volunteer of NALC Holland we want to create this kind of possibilities. The L.G also want to facilitate citizens to establish small community based areas in which people can help each other on an equal basis. Volunteers of NALC Holland can find the connection to cooperate with the involved people in such an area .

Through the WMO a lot of other adaptations also could be supplied (e.g in the house ;aid materials and transportation for disabled people ;home- and day-care)the citizen has to pay a contribution related with the income.

Nowadays many citizens take initiative to help each other on an equal basis. This so-called Reciprocity often in their own area has been organized without intervention of the L.G. In the future NALC Holland want to invite these people on a “Potluck” event (see Newsletter NALC Holland; Volume 4 November 2017 page 3) to exchange experiences with volunteer work between Japanese and Dutch people. In the next Newsletter I want to write more about this exchange and the possibility to bring the experiences of sharing and “Time-banking” in these common meetings .

A.A.J. (Ton) Millenaar

Volunteer experience story



My volunteer works are normally carried out inside NALC Holland organisation, and I often wondered how other people are doing volunteer works and how they communicate people at nursing homes, and people working there.

During Potluck Mrs.Takenobu spoke about her activities and said with smile on her face “I feel so happy when people make dishes empty!”, then a lamp turned to flash, I like cooking so maybe this is what I can do! But I can’t go some nursing home on a regular base to cook, well, maybe, for experience I can help Mrs.Takenobu at Zonnehuis as an assistant.

Mrs.Takenobu checked it with Zonnehuis and got “OK!”. I went curiously a bit earlier to Zonnehuis on 2 July 2018, waiting for Mrs.Takenobu. She appeared on time.

We went upstairs to Group NO.16, which Mrs.Takenobu is in charge of cooking. Zonnehuis is a quite big facility, but inside area is divided into groups of 10 or less people to make at-home atmosphere.

Ester is a staff member of Zonnehuis looking after Group NO.16. She welcomed me with heartfelt smile and made me feel at home.

Ingredients were already prepared by Zonnehuis and Mrs.Takenobu had a look, and soon she said, “Let’s make “a bite-cutlet”, so as a side dish I decided to make backed potato in the oven, which is my daughters’ favourite one.

String beans were deliciously boiled, potato was also backed tenderly and “a bite-cutlets” were beautiful golden colour waiting for being served. “Food is ready!”

While Ester and Mrs.Takenobu were helping by the table, I was cleaning the kitchen.

Since I had introduced myself on my arrival and told “I come here to have a one-time experience as a Mrs.Takenobu’s helper”, the people at the table said while we were saying good-bye to each other, “Only once is not enough, you have to come next week as well!” with smile on their full faces.

I felt very happy to see they were enjoying the meal. One lady who was sitting on a wheel chair with quite limited mobility, gave me a wink when she brought a piece of potato into her mouth. I still believe that was a sign to tell “Delicious!”

Now I am thinking when I can make a next opportunity.

Kuni Iwasaki



A visit to “Grootschermer”



I visited Mrs K. At Grootschermer (Noord Holland) at the end of August. I enjoyed driving between cows, horses and old farm houses for around 1 hour and finally I found this small, beautiful, quiet village. It looks typical old Dutch place with classic beautiful houses with stone paving in front. The house of Mrs K. Is also one of them: with high ceiling and strong, long beams inside the house. After enjoying tea she invited me to look around the village. Grootschermer is really beautiful but there are not so many things available. The bus comes only 8 times per day. There is no hospital, no junior high school, no bakery, no flower shop, no snackbar, no drugstore, no Chinese restaurant. Delivery service of sushi / pizza? No way. They will not deliver to you. My first question to Mrs K: “how do you do shopping then?” “There is ‘our’ supermarket. Do you want to see it?” After 30 second walk, we were at “the busiest place of the village” with 2 buildings standing next to each other : a supermarket and a restaurant.

Troefmarkt De Reus was started in 1923 and family members took over the business. Pieter is the recent owner and he is the 4th generation in this family. This supermarket was recently renovated and looks relatively modern to me. It is not big, but you can get bread, milk, meat, shampoo,, etc. They also do the service of post, dry cleaning, shoe repairing service...etc.

Off course they deliver your shopping to your house if you ask. What I found interesting was, that the fact that Pieter has many spare keys of the houses and he will bring the shopping until the refrigerator and freezer if you ask him. This system exists only where the trust exists between the people. I understand from Mrs K that many people (including Pieter as well) are born and grown up in this small village, and they know each other very well. Mrs K. Told me in her beautiful smile: “ Everyone knows each other in this small village. If you see a child behaving bad on the street, you scold. Everyone knows where you live and help each other. You borrow something from your neighbor and he will borrow something from me. Of course young people go away often to a bigger place like Amsterdam. But they often come back here when they have their own family. There are many inconveniences in this village, but it is a good place to live”

Ohhhh,,,, it sounds like “ good old days in Showa (*) ” !

(Masako Higashi)

(*) “Good old days in Showa” This is the period around 1920-1970 (except WWII.) It is the symbol of the period that people lived in a small community. Their lives were far from the modern conveniences but people were happy.

~~ From the board members ~~

*** Membership fee: 22 euro/year**

This membership fee is to cover the expenses for the meetings, and the office supply. We appreciate your understandings and kindly ask your payment.

Bank account name : Stichting WELnu

Bank account number : NL13 INGB 0007-4290-16

- Financial Year 2018/2019 is from Sep. 2018 till Aug. 2019). Please mention this at your payment.
- “Point gift system” is finished after discussion with NALC Japan.
- Financial report is available at the General Meeting every year.

*** PLEASE, do not forget your “point report”**

As you know, NALC Holland expects you to report your “volunteer activity hours”. Unfortunately, these numbers are NOT growing bigger. But we know that YOU are doing volunteer activity. Thus, in short: we are missing your POINT REPORT! Please do not forget to report to us, even for short hours, otherwise, it looks like : “NALC Holland is not-active organization” : which is NOT true.

You can use this application form to report to Kayo Matsubara via E-mail / post. Please do not forget to have a signature of your contact person.

*** Who wants to send the “point” to your family in Japan?**

Some of you have “Points” but nobody sends their points to Japan yet. Who wants to send the point to your family in Japan?

Colofon

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