



December 3, 2019

NALC Holland *Newsletter vol.8*

The 2nd newsletter is finally published. Please find important news and informations.

- (1) We happily inform you that NALC Holland became “ Stichting NALC Holland.”
From January 2020, we have new committee members as follows;

Chairperson	Mr. Kuniharu IWASAKI
Secretary	Ms. Kumiko HIRATA
Treasurer	Ms. Kayo MATSUBARA
General Affairs	Ms. Emiko KANNAN

Mr. T. Millenaar and Ms. M. Iwasaki are the “adviser” of the committee.
Ms. I. Osada and Ms. M. Higashi will support the committee as “members.”

Message from Mr. Ton Millenaar:

More than 3 years ago we started NALC Holland. Step by step we developed "time-banking to support vulnerable people in an equal way. In this period I was motivated to start this process from zero -based I am convinced that people in the community need this connection more and more because it's not all economy! So, I believe that it will be(come) more necessary in the future. We learned that the process to become interdependently takes time. Maybe we need one generation to develop our own values related with NALC Japan. Therefore we need young people for the continuation. Under this you can read the steps we made to become more supportive. At the end of the year Kuniharu Iwasaki san takes my role as chairperson. For the continuation I'll be available as an adviser.

Message from Mr. Kuniharu Iwasaki:

It started when I went to the lecture on "Time banking" performed by Mr.Millenaar (Hearafter his nickname "Ton-san") and Mrs.Masako Iwasaki on 15 Sep 2013. I joined a NALC Holland start-up team, which grew to a committee group when NALC Holland started in Sep 2016. In 2019 Ton-san asked me "if I recommended you as a chairman of NALC Holland, is it OK for you?" I was not sure if I could do it. Though, since the committees are all cooperative, and the active members are also supportive, this situation encouraged me to say "YES" to Ton-san.

NALC Holland is providing opportunities for more enjoyable life and safer feelings through mutual assistance between Japanese people living in the Netherlands and volunteer activities in the areas where you live. Some people hesitate to ask for help, because "It may bother others" or "worried about costs", etc., then NALC Holland system can encourage those people to ask for help without hesitation or worrying about high costs. And if necessary, you can use points, which you earned, for yourself or your family. Please refer to the NALC Holland website for details on the time banking system (earning points).

I would like to do my best in cooperation with all of you.

(2) We also happily announce the establishment of **“NALC Holland East Branch”** which started their own activities. You will find the article over the kick-off meeting which was held in September.

“in Memoriam” Joost Hoekman

We sadly inform you that Mr. Joost Hoekman, one of the NALC Holland’s committee members passed away on the 16th of November. He got a cardiac arrest. He was only 44 years old. We:the other committee members wrote this memoriam together for him while we still suffer from this sad shock.



Mr. Joost Hoekman

When we started NALC Holland Joost was one of the Co-Founders. We started it with “zero base” without juridical status. Therefore Joost offered to use his Stichting WELnu(*) including the Bank-account.

He had connections with many old people’s houses. He introduced NALC Holland members to those organizations and he went also to the town hall etc. to explain about NALC Holland. However the most important was that he did all these activities with dedication in a natural way. In this way he got a lot of sympathy of all NALC people although he did not speak Japanese.

When he spoke, he never forgot to show his respect to the others. When we did not understand / did not agree, he explained again and again until the others would understand him. He listened to the others very carefully and he said, “ I understand your opinion. But there are other way of thinking. How about this / Why don’t you try in this way? “ He was good in management, presentation, and administration. He was someone who walks slowly when he walks with elder people. He was kind, calm and always showing his smile.

For many years he gave many good advices to NALC Holland committee members. He was a positive thinking person. He advised at the committee meeting that NALC Holland should stimulate that the “points” moves from one to another. It was not easy to everyone to accept that immediately but he was then explaining again patiently.

In September this year NALC started his own Stichting and became independent from WELnu. Joost agreed to be an adviser of NALC Holland. We planned a committee meeting in December to show our appreciation of Joost’ involvement. We still can not believe that he is not with us anymore. Nice memories about him and his nice smile will remain in our mind.

Kick-off of [NALC Holland East Branch]

The kick off meeting of NALC Holland East Branch was held on the 22nd of September 2019 at a culture center in Arnhem. Although it was a small group, I believe that this meeting was fruitful one. Four committee of NALC Holland: Mr. T. Millenaar, Ms. M. Iwasaki, Mr. K. Iwasaki, Ms. E. Kannan joined. 9 people from the Eastern part of the country including two East Branch committee members: Ms. Yoshioka and I joined.



First, Mr. K. Iwasaki explained about NALC system and after that Mr. T. Millenaar explained about Time Banking. After the coffee break, we introduced ourselves and talked about volunteer activities. Some are already busy with their actives like visiting elder Japanese people, working on the care farm. Some are willing to do volunteer, but they do not know where, what en how. As NALC Holland East Branch we would like to support these people finding nice volunteer activities.



East branch will organise every 1st Sunday “potluck” at my house in Oosterbeek. After October and November Potluck, we will continue in the dark days as well: End of the year potluck in December and New year’s potluck in January. In February we will organise “ Learn about dementia” with a professional caregiver. A “Charity Mini bazaar ☆” is scheduled in March.

☆ Together with “HopStepJapan” and Fukushima related people in NL we are planning this charity event in a church in Amsterdam. Hope to receive support from you all. Detail will follow.

(Nobue Peters)

“We are happy with the volunteers “ Visit to “Community supported Agriculture” at MoestuynLeyduin

There is a huge vegetable field close to my house, which I visit a few times a week. Called “Moestuyn Leyduin”, it looks like a “Volkstuin” (community garden) that are commonly found in Holland, but its system is quite different. At Moestuyn Leyduin, they work with a system called “Community Supported Agriculture” (CSA), where people cooperate to grow vegetable in the one-hectare land and share cost and the harvest. There are many volunteer workers here, and watching them made me want to write about the system, as it made me rethink: “ what is volunteer work?”

A member of CSA at Leyduin, pays 275 euro per year. This amount is used to pay the reward for the two gardeners, the rent of the land, and all the expenses that you need such as seeds and cost for building a shed etc. From April to November you are invited to harvest vegetables every week. Type and amount of the vegetables, which differ every week, are informed to you via the website and on the field.

So once a week I go there with a basket to harvest. In the shed I leave a note about my visit in a notebook. On the blackboard you see what you are allowed to harvest that week. For instance, “ Green beans 250g. 1 lettuce. Tomatoes 250g. Some herbs” After checking that list, I go to the field. Collecting beans take time, and it gives me backache, but I have to keep doing it even if it starts raining. In case I take too much, I leave them at the scale so that the person next to me can take them.



What do they mean by “some” herbs ?
How much am I allowed to take?

The answer is “you take what you want for your dinner table.” The rules here are not strict. Small chat with a lady who was also collecting beans: “I enjoy my visit to this beautiful field. It’s fantastic that I can harvest ‘my vegetable’ that grows without pesticides.” Small children often come to harvest here with their parents or grandparents. They seem to know the names of the vegetables well.

It’s important to know who are the people who are growing the vegetables. Marga and Marja are the two leaders called “tuinders.” They are both professionals in “Biologische Dynamische “(BD) agriculture. Under the leadership of these two, fifty volunteers, four stagiaires (trainees), and three zorgvragers (care recipients) are working on the field. Following the “Biologische Dynamische “(BD) way of growing crops, they never use any machine. They grow many different kinds of vegetables and flowers together. Daily work that need to be done are not only the work on field, but also such task as “information personnel” about the day when a crop needs to be harvested, or work as a carpenter or as a photographer. The schedule board shows which person is available on each day.

At the same time as being “volunteers”, these people are also “members.”

So they pay membership fee, do the volunteer work, then go home with the vegetables.

When I just learned about this system, I was surprised to see people who pay money and work as a volunteer. But after visiting a few times to this field, I knew that this “CSA” system should be carried over to the next generation. I am happy if I can give a small support to the good initiated project. I realized that when people feel or know that a certain project is worth the attention (and money,) then they just do it following his or her instinct for better society and future. Furthermore, after I learned about BD-agriculture, I started to rethink about

“what you should eat” and about the current “ready-made food” consumption society. My husband and I enjoy offering volunteer work to this beautiful place.

Masako Higashi



Interview to the gardeners: Marga and Maria



Q) Your job is not an easy one that everyone can do. What are the nice things about it?

A) I am someone who wants to be in the nature. Look at this place; this is the most beautiful working space that one can have! This morning I saw a deer on the way. I am happy to see the vegetables growing, and to see people going home with big basket full of them. “

Q) What are the not so nice things that you experienced ?

A) Some people think that this is a kind of “vegetable shop” They expect the service standard of a shop from us. He / she misunderstands our system then. Luckily these are very rare cases.

Q) What do you mean by “social function” in this field?

A) We often organize events such as “harvest parties”, “music dinners”, or “art on the field”, etc. Most of the things are organized by volunteer members. It’s great to see people with different backgrounds organizing those events together perfectly. We also plant what we call “forgotten vegetables”. Young people don’t know well how to cook them. Then there are also volunteers who make a good recipe using these vegetables. Of course you can get recipe from the internet, but face-to-face communication is different. This is a social place for young and old.

Q) Thus, you cannot miss volunteer workers here.

A) No. We absolutely need their manpower and ideas to keep this system going. Everyone offers help with what they can and what they want to help with. One is happy to work in the field, one is happy to be the “information center”, the other repairs a broken table. We are very happy with them.

“ Kletskassa “

“Coffee Corner “ in the supermarket are everywhere to be found nowadays. They say that lonely people often meet there and enjoy talking. In some supermarket there are paper boxes where people can leave their messages : “ asking for help” “ I want to speak with someone”



Thus, this is the new kind of “ social meeting place” The another service by the supermarket is “Kletskassa” ; where the customers enjoy small chat with the cashier. Lonely elder people who are not in a hurry stand there. Some supermarket also cooperate with (Ouderenfonds) organizing “ lunch for the lonely elder people” etc.

According to the supermarket, these bring no profit to them but they offer service for the community.

Since the introduction of the “self scan system” I almost hate supermarkets because of their attitude; “quick, efficient, economically, no staff in the shop, quick, quick, quick.....” But with the idea of “kletskassa” and the other activities, I got a better opinion about them.

Masako Higashi

Bron: <https://www.portfolio.nl.news/buz/show/2727>

~~ 2019/2020 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.

- Financial Year 2019/2020 is from Sep. 2019 till Aug. 2020). Please mention this at your payment.

• **Account name:** stichting NALC Holland

Account number: NL67INGB0006896387

Any questions about the fee: please contact K. Matsubara kayenkayo@gmail.com

Colofon

NALC Holland URL: <http://www.nalcholland.nl>

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