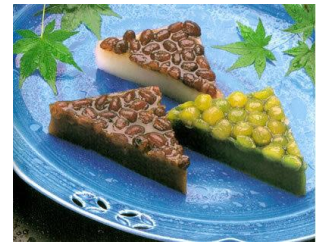


servas JAPAN 近畿支部会報2021年6月号

日本サーバス近畿支部長 Ak

京都府等は新型コロナウイルス（COVID-19）の緊急事態宣言が6月20日に解除になりましたが、その後、まん延防止等の措置が7月11日まで続きます。コロナワクチン接種も各自治体で進んでいるようです。



「茅の輪くぐり」は、毎年6月末に神社で行われる「夏越の祓」（なごしのはらえ）で実施される神事です。年越しの大祓（おおはらえ）の後にたまった半年間の穢れを祓い、たくさんの神社で茅の輪をくぐることができます。

急に暑くなるこの時期は、昔から病気になりやすく、亡くなる人が多かったそうです。その為、旧暦の5月（新暦では6月の梅雨）を『毒月』や『悪月』と呼びます。五月五日の節句には野山に出て薬草を採集する「薬獵」（くすりがり）が行われ、厄除け・毒除けをしました。人々の生きるための切実な思いによるものが、端午の節句が生まれた理由なのでしょう。

水無月の「無」は、「の」にあたる連体助詞なので、水無月は、「水の月」と言う意味になります。田植えが終わり、田に水があるという意味からこの名前がついたと言われています。また、旧暦の6月は、梅雨が明けて水が無くなる月なので、こう言われるようになったという説もあります。京都では和菓子「水無月」を夏越の祓が行われる6月30日に、1年の残り半分の無病息災を祈念して食べる風習があります。

2020年春トラベラーTさんが来日を希望されていましたが、COVID-19のため来られなくなったので、次の機会にと約束しました。2月にレターを書いて送ってもらいました。

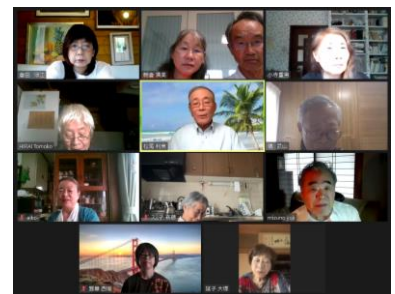
今回の会報は、次の内容でお届けします。

- | | |
|--|---------|
| 1. 例会報告 | 久御山町 Ak |
| 2. おうちギャラリーの紹介 | 交野市 Ss |
| 3. ノルウェーからの便り～Our life in Norway after Mars 12 2020～ | T F |
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1, 例会報告

久御山町 Ak

6月13日午前10時からZoomによるオンライン支部例会をしました。参加者はM、H、S、T、K、O、M、W、N、Kさん、A夫婦の12人です。今回は、企画としてMさんに「コロナ禍での思い」をお話していただきました。会社経営をされていて、世界を展望した見方には、思わず頷いてしまいました。参加者からは、日頃より世界情勢の不安を感じている話題がたくさん出ました。時間も一回の延長をして、交流の時間にしました。なかなか会うこともできませんが、移動をしなくても交流できるZoomミーティング支部例会の楽しみ方だと思いました。



初めて参加される場合、不安のある会員のみなさまには、参加のお手伝いができますので、ご案内の時に申し出ていただければと思います。

2.おうちギャラリーの紹介

交野市 Ss

2019年5月10(日)～13日(月)に第2回 おうちギャラリーをすることができました。

一回目は展示場所を狭い家の中で、いかに確保するかに工夫をしました。2回目はアトラクションも人気があったので、今回はいかに座席を確保するかに、工夫と少々のお金を使いました。

ダブルベットの引き出し部分を捨てて、角材を買ってきて養生テープでオリジナルすのこを作り、ベット一つ分あけました。キングサイズのベットで客席が増えました。アウトドア用の椅子も10個買いました。

皆さんにも、前もって会場になる部屋を見に来ていただいたり、音合わせをしたり、準備も万全でした。それだけに参加者が少なかつたらどうしようと気にもなりましたが、たいていアトラクションには、35人から40人を超える参加者で私たちも大忙しでした。

次回のことを考えて椅子はもう10個購入しました。今回は慌てなくても、40人は座れるようにしました。リピーターで毎日来てくださる方も何人かいて、また、ご近所の方を誘って来て頂いたり、お陰様で毎日賑やかでした。私はゆっくり音色やコーヒーを味わう余裕はなかったようにおもいます。

写真は今回は退職仲間と地域のベテランさんが加わり5人になりました。私は、なかなか思うように撮れません。ただシャッターを押すだけ何に・・・。

写真は前、一緒にカメラを取りに行っていた友達や仕事仲間の友達がとってくれました。今回もたくさんの方に協力をしていただきました。4日間のコーヒーのお世話をはじめ、会場の設定や後始末まで、とても一人では出来るわけではなく感謝しています。



演奏者の中には支部会員Oさんのお姿も

Our life in Norway after Mars 12 2020

「(注) Mars は英語の March」

T F

The news of Covid 19 was a bomb in our society, we had heard and we were prepared, but the restrictions were still a shock. My husband who works as a product manager in a medical firm had already then started with home office. I was at work as a community physiotherapist that day, and all plans of meeting patients or training groups was cancelled from that day on. Going home in the afternoon, I planned to buy groceries for the next



couple of days, and was shocked by meeting so many people in the little village shop, and to find shortage of a lot of food, felt like a panic situation, it was scary.

We felt a lot of uncertainty! But ministers from the Norwegian government and our health department, gave us then good information, how to handle the virus. – Now we listen to press conferences 2 – 3 times a week, with good update information.

Everybody who could should organize home-office, no public transport, closed schools and kindergardens , flight traffic stopped.

Around us many people had returned from vacation in Italy and Austria, in February / mars 2020, many had been detected with the virus and we sent to quarantine at home. So around me there was



shortage of nurses and health workers at nursing homes, so the next 2 weeks I was a health worker- then back to physio work, with few patients in direct contact. We stayed at home mostly, stopped meeting friends, we often meet with 3 other couples and dine together, we usually go to classis concerts, training groups but all was cancelled. For the 2 of us, we went out for walks and joggings, and suddenly were very concerned of keeping distance from everybody.

Easter was coming up, and at that time about 40 % of Norwegians go to a cabin for vacation, but then we got a message from our government -stay at home, since the small communities did not want to handle a lot of sick COVID-19 patients, of course a lot of people went anyway, thinking there they had space and nature and not any close neighbors, but no.. people were sent home by local authorities, and a new word was spreading:“Cottage Shame “– people who did not listen to recommendation should be ashamed.



For us that meant staying at home, taking walks in the neighborhood, or driving to other close by beaches and hilly areas, but we had to stay in our own community. The two of us we felt restless, not going skiing for easter at our cabin in the mountains, but this was a common luxury problem. No Body we knew got sick,fortunately.

We have 4 children (2 each) the oldest, having a muscle disease, with very reduced lung functioning, she has been our main concern, since we are afraid how she might cope

Plans for travelling had to be cancelled both work related and private, our trip to Japan in end of mars had to be cancelled, we are so so sorry we had planned this trip together with 2 of our children a 2 weeks journey traveling around in Japan, meeting some Servas hosts. In June we had an invitation to the wedding of my nephew in Denmark, but that was cancelled and planned again this summer.

We are fortunate with 2 cabins one at the coast at southern Norway, and one in the mountains in the middle of Norway, so in end April we could travel to our cabin in southern Norway – without

“COTTAGE Shame”!! We often go there for weekends and summertime.



I have a daughter living in Denmark, with her partner and child of now 4 years, we had planned a week together last summer in Norway at our cabin in southern Norway, so when it opened for travels between Denmark and Norway for some months, I and my daughter cried happy tears, and we had a great vacation. I am danish so the rest of my

family lives in Denmark , so usually I go there often, so I miss that now with closed borders again.

Norway is a beautiful country, and we have space and nature that we love, much to see, and fortunately the 2 of us love outdoor life. Hiking, kayaking, walking, jogging we do a lot, this year we have travelled extra in Norway, and kayaking is a great Covid – 19 sport!! Horseback riding too.. I go swimming in the sea all year around, and I can keep doing that too.

We ride bicycles, and Stavanger is a great town for going on bicycle.

During the past year we have learned a lot about doing things in other ways, and in general, life has been good for the 2 of us. We have work, secure economy,we are



soon going to retire. Of course we miss our daily life and activities, but we have been rather creative, meeting outdoors or digital – digital dinner with my daughter and family in Denmark, was a success until we discovered how sad my grandson of 4 was, he really had not understood that we were not meeting him physically.

We have learned to use a lot of digital tools private and in work. I organized a 3 day course for physiotherapists, and attending many webinars, my husband sits a lot with meeting using Teams.

We meets friends outdoors, maybe take a walk together.

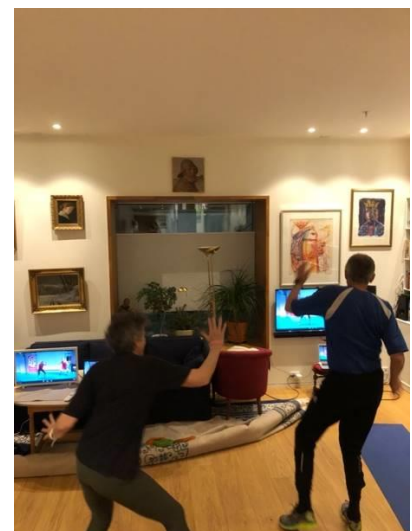
We started do training at home with Tabata music from Spotify and had a different exercise we have been doing

in the living room, alternating to live stream training.

Last spring I organized 1 hour training outdoors for neighbors, grown-ups and children.

So, we got to know some neighbors well, usually Norwegians are rather private, but now we talk a little more.

There has been less traffic on the roads, less air planes to hear, people don't crowd and are more at home – I think it has been great to see families out for walks and hikes together, usually children are so busy with many activities, so that was good to see.





In Stavanger we have good contact with 2 families from Eritrea. The son of 3 in one family calls us grandparents, and we are very happy to be bonus grannies, our meeting has been difficult during the COVID-19, they want us to come home to them for visits drinking coffee and eat food, and play with the children, but now we try to meet more outdoors, but we see how much the situation now means for them, more insecure and stressed.

We feel an anxiety mostly going out – are we careful enough? anybody around getting to close? it is tiering- but right now we have TIME-OUT. Left our apartment in the city of Stavanger to go for 10 days to our mountain cabin for home office / vacation. 1000m above the sea, snow all around, 1 km to the nearest neighbor – a farm where we get fresh milk! We have brought with us food, so no shopping is necessary. So here we are now, no electricity, but heat from firewood, sun cells batteries supply most of our other needs. And we have the most beautiful nature to go skiing around us.

So, we now hope for vaccine, listen to news, and hope for a normal summer – maybe autumn. We have tickets for going to Japan end of September, but realistically we think that will not be possible this year – but 2022?



04.february, T F

4.お知らせとお願い

支部長 Ak

* 今後の例会は下記のように予定していますが、COVID-19 の関係から変更する可能性があります。

- ① アラスカ在住の C さんとの交流(未定) Zoom ミーティング。
- ② 秋例会は、小林ガーデンと近くの散策。
- ③ 総会は、場所「下京いきいき市民活動センター」。総会に先立って平和の取り組みとして近くの旧柳原銀行（柳原銀行記念資料館）へ行き、見学、講演、DVD 視聴等を行います。

旧柳原銀行 <https://www.city.kyoto.lg.jp/bunshi/page/0000061458.html>

* 住所、電話、メールアドレス等変更がありましたらお知らせください。

以上