

On March 11, I was in Sendai where we're having the graduation ceremony at high school I was working for. After the disaster, the Co-op store provided blankets, toilettes and food so I stayed in Sendai for three days. When I finally came home to Ishinomaki, I found the first floor of my house was damaged by Tsunami. My father-in-law had experience living through the war and was very tough and reliable. He used water from a well, a kerosene heater with a reflector panel for cooking and comforted us by saying any disasters were like this. I was glad the family was living together. Although both cities of Ishinomaki and Sendai were in Fukushima prefecture, there was a big difference in people's perception between them as Ishinomaki was damaged quite badly while Sendai received very few damages.

After the 3.11, I quit working for high school and started a tutoring school near my house. I have about 50 students now. My school can be positioned as somewhere between a children's after school activity club and a cram school. When my mother was running a tutoring school at home, I became not liking children of my age and thought I never wanted to deal with children. But, now after becoming a parent myself, I know how hard it is to raise children. My daughter's piano teacher and son's baseball coach are both so wonderful, that made me feel that we needed third parties who could also influence children's lives as much as school teachers. It's not a school but a place that will be there forever to receive children when needed. I wanted to be a place where they feel nostalgic and a person they fondly remember. Someone who is not their parents or teachers, some place like a sweet old home.

Currently, the communication method of grade school for emergency is email. But, I believe people should evacuate first without waiting for anything. We shouldn't spend money building something like an evacuation tower, as natural disasters are not predictable. I feel that type of disaster prevention is useless. There were many volunteers, but I couldn't stop feeling if people who were financially fit were acting just to satisfy themselves, spending an aid fund. Don't they have a family of their own, have a parent who is living alone? Aren't they making own family member feel lonely, etc., etc?

The 3.11 just happened to fall on me in a course of our history. I want to open a community center for elderlies that has a coin laundry, delicious coffee and tea machine. I have been thinking since I was young that I should act first on thought and the money will follow. It's ok to take out a loan. The book I read when I was 20 years old suggested that people should invest in themselves. And that investment will

eventually come back to you and will have some meaning although it seems like a waste at that time. The day you thought of doing it is your lucky day! I don't want to regret for not doing. Through working as an insurance agent and teaching at a tutoring school, I became interested in bookkeeping. And I returned to college at the age of 39. The college work was easy for me as I had actual experience working in a real world. I think the regret for not doing is big, so I want to give up after trying it out.

I like English very much and dreamed of becoming a flight attendant. But, I failed the entrance exam to a specialty school twice, that prepared you for the entrance exam to become a flight attendant with various airlines. At the age 20, I was faced with a reality that my figure was not good enough. After that, I worked to sell educational materials, worked for a hotel, ferry boat. I've even relocated to Hokkaido. As I liked to look at the time table of transportation, I went to a specialty school for travel agents hoping to become a tour guide someday. Once I accomplished my dream of becoming a tour guide for oversea trips, I somehow woke up from my dream. I have had a complex for being born in March, which made me the youngest and smallest in my classes. (Note: Japanese school year is from April to March.) Whatever I did failed during my childhood. However, I became good at studying when I tried it very hard in my 5<sup>th</sup> and 6<sup>th</sup> grades. This made me realize that all I needed was to study. When I was a child, I wanted to go learn English. But, my parents couldn't afford to pay for it. So, when I started learning English in my middle school as part of school curriculum, I was very happy. I liked to learn it from songs.

You cannot go back and redo raising a child, so I always gave it the highest priority. I came to marry my husband from a different town and had no friends. My mother in law was also very strict, and I have had an occasion that I went back home to my parents. I tolerated it for 25 years, but there were more good times than bad when I look back.

40 patients at Ogatsu Hospital in Ishinomaki city that was closer to the ocean became victims, and 24 nurses who tried to help them died with them too. The families of deceased wouldn't sue the hospital, because they knew those nurses were always serving their loved ones tirelessly. No student at Ogatsu elementary school became a victim as the school had a good evacuation training. Drill is important!

2) Ms. TS (a woman in her 70's)

January 26 and February 4, 2017

It comforts me to practice Tea Ceremony. It's a totally different world. I was practicing before the disaster but has taken it up again recently. It's just a hobby that I

started by being invited by a friend but I enjoy it very much. Since the 3.11, I don't feel like wearing a skirt. I wear it maybe twice a year only when I must wear them. I wear pants even during the summer, because I can evacuate easier if something happens. I wear only pants since the 3.11. I also stock aluminum foil, saranwrap, toilette tissues, portable gas cylinder and prepare an emergency bag stuffed with underwear, sox, food, etc. You never know if you have a disaster like Fukushima had (which nuclear plant melted down). I prepared to be able to evacuate swiftly. I'm very afraid of nuclear plants. What should we do if something like Fukushima happens again? It's so sad that they can't go back to their own home town.

We received various relief goods, but I got tired of the task of allocating and distributing them to others. Some offered to send more plates, accessories or clothing, but I declined. Even when I didn't receive these relief goods, I still had to be mindful to send fish cakes and sea food products in return as a thank you gift. One time, I took volunteers around like a tour when they came. It's nice to receive support but it was a bit of trouble to return a favor. So, once a reciprocal gift was made, I felt relieved.

I was raised in a farm, so I didn't like farm work. But, the family I married into does a farm related business. My son started a store for eye glasses, and I attend the store too. I enjoy planting flowers in our small yard. I can take care of plants without thinking anything. I get up 5 in the morning during the summer to water them, then I prepare breakfast. There are no people walking downtown Ishinomaki, which is very sad. After the disaster, less people come to our store too. I still become teary talking about the 3.11.

On the 3.11, I was tired. So, I rested by laying down under the Kotatsu heater for a while and then washed dishes. I was in the store when the earthquake hit. It was larger than usual, and it shook from side to side. I took down a vase from the Buddhist alter but I fell down to the floor by being paralyzed with fear, wetting my skirt with the spilled water from the vase. I was so afraid that the house would collapse. I wondered the big earthquake that was said to come someday could be this one. It shook so much as if it weren't enough making creaking sound. My second son tried to go outside but I held him strong thinking it was safer to be inside with four of us together. Then, we heard the announcement from the Municipal office's speaker alerting to "evacuate to a higher ground!" My husband said Tsunami had never come this far in the past, so we went upstairs. My second son took our car to the mountain and heard the news from the car radio that Tsunami came to Menagawa and Ayukawa. We put strawberries, bananas, rice balls, dishes and things from the Buddhist alter in a box and carried upstairs. I was planning to go attend a class reunion on Sunday by

spending a night out, so there were more food including tofu, milk and eggs in the fridge than usual as I wanted to leave some cooked food for the family. We always kept rice enough for one year in a stone warehouse outside, so I was worried to have them become wet. Then black water gradually started to come into the house from the back door. I loaded food in a cooler box that we usually used for fishing, did cooking with a kerosene heater with a reflector panel and used well water to flush the toilette.

The house of one of our customers on the beach was washed away. I've known him as a customer and after the disaster, I offered to wash his cloths. We had water from a bath tub that we could use for laundry as well as water from a nearby well that helped us a lot.

We re-opened our eye-glass shop in June, and it's already been six years. I gave some rice to people. For one year from March 2011, we slept in clothes. I try to remember the disaster as it may come again while I also sometime think it's better to forget. People who were affected by the disaster came to our shop and talked. We helped each other by talking. Tsunami came but I feel lucky to have the house. After the disaster, we had some issues concerning the ownership of our house and the land that we had to resolve with our relatives, which took me as a surprise.

I have been very active that I belonged to a table tennis club during my middle and high school years and started climbing the mountain in my 50's. I took care of my mother in law for over 5 years before the disaster.

3) Ms. MA (a woman in her 70's)

February 17, 2017

My house was located by the river and was fully destroyed by Tsunami. So, we spent 3 million yen to fix the roof and the foundation but were forcefully removed from the house for building a new levee. We built a new house in Wakuya (about 30 minutes by car from Ishinomaki) and moved here in November 2014. We had also spent 6 million yen to renovate the toilette and the kitchen in the old house, so it was unfortunate we had to leave that house. On March 11, I was watching TV alone sitting warm under the Kotatsu heater. I thought the house would collapse from a strong shake and held a book shelf and removed a vase from a family Buddhist alter to the floor. But, I never thought that Tsunami would come. Someone in Sendai heard about Tsunami on the radio, called my former neighbor in Ishinomaki who then relayed the message to me. I could hear the tsunami alert from the disaster prevention radio if I went outside the house, but the volume had been turned down as some people had complained earlier it was too loud.

Before Tsunami came, I evacuated to the mountain taking an elderly female neighbor with me. On my way, I also dragged a person who was insisting not to evacuate. After the disaster, I spent six days at my acquaintance's house. I then moved to the community center which had been turned into a shelter on March 17 but picked up a cold right away. My daughter who was working in the city came home on March 12. We commuted to our house from the community center every day to clean the house. A relative from a farm brought a truck-full of well water once in every three days so that we were privileged to be able to take a bath too. A person who had an incurable disease lived in the neighborhood and was receiving lots of relief goods such as rain boots, facial tissues, oil, underwear from all over the country, shared goods with 9 others in the same community group. Relief goods also came from overseas and our municipal head distributed to us. It's important to have a good relationship with your neighbors all the time. I also distributed blankets, towels, underwear that were dry for being in a higher shelf of the closet to people at the community center. We helped each other. Unfortunately, there was one leader at the community center who was very bossy and tried to control everything, that made me feel not good about being there.

I don't think stocking food and daily necessities at each house is necessary, as relief goods will arrive in about 3 days. The rice and paper goods that got wet by Tsunami became useless. When I saw my house for the first time after Tsunami that was totally chaotic, I thought "Oh, my goodness". But that's about all I felt. I didn't feel anything else such as I had to clean or felt ashamed of wasting them. A stranger passed by and I called to stop him to give a rice ball as I wondered if he had eaten. I have also once arranged a delivery from a restaurant and fed 6 volunteers.

I don't think too much about what's happened/done in the past. I wouldn't cling too much by thinking deep on I should've done this or that. I grew up in Wakuya before I got married and moved, so I had many friends from school with whom I look an annual trip that I looked forward to very much. I lost my husband in 1998 when I was 54 years old. He was 60, had liver cancer and passed away after 10 days in a hospital. My neighbor who lost her husband in a similar manner has been wallowing in misery but somehow I'm fine. I took care of my mother in law for 9 years until she died of breast cancer at the age of 88.

Since the 3.11, I've been preoccupied to live at full speed and haven't had the time to feel sorrow. Living itself didn't seem that hard. Even when we were forced to move out of our house, I didn't feel sad or attached. My father used to work for the railroad project in Manchuria and died in the war. I was born in Manchuria and later came to Japan.

I was one year old then and my brothers were 3 and 6. My mother first moved in with my father's parents, then moved to her own parents'. She went to a beauty school, got a license as a beautician, opened the only beauty salon in town which was a big success and raised us alone. She made living as a beautician.

4) Ms. FS (a woman in her 40's)

March 11, 2017 Saturday

I have written my story about the disaster as a series in the local newspaper once before. I initially hesitated to make my story public but decided to also post it on the internet as I wanted people outside of my home town Ishinomaki to know what happened. At the time of the disaster on the 3.11, I was visiting a woman in her 80's who had dementia with my colleague as part of our social welfare work. Her room was filled with furniture and belongings.

After the quack, there was a risk of her building to collapse. So, we put a blanket over her and went outside thinking that we could also die from starvation if her building became isolated due to Tsunami. We knew another woman in the neighborhood through the same work, who had mental disorder. So, we picked her up and evacuated together. This woman owned many umbrellas, so we borrowed 10 of them.

I believe everything is afterthought. Good or bad, we don't know which way it goes. While you could also be affected by what others said to you then, I believe everyone made their best decision that one could possibly make by thinking hard at that time. When I think back, we were saved from Tsunami as our visit with the dementia lady was 30 minutes over due. If it ended on time, we would've been driving in a car and became a victim of Tsunami. Later, I wondered.....Would it have been better if we stayed in her apartment as Tsunami didn't come that far? Was it necessary to evacuate with her?

The tsunami warning siren was set off, and we evacuated to the elementary school. We first went to the gym that was on a higher ground. Dirty water was gushing out from gutters with the horrible sound that I had never heard before. We also saw some black smoke over houses in far. Later I realized what I thought black smoke was actually the Tsunami. I felt the gym was not safe enough and went on to the school building to go up to a higher floor. Teachers tried to stop us from entering the building, but I pushed them away saying "I'll apologize later by taking a full responsibility!" I was shocked to know how little of risk management skills the teachers had. At the end, Tsunami didn't reach to the gym. But, the gym was overflowing with people who couldn't get in. So, it was good that we moved on to the school building. We saw cars washed away. The school which was only 1.5 km from the ocean was isolated in the

middle of water and we lost a way out. We filled pet bottles with water as there was a water tank on the roof. We saw Kadowaki elementary school on fire. People covered with grease were brought in. It was pitch black at night. I was very worried about getting fire in where we were and prayed hard as if I were screaming for the morning to come soon and then someone might come to rescue us. I thought the morning might never come as we were surrounded by ocean now which might have affected the axis of the earth...

Self Defense Force came on the third day and distributed food. They stocked relief supply in a classroom and asked people to come get them. Children went to receive them running. Sick people were gathered in the room with a heater. I received a canned pickled horseradish. A stranger was offering a ride with his light truck going back and forth the Makiyama tunnel. I climbed up on the back of the truck and went to the urban area for the first time.

Tsunami reached our house, too. I walked in water very carefully to go home by using a stick that was supporting a plant at someone's yard that I borrowed so that I wouldn't fall in dangerous spots. It was helpful that a supermarket near my house was open. There was no food for people who stayed home but plenty of goods at shelters.

After the 3.11, good and bad things happened. I volunteered to walk dogs at an animal shelter, and it comforted me a lot. I also met with many volunteers who came from all over Japan. I love animals since I was little, held a job related to animals in my 20's and participated in the work holiday program in New Zealand that was also related to animals in my 30's. Since 3.11, our cat sleeps with me in my bed. Very warm.

Relief supply was distributed among neighbors by group heads in the neighborhood association. Through this activity, we established a "Town Building Committee" with neighbors and are organizing events such as a walking tour of our town, making flower beds, drawing a map, concerts, etc. Joy and sorrow are today and tomorrow. I want to do what I can do today without thinking too much about tomorrow. I don't desire to do anything special.

5) Women at a community café (eight women in their 60's to 80's) March 16, 2017

\* I spoke with eight women at a community café which is in a house owned by a couple who has been offering the space since 2014 for neighbors to gather and chat.

- I feel lucky compared to those who lost family members, as I still have a house. Our house was destroyed but I feel like forgetting the disaster a little by little.

Back then, I just walked a lot up and down the hill, don't know where that energy came from. I even carried a bag of rice that was 30 kilos. It's been six years since then and I feel we all age like this.

- I want to watch disaster related programs on TV but can't bear to watch. Prior to the 3.11, I didn't have any communication with my neighbors but now I'm thankful for having related with them. It's nice to have a relationship that keeps a comfortable distance. Dirt and salt that filled wood grain of the floor of the house are hard to get rid of. We used to produce lots of Japanese parsley around here when it was a field with water that was your hip high. We also had a moat.
- It makes a big difference whether you have access to information. I heard a nearby store was distributing some rice balls, that helped me a lot. Some people in the line were sending elderlies and sick people to the front of the line. On another occasion, all I got was one helmet after waiting in the line for 3 hours. I saw a great difference in the amount of relief goods in different localities, that seemed to be a result of how connected your group leaders were. I want our group leader to patrol the area well to secure our safety and prevent crimes
- After the 3.11, we received lots of relief goods. But some of them were old sweaters covered with lint, old shoes, clothes that smelled like mold, which were not carefully selected. I believe you shouldn't give to others what you wouldn't appreciate receiving. Even you think it's good, it could be a burden to the other person. You need to put yourself in the other person's shoe. We were helped a lot by volunteers from overseas, that made me think about a wonder of meeting strangers.
- Elderlies are witted thus should be valued. It's nice to check your neighbors on a regular basis even in a peaceful time. Elderlies feel happy by hearing from youth especially from children. It would be nice to see elderlies and children get to know each other and build a relationship.

6) Ms. FT (a woman in her 80's, running a beauty salon) April 23 and 26, 2017

At the time of the 3.11, I had one customer in my salon. City office's PR vehicle was making a round by announcing "Tsunami is coming!" through its speaker. My customer said it'd be ok but I dragged her out and climbed stairs leading to the shrine that was located on a higher ground behind my salon with an electrician who happened to be nearby. We carried only some towels and sox. I encouraged my customer by saying "We'd be there soon", who wanted to give up in the middle of the stairs. She screamed "Please help me God" once we reached the shrine. I wondered why she came today as it wasn't her regular day. At the elementary school on the hill, I put her in a taxi driven by someone I knew and sent her home.

At the elementary school where I spent two days, the tofu shop from my neighborhood



distributed tofu for us. It was cold as I evacuated with only what I was wearing at the time. My son came to pick me up from Sendai on the third day, so I went to Sendai. There was no power in Sendai neither and it was difficult to live. I returned to Ishinomaki after a while and my elder sister stayed with me for 5 months. We were helped by relief goods and a nearby well for water. Really appreciated people helping each other. After about a month, I reopened my salon as my customers urged, who wanted me to wash their hair. I cried a lot by hearing stories of my customers who lost family members. As an example, one woman lost her parents as they didn't believe Tsunami would come that far and didn't evacuate even she suggested to run.

I became a hair dresser per my mother's suggestion. I truly appreciative of her advice. My mother married with my father who had lost the previous wife and had five girls and three boys, a total of eight children with him. He passed away at the age of sixty and my mother at fifty. Whenever I visit her grave, I tell her "Thank you very much, mother. I could have done permanent curls on your hair only if you lived a bit longer." I live with my son now. After the 3.11, my son quit his job and moved in with me as he thought it would be dangerous for me to live alone.

I get energy from my work. I like to deal with customers. I also do a hairdo for brides and help them wear traditional kimono. When I was a child, my father was working at a fish market. I used to go sell dried fish that he made on a bicycle and sold all of them. After finishing school, I worked at a beauty salon in Sendai. But I couldn't get comfortable there, so I went to work for the one in Ishinomaki. I've been running my own salon for 50 years. After the 3.11, I never thought of quitting my salon largely because my customers told me not to quit. My customers are good people. New customers started to come after the disaster. As a hair dresser, I also provide off-site services at nursing homes and hospitals.

I think I was made to live by the disaster. And now I'm made to live by my work. I'm living by having people to interact with and being supported. One cannot do anything alone or live alone. I value relationship with other people and long to be kind and help others. Everything is a study and it won't end until you die. I want to develop my senses whenever I can.

My husband passed away 20 years ago. I had two major surgeries and taken out a whole stomach too.

7) Stand talking at Matunami Park (a woman in her 70's) May 20, 2017

There were lots of cherry blossom trees and willow in this park, but they were all killed

by Tsunami. I used to bring my children to play and families with small children still come here. There are very few playgrounds in the city, so even grandchildren of my younger sister come to play here from far. Its strong wind prevented trees and plants from growing well, but there were many more cherry blossom trees. Now, I look forward to seeing blossoms on remaining cherry trees.

After the 3.11, I moved in with my son's in Sendai. And from October of the same year, I moved to a temporary housing. It was far from here and people came from all over which made it difficult to build a close relationship with anybody. It seemed there was an invisible line drawn between people, which limited how close we get to know each other. We'll be strangers again once leaving the temp housing. It felt a very long 3.5 year in that space. Finally, I could rebuild a house in where it was before and returned home. While I was with my son, I couldn't receive any relief goods.

I was happy to receive clothing at the temporary housing. Many volunteers also helped me. I started liking coffee by learning to take it black without sugar for the first time after being served very delicious coffee. It was truly delicious. I also enjoyed maccha green tea via tea ceremony, making a wreath with flowers, having my hair cut. Very thankful for the volunteers.

I no longer need goods. Where I live has many elderlies. We enjoy gathering and chatting over some tea. Our community center is too far, and the neighborhood association is not very active as less than half of the neighbors had returned so far. Men are too busy to rebuild our lives, so women are working hard as chairman and vice chairman of the association. We used to pull weeds in the park by ourselves without asking for assistance from the city, but it had become difficult as there are much fewer people here who are mostly elderlies. The wind is very strong here. (I'll repeat this!) I hope this park to quickly become the one like before and bring more children from nearby areas. I'll repeat this again that I look forward to cherry blossoms! People over 70 years old are not capable of rebuilding their homes.

At the time of the 3.11, people who evacuated to higher places such as a pedestrian bridge or a higher ground were saved. The traffic became extremely congested, and many people were washed away in a car. I was saved, because I evacuated on foot.

8) Ms. CU (a woman in her 70's, running a Japanese traditional restaurant) June 7, 2017  
My Japanese "Kappo" restaurant is 103 years old, being started in 1914.

On the day of the disaster, I immediately evacuated to the mountain right after the

earthquake. I'm from Menagawa (a small island off Ishinomaki surrounded by the ocean), so I'd been taught that Tsunami would come after this kind of earthquakes since I was small. My mother in law had told me not to give up on the restaurant no matter what, so I never thought of closing it after the disaster. As soon as power was restored, I called a factory in Tokyo and placed a special order for a machine to cook "Kamameshi" rice (cooked in a kettle with various ingredients). This dish is the specialty of our restaurant. Unless you ordered the machine immediately, you'd wait for a long time until its delivery as other restaurants that were also affected would also place orders. So, I did this ordering even before confirming the safety of my relatives.

I heard people who lost everything such as family, job, pictures, etc. were encouraged and found a hope by seeing our restaurant getting back on its feet again. Many people encouraged us to continue. For those who now have nothing, dining at our restaurant especially eating this Kamameshi rice was a precious memory. Our customers were coming to us in generations, from parents to children, children to grandchildren. Those who used to come with children were now coming with grandchildren. The memory of having this Kamameshi rice with a family now became a support to drive their lives. The rice we use in this dish is specially ordered to a farm.

I was hoping to have our restaurant that has overcome obstacles to continue to survive seen as a symbol of recovery and our community. You must stand up by yourself. Do not think someone will help you. No one will help you if you're just sitting and crying out "help." You must take an action by yourself and make own efforts. Then, someone will find you and support you.

I believe a small recovery and small hope will lead to a bigger recovery and bigger hope.

9) Ms. RP (a woman in her 40's, runs a Chinese restaurant) June 7, 2017

Prior to the 3.11, I had never involved in a restaurant business. But, when a restaurant opened in our town which was the only one we had, I decided to open a Chinese restaurant by myself too to bring a bit more light to our town as it seemed very sad to have only one eatery. It's a small place where my husband cooks and I serve.

10) Ms. SS and three others (women in their 60's to 70's) June 24, 2017

\* These four women live close but not necessarily had a close relationship before the disaster. After the 3.11, they became close enough to have tea at each other's house.

A: You must evacuate after large earthquakes. Don't think about other people. I heard the warning siren but I'm sure there were some who didn't hear it. I run feverishly without without taking anything. I was saved because I evacuated on foot.

Don't use cars. Cars create heavy traffic easily and there were many people who were washed away in a car and died.

B: I didn't think Tsunami would come. My house didn't shake that much, and nothing fell from the shelves. But, Tsunami came one after another. Even I have a fight with someone, my anger disappears over time. You must have a flexible heart made of rubber and do not give up. Keep greeting even if you are ignored. Eventually, you'll receive a response. My father died in a war when he was 32, and my mother became a single parent when I was four. My sister was six and brother was two. We were so poor that I couldn't buy any paint for my drawing class. I used to fake a stomachache to go home early to skip this class. My classmate usually walked me home when this happened, but it was problematic to me as it might have revealed my lie. I neither had underwear, so my teacher paid special attention to me to make it less noticeable when we had a physical examination. I try not to be negative and live with a big nerve facing forward. I have nothing to be afraid of. I remember stars were beautiful on March 11. Part of the sky was full of stars, but another part was pitch black.

C: I watched pine trees and houses being washed away as if I were watching a movie or cartoon. There were two men on the roof of a house, being washed away. I saw a woman's body. An elderly in my neighborhood was dead in a car wearing a seatbelt. The wave was as high as my knee with very strong force that I couldn't even walk being pulled away. A female stranger with a 3-month-old baby came to refuge to the upstairs of our house. I thought I had to save them. The water started to raise quickly, so we stuck beds as high as the ceiling. I was going to die with this mother and the baby if water came up any higher. It started to snow outside. My grandchild came home from school and was safely evacuated with my son by car. Another child also came home from school but died.

C: I remember hearing the roaring sound of Tsunami. Then, about ten seconds later, Tsunami came. We didn't have drinking water, so I chewed nappa cabbage that came floating to obtain water.

D: Vast knowledge is important. I dealt with an elderly at a shelter who was diabetic. We need to help those who are right here now. You never know when a disaster comes. I don't know if my decision turns out to be lucky or unlucky, but I'll make my decisions innocently. I am good natured and would like to help others. I wanted to willingly help others. I was regarded as being attentive since I was a child. I willingly worked at a shelter as I thought someone had to do it, and it made me feel good to be

appreciated. There was some bullying at the shelter, too.

It's important to communicate with your neighbors and sit down for some tea on a regular basis. Being healthy is important. I try to refrain from saying anything firmly to others. I was sent to stay at six different shelters until October 10. Some people say they liked staying at the shelter than elsewhere. You see people's true personality at the shelter. Some people moved in with their relatives. I think the maximum you can stay and they can have you comfortably is about three days. Most people leave earlier than planned. There are so many different people in this world. Talking to people makes me feel easy. It's important to have long-term friends whom you can consult with and speak your mind to at ease. Don't stay locked up in your home, come out on your own and show the world you're living. Everyone was poor after the war, and I spent my childhood being very patient, never asking my parents to buy anything. Being healthy is most important.