

I, Tatsuya Okamura, traveled the world.

**Okamura Tatsuya's Jewelry and Health Travel Journal "Greece"
2017 Part 2.**



Also, whilst writing this

Korea!!





And then.... **China**

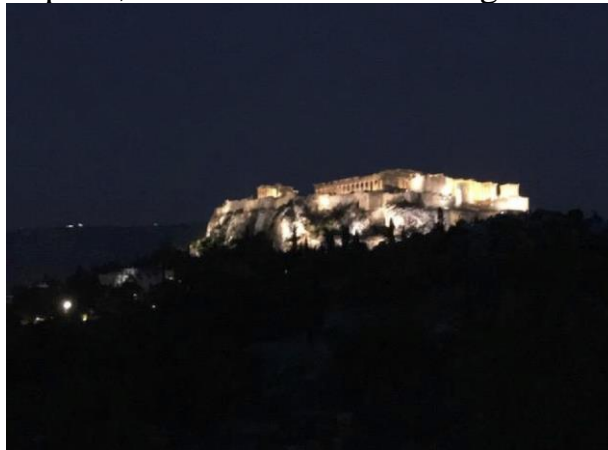




Again, Athens!

Athens during the daytime has been fully explored and enjoyed. Let us now look towards Athens by night.

The Acropolis, floodlit and overlooking our restaurant.



The first thing I noticed was that there were such few street performers. What a surprise, the Greeks are actually quite introverted!

Don't be afraid of any misunderstandings and by saying "blowhards"

To surmise, as described in part 1. Ancient Greece became a province of Rome in 146 BC, eventually became part of the Eastern Roman Empire in 395 and was then conquered by the Ottoman Empire in the 14th Century.

It has been about 2000 years since the Greeks were released from Turkey after the war of independence on Sunday, March 25th 1821. This lengthy period of time has been enough to change the character of the Greeks.

They made a declaration of independence in 1821 and started battle. In 1822 they started the constitution and launched a provisional government.

However, war requires money. In 1824 and 1825 the bank of England issued war bonds. When huge amounts of money move a special demand is born.

This was a special war procurement. It also set the seeds for the rise of the
British Empire!

Revolutionary warfare was confirmed by the battle of Navarino in 1827.

Independence as a self-governing country was achieved at the Treaty of Adrianople in 1829. The London protocol in 1830 established Greece as an independent, sovereign state. Ultimately Greece was declared an independent Kingdom in 1832 at the Treaty of Constantinople.

The story of Greek independence is divided broadly into 2 halves. Firstly, from 1821-1825 when the Greek forces were advantageous due to the uprising of Philiki Eteria (Society of Friends). The second half was between 1827-1827 when the Ottoman Empire gained a considerable advantage and the Greek army was nearly all but destroyed.

Greek independence became a reality by the intervention of 3 great powers, Britain, France and Russia, in 1827 and then independence was given in the London Protocol in 1830.

As a side note; the Greeks adopted Greek orthodox as their religion and fundamental thought process rather than the aspects of Greek philosophy that make the Greek ethnic spirit. Thus, Greece has become a country under Greek orthodox authoritarian rule with a mystical spirit.

Greek sculpture and Icon best highlight this difference between Greek philosophy and Orthodox. If you imagine Venus de Milo, a statue of realistic nature but is cut into reality with the mythical nature of her backstory.



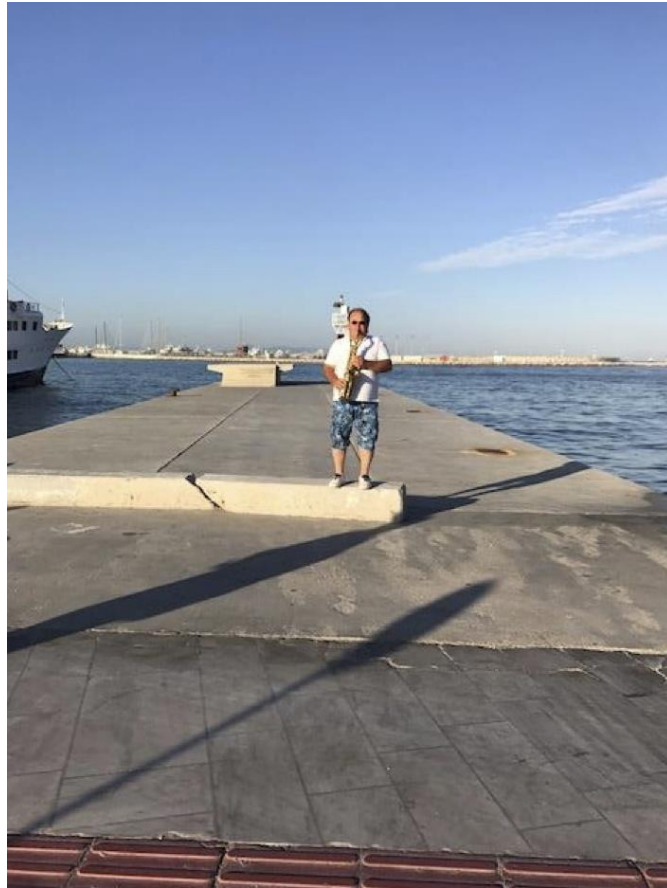
On the other hand, Icon has a very strict set of rules. It is an object of faith and very little room is given for artistic license. Light cannot make shadows, gold equals heaven etc.

It was well worth going around the art museums and history museums. If you drink, the Greeks are uninhibited, free spirited, I guess it is the same in any country!

Well, anyway, on to the [Aegean cruise](#) which we were all looking forward to as the grand finale.



The sound of the saxophone is always suited to the sea, I think.



Cruising the Saronic Gulf or Gulf of Aegina.

We visited Egina, Poros and Hydra on this cruiser.



Feeling pretty good!



Greek coffee!



The beginning of the 3 island visits.



Hydra Island



However, the waves were so high we could not make port.



Sea water, up into the ship...What?



Sorry...!



While the waves are calm I can relax!



We arrived at Poros.



Poros, 31km², population 3,780, is in the southern part of the Saronic gulf about 58 km to the south of Piraeus which serves as the main port of Athens. It is situated opposite Galatas, which sits on the coast of a 400 metre wide strait, on the Peloponnese peninsula. Poros is an island pair, consisting of 2 islands; Spharia, the southern part and Kalaureia, which means “gentle breeze” the northern and largest part. They are connected by a bridge over a narrow strait.

The main landmark is a clock tower with wonderful panoramic views.

A slope/alleyway that reminds me of Onomichi, Hiroshima.



Looking at a superb view.



Enjoy the wind.



We walked for about 20 minutes.



And reached the clock tower, observation point.



On the way down it was shopping time. Time for a Greek style dress.



To the long awaited Aegina Island.



We got excited as the island drew nearer.



And we arrived!!



Aegina island (87km², population 13,552 people) is the largest island in the Saronic gulf and is in the centre of the bay. Aegina is roughly triangular in shape, approximately 15 km from east to west and 10 km from north to south, with an area of 87.41 km². The capital is the town of Aegina, in the northwest of the island, which has a population of 7,410.

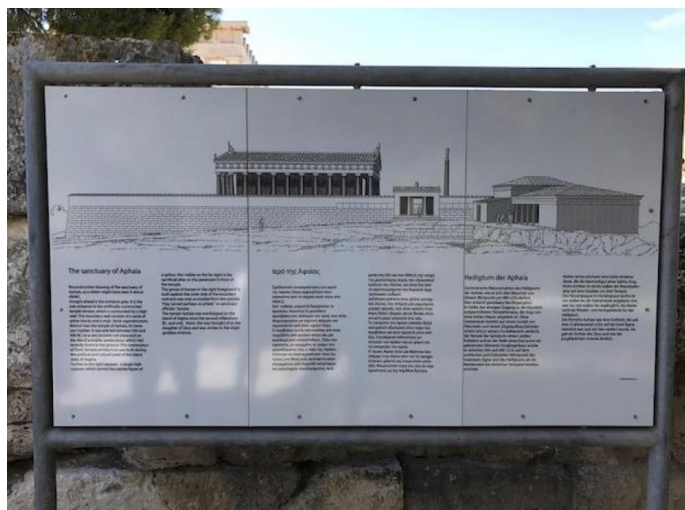
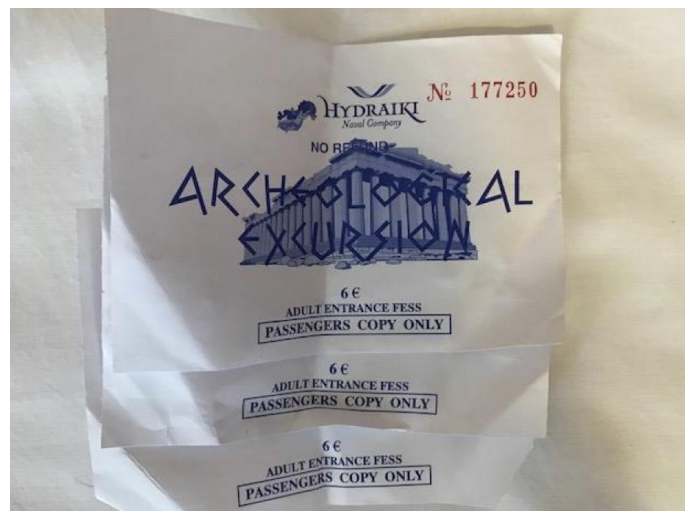
Of course the most famous sight is.....

The Temple of Aphaea

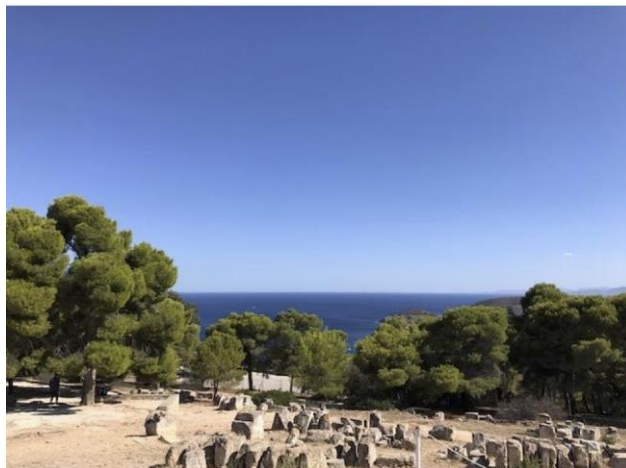
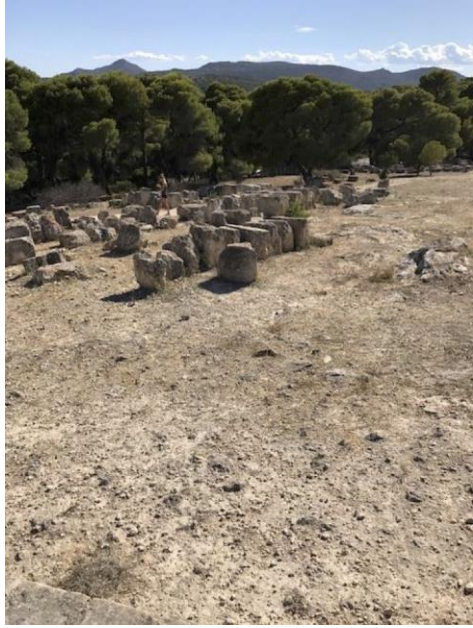


dedicated to its namesake, a goddess who was later associated with Athena, this Doric style temple on a hill is a typical building of the archaic period around the end of the 5th Century. The temple was part of a pre-

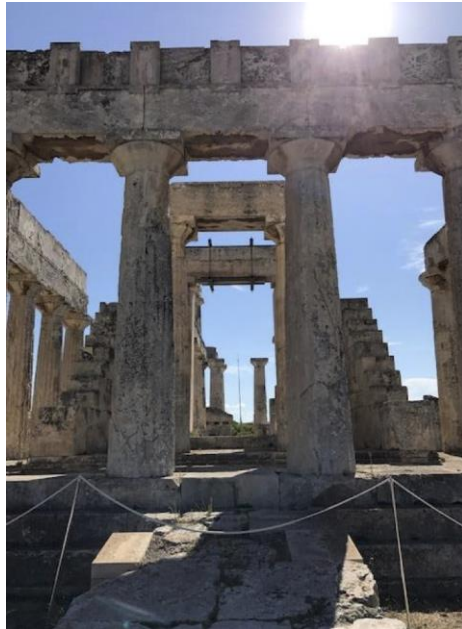
Christian, equilateral holy triangle of temples including the Athenian Parthenon and the temple of Poseidon at Sounion.



On the top of a hill a majestic temple.



I am not a religious person, thinking of only one God feels rather narrow.
However a tolerant polytheist who accepts diversity is perhaps more
welcoming.



What to wish for...what can be achieved?



Do not be afraid of misunderstandings, boldly speak...

There are many other wonderful parents...

However, I am privileged to continue to do the best I can as your parents.

Always aware, with you...

For now and into the future...



On another note, Aegina is famous for its cultivation of Pistachios. There is a legend of a man who brought pistachios to this island. Perhaps, I'll talk about it later.



The Cathedral of Saint Nectarios.





Under restoration.



Lovely!!



The townscape.





Farewell!!



On the cruiser they performed a Greek style origin ceremony. It was wonderful to get to understand the country.



The audience got involved.



After dancing we were tired...

Green Juice 7 PLUS



Simply....

Green Juice 7 PLUS....let me explain.

Ingredients: Barley wakaba extract, lactic acid bacteria, carrot extract, spinach extract, kale extract, celery extract, bitter gourd extract, oligosaccharides. **MADE IN JAPAN**, domestic vegetable use.

How to drink

☆ 1 pack is 3g = please enjoy with 100 ml of water or mineral water.

1. First, pour 100 ml of water into a cup or glass → then open your Green Juice 7 PLUS stick (3g) and pour the fresh juice powder in → then mix well until all the powder has dissolved (this should take about 7 seconds).

2. After drinking the way described in (1) you will feel well nourished.

While drinking you can taste a sweetness which is unique to freshly squeezed products (a feature of Green Juice 7 PLUS) and then you can allow a wave of refreshment to wash over you.

CHECKPOINT: Recommended for people who

☆Want the Green juice nutrients but don't enjoy the taste

☆Enjoy the flavour of green tea but are looking for even more nutrition

☆Drink vegetable juice daily

- ☆Are concerned about the dietary nutritional balance
- ☆Would like to relax their feelings
- ☆Are keen to keep an ideal waistline and improve dietary balance
- ☆Who are generally concerned about health, eat out or drink too much

Magokoro Trivia: As a guide, drink 3 glasses a day.

Mix 1-3 sticks a day with cold water or milk. Add honey for a sweeter taste.

Ahhhh, I feel relieved and refreshed after drinking. It has that unique taste to being freshly squeezed.

www.jo-magokoro.co.jp



Let's talk about the green connection to jade!

The official name is JADE, an English name derived from French and Latin.

Chemical formula; $\text{NaAlSi}_2\text{O}_6$. Jewelers language; Fukutoku (happiness and prosperity) It is the birthstone of May. On the Moh's hardness of mineral strength it measure between 6.5 and 7.0.

Jade was and is cherished in China. It is a royal gem that has been around since at least 2,950 B.C. For many thousands of years jade was prized as a jewel of love and virtue.

JO corporation handles only Jadeite, not Nephrite. In China only Nephrite is produce, no Jadeite. Jadeite is in fact, extremely rare. It is found in fewer than 12 countries worldwide. Great quality jadeite is found in China's neighboring country, Myanmar. The value and difference between the two types is similar to that of the Akoya pearl and the freshwater pearl.

Moving on, Greek wine resembles Portuguese wine. White wine is my favourite. It compliments fish dishes, particularly deep sea fish.

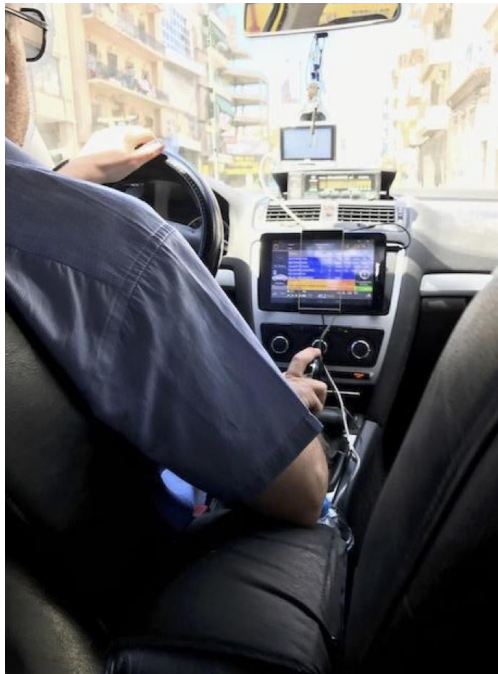




Breakfast.



And then to the zoo!! When you visit zoos and aquariums, I really think you get to see that country.



The only zoo in Athens.

Attica zoo!



Attica zoo was made internationally famous by Greece's economic troubles. Many of the zoo's 2,200 residents required imported specialty foods to survive—yet government-imposed restrictions on cash blocked the zoo's ability to access foreign shipments. And without immediate relief, some of the zoo's 2,400 animals were weeks away from starvation. Luckily the restrictions were lifted and the day to day running of the zoo was handled with good care. Actually, it was not a Greek person who founded the zoo but a Frenchman who had been living in Athens for 47 years.

Elegant flamingoes.



Flamingoes knees (strictly speaking heels) do not bend forward but rather they turn backwards.



The zoo is a great place to discover, notice and learn. I also use it as a place to organize ideas.



Pony is a collective name for a small horse under the height of 147 cm. The specific breed is irrelevant in order to be classified a pony. Just size. Here we had a Falabella, the smallest breed of horse, the size of a dog, Japanese ponies and some Connemara ponies. Other breeds include Welsh mountain ponies, Shetland ponies and Hackney ponies. A characteristic of these is their good brains, gentle but tough. The peak of human speed at 100 metres is about 40 km an hour. Horses have a similar natural speed.



Zebras!



Why does a zebra have such a unique pattern?

Some say to avoid getting bitten by the African tsetse fly. This blood sucking pest can transmit illnesses such as sleeping sickness and Chagas disease. This can induce coma and even death. The stripes disrupt the light patterns and consequently the landing surfaces of these flies.

Zebras have short hair so it wasn't difficult for them to adapt this as a defense mechanism to nature's surroundings. That's right. They changed to stripes so the nasty fly couldn't cling to it's hair. Zebras are naturally wild creatures so it is very difficult for them to adapt to life in the zoo. As of 2001 there were 23 species of tsetse and 8 subspecies. All species are characterized under a single genus named Glossina.



Restroom. This is the sign for the men's toilet.



The women's.



Care and attention is a magnificent idea!



Brave boy!



Confrontation.



Flee!



A dilemma!



A rescue!!



Peace!!!



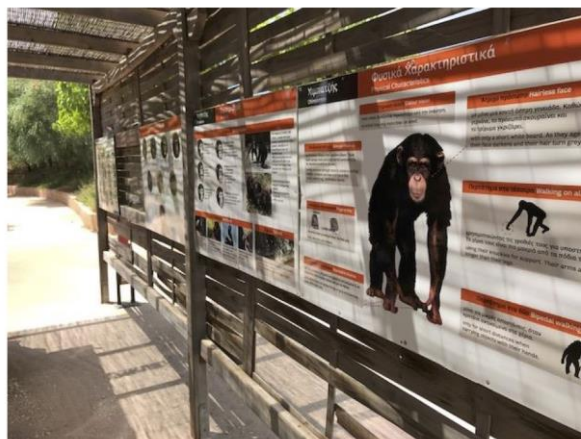
Happiness!



Elephants



Unlike in Japan, there were no crowds in front of the popular elephant.



The Gorilla. The gorilla is a mammal and is genetically almost identical to a human being. It is famous for its high intelligence quotient and is more vigilant than other animals. Unfortunately this comes at a price and its sensitivity to stress is enormous. There have been numerous reports of

poor health, diarrhea and, in some cases, death due to such a heavy burden on their hearts. It is seemingly impossible for them to adapt to modern day, stressful society.

Hmmmmm, Ceasar?



The lions!!



The collective name for a group of lions is a PRIDE. An apt and suitable name for the King of beasts. Counting their manes is called 1. mottled and 2. mottled. The female of the species is the hunter. I am not good at hunting. I suspect my success rate would be around 5%



Break time.



Crocodiles.



As is well known, crocodiles regenerate their teeth many times during their lifetime. As they get older they grow steadily and reach lengths of up to 6 metres!! Crocodiles technically never die of old age, they just keep getting bigger and bigger until disease or injury gets them. It is known as senescence.

The sex of crocodiles is determined by the temperature before hatching. If it is less than 30°C then it is female and if it is more than 33°C it is male. At a temperature of 31.5°C male and female mixing will occur.



The tortoise however, is the opposite to the crocodile. When the temperature is low it becomes a male and when high, a female.



Humans are primates. The fact that we established a great civilization is down to order and consolidation. If 100 monkeys gather together, order can not be maintained. If 100 humans gather together, order can be obtained by creating a hierarchy, therefore order.

I am familiar with the techniques of operating and maintaining large organizations. You have to be able to recognize roles, strengths and weaknesses.

How to count animals? Animals that humans can embrace are called pets or animals. Animals in the wild or captivity are referred to as “heads”.



Tigers.



Tiger is an English word. It derives from the Persian (old name of Iranian) TIGRIS meaning fast. The TIGRIS was a river that became the cornerstone of the Mesopotamian civilization. The river flowed fast, hence the etymology.

Even though it's mating season is only a few days the tiger is capable of making over 100 matings in 2 days!!!!



Rhinos!!

Rhinoceros horns are not made of ivory like a bovine mammal, but actually it's horn is made from a solid clump of hair.

Often when you find something new you rush towards it. After conflict this is not sensible...what? P to D to C to A. This style does not age.

Here ends Tatsuya Okamura's zoo diary.

Surprisingly full of [trivia!](#)



The streets of [Athens](#)



A cafe.





The children really have grown in only 4 months.



Like crocodiles, they will grow up and up into adults.

The dream of 2018 is to do more things off my own back. Never forgetting my identity, an Osaka, Hiroshima person who continues to follow his dream!



May this year be one where all your wishes, dreams and desires come true.

Happy New Year 2018

