**〈一人じゃないよ〉生かされた命大事に　元テニス選手・沢松奈生子さん**

“You’re not alone” – take care of the life you’ve been given

Former tennis player Sawamatsu Naoko

１６年前の阪神大震災で、兵庫県西宮市の実家が倒壊しました。祖父母、父母、弟が被災。私は全豪オープンに出るためオーストラリアにいました。一報はＣＮＮテレビ。えっ、まさか……。受け入れられませんでした。

During the Great Hanshin Earthquake 16 years ago, my parent’s house in Nishinomiya, Hyogo-ken was destroyed. My grandparents, parents, and younger brother were in the devastated area. I was in Australia for the Australian Open. I got the news on CNN. What, impossible… I couldn’t accept it.

　被災地にいない分、一番知りたかったのは安否情報でした。２４時間以内に叔母（旧姓沢松和子さん）と連絡がとれ、実家の５人全員の無事を知りました。た だ、試合を前に取り乱さないよう叔母がウソをついているのかも、と思いました。３日後、家族一人一人と話すまで信じ切れなかった。

Not being in the afflicted area, the thing I wanted to know most was information about the safety of my family. Within 24 hours, I got in touch with my aunt (maiden name Sawamatsu Kazuko), who told me that all 5 people at my family home were safe. But I thought that maybe my aunt had told a lie, so that I wouldn’t be distracted during the match. I couldn’t completely believe they were all right, until I talked to each one of them in person three days later.

　すぐにでも帰りたい気持ちはありました。でも、帰ったところでできることは限られている。家族は１日１個のおにぎりを分けていると聞き、申し訳なくて涙が出た。

I wanted to return as soon as possible. But there were limits on what I could do right after returning (???). When I heard that my family was each getting a single onigiri every day to eat, I couldn’t help crying.

　だからといって、私が食べなくても被災地の助けにはならない。体調を整え、試合に勝つことが家族、被災地への励ましになると信じました。

But even if I did not eat, I couldn’t help the people in the afflicted area. I decided to take care of my physical condition, and, by winning the tournament, raise the spirits of the people who had been struck by the earthquake.

この全豪で４大大会自己最高のベスト８に入りました。火事場の馬鹿力が出たのだと思います。不自由ない生活のありがたさを知り、２１歳で人生観が 変わりました。今回の震災で改めて思うのは、生かされた命を大事に、ということ。途切れそうな気持ちを奮い立たせ、乗り切りましょう。乗りきることができ ると信じています。（ＪＯＣ事業広報専門委員）

In this tournament, I achieved my personal best showing out of all my appearances in the Big Four Opens, coming in 8th. I think it was because of the mad animal strength caused by the disaster. I learned to be grateful for my comfortable life, and my worldview changed. What I think again as a result of the recent earthquake, is that one must be careful with the life one is given. ??? Let’s cheer up, and get over this. I believe we’re going to get through it. (Special Adviser to the Japan Olympic Committee).