

Chigasaki Breeze

Truly great friends are hard to find, difficult to leave, and impossible to forget.

No.53

Be Cautious about Heatstroke

ねっちゃんしょう ちゅうい
熱中症にご注意

The heatstroke season has arrived and promises to continue until the end of September. About 59,000 people nationwide required medical assistance for heatstroke during the summer last year. Nearly half of the patients were aged 65 or older, and 13% were under 18. People can suffer heatstroke not only when they are doing sports outdoors but also when they are in hot and humid rooms. Getting enough sleep, eating nutritionally-balanced meals and keeping cool are of primary importance in reducing the risk of heatstroke.

Other tips to ward off this severe condition disease are: ❶ wear cool clothes and take in water often before you feel thirsty; ❷ keep room temperatures at 28°C or lower; ❸ take breaks often when you are working or doing sports; and ❹ avoid going out in the heat of the day if possible.

If someone shows signs of heatstroke: move them to a cool place; cool them down with wet towels, fans and/or ice packs; and give them water or sport drinks. If their condition does not improve, take them to a hospital or call an ambulance right away.

Let's Beat the Summer Heat!

なつ あつ さに うち かつ とう!
夏の暑さに打ち勝とう!

Tired all the time? No appetite? Can't sleep? Maybe you are suffering from *natsubate* or "summer fatigue". There's a lot of general advice for beating the heat, but here are a few Japanese tricks for staying cool in today's energy-conscious environment where we should use our air-cons sparingly:

Eat and Drink Cool – if the heat and humidity have taken away your appetite, try eating *zaru-soba* (cold *soba* noodles served in a *zaru* or bamboo basket) or *sōmen*, thin white noodles served in ice water (see recipe on Page 4). Eating *unagi* or freshwater eel during the hottest part of the summer is also popular as it is believed to increase stamina; and drinking *mugi-cha* (cold roasted barley tea), which is caffeine-free, is thought to help reduce stress.

Cool Fabrics – since the Government's Cool Biz campaign in 2005, Japan has pioneered the development of high-function fibres for use in clothing, bedding, curtains, and carpets. Keep your eye out for materials described as "sweat-absorbing and quick-drying", "cool contact sensation", "aeration adjustment", "heat-shielding" and so on. If that's too complicated, then go traditional by wearing a cool and comfortable *yukata* summer kimono.

Cool Share – turn off the air-con, get out of the house and share the coolness of public areas like libraries, community centers, and even museums. As well as saving you money, you'll meet people and may find out about other cool things to enjoy this summer.

Uchimizu (see photo left) – a traditional way of sharing coolness with one's neighbors is to cool the ground around your house by sprinkling water. Why not turn this into a fun activity with the kids and cool them down at the same time?

Sudare – these sun screens, made of horizontal slats of bamboo or other natural materials, are a cheap and eco-friendly way of shielding your verandah and windows from sunshine, whilst allowing the cool breeze to pass through.

Green Curtains (see photo right) – *goya* gourd seeds grow vigorously, producing a curtain of green vines providing shade that can reduce room temperatures by about two degrees. What's more, *goya* fruits are full of Vitamin C and contain a protein that helps cool your body. With all those *goya*, why not try the famous Okinawan stir-fry dish, *goya chanpurū*.



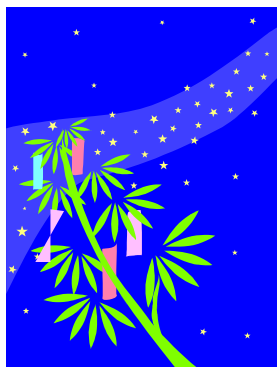
Finally, be careful using your air-con. Stepping out of a cold house into the sweltering summer heat can hit you like a hammer, as your body has to use a lot of energy to adjust to the sudden change of temperature. Ideally, set your air-con no more than five degrees lower than the outside temperature. At night, sleeping with a strong air-con can give you a bad cold, so chill the room before you go to bed and use the timer to stop it after an hour or so.

So, take it easy this summer. Remember, it's okay to slow down. And don't forget to carry an *uchiwa* (fan)!

Story of Tanabata

たなばた
七夕ものがたり

Have you ever seen *Amanogawa* (heavenly river) — the Milky Way galaxy that contains our solar system? Japanese people call it *Ginga* (silver river). *Amanogawa* runs between two bright stars, *Orihime* (Vega of the constellation Lyra) and *Hikoboshi* (Altair of the constellation Aquila). Our galaxy is estimated to contain 100-400 billion stars and appears to us as a shining belt because we see it from the inside. When ancient Chinese people noticed that *Amanogawa* becomes brightest in summer and the two stars come closest around August 7 (lunar July 7), they created a fairy tale. This folklore story was thought to be introduced to Japan before the middle of the 8th Century.



One popular Japanese version is as follows: Once upon a time, *Orihime* (weaving princess), a daughter of *Tentei* (Emperor of the heavens), and *Hikoboshi* (cow herder) met and fell in love. After marrying, they were so happy to always spend their days together, they neglected their duties. In anger, the Emperor separated them across *Amanogawa*. Ever since then, they have been forbidden to meet except on the night of *Tanabata* (七夕 or 'evening of the seventh', meaning the seventh day of the seventh lunar month). Furthermore, if it rains, the swollen river prevents the lovers from seeing each other. Although the original Chinese tale reflects Confucianism, Japanese people focus on the romantic aspect. Every rainy *Tanabata night* in Japan, people sympathize with *Orihime* and *Hikoboshi*, looking up in the direction of *Amanogawa* obscured by rain clouds.

This tale and a Chinese Court event, in which better sewing and other skills were prayed for, joined the pristine Japanese divine service to pray for a good harvest in autumn. At the beginning of *Obon*, a sacred virgin (*tanabatsume*) was selected to weave a cloth for a god to pray for the protection of rice crops from rain or storm and for a bumper crop in the autumn. After the ceremony, some sacred bamboo grass, which had been placed in the weaving hut, was thrown into a river or the sea. Ancient Japanese people believed a god dwelt on the bamboo grass and carried evil spirits away.

The tradition of *Tanabata* has evolved over time. In the Edo period, it spread among the general public. People started writing their wishes on strips of colored paper, hanging them on bamboo grass branches and throwing them into a river or the sea the next morning. They believed that the bamboo grass would reach *Amanogawa* and their wishes would be realized. In the Meiji period, the solar calendar was adopted and the day of *Tanabata* was moved forward to Gregorian July 7.

In present-day Japan, large-scale *Tanabata* festivals are held in many places, the largest of which in the Kantō area, famed for its grand scale and gorgeous decorations, will take place in Hiratsuka from July 4 (Fri) to 6 (Sun) this year. Another cultural side of *Tanabata* to attract you.

Southern Beach Chigasaki Opening Ceremony うみ びら 海 開 き

On July 5 (Sat), the opening ceremony of Southern Beach Chigasaki (which marks the commencement of beach services such as the presence of lifeguards) will be held, attended by the City mayor, representatives of City Hall, Chigasaki Chamber of Commerce and Industry, and Chigasaki Tourism Association. An altar will be set up on the beach and the chief priest of Nakajima Hie Jinja shrine will pray in front of the attendees for the safety of beachgoers and the protection of the seashore environment.

Many events will be taking place at the same time, including a hula show, live music, a balloon performance, and a treasure hunt. For those using a beach house on this day, beach parasols will be offered free. In addition, people visiting the beach will be invited to participate in a tsunami evacuation drill.

Southern Beach will be open from July 6 (Sun) through August 31 (Sun) and you will see a number of beach houses offering food, drinks and shower stalls.

Inquiries: Chigasaki Tourism Association Tel: 0467-84-0377



Hamaori-sai Festival はま おり さい 浜 降 祭



On July 21 (Mon) at daybreak, the major Chigasaki festival of *Hamaori-sai* commences with a procession of *mikoshi* or portable shrines, each carried by a score of believers from the local shrines of Chigasaki and Samukawa. In each *mikoshi*, the ghost or spirit of a Shinto shrine deity is believed to ride.

This year, 40 or so *mikoshi* will gather at sunrise, from around 04:00, at Nishihama beach near Chigasaki fishing port. At around 07:00, once all the *mikoshi* have arrived, a purification ritual will be held on the beach, and then the *mikoshi* will depart one by one, the last leaving the beach by around 08:00. The many carriers crowded together beneath the weighty *mikoshi* chant 'Dokkoi Dokkoi' in loud voices and appear to be dancing, which makes for a vivid and splendid spectacle.

The origin of *Hamaori-sai* is unclear, but one tale says that in 1838 (Tempo 9), the *mikoshi* of Samukawa Shrine fell in the Sagami-gawa river from a bridge near Samukawa Shrine because of a dispute with the parishioners of a neighboring village shrine. The object of worship within the *mikoshi* was carried away by the river and could not be retrieved. Several days later, the object of worship was found in the sea by Magoshichi Suzuki, a Nango fisherman, and he returned it to Samukawa Shrine. To express their appreciation for the safe return of their deity, the parishioners of Samukawa shrine visited Nishihama beach to pray, so starting the *mikoshi* procession festival.

Another tale suggests that Tsurumine-Hachiman-sha Shrine had offered up *mikoshi* to the god of the sea at Nishihama beach in a purification ceremony, praying for the well-being, good health and safety of their families much earlier.

As Samukawa Shrine and Tsurumine-Hachiman-sha each had their own ritual on the same beach, they discussed the issue in the Meiji Era and agreed to hold a combined *Hamaori-sai* festival on July 15. The *Hamaori-sai* festival, which has now been taking place annually since 1923 (Taisho 12), has been classified as an 'intangible' cultural asset, and was chosen as one of the top fifty festivals in Kanagawa Prefecture in 1982.

Fireworks Display at Southern Beach はな び たいかい ちがさき花火大会

A spectacular display of 3,000 fireworks will brighten the night sky on August 2 (Sat) at Southern Beach, Chigasaki from 19:30 to 20:20. Tens of thousands of people from neighboring cities are expected to join local residents in enjoying what is a typical scene during summer which adds a poetic charm to the season. Watching the display, you will see many people wearing colorful *yukata*, casual summer kimono, which complement the visual splendor of the fireworks.

You can observe the display from other places near the beach, but on the beach itself, there will be 350 pipe chairs available for renting, at a cost of 2,000yen each.

This event is organized by the Chigasaki Tourism Association, but you will see 'Fireworks' fund-raising boxes at the Tourist Information Center in the station lobby, and also in the lobbies of City Hall and the Chigasaki Chamber of Commerce and Industry, shops and other facilities who support this activity.

Money collected in these fund-raising boxes goes towards the operational costs of the fireworks display, and if you put a hundred yen or more in a box, you will be given a charming round fan.



HISTORY OF CHIGASAKI

Jōshōji Temple じょう しょう じ 上 正 寺

Jōshōji Temple, located on Route 1 in Kowada, is one of few temples in the City that belongs to the Jōdo Shinshu (sect) under the head temple in Kyoto, Honganji. The history of the temple is said to be traceable back to the Kamakura era (1192-1333).

The temple contains two wooden standing statues; one is the image of the patron saint *Amidanyorai*, the Buddha Amitābha, and the other is of Shōtoku Taishi or Prince Shōtoku (574-622), both of which are believed to date from the Muromachi era (1338-1573).

The wooden statue of Shōtoku Taishi is one of two cultural assets designated by the City in Jōshōji Temple; the other being an *ishidōrō* (stone lantern) of the Kan'eiji temple in Ueno, Tokyo.

It is said that the Taishi statue was inscribed personally by Shōtoku Taishi and the story goes that, when Shōtoku Taishi, at the age of 2, was chanting the prayer "Namu Amida Butsu" looking toward the East, some *shari* or bones of Buddha dropped from his hands. This Taishi statue is considered to date from the latter part of the Muromachi era to the beginning of the Edo era.

It is also said that the *ishidōrō* was an offering from a number of daimyō (feudal lords) to the fourth shōgun Tokugawa Iyetsuna, to be placed in Ueno Kan'eiji temple, which was the family temple of the Tokugawa Family, as a memorial to all the past Tokugawa shōguns.

Several other stone lanterns were also removed from Kan'eiji temple and can be found in two locations: four were placed in front of City Hall (one for the fourth Tokugawa shōgun Iyetsuna, three for the tenth Tokugawa shōgun Iyeharu) and one (for the tenth Tokugawa shōgun Iyeharu) is at Kowada Public Hall.



[Transportation] At Chigasaki station, take a bus bound for Fujisawa station and get off at the Kowada bus stop. From there, it is a 4-minute walk.

IAC ACTIVITY

French Students' Schedule フランス人大学生の日程

University students from France will arrive in Chigasaki on Jun 29 (Sun) and, in addition to attending Japanese classes every Tuesday and Friday, will enjoy various activities and interactions with citizens during their four-week stay, such as:

- ◆7/3 (Thu) Bunkyo University visit; ◆7/5 (Sat) Welcome party at *Chiso* restaurant;
- ◆7/7 (Mon) *Zazen* at Jyotiji temple, Kamakura; ◆7/9 (Wed) Tsurumine High School visit;
- ◆7/10 (Thu) Tea Ceremony / Kimono-wearing at Shoraian; ◆7/11 (Fri) Daiichi Junior High School visit;
- ◆7/22 (Tue) Meeting the Mayor; ◆7/26 (Sat) Japanese speech & Farewell party at Kinro-Shimin-Kaikan.

Safe Riding, or Severe Punishment

自転車の安全運転を 罰則が厳しくなっています

The number of bicycle accidents resulting in injury or death in the City last year dropped by 29% from the previous year to 222, this declining trend extending over a period of thirteen years. This is attributable to several measures and improvements, including better riding education, cyclists' improved manner and the creation of new bike lanes on Routes 1 and 45. However, the City's accident count is still higher than in many of the prefecture's other cities. Most accidents have happened because of collisions with motor vehicles at or near crossings which have no traffic signals. Thus, cyclists should obey basic rules to protect themselves and others alike; stop at intersections where your view is obstructed, and drive on the left side of roadways.

Punishments for accidents caused by cyclists' reckless riding have become tougher than before, and some have been fined huge amounts of money. Ride on the basis of safety first even when you are in a hurry.

New Panels with English Names and Altitudes

アルファベット併記の新住居表示板

The City has been replacing area name panels, many of which are fixed on telegraph poles, with those having the city name ①, the area name ②, and the height above sea level ③ in English as well.

The replacement has started with about 500 panels in the City's coastal areas, and, over the next several years, 5,000 or so panels will be replaced across the entire City. The City thinks the new panels will help foreign tourists, the number of whom is expected to increase towards the 2020 Tokyo Olympics, understand where they are. It will also help Japanese tourists with names which are difficult to read. In addition, heights above sea level will give people useful information about the relative safety of that area when they are evacuating from a tsunami.



People in Town

Cedric Yajima Tierny from France

I appreciate the peaceful atmosphere of Japan.

Cedric Tierny was born in Bordeaux, France, and worked in Paris for ten years in the field of internet technology before he came to Chigasaki in 2012. While in Paris, he happened to meet



a lady from Japan who was staying in France to improve her professional cookery skills, and they married.

Actually, he had visited Japan almost every year in the previous seven years, but never for long. What motivated him to come to Chigasaki, therefore, was his marriage, but to do so Cedric needed to change career and join his wife's older brother's business, which produces and sells sausages and ham. It was a big challenge but he made it. The company, Yajima Ham, founded in Tsurugadai in 1925, is well known not only in Chigasaki but also elsewhere in the Shonan area, having a shop in Chigasaki LUSCA in addition to a few other shops and a factory within the City, and a shop named Shonan Potato in Ōfuna station building.

Cedric spends time at the factory almost every day and enjoys the business as he is able to suggest some new ideas for making sausages and ham and believes that his IT skills will be useful for advertising and so on. However, when he has time, he goes to Chigasaki beach to enjoy surfing. The beach reminds him of the coast of Bordeaux.

He says Japanese people are polite and he appreciates the peaceful atmosphere so much, but occasionally has difficulty in judging Yes or No in daily conversations.

Cedric participated in the IAC's Speech Contest for Foreigners held in April this year despite it only being two or so years since he started learning Japanese. He was very grateful to the IAC for their Japanese Language Classes, which he attended on Thursdays and Sundays, and praised the teachers for their kindness and teaching skills.

INFO KANAGAWA インフォカナガワ

As reported previously, Kanagawa International Foundation provides useful information for foreign residents from time to time.

E-mail: infokanagawa@kifjp.org

Website: www.kifjp.org/infokanagawa

So many Countries, so many Customs!

ところか 所変われば、しな 品変わる

Obon - Festival of Souls お盆

Many cultures throughout the world hold a *Festival of the Dead* to honour the spirits of ancestors. Modern day festivals include the Christianized *Halloween*, the Chinese Buddhist *Hungry Ghost Festival*, the Hindu *Pitru Paksha*, and the Mexican *el Día de los Muertos*.

In Japan, the festival is called *Obon*, usually observed around August 15, though some areas, including parts of Tokyo, hold it around July 15 (depending on which calendar, lunar or solar, is used). During *Obon*, Japanese people believe that the spirits of their ancestors will visit their ancestral homes to be reunited with their families, so it is an important holiday season when many return to their hometowns to welcome these spirits, although children often see it as a time for visiting grandparents.

Preparations for *Obon* vary, but usually people visit temples to clean their ancestors' graves and leave flowers; household altars (*butsudan*) are cleaned and offerings (*osonaemono*), such as vegetables and fruits, are placed upon them; incense sticks (*senkō*) are burnt to purify the house; and people place beautifully illustrated paper lanterns (*chōchin*) near the altar. If it is the first *Obon* after someone's death (called *Niibon*), a plain white lantern will be lit outside to guide the returning spirit home.

On the first and last evenings of *Obon*, respectively, a welcoming fire (*mukae-bi*) and a sending away fire (*okuri-bi*) are lit outside house entrances. Two animals, a horse made from a cucumber (to bring the spirit to the house quickly) and a cow made from an eggplant (to take the spirit away slowly, laden with many offerings) are also placed at the entrance.

On the last day of the festival, some places hold a floating lantern (*tōrō nagashi*) event where the spirits of ancestors are sent off with candlelit lanterns that float down the river to the ocean. Indeed, one superstition warns that if you swim in the sea during *Obon*, you may be carried off by family spirits to the realm of the dead!

Obon is as much a celebration of the living as it is a remembrance of the dead. Many *Obon* festivals include a big carnival with rides, games and summer festival food like watermelon, as well as *Bon Odori*, a traditional folk dance to remember and appreciate ancestors. If you see lots of people dancing in a big circle to music and the beat of *taiko* drums, why don't you join in?



Note: This letter was written by Adrian Wilson, an English teacher from London, England, now living in Chigasaki.

Policy Contest for a Future Chigasaki

せいさく 政策コンテスト 未来茅ヶ崎市

The City is to hold a policy contest called 'Future Chigasaki', and has been inviting teams to participate. The challenge for each team of four to six members is to assume the role of mayor and create a vision of a future Chigasaki. Applicants must be aged between 18 and 30, but do not have to be City residents. The contest will provide a handful of young people the opportunity to formulate a policy, make a budget, and deepen their understanding of administration, which the City hopes will excite more young people to get involved in politics and go to vote. Up to about ten teams will be accepted on a first-come-first-served basis. To apply to enter the contest, fill out the form which can be found at: www.miraijichitai.com/2014/chigasaki/, and submit it no later than Jul 10 (Thu).

The contest will take place at the Community Hall (City Hall 6F). On July 12 (Sat), participants will receive some guidance from City officials, after which they will start to prepare their presentations. On August 30 (Sat), all teams will present their proposals, and a number of teams will be shortlisted. The final round will take place the following day, August 31 (Sun), and is open to the public (no reservation, admission free), who will decide the winner by audience vote. The City hopes that contestants will come up with some innovative but down-to-earth visions of what Chigasaki could be like in the future.

New License Plate for City Motorbikes

とうち 当地ナンバー けってい 決定

A new number plate for City motorbikes has been chosen. The design shown right, by Tomoko Minamiyae, a lady living in Mizuki, Chigasaki, won the contest. The new plate will start being used from October.



Mulindi / Japan One Love Project

ムリンディ・ジャパン・ワンラブ・プロジェクト

Mulindi/Japan One Love Project in Chigasaki is a charitable non-profit organization dedicated to bringing mobility and independence to people in Rwanda and the Republic of Burundi who became disabled because of landmines or machete attack during and following the genocide of 1994, or who were the victims of medical malpractice or accidents. Their activities include the production and free distribution of artificial limb equipment/walking sticks/wheelchairs, training of production staff, promotion of sports for disabled persons and so forth.

This group has registered as a member of the Support Center Chigasaki and their yearly membership fee is 2,000yen.

Email: Info@onlove-project.info Website: www.onlove-project.info

Tel: 080-6564-4448

Saturday Music Salon 土曜ミュージックサロン

Saturday Music Salon will be held on July 26 (Sat), from 13:45 to 14:45, in the lobby of Hagisono Ikoi-no-sato. A local music band Ando Band will play organ, guitar, and ukulele, singing screen music such as Love is a Many-Splendored Thing, *The Godfather* Love Theme, Blue Hawaii, etc. Admission is free.

Useful Japanese Expressions 役に立つ日本語

OKASHII おかしい

This expression OKASHII is commonly used when you feel something your friend said is funny or amusing. However, the word can also be used when something sounds strange, unusual, ridiculous, suspicious, out to lunch (crazy), and so forth.

But be careful! Because OKASHII can express a variety of different feelings, your friend could misunderstand you. For example, he might think you meant his story was "very amusing", but what you actually meant was his story was "very strange or ridiculous" and you feel that it is somehow wrong.

You can also say OKASHII when you feel you are not in good health as in: "It feels like something is wrong inside my body, but I don't know what exactly".

OKASHII is an everyday expression which will certainly help you every day.

Japanese Recipe

Cold thin white noodles そうめん

A popular dish in the hot season, *sōmen* are easy to eat when you don't have a good appetite. We recommend eating them with slices of julienne ham, cucumber and paper-thin omelet.



Ingredients: (Serves: 4)

300 g dried thin white noodles (*sōmen*)

4-5 litres water

Condiments:

10 cm long green onions or leek (white part)

10 g ginger (optional)

1 tbsp ground sesame (optional)

Dipping sauce

300 ml bonito & sea tangle soup stock or bonito soup stock

60 ml sweet sake for seasoning (mirin) or 3 tbsp sugar

60 ml soy sauce

Step 1: To prepare the dipping sauce, first boil the soup stock. Add the mirin (or sugar) and soy sauce. Bring to a boil. Reduce the heat and simmer for 2 mins. Chill for a few hours.

Step 2: Thinly slice the onions (or leeks). Grate the ginger.

Step 3: Pour the water into a pan. Bring to a boil and add the dried thin white noodles (dried *sōmen*). Boil for 2 minutes, or follow the cooking instructions on the bag.

Step 4: After boiling, drain the noodles in a colander and quickly run cold water over them.

Step 5: Because too much starch and salt on the noodles can make them taste slimy, wash them with your hands under cold running water to remove any extra starch.

Step 6: Serve the dipping sauce separately in individual small bowls. The condiments are mixed into the dipping sauce to the individual diner's taste.

Japanese Proverbs and their English Equivalents

にっぽん せいよう 日本と西洋のことわざ

●鳥合の衆

UGŌ NO SHU

(The mob gathers without discipline like a flock of crows.)

The mob has many heads but no brains.

●蟹は甲羅に似せて穴を掘る

KANI WA KŌRA NI NISETE ANA WO HORU

(The crab digs a hole imitating its own carapace.)

Cut your coat according to your cloth.

●五十歩百歩

GOJUPPO HYAPPO

(As good fifty steps as hundred steps)

A miss is as good as a mile.

●団栗の背くらべ

DONGURI NO SEI KURABE

(Comparing the heights of acorns)

Six of one and half a dozen of the other

●笑う門には福来る

WARAU KADO NI WA FUKU KITARU

(Fortune comes in by a merry gate.)

Laughter is the best medicine.