

# Chigasaki Breeze

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

No. 59

## The City Prepares for a Graying Society

ゆたかな長寿社会に向けたまちづくり基本方針

In preparation for a graying society, the City formulated the “Basic Policy for a Prosperous Long-lived Society” in February, 2015. The Basic Plan outlines the City’s future image of a prosperous long-lived society and their near-term initiatives to realize this goal. The Basic Policy was drawn up based on opinions voiced at the “Well-learned Persons Conference” and identifies the following concrete projects:

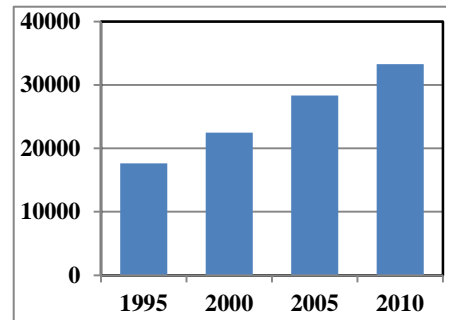
❶ **Establishment of a “Platform for Second Life”** To realize a never-retiring society, the City will open a one-stop window, in fiscal 2015, for matching elderly persons with worthwhile jobs, civic activities and life-time learning.

❷ **Promoting medical treatment received at home** The City aims to encourage the provision of medical treatment at home to realize a society where older citizens can live their own lives with dignity, while receiving necessary medical care in the comfort of their own homes.

❸ **Establishment of a relocation mechanism** Under this proposed system, elderly citizens will be able to move to cozy little houses that better suit their needs whilst they are still in good health, allowing families with growing children, who would benefit from more living space, to move into the vacated houses.

❹ **Creation of learning places after school** During fiscal 2015, the City will establish learning places after school, where older persons can pass on the wisdom of their own experiences to school children.

The City established a “Consortium” to discuss how to carry out these projects on March 20, 2015, whose membership includes Tokyo University, Bunkyo University, Keio University, the Chigasaki Chamber of Commerce & Industry, and Chigasaki Medical Association.



The number of households having more than one elderly person.

## Photochemical Smog and PM2.5 Pay Attention to Public Announcements

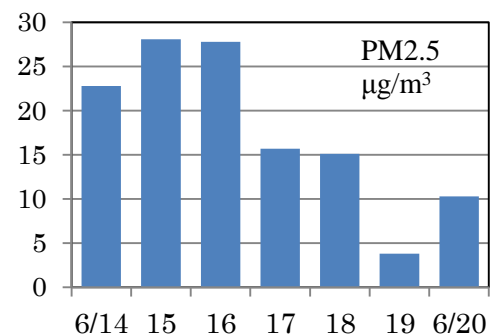
こうかがく ほうさいおせんき  
光化学スモッグとPM2.5 防災無線で聞こう

Nitrogen oxide and volatile organic compounds are often introduced into the atmosphere through automobile emissions and industrial processes and interact under the influence of the sun’s ultraviolet rays to produce photochemical oxidants (Ox). Smog tends to form on calm days with strong sunlight during June and August because of an increase in the Ox level. High levels of Ox can cause throat and eye pains, and even a stifling sensation.

Particulate matter (PM) is microscopic solid or liquid matter, such as smuts and dust, in the air. It is also found in vehicle emissions and industrial fumes. Fine particles, having a diameter of 2.5 μm (1 μm equals 0.001 mm) or less, and thus known as PM2.5, can penetrate deep into the lungs. Experts suggest that PM2.5 may cause respiratory diseases, such as asthma and bronchitis, increase the risk of lung cancer, and adversely affect the circulatory system.

Kanagawa Prefecture issues photochemical smog advisories as soon as densities reach a certain level, and predictions of high-concentration PM2.5 daily at 08:00 and 13:00, when anticipated\*. The City will announce these warnings through the horn loudspeakers of the outdoor public address system. In fiscal 2014, there were no notifications about PM2.5, but photochemical smog advisories for the Shonan area were broadcast on three occasions. Unfortunately, these wireless announcements are given in Japanese only, so please learn the pronunciation of several important words, as follows: ①kokagaku-sumoggu chui-ho (photochemical smog advisory); ②pi-emu ni-ten-go (PM2.5) ko-nodo yoho (high density prediction); ③hatsurei-saremashita (has been issued); and ④kaijo-saremashita (has been lifted).

The graph on the right shows daily-average concentrations of PM2.5 in front of Chigasaki Station in mid-June, as measured by Kanagawa Prefecture. \*:around 80 μg/m<sup>3</sup>



## Watch Out for Heat Stroke 熱中症に注意!

Heat stroke is a physical disorder caused by a sudden rise in body heat due to high environmental temperature and humidity. According to the Fire and Disaster Management Agency, during May to September last year, the number of people with suspected heat stroke who were rushed to hospitals by ambulance stood at 41,518 nationwide of which 46.1% were aged 65 or over and 15.3% were younger than 18 years old.

Children are not able to convey their own illnesses clearly and elderly people find it hard to notice their own symptoms so we should be watchful on behalf of any children and elderly people around us as well as taking care of ourselves.

**Ways to prevent heat stroke:** ●take in water often, before you feel thirsty; ●wear breathable clothing and headgear as well as using a sunshade; ●keep yourself in good physical condition by resting fully and eating a balanced diet.

**Warning signs:** ★High body temperature; ★Hot, but dry, skin; ★Throbbing headache; ★Stomach upset; ★Dizziness; ★Muzziness.

People suffering from heat stroke should rest in a cool, airy place, to try to lower their body temperature, and take in plenty of water or sports supplement drinks. If symptoms persist, they should see a doctor as soon as possible (or call 119 if emergency medical services are required).

## Fund-raising campaign for people in Nepal

募金にご協力を!

The April 2015 Nepal quake killed 8,800 people and injured 23,000. It occurred with a magnitude of around 8M on April 25. Hundreds of thousands of people were made homeless with entire villages flattened, across many districts of the country. Another quake hit the nation on May 12 with a magnitude of 7.3.

The IAC has started a fund-raising drive for people in Nepal’s quake-stricken areas. You will see donation boxes on reception desks at various IAC events, including a charity concert, the Citizen Fureai Festival and the year-end party. All contributions greatly appreciated.



## Specialties of Chigasaki

### Hagisono Tomatoes win Top Award

はぎその さいこうしょう  
萩園のトマトに最高賞

A Hagisono tomato farmer has picked up the Ministry of Agriculture, Forestry and Fisheries' highest prize in the section of Standing Crops, the Minister's Award, at the 44th Kanagawa Prefectural Greenhouse Vegetable Fair. This repeats the achievement of another Hagisono tomato farmer who received the same prize two years earlier. As opposed to the Vegetables section, in which taste and sugar content are judged, the following five points are evaluated on each participant's farm: growing conditions, expected yields, quality, cultivation management, and pest presence. Receiving the prize is said to be very difficult because what is evaluated is not selected fruits but the entire crop of plants in a greenhouse.

Why do you think Hagisono-produced tomatoes are superior? One reason is that eight tomato farmers in Hagisono formed an association to hold study meetings. When seedlings begin to grow and at the time of the first harvest, they visit each other's greenhouses to assess the status of crops and exchange comments frankly. In this way, each farmer can hone their skills in friendly rivalry, which leads to the improvement of overall quality. Greengroceries with Eboshimaro flags displayed sell locally-grown vegetables. You may have a chance to see award-winning tomatoes from Hagisono.



### Opening of Southern Beach

#### サザンビーチちがさき オープン

On July 4 (Sat), the opening ceremony of Southern Beach Chigasaki will be held. In commemoration of the sister-council relationship between Chigasaki and Honolulu, Hawaiian Ukulele duet *Honoka & Azita* will entertain audiences on stage as will the *Southern All Stars Tribute Band*. Other events, such as watermelon-breaking and a treasure hunt will take place at the same time. For those using a beach house on this day, beach parasols will be offered free of charge. In addition, people visiting the beach will be invited to participate in a tsunami evacuation drill.

Southern Beach will remain open through August 31 (Mon) during which time a number of beach houses will be offering food, drinks and shower stalls.

(Note) Smoking is only allowed in designated smoking areas. Inquiries: Chigasaki City Tourism Association on 0467-84-0377



### Hamaori Festival

はまおりさい  
浜降祭

Nearly forty portable shrines, or *mikoshi*, from Chigasaki and Samukawa will gather at Nishihama beach early in the morning on Marine Day, July 20 (Mon), for the *Hamaori* festival, which is one of the prefecture's cultural assets, and a major festival of the city.

At around 07:00, in front of a line-up of *mikoshi*, a purification ceremony will be performed to pray for the peace and security of the nation, bumper harvests, and large fishing hauls. Following this ritual, bearers of several *mikoshi* carry them into the sea to purify them, a major feature of the festival attracting many spectators.

The *mikoshi* start arriving from about 04:30 through a throng of onlookers enjoying an early breakfast from the food stalls on the beach. The shouts of bearers and the rhythmic beating of metal pieces of the *mikoshi* make people cheerful. Come and see this mid-summer festival, and feel the energy.

(Note) There will be no parking spaces for bicycles or cars. Come on foot or use the shuttle bus service: from 04:15 to the beach from Chigasaki Station south exit, and from 07:30 to the station from Southern Street South.



### Fireworks at Southern Beach

#### はなび たいかい サザンビーチちがさき花火大会

A spectacular display of 3,000 fireworks will brighten the night sky on August 1 (Sat) at Southern Beach Chigasaki from 19:30 to 20:20.

Tens of thousands of people, both local residents and visitors from neighboring cities, will enjoy this year's event which includes: *Original Fireworks* – works originating from an art competition; and *Celebration Fireworks* – with special messages to parents, friends or sweethearts announced just before the fireworks are lit.

Many people wear colorful *yukata*, casual summer kimono, which complements the visual splendor of the fireworks.

Part of the operational costs of the fireworks display is supported through voluntary donations. You will see 'Fireworks' fund-raising boxes at the Tourist Information Center in the station lobby, shops and other facilities who support this activity, so please give a little.



### Eboshi Rock Cruise Special Postcard

#### いわ しゅうゆうせん とくべつ はんばい えぼし岩 周 遊船で特別はがき販売

Go on an Eboshi Rock cruise between now and August 31 (Mon), and you can obtain a special postcard. The cruise ship, with a capacity of 18 passengers, sails three times a day: at 10:00, 11:00 and 12 noon. The round trip, leaving from Chigasaki Fishing Port, sailing around the rock, and then returning to port, takes 45 minutes. During the offer period, you will be able to buy a 100-yen postcard (*kamome-ru*) showing your passage on the ship, which the cruise company hopes will be a happy memory of your experience.

Cruise fares: 1,500 yen for junior high school students and older, 750 yen for elementary school children, and free for preschool children. Children younger than 3 are not allowed to board.

Inquiries: Chigasaki City Tourism Association on 0467-84-0377, or Tatsumi Fishing Tackle Shop on 0467-82-6946.



## History of Chigasaki

### Mikoshi-Michi, the Portable Shrine Roads

み こし みち  
神輿道

*Mikoshi-michi* are the roads along which *mikoshi* (or portable shrines), believed to contain the ghost or spirit of a Shinto shrine deity, are carried to a beach to perform purification ceremonies. Some shrines hold their own ceremonies and have their own *mikoshi-michi*. For example, Yasaka Shrine, in the precincts of Hachioji Shrine in Honson, carry their *mikoshi* across Tokaido and straight down to the sea, while Hachioji Shrine in Hishinuma reach Tokaido via the south side of Shorin Elementary school, and then go on to the sea passing by the west side of Hamasuka Elementary school.

However, other shrines have, in the past, combined their festivals and *mikoshi-michi*. For example, in the Hamaori festival (see article above), Tsurumine Hachiman-sha Shrine and Samukawa Shrine along with many other smaller shrines, initially gathered their *mikoshi* near Toriido bridge of Tokaido (Highway 1). From there, Tsurumine Hachiman-sha Shrine took the lead heading eastward, turning right at the crossing of Jukken-zaka 2-chome, passing over a rail crossing, and then going straight on to the linking road of Chigasaki Station and a fish market. The procession then went westward, turned right, but soon after headed south, and arrived at the beach close to the monument (see photo right) to the eight dragon kings (Hachidai Ryuo-hi) which now stands by the road leading from Highway 134 down to Chigasaki Fishing Port.

Some *mikoshi-michi* routes have also become shorter. For example, for the Hamaori festival, previously, many shrine members participated in carrying their *mikoshi* on their shoulders over long distances to the festival site. These days, however, because of unpredictable traffic conditions and fewer carriers, many *mikoshi* are transported by truck before daybreak to shrines closer to the beach, or to the parking lot near Nishihama beach.





## IAC ACTIVITY

## Disaster Prevention① Assessing the Risks

ぼうさいじょうほう ① つ な み えきじょう か よ そくじょうほう にゅうしゅうほうほう  
 防災情報① 津波・液状化予測情報の入手方法

As introduced in the previous issue, the IAC offers foreign residents advice on what they should do before, during and after an earthquake or a tsunami. In this first of a series of articles, the IAC explains how to assess the risks you face in your area of Chigasaki.

To prepare for an earthquake or a tsunami, you should first learn about what scale of earthquakes or tsunamis will possibly strike Chigasaki in the future. According to a report by the “Headquarters for Earthquake Research Promotion”, there is a very high possibility that a Tokyo Metro Earthquake or a Tokai Earthquake with a resultant tsunami will occur within the next 30 years. Also, according to a report by Kanagawa Prefecture this February, it is estimated that a 9.6-meter-high tsunami could reach Chigasaki in as little as 16 minutes after an earthquake.

In addition, the City provides residents with the “Chigasaki-shi tsunami hazard map” and the “Chigasaki-shi liquefaction hazard map”. You can use these maps to find out, respectively, the height above sea level and predicted flood water depth, and the possibility of liquefaction, in your area of the city. Copies of these maps are available from the City Office: please go to the “Disaster Measures Section” (市役所防災課) for a tsunami hazard map, and to the “City Policy Section” (市役所都市政策課) for a liquefaction hazard map.

You can also access the tsunami hazard map on the Chigasaki City website, as follows: go to: [www.city.chigasaki.kanagawa.jp/](http://www.city.chigasaki.kanagawa.jp/) →Foreigner Guide (top of the screen) →Start Translation (select your preferred language: English, Chinese, Korean, French, Germany, Italian, Spanish or Portuguese) →Disaster Measures (second from the top of left-hand list) →Tsunami measures →Chigasaki-shi tsunami hazard map.

## Exchange with French Students

かんげいかい さん か  
 歓迎会に参加してみませんか

Ten university students from France are staying with host families in Chigasaki for about a month from late June to July 27 (Mon). The IAC will hold a welcoming party on July 4 (Sat) from 18:00 at restaurant *Chiso* in the Civic Hall. The party will be open to everyone so we hope many foreign people will join us and enjoy exchanging ideas and experiences. Entrance fee: ¥500

In addition, a Japanese speech contest and a farewell party are scheduled for July 25 (Sat) from 14:00 to 16:00 at *IKORIA*, on the fourth floor of the building next to Yamada Denki. The event is open to all, free of charge, so please feel welcome to join us.

## People in Town

## Simon Cumming from Melbourne

*Japanese youngsters look a little zombified or robotic.*

Simon Cumming from Melbourne, Australia, has lived in Chigasaki for six years, having previously lived in Fujisawa and Kamiooka. He is married to a Japanese lady whom he met through a friend at a party in Fujisawa, and they have recently been blessed with their first child. He is now very busy teaching English at many public schools in Chigasaki. He came to Japan twelve years ago to have a chance to learn something new and to escape his comfort zone.



His impressions of Japan are that it is very convenient and has lots of variety. He also feels that the technology related to living conditions has improved since he arrived in Japan. Replying to the question about how Japanese people react to him, he said that it was a difficult question, but thought that because this is a homogenous society, it is not surprising that some Japanese people may fear or misunderstand foreigners. He added that he would never complain about or criticize another country or culture. Another impression he had was that, although the younger generations in Japan are hard-working, they seem to be a little zombified or robotic.

All in all, though, he is enjoying living in Chigasaki and does a bit of photography intermittently when he has time.

## Let's Join in IAC Activities

こうりゅうかつどう いっしょ  
 交流活動と一緒にしませんか？

The International Association of Chigasaki (IAC) has carried on volunteer activities for more than 30 years. Some 20 groups engage in their own activities of interest, including teaching Japanese, accepting homestay students, publishing an English newspaper, and supporting foreign residents.

Why not join in one of our volunteer activities?

## So many Countries, so many Customs!

ところ か しな か  
 所変われば、品変わる

## The Notting Hill Carnival

ノッティング ヒル カーニバル

Imagine your eyes dazzled by an endless stream of vibrant, extravagantly-costumed performers accompanied by marching bands and fantastic floats carrying steel pan bands; your ears throbbing with the sounds of Afro-Caribbean music; and your mouth salivating at the aromas of jerk chicken, exotic curries, and fried plantain wafting from nearby hawker stalls. Could this be Rio? Think again. You are in West London and this is the Notting Hill Carnival, arguably London's most exciting annual event.

This year the carnival will take place on August 30 (Sun) and 31 (Mon), starting with the *J'ouvert* (meaning “daybreak”) procession, when the first revellers hit the streets dancing and shouting, some fuelled with Jamaican rum, others just with eager anticipation. Then comes the family-friendly Children's Parade with each *Mas* band (or masquerade costume troupe) showcasing their flamboyant, hand-made costumes as they spin, whirl and twirl along the 3-km-long carnival route. The Grand Finale takes place on the Monday as 60 *Mas* bands dance through the streets, competing for your attention with the captivating rhythms of reggae and R&B pounding out from massive roadside sound systems, live performances of calypso and soca, and African drums.

Carnival in London first appeared at the end of the 1950s as a way of promoting cultural unity within Afro-Caribbean communities who at that time had to deal with racism, a lack of working opportunities, and poor housing conditions. Despite having had its own share of problems over the last fifty years, the Notting Hill Carnival has grown to not only become the biggest event of its kind in Europe but also to symbolize the spirit of diversity in London.

At a time when more and more people seem to be on the move than ever before, to escape disaster or persecution, or simply to pursue a better life, it becomes a challenge for citizens and newcomers alike to find a way to live together within a multiracial community. Rather than expecting immigrants to give up their native customs and traditions, the London experience suggests that embracing cultural differences and encouraging the preservation and growth of ethnicity enriches the lives of us all (provided, of course, that such customs and traditions adhere to the laws of the host country).

Cultural identity is not something we can or should give up easily. We wouldn't expect that of ourselves, we shouldn't expect that of others.



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



## Spine-Chillers in Sweltering Season なつ かいだん 夏の怪談

Japanese people have devised a way of easing summer mugginess by tricking the senses: *kaidan*, or ghost stories. Here is a famous classical story, 'The Dish Mansion'. It is thought to have originated from a true event, though there are various views on where it took place.

This is one version of the story: one day in 1635 (Kan'ei 12), Okiku, a pretty young maidservant broke one of a set of ten dishes which were precious to her master. He detained her with the intention of executing her with a sword, but Okiku escaped and chose instead to commit suicide by throwing herself down a well. After that, night after night, Okiku's ghost would appear out of the well and hang in the air counting the dishes in a pained feeble voice, which weirdly echoed throughout the house. Every night she could not count the tenth dish, weeping and saying "one is missing..." But at last, a holy priest eased her soul by saying "ten" quickly after she said "nine".



This story has been adapted to *kabuki*, movies, TV dramas, and so on. The image of a half-transparent, pale, legless Okiku in a white kimono will send a shiver down your spine and give you goosebumps. In the compound of Himeji Castle, a world heritage site, there is "Okiku's Well" from this story.

By the way, why don't you try telling the *rakugo* (sit-down comedy) version of this story in English\* on a muggy summer night? Even if the punchline just makes you laugh rather than giving you the chills, it should at least distract you from thinking about the summer heat. \* "Okiku's Plates" from the book "*Eigo-Rakugo de Sekai o Warawasu*" with a CD (KENKYUSHA)

## Noodle-shaped strips of seaweed gelatin in tangy sauce ところてん

*Tokoroten*, or gelidium jelly made from the red seaweed called *tengusa*, is one of the refreshing snacks to enjoy in summer. Because it is low in calories, it is also popular among people who are on a diet. We can see it in supermarkets.



**Ingredients (serves 1~2):** 50 g dried gelidium, 2.5 liters water  
**Condiments:** 6 g sugar, 6 g soy sauce, 6 g grain vinegar, 1 g roasted sesame seeds, 0.5 g green laver (*aonori*)

**Step 1:** Wash dried gelidium and allow to drain.

**Step 2:** Pour the water into a pan and add dried gelidium. Bring to a boil and simmer for 30 minutes (stirring occasionally) until the water thickens.

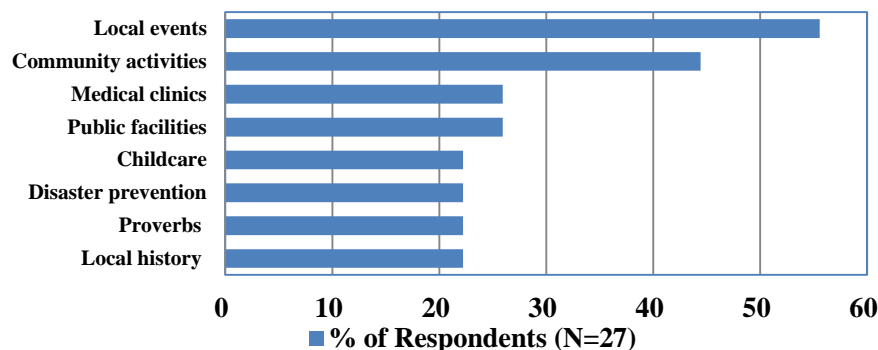
**Step 3:** Pour into a flat rectangular vat. Let it settle and cool down to room temperature, then place in a refrigerator to cool.

**Step 4:** Remove from vat, cut into thin strips, add the sugar, soy sauce and vinegar, then sprinkle with the roasted sesame and green laver.

Now that you've read this recipe and seen how simple it is, why don't you try making it by yourself?

## What articles do readers want? どくしゃ きだい きじ 読者が期待する記事は？

We recently conducted our annual survey of Chigasaki Breeze readers, and would like to thank everyone who found time to complete and return their questionnaire. The bar chart below shows that readers were most interested in seeing articles about local events, followed by community activities, medical clinics, public facilities, and so on. Editors will keep these wishes in mind when planning future issues.



One reader proposed that the People in Town column should focus more on what kind of business the interviewee was in, and also suggested interviewing Japanese citizens whose jobs are special/unusual. Another reader wanted to see more pictures.

## LUSCA Closed for Renewal かいさつ へいかん ラスカ改装のため閉館

The shopping mall at Chigasaki Station has halted operations until late November to remodel the building and expand the sales floors. However, a few shops will be available on the sixth floor, including a supermarket, bookshop, dentist, drugstore, and five restaurants. You can get there using the elevator which is accessible from either the central entrance of the first floor or the entrance on the second floor. Parking lots and bicycle-parking areas are also closed.

## Useful Japanese Expressions やく だ にほんご 役に立つ日本語

### AKKERAKAN あっけらん

*Akkerakan* means to behave indifferently, such as when a person doesn't care about or is not aware of what is going on around them, or if they pay no attention to the comments of others, whether they be ridicule, criticism or compliment.

For example: ● *Kanojo wa akkerakan-to-shite-iru.* = She doesn't care when others criticize her. ● *Kare wa akkerakan-to-shita seikaku desu.* = He is really easy-going. ● *Kare wa akkerakan-to-kotaeta.* = He replied innocently that it was nothing to do with him.

Of course, nobody says *akkerakan* about themselves, but you can usually tell by their words, gestures or other body language. However, be careful, as some people may behave *akkerakan*, but are actually paying close attention to what is going on.

## Disused Article Bank ふようひん 不用品バンク

Interested in an item offered for free or at a reasonable cost? How about taking a look at the City's official website?

Go to [www.city.chigasaki.kanagawa.jp/](http://www.city.chigasaki.kanagawa.jp/) → Click on Foreigner's guide (top of the initial screen) → Select a language and start translation → Living → Civic consultation, consumer life → Discarded things bank → We hand over registration information. This then shows a list of items

## Japanese Proverbs and their English Equivalents

### にほん せいよう 日本と西洋のことわざ

#### ●一文惜しみの 百知らず

ICHIMON-OSHIMI NO HYAKU SHIRAZU

(To be frugal with a penny, but be unaware of a hundred)  
Penny-wise and pound-foolish

#### ●温故知新

ONKO CHISHIN

(Learning from the past)

He that would know what shall be must consider what has been.

#### ●女心 と 秋の空

ON'NA-GOKORO TO AKI NO SORA

(A woman's heart changes as often as the autumn sky.)  
Women are as wavering as the wind.

#### ●心ここにあらざれば 視れども見えず

KOKORO KOKONI ARAZAREBA MIREDOMO MIEZU

(If your mind is not here, you will not see even though you look.)  
The eye is blind if the mind is absent.

#### ●玉磨かざれば 光なし

TAMA MIGAKAZAREBA HIKARI NASHI

(An unpolished gem does not sparkle.)  
No man proves famous but by labor.