

Chigasaki Breeze

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

No. 55

Chigasaki and Honolulu Become Sisters

ちがさきしとホノルル市・郡が姉妹都市に




Chigasaki and Honolulu have established sister-city affiliation after their respective city councils unanimously passed the plan. The signing ceremony was held on October 24 in Honolulu. Under the new arrangement, the City will promote a wide range of exchange with Honolulu in the fields of culture and commerce, in addition to the already established events of surfing and hula. Mayor Hattori said that he wanted the relationship to be formed anew. Chigasaki is the sixth city in Japan to affiliate with Honolulu following Hiroshima, Naha in Okinawa, Tokyo, Uwajima in Shikoku and Nagaoka near the northern coast of Japan. If readers have any ideas for fostering a strong sense of sisterhood, please let us know - see email address at the bottom of page 4.

City Home Page Renewed

市のホームページがリニューアル

To improve access to the City's website and encourage as many people as possible to make use of the services and guidance available, and to enjoy the many charms of Chigasaki, the City home page has been redesigned. As of November 1, the layout of the home page has been simplified considerably, as shown in the diagrams below. Moreover, all website pages have been adapted so that you can access information on the go, using your smartphone.

[Inquiries] Secretarial and Public Relations Department Tel: 0467-82-1111

<p>Due to the recent increase in inquiries relating to "child care" and "senior citizens", you can now link to these resources directly.</p> <p>① About Child Care ② For Senior Citizens</p>	 ① 子育て情報  ② 高齢者向け情報	<p>Frequently-used functions have been grouped together in the center, such as:</p> <p>① Search this site ② FAQs ③ Life Scene a. Pregnancy/Childbirth b. Entering kindergarten school c. Placement/Retirement d. Marriage/Divorce e. Moving house f. Funeral-related issues ④ Popular Categories a. Family registration/Certificate of residence b. National insurance c. Health/Medical care d. Garbage disposal e. Taxes f. Bus services</p>	
<p>Are you following the City on Twitter @Chigasaki_city? Do you know about the YouTube-based Harmonious Chigasaki Broadcasting Station, where you can watch many videos about Chigasaki from the City's archives? You can access these services via the new banners below.</p>			

Health Guidance Aims to Prevent Metabolic Syndrome

とくていほけんしどうう 特定保健指導を受けよう

Between June and August this year, citizens were invited to undergo a special medical check-up for early detection of lifestyle-related illnesses. People who have higher values of several of the following: waist measurement, Body Mass Index, cholesterol, neutral fat and blood sugar levels, and blood pressure, may be diagnosed as having metabolic syndrome, which is a disorder of energy utilization and storage. It is proven that people who have the disorder have a higher tendency to develop diabetes, cardiovascular disorders, liver diseases and other lifestyle-related illnesses.

Those who were diagnosed as having metabolic syndrome or pre-metabolic syndrome will be able to receive special health guidance for free. The City has been promoting the support program, and started sending out application forms to these citizens in October. The program consists of two six-month courses; one is for those who have any of the risk factors which constitute metabolic syndrome, and the other is for people who are thought likely to develop the syndrome in the near future. Under the guidance of doctors, public health nurses and registered dietitians, applicants will have opportunities to improve their diets and physical activities, and adopt healthier lifestyles. The time limit for applications is the end of March next year. Take action now to reduce your risk of developing serious health problems, and lead a healthier life. If you want to know more about the program, please contact the insurance/pension section in the City Hall's temporary building. Tel: 0467-82-1111

Bells on New Year's Eve

じょやかね 除夜の鐘

As midnight approaches on December 31, you will hear the sound of *Joya-no-kane*, or New Year's Eve bells, ringing out from temples around the country. The bells are rung 108 times; the first 107 before the old year ends and the 108th as the New Year begins, although this conventional timing is not as common as people may believe. According to Buddhism, the number of bells represents the 108 kinds of sins and delusions, or worldly desires, that human beings are believed to possess. These sins are called *bon'nō* in Japanese, and the 107 bells are for reflecting and eliminating *bon'nō* in the year passed whilst the 108th bell is a resolution to live the new year without *bon'nō*. According to one legend, these *bon'nō* consist of *rokkon*, or the six sense organs: the eyes (sight); the ears (hearing); the nose (smell); the tongue (taste); the body (touch); and the mind (perception). Each organ has three types of sense, *kō* (好, the sense to feel good), *aku* (悪, the sense to feel bad), and *hei* (平, the sense to feel indifferent), thus producing eighteen kinds of senses in total. Then each of these eighteen senses has two types of feeling, *jo* (浄, pure) and *sen* (染, dirty), making thirty-six types. These thirty-six types are then multiplied by three, representing one's former, present and future life, to make one hundred and eight.

The sound of bells is televised on New Year's Eve every year and many people are shown visiting temples all over the country, from north to south. Recently, some temples have even allowed visitors to ring the bell. This traditional custom is very popular among Japanese, so why not go for a midnight stroll and enjoy the atmosphere of a Japanese New Year.

Specialties of Chigasaki

Local Performing Arts Help Preserve Cultural Inheritance 受け継がれる郷土芸能



In the Edo Era, there were 23 villages in and around Chigasaki. People's lives were closely tied to their local communities and these bonds were continuously reaffirmed and reinforced through their daily work, seasonal festivals, and yearly events. Festival music (matsuri-bayashi), festive songs (jinku), and farm work songs were created as an integral part of these activities, and passed down from one generation to the next. Four such performances, 'Enzo-matsuri-bayashi', 'Yanagishima-enkoro-bushi', 'Serizawa-yakigome-tsuki-uta', and 'Nango-mugi-uchi-uta', named after their villages and registered as important cultural properties by the City, are sometimes performed on ceremonial occasions such as wedding parties, festivals, and neighborhood association events. For example, 'Yanagishima-enkoro-bushi' was shown at the welcoming party for the Honolulu mayor this past August. The City is holding the 42nd Kyodo Geino Taikai (Local Performing Arts Festival) in the small hall of the Civic Hall on November 30 (Sun), from 13:00 to 16:00. How would you like to relive the olden days in Chigasaki through traditional performing arts? Admission is free.

Shonan International Marathon しょうなんこくさい 湘南国際マラソン

On November 3 (Culture Day, Mon), the 9th Shonan International Marathon is taking place with 24,000 participants running along the coast. The event has four courses: Full Marathon, Half Marathon, 10km Run, and Family Fun Run. The 10km race includes two additional categories of Wheelchair and Disabled participants. All runners start from the Seisho Bypass Ōiso West I.C. heading toward Enoshima Entrance and returning to the Ōiso Prince Hotel via different U-turn sections set for each course. Starting times and entrance fees (including a 500 yen donation to charity) vary depending on the course. The races will be broadcast live on local cable TV.

The organizing committee also recruits volunteer workers to help with preparation, guidance, relief, water supply, interpretation, and so on. Unfortunately, the registration of both runners and volunteers has already closed for this year's event. If you would like to take part in the event next time, it is recommended that you routinely check online information. And, please be aware that, if you live in Chigasaki, Fujisawa, Hiratsuka, Ōiso or Ninomiya, your registration date starts prior to that of other participants. To read more about the event, go to: <http://www.shonan-kokusai.jp>

Chigasaki Rainbow Festival at Satoyama Park ちがさき 茅ヶ崎レインボーフェスティバル

Chigasaki Rainbow Festival will take place on November 16 (Sun) from 10:00 to 15:00 at Chigasaki Satoyama Park, located in Serizawa in the northern part of the City. The festival site is on a hill and includes an outdoor market selling locally-produced fresh fruit and vegetables; a flea market with daily necessities, sundries, handicrafts, etc.; and a kiosk corner for refreshments. There will also be live music playing in the meadow.

A free bus service will run between the park and JR stations in Chigasaki and Kagawa. From Chigasaki, Stop No.1, in front of Yokohama Bank, five buses depart between 09:00 and 10:00, then three buses at 11:00, 12:00 and 13:00. From Kagawa, there are four buses at 11:00, two at 12:00 and so forth. For your return journey, please look at the Satoyama bus stop timetable.

Multilingual Medical Questionnaire and Vaccination Guide Go Online

たげんごいりょうもんしんひょう よぼうせっしゅ あんない 多言語医療問診票と予防接種の案内がネットで見られます

As part of ongoing efforts to help foreign nationals gain access to medical services and communicate with medical professionals, Kanagawa International Foundation, in collaboration with NPO International Community Hearty Konandai, have launched two online multilingual services:

●Multilingual Medical Questionnaire (18 languages)

The Questionnaire is bilingual, written in Japanese and a selected foreign language. The homepage also shows a list of common symptoms to help you decide which of the following hospital departments you need to contact: internal medicine, surgery, ophthalmology, otolaryngology, orthopedics, neurosurgery, pediatrics, dermatology, obstetrics & gynecology, dentistry, or psychiatry.

International Community Hearty Konandai: <http://hearty-npo.sakura.ne.jp/> Kanagawa International Foundation: <http://www.kifjp.org/medical>

●Foreign Parents' Guide to Vaccinations (10 languages)

This guide was made to help foreign parents carry out their childrearing with a sense of security. It gives explanations on: the types of vaccinations and the infectious diseases that they protect against; the differences between routine vaccinations (recommended by the government and given free of charge) and voluntary ones (not free and only given on request); and the schedule of routine vaccinations. It also offers information on available counseling services in foreign languages if health conditions deteriorate after vaccination.

<http://www.kifjp.org/kcns/news/3687>

[Inquiries in Japanese] Multicultural Services Division, Kanagawa International Foundation Tel: 045-620-0011

(From Hello Kanagawa)

History of Chigasaki

Murota Hachiōji-jinja Shrine and Fireworks むろた はちおうじ じんじゃ はなび 室田・八王子神社と花火

Hachiōji-jinja shrine can be found in Murota, a Local Administrative Area of Chigasaki, about 200m west of Myōgyō-ji temple. The shrine's architecture is the oldest in the City, and it used to have a thatched roof. It is said to have originally been a residential shrine, belonging to an old family called "Hinoya" living in Ichinomiya of Samukawa Town, but was purchased from them and moved to the present location.

The Hachiōji-jinja shrine has triple-layered rafters, wide front eaves, a beautifully carved sanctuary, or front shrine, and a noble façade. It is assumed that the shrine was constructed in the latter half of the Edo Era, but over the years, the roof and foundations, especially, sustained a lot of damage, so the house was repaired in May 1983 (Showa 58). At that time, however, a *munafuda*, or wooden board, was found in the attic. Written on the board were the names of the village organizers, the master carpenter, and the Shinto priest who supervised the framework-raising ceremony, as well as the date, August 22, 1881 (Meiji 14). It is thought that this coincides with the shrine's move from Ichinomiya to Murota. Even though the shrine was re-roofed in copperplate later, the triple-layer style of the rafters has remained unchanged till today. And in front of the Shrine office, there is a rock basin or *chōzu-ishi* (手水石) on which the character *ryu* (龍), meaning dragon, inscribed by Yamaoka Tesshū, a famous *samurai* of the late Edo Era, can be seen.



In Murota village, the manufacture and display of fireworks was popular among young men till around the end of the Meiji Era, and the formulae were passed down to the eldest sons of a small number of families. At that time, the fireworks were set off from wooden pipes, two remnants of which are still maintained today in the Culture Museum, Bunka-Shiryō-kan, in Nakakaigan.

[Transportation] From Chigasaki station, north exit, take a bus from Stop No. 4 bound for Murota via City Hospital and get off at Murota Elementary School Entrance. From there, it takes only one minute on foot.

IAC ACTIVITY

Join Us at Citizen's Fureai Matsuri !

“^{しみん}市民ふれあいまつり” に来ませんか

On November 3 (Mon, National Holiday), the City will hold an annual festival called *Citizen's Fureai Matsuri* at Chuo Kōen, and the IAC will have a stall to sell various hand-made products prepared by members. The stall is also a space for members to get together, and they are looking forward to your visit. Why don't you join us?



English Speech Competition for High School Students ^{えいご}英語スピーチ大会 ^{たいかい}

The IAC will hold an English speech contest for the first time on November 15 (Sat) from 14:00 at Aletheia High School, where high school students living in Chigasaki and Samukawa will express their thoughts in English. Amongst the judges will be two native speakers, Ms. Magda Kitano and Dr. Adrian Wilson, who we previously introduced in Chigasaki Breeze, issue numbers 49 and 27, respectively. Everyone is welcome to attend the event, free of charge. Why don't you come and listen to what these youngsters have on their minds?

University Students from Australia

^{だいがくせい}オーストラリア大学生のホームステイ

Eight Australian students will stay in Chigasaki again this year for four days from November 21 (Fri). During their stay, they are to visit Matsunami Junior High School on the Friday; will experience a tea ceremony wearing kimono at Shorai-an in the morning, and attend a welcoming party from 18:00 at Chiso in the Chigasaki Civic Hall, on the Saturday; and then spend a whole day with their host families on the Sunday. The IAC is expecting many people to come and chat with the students at the welcoming party – entrance fee, 500 yen.

IAC Year-End Party ^{イヤーエンドパーティ}

The annual year-end party hosted by the IAC will be held on December 14 (Sun) in the City Hall annex *Community Hall*. The party will be open to everybody, so we hope many foreign people will join us and enjoy chatting over some wine. Full details are not yet available, but if you are interested, please join us on the day. For more information, please call 090-1557-7789.

People in Town

Gabriele Kubo from Germany

Japan's residential areas should be greener.

Gabriele Kubo, who grew up in Weingarten, Germany, west of Munich, near Lake Constance, has been teaching flower arranging for ten years with her husband at their atelier in Matsugaoka, Chigasaki. She started living in Japan more than 25 years ago, at the invitation of a Kyoto association who were impressed by her expertise in western-style flower arranging.



At that time, she worked a six-day week and was only allowed three holidays a year. In addition, although she lodged with a member of the association, the traditional Japanese-style of living in Kyoto was too constraining for her. Halfway through her contract, she was desperate to go back home, but thanks to the support and encouragement of a friend, who later became her husband, she managed to fulfill the terms of her contract. Not long after returning to Germany, though, she could not turn down the ardent proposal of her friend, and so returned to get married and live in Japan once more.

Gabriele says she is bewildered by the big differences between the education systems of Germany and Japan. She has two children and the younger one is now in a private junior high school. She feels her son is stressed out at having to do club activities after school and go to cram school. She feels that students need more time to relax and think about their future lives, rather than focusing so much on which university they should go to.

While she has been living in Japan, more and more people have become conscious of ecological issues and the need to preserve the environment, but there are still so few trees in residential areas compared with her hometown. She would like to get involved in local initiatives to increase the amount of greenery, especially in residential areas.

She also said Japanese paper (*washi*) is very attractive as a material for flower arrangements, and so she markets various styles of *washi* on her website. If you are interested, please go to: <http://www.greengabes.com>

So many Countries, so many Customs!

^{ところ}所変われば、^{しな}品変わる

Pantomimes ^{パントマイム}

With Christmas fast approaching, venues around the UK, from the majestic theatres of London's famous West End to the humble stages of village halls, are getting ready for the start of Pantomime, or Panto, season. Panto is a family-friendly live stage production which includes singing and dancing, outrageous costumes, and slapstick comedy. It combines topical humour with a story loosely based on a well-known fairy tale, such as Aladdin, Cinderella, Dick Whittington and His Cat, Jack and the Beanstalk, Sleeping Beauty, and many, many, more.

Pantomimes have a number of traditional features that make them fun for children and adults alike, including:

- **Cross-gender dressing** – the young male hero of the play is usually played by a young actress wearing tight-fitting male garments (for obvious reasons), and the hero's mother, “the pantomime dame”, is played by a man in drag.
- **Audience participation** – the audience is always encouraged to boo, hiss, or shout out “He's behind you!” when the villain appears, and join in the exchanges of “Oh, no he isn't!” – “Oh, yes he is!” with the Panto characters. The audience also sings one of the pantomime songs, and each half of the audience is challenged to sing louder than the other half. Children may even be invited on stage to sing with the cast members.
- **Double entendre** – phrases are carefully placed in the dialogue that sound perfectly innocent to the children in the audience, but which are full of mild sexual innuendo for the amusement of adults.



- **Slapstick comedy** – at some point in the play, often a decorating or baking scene, a comical fight may break out, with actors throwing messy substances, like paint or custard pies, at each other, and falling over a lot.
- **Pantomime horse or cow** – played by two actors in a single animal costume, one as the head and front legs, the other as the body and back legs.

Pantomimes traditionally start on Boxing Day and run for two or three months. Even though some West End productions have fallen victim to political correctness, there are still plenty of amateur companies, performing in towns and villages across the country, who have preserved this most cherished of Christmas rituals. So, if you're up for some brash, bawdy buffoonery, full of grown-up silliness and childish fun, you won't do any better than a British Panto. Oh, no you won't!



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

IAC Supports Foreign Residents

外国籍市民支援活動

The International Association of Chigasaki (IAC) provides support for foreign residents of Chigasaki to help them integrate into society and manage everyday tasks. They can arrange an interpreter if you need assistance in registering something officially, translating documents, visiting a doctor and so on. They also have information about how to access expertise in the legal, medical and educational fields for which you may need to make an appointment. Although there is a municipal inquiries counter at IKORIA (located on the fourth floor of the Chigasaki Trust building, on the west side of Yamada Denki), the IAC is also ready to accept your requests. They intend to continue offering and improving this support to meet the current and future demands of foreign residents. If you need some help, please call the IAC on: 090-1557-7789

Attention! Gas Ranges Cause Many Fires

ガスレンジによる火災が増えています

Autumn Fire Prevention Week starts on November 9 (Sun). An increasing number of fires have been originating from gas ranges. Among the sixty-five fires that happened in the City last year, twelve involved such gas fittings, the second largest cause after the nineteen fires which the fire department believes were caused by arsonists. In most cases, a cook left the kitchen while preparing food over a range. Keep the following in mind: never go out of the kitchen while using fire; never place flammable materials near the range; use a gas range equipped with safety systems such as an overheat protector; and clean the range as well as the cooking area to prevent oil stains from catching fire.

Eight years have passed since the 2006 law which stated that every household must have fire alarms installed. The fire agency recommends that fire alarms should be replaced when they reach ten years old. Check whether the devices of your house work properly by pushing their buttons or pulling their cords, as per the instructions. Dust and cobwebs on a sensor sometimes deteriorate its performance, so they should be wiped clean periodically.

Chigasaki, Fujisawa and Samukawa Charm Discovery Tour

茅ヶ崎、藤沢と寒川の魅力発見ツアー

Come and join the City's annual microbus tour around producers of agricultural, livestock, and processed goods, in Chigasaki, Fujisawa and Samukawa. This year, the event will be held on November 29 (Sat), starting at 09:00 and ending at 15:00. There will be opportunities to purchase goods during the tour. There are 15 places available, but you must be over 18 years of age, and group applications are limited to a maximum of 3 people. Please telephone the Agriculture and Marine Products Section directly or submit your application via the City's homepage by November 11 (Tue). If the event is oversubscribed, 15 lucky winners will be selected by ballot.

Inquiries: Agriculture and Marine Products Section Tel: 0467-82-1111

Fujisawa International Festival

ふじさわ国際交流フェスティバル

Fujisawa City will hold its 11th Fujisawa International Festival on November 9 (Sun) at JR Fujisawa Station's Sunpearl Square (similar to JR Chigasaki Station's pedestrian deck) near the north exit of the station building. There will be stalls offering cuisine and folk craft from around the world, namely the USA, Argentina, Brazil, Canada, China, Germany, Korea, Nepal, Peru, and Vietnam, and introducing a free Japanese language class.

On a stage located at the north end of the Square, international music and dance will be performed, including Bali dance, folk dance, flamenco, alphorn ensemble, and hula.

The festival opens at 11:00 and closes at 15:00, weather permitting.

Inquiries: Heiwa Kokusai-ka, or Peace and International Affairs Division of Fujisawa City Office, on 0466-25-1111



Useful Japanese Expressions 役に立つ日本語

KANCHIGAI 勘違い

KANCHIGAI consists of two characters: *kan* (sense) and *chigai* (difference). KAN by itself can also mean intuition, perception, flair, hunch, and so on, and you may hear someone say "KAN GA II" which means "You are sharp", or "You have a good nose for this issue." So, in combination, KANCHIGAI is used to indicate that you have misread a situation. For example, if you say KANCHIGAI WO SHITEIMASHITA, it means "I misunderstood what you said" or "I made a mistake in understanding what you meant."

You may be thinking that MACHIGAI also means "mistake", so is MACHIGAI the same as KANCHIGAI? Well, they are similar, but MACHIGAI is more suitable when talking about wrong actions rather than wrong feelings.

“Disused Article Bank” 不用品バンク

The following is a list of articles being offered/wanted free or at a reasonable cost by citizens as of September 29, 2014. Anyone interested in these articles should contact the Consulting Services Section for Citizens, Consumer Life Center on 82-1111. They will then put you in touch with the people concerned directly.

Articles being offered ゆずります

▽Celebratory clothes for small girls ▽Shonan Kids School uniform for boys/girls
▽Indoor tricycle ▽Toys for intellectual training ▽Wooden chair for children ▽
Single bed ▽Coffee maker ▽Nursing-care bed ▽Japanese seat cushion

Articles wanted ゆずってください

▽Baby-holding belt ▽Kid's no-pedal balance bike ▽Kid's bicycle ▽Study desk chair ▽Laptop ▽CD of Chigasaki Jinku (folksong) ▽Tea ceremony shelf ▽Tea ceremony set

Japanese Proverbs and their English Equivalents

日本と西洋のことわざ

●医者の不養生

ISHA NO FUYŌJŌ

(Doctors often neglect their health.)

Physician, heal thyself.

●一か八か

ICHI KA BACHI KA

(one or eight)

sink or swim

●柔よく剛を制す

JŪ YOKU GŌ WO SEISU

(Softness often gets the better of hardness.)

Soft and fair goes far.

●千載一遇

SENZAI ICHIGŪ

(to encounter only once in a thousand years)

a golden opportunity

●寝た子を起こす

NETA KO WO OKOSU

(Wake the sleeping child up.)

Let sleeping dogs lie.