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<PEOPLE> Mr. Taro Bilbo Starbuck

Mr. Starbuck is from the city of Olympia. It is the capital city of the US state of Washington. Washington is adjacent to Canada. He came to Japan in 1989 and married with Mrs. Mitsuko, then teaching English grammar at YMCA. He has been living in Himeji ever since.

Q: Would you be able to describe the city of Olympia and how it is like?

A: It is very comfortable to live in Olympia because of its oceanic climate. It has mild cool summers and it snows sometimes and rains a lot in the winter. It is a relatively small city with the population of about 45,000 people. Olympia mainly exports timber, so the port is prosperous because of the near by mountains and forests. There are some colleges and universities also in Olympia. Many Japanese live in Olympia, with Obon Festivals every August. Olympia faces Puget Sound where there are many islands and rivers and national parks near by. The beauty of mountain scenery is incredible. In the summer, we enjoy fishing, hiking, camping and water activities. In the winter, we enjoy skiing and snowboarding. And we also enjoy hunting and outdoor sports all year around. Olympia is famous for good seafood especially various kinds of salmon.

Q: What motivated you to come to Japan and what have you been doing in Japan?

A: I was influenced by a Japanese woman doing a small business in Seattle and I adopted the Japanese name, "Taro" in 1973. Later I was invited to visit Himeji when teaching English at Saint Martin's University. I then founded Olympia School of English in Himeji with my wife in 1993. We have been accepting students ranging from children to adults. Over the years we have taken many of our fine students for home-stay in the United States and Canada.

Q: You have been living in Himeji for quite a long time. How do you like it here?

A: People in Kansai are very sociable and friendly. They know how to enjoy life! I enjoy spending time with my Japanese friends! However, Bōsōzoku and bad air pollution in Himeji catch my attention. With respect to air pollution, I believe it is a serious health and environmental issue in Himeji and Japan which should be improved to make our lives better and healthier.

Q: What do you like to do and what are your goals?

A: I enjoy making pottery, playing with sport kites, photography, playing music and gardening. I also enjoy interacting with people around Himeji and with tourists who visit here. Perhaps I would also like to be a tour guide at the Himeji Castle for foreign visitors someday.



Information about events in 2011



We will tell you about some New Years' events held in Himeji. Note that the schedule below is subject to change.

【Shoshazan Engyoji Temple】

Joya no Kane (New Years' Eve Bells) & Shinshun Yume no Sho (New Years' calligraphy)

Jan. 1st (Sat)

The bell is open to the public on January 1st for striking. You can also see “Shinshun Yume no Sho”, the art of a single pictographic character written on roughly 1.5 m square hanshi (rice paper) with an ink-drenched brush, by the high priest of Enkgyoji.

As it's quite dark along the pathway to Enkgyoji from the ropeway station, you are advised to take a flashlight with you.

< Access > Take Shinki-bus No.8 from the north side of JR Himeji Station in front of Sanyo Department Store to the final stop “Ropeway-mae”. Approximately 30 minutes bus ride. Bus fare 260 yen one way. Ropeway fare 900 yen round trip.

A through ticket (bus & ropeway round trip) is also available for 1300 yen.

< Contact > Tel.079-266-2006

< HP > <http://www.shosha.or.jp/>

【Harimanokuni Main Shrine】

Hatsu Ebisu Festival Jan. 14th (Fri)~16th (Sun)

Lots of people visit here to wish for traffic safety, business prosperity and happiness in the year. On Yoi Ebisu (the first day) Jan. 14, a parade headed by a Takarabune (treasure ship) goes around the Himeji Station area.

< Access > 15 minutes walk from JR or Sanyo Railway Himeji Station.

About 10 minutes car ride to the north of Chuji Ramp on Himeji bypass

< Contact > Tel.079-224-1111

【Hyogo Prefectural Museum of History】

Special Exhibition “Himeji Now and Old” Jan. 8th (Sat)~Feb. 27th (Sun)

10 : 00~17 : 00 (Last Admission 16 : 30)

You can learn various lifestyles and cultures rooted in Himeji mainly through a large number of donated materials stored up over the years.

< Access > Take Shinki-bus bound for Himeji Medical Center from the north side of JR Himeji Station to Himeyama-koen-kita Hakubutsukan-mae. About 10 minutes bus ride.

You can also take Tourist Loop Bus around the castle to Hakubutsukan-mae. About 10 minutes bus ride.

< Contact > Tel.079-288-9011

Besides the above, each temple, shrine and cultural institution in Himeji holds events of its own. As it gets very cold at this time of the year, you are advised to wear warm clothing to keep out the cold whenever you go out.

How to Prevent Catching a Cold !



It is now the beginning of the influenza and cold virus season in Japan.

About 90% of the causes of catching a cold are believed to be due to a virus infection.

Some people tend to catch a cold easily while others rarely do. For the most part, this gap is attributed to differences in one's physical condition or living environment, and one's eating habits or livelihood. In any case, try to lead a healthy life to protect from catching a cold.



●Some Points to Prevent Catching a Cold or Flu Viruses

「Wash your hands Frequently」・・・ Especially wash your hands and face well after arriving home from being outside. Many viruses are found on straps in trains/buses, shopping carts and handrails in public places. One of the causes of spreading virus infection is to rub one's eyes or touch food with the hands that have touched such public straps or handrails. Wash hands frequently is the best defense!

「Gargle With Special Mouth Wash」・・・ This prevents a dry throats and washes out bad bacteria.

「Wear A Mask」・・・ This is not only helps keep a virus away from your mouth and nose where it easily enters the body, but it also keeps the mucous membrane of the throat and the nostril from getting dry.

「Get Enough Rest and Good Nutrition」・・・ Avoid overeating and heavy alcohol drinking. Get a good night's sleep so as to keep your physical strength.

「Keep Warm And Humidify」・・・ Winter virus is easily damaged by humidity, so keep yourself warm and keep the room humid by a humidifier or hanging laundry in the room.

Try to keep out the cold by refraining from going out to crowded places.

It's also effective to get a flu vaccination to prevent getting a new influenza.

You can get a vaccination at a nearby medical institution. As it takes a couple of weeks to work effectively, consult a doctor at your earliest opportunity.



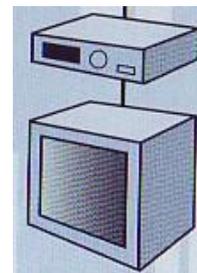
< Coughing Manners >

Have you heard a word "Coughing Manners"? It is one of the recommended counter measures against infection to prevent the disease like influenza which infects people to people through coughing or sneezing. Be careful even at home not to spread a virus to get your family infected.

- (1)When you have signs such as coughing or sneezing of unknown origin, wear a mask.
- (2)When you don't have a mask with you, go to a place more than 1 meter away from people around you, turning your face away to cough or sneeze with a handkerchief or tissues over your mouth or nose.
- (3)As for tissues stained with snivel or phlegm, put them in a bag immediately, tie up the bag and throw it into a trash.

Terrestrial digital TV broadcasting (Part II)

We have explained about the difference between analog broadcasting and terrestrial digital broadcasting (short for chi-digi) and about the digital data screen in the previous volume (Vol. 34). This time, we detail three methods to watch terrestrial digital TV broadcasting.



Digital tuner (above)

+

Analog TV (below)

I Purchase new TV compatible with terrestrial digital broadcasting.

You can watch TV if you connect your new TV to a UHF antenna.

<price> thirty thousand ~ six hundred thousand yen
(depending on the size of TV)

I Purchase digital tuner

When you want to keep using your current analog TV, you can receive terrestrial digital TV broadcasts if you connect your current analog TV to a terrestrial digital tuner or a recording device with a built in terrestrial digital tuner.

<price> [digital tuner] ten thousand yen ~ (approximately)
[recording device with a built in digital tuner] fifty thousand ~ 3 hundred thousand yen

※ In regards to the two methods above, UHF antenna is needed. The price is approximately thirty five thousand yen (including installation fee). When using a community antenna of multifamily housing (such as an apartment), individual installation work will be needed. In that case, please prepare after checking with your superintendent.

I Use cable TV (if you want to use your current analog TV)

You don't have to install UHF antenna. You need to connect a cable TV STB (set top box) to your current analog TV. Set top box is a cable TV receiver. After first TV, terrestrial digital TV or terrestrial digital tuner will be needed.

<price> You need to subscribe to a cable TV company. The expense differs depending on the service (work cost, STB rental cost, service charges). Please contact your near cable TV company for further information.

Himeji cable TV <TEL> 079-284-5511 (toll free: 0120-129-130)

Please be aware that your current analog TV will project no picture whatsoever after July 24, 2011, the date analog broadcasting will end. Regarding terrestrial digital broadcasting, you can get in touch with consultation center mentioned below.

Ministry of Internal Affairs and Communications • Call center for chi-digi

<TEL> 0570-07-0101 (open weekday 9:00~21:00, weekend & holiday 9:00~18:00)

<HP> http://www.soumu.go.jp/main_sosiki/joho_tsusin/dtv/index.html

Hyogo prefecture support center for TV addressees (digital support Hyogo)

<TEL> 078-330-0101

<HP> <http://www.digisuppo.jp/branch/hyogo/32/>

☆☆☆Information from Himeji International Association☆☆☆

Participants wanted for Japanese Speech Contest

The Spring Festival will be held in Egret Himeji on February 27, 2011. During the festival, a Japanese speech contest will take place for foreign residents of the city of Himeji. Would you like to participate in a speech contest? Come join us and share your experience in Himeji! Details will be periodically updated in our homepage.

Let us know if interested:

Ms. Matsuoka, Himeji Cultural and International Exchange Foundation

※Phone number and E-mail address are listed at the bottom of the page. It is also okay to come visit our office for the registration.



※※※ Editor's Postscript ※※※

It is getting colder and drier, and influenza is spreading faster. Influenza vaccination strengthens your immune system against H1N1 and Influenza A virus. Since the target age range of the viruses is significantly wide, it is recommended to get vaccinated (two shots are sufficient) at a medical institution near you. For further protection, wear a mask in crowded places, and wash your hands and gargle (for at least for 15 seconds) when you get home.

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These names are used with the contributors' permission.

Their assistance is much appreciated.

We always welcome translation volunteers and natives to assist us with translating and proofreading upcoming editions of 「VIVA! ひめじ」. If interested, please contact us at the following address:

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