

<English Version> March 2013 Vol.44

<People> Interview	・・・P1
Regarding the Ledger for People in Need of Aid During Disasters & Emergency Medical Aid Card	
Himeji Police News	・・・P2,3
Spring Outing Information and Great Spots in Himeji	・・・P4
Haruyane, okashitsukurahen ? (It's spring. Why don't you make sweets?)	・・・P5
Information	・・・P6



<People> Mr.Asaduzaman Md

Mr.Asaduzaman Md came from Jessore in Bangladesh, and now works at a clothing company in Japan. He majored in education and Japanese at the University of Dhaka. During his studies, he was chosen as a member for *Nihongo Summit* in 2006, and stayed in Japan for five weeks, which made him decide to go to Japan again. After graduation, he returned and studied at a Japanese university as an exchange student for a year and a half.

Q: Could you introduce your mother country of Bangladesh?

A: The land is one third the size of Japan with a population of 160 million. The population density is the world's greatest. We have four seasons, but the climate is subtropical so even in winter it's over eight degrees. Seventy percent of Bangladesh is swamp land. There are hurricanes and we often have floods. Principal products are rice and jute as well as spices and tea. Bengali is our official language, and English is our secondary.

Q: Do you have any recommendations on what to see and do in Bangladesh?

A: Cox's Bazar Beach near Chittagong is the longest beach in the world, and also the nearby St. Martin's island is a famous resort spot. In addition, Ahsan Manzil, a mausoleum to an emperor, is well worth visiting.

Q: What do you think of Japan?

A: My interest in Japanese came from watching *Oshin*, a TV drama. However, after coming to Japan, I found that everything was different, very modern; namely, what I saw with my eyes totally differed from what I saw on TV. I was also surprised at the high prices of commodities. The kind people and the safety were really attractive to me. As for the food, I love rice obviously. In addition, tempura, miso soup, karaage, and yakiniku are my favorite. However, I have some restrictions about food for religious reasons, so I cook my own most of the time.

Q: Could you let me know about your goals in the future?

A: I have acquired Bengali, English, Japanese, Hindi and Arabic. And I am challenging myself with Chinese now. I would like corporatize the company I'm currently working at in my home country. In the future, I hope to use my multi-language skills to broaden exchanges between Japan and Bangladesh, and serve as a bridge between the two countries.

☆☆Regarding the Ledger for People in Need of Aid During Disasters & Emergency Medical Aid Card☆☆

In order to aid people such as the elderly and handicapped, who may have difficulty evacuating alone in a disaster (such as typhoons, earthquakes, severe downpours, etc.), the city of Himeji has launched a project to register information regarding these people in a ledger at their request.

People eligible to register

- ① The elderly (those who live alone, who live in households where all other members are elderly, who are bedridden, who suffer from dementia, etc.)
- ② The disabled (persons with physical disabilities, intellectual disabilities, etc.)
- ③ Others (persons with an incurable disease, pregnant women, foreigners who have limited understanding of Japanese, etc.)



Among these people, those who can give their own information regarding their name, family situation, hospital and everyday medical needs, as well as contact information in the case of an emergency to the city government office or a neighborhood council.

Places where one can register

Himeji International Exchange Center TEL: 079-287-0820

Address: 68-290 Honmachi, Himeji city (Egret Himeji 3F)

Himeji City Health and Welfare Promotion Office TEL: 079-221-2455

Address: 4-1 Yasuda, Himeji City (City Hall 2F)

◎While the application to register for this service is written in Japanese, the city of Himeji provides guides written in Chinese, English, Spanish, Portuguese and Vietnamese.

Additionally, since the applicant's consent is necessary to register, a translation of the consent form is available in the five languages above. When registering, please bring all useful information, such as an emergency contact, your hospital's name and address, and so forth. This will ensure the registration process goes properly and quickly.

Furthermore, registrants can receive an "Emergency Medical Information Kit" which is designed to keep a copy of your registered information on your home refrigerator. Should you need to call an ambulance due to an urgent matter, medical aides can access your information quickly with the kit.



NO. _____ **front**

Himeji City Application to Register in the Ledger for People in Need of Aid During Disasters & Emergency Medical Aid Card
 Name of unit/neighborhood council: _____ QGreen

Name	Himeji Taro	Date of Birth	year month day
Address	Himeji city Yasuda 4-1		Gender <input checked="" type="radio"/> male <input type="radio"/> female
Phone Number	079-221-3465		Blood Type Agroup (RH ⁺)
Family in Basic Household	Himeji Hansko (wife)	()	
Relative	()	()	

Applicant's Condition (Please check all boxes that apply to the applicant)

Aged persons
 living alone lives only with aged persons bedridden mentally impaired

Persons who have handicapped certificate
 physically handicapped certificate rehabilitation certificate
 mentally handicapped certificate of health and welfare

Other persons
 require wheelchair require walking stick, handrail
 has a respiratory disease, heart trouble poor vision
 slightly deaf has difficulty communicating mentally unstable
 medical treatment (dialysis, inhaled phlegm, etc.)
 otherwise has difficulty in evacuating by oneself (pregnant women, foreigners who have limited understanding of Japanese language)

Emergency contact name and address	Name	Relation	Address	Phone・mobile phone
	Himeji Ichiro	child	Himeji○○-○	090-1111-1111
	Kobe Yushiko	sister	Kobe○○ku○○	078-1111-1111

Family doctor*GP (Hospital) ①	Family doctor*GP (Hospital) ②
Hospital <input type="checkbox"/> doctor's office internal medicine	<input type="checkbox"/> plastic surgery
Clinic/Primary Doctor The internal department○○	Orthopedics□□
Address Himeji○○○-○	Himeji□□-○
Phone Number 079-○○○-○○○	079-○○○-○○○
Medicine Insulin injection, medicine that lowers blood pressure (※you may attach a list if this space isn't enough for all information)	
Known Allergies Yes (allergic to eggs) - None	

Handle with care

back

Place of Shelter	<input type="checkbox"/> Elementary School	
Notes for when the person is evacuating	I want you to come to my home, and call for me loudly and directly	
※Fill out the blank if the person has shelter helper who will come to help or will give contact call when disaster happens, please.		
Shelter Helper	Name	Address
	Ichiro Suzuki	Yasuda 3-1
	Ryuko Sato	Yasuda 4-2
	Jiro Matsumoto	Yasuda 4-3
Phone	079-222-2222	
	079-333-3333	
	079-444-4444	
Care Insurance Provider	<input type="checkbox"/> Care Center (phone) 079-555-5555	


※Please provide any and all pertinent information so that aid is provided effectively (such bedroom location, support only needed during the day on weekdays, use diapers, etc.)
 I sleep in the room at the end of the hallway directly leading from the front door.
 Home care workers visit me from Monday to Thursday from 9:00AM until 11:00AM.

※Fill in the above space with details that you know.
 ※There are cases where the person may be unable to receive the support that he or she wishes depending on the situation, even if the person has completed this registration. Furthermore, there are cases where the Emergency Medical Information Kit is not used depending on the situation, because this kit will only be used when it is judged as a necessary or useful tool for emergency medical transport.
 ※Registering to the ledger does not mean the shelter helper is held accountable for your safety. The shelter helper may also need aid in the time of a disaster.
 ※Individual information that you register will be securely managed by city hall, and only used by city hall for the express purpose of aiding you in case of a disaster.

Consent Form

I consent to having the above information registered in the Ledger for People in Need of Aid During Disasters for the purpose of receiving evacuation aid in the event of a disaster. I also consent to the city (public welfare department, disaster prevention department) sharing individual information. Furthermore, I consent to share this information with voluntary disaster prevention groups, district welfare commissioners, children's social workers, fire fighters, or social welfare council affiliates I am living with.

year month day
 The Mayor of Himeji Mr. _____

Applicant Signature: Taro Himeji  Agent Signature: _____

Handle with care

Himeji Police News

*** How to properly call the emergency number 110 ***

Six points when calling 110

- ① Crime or accident? Burglary, road accident, fight, etc.
- ② Where are you? Address (say "○○city××country" because some places or towns have the same name), landmarks, intersections, etc.
- ③ When or what time? Approximate time of the incident, such as five minutes ago.
- ④ Criminal description Gender, number of offenders, facial features, clothes, how and in what direction did he or she go?
- ⑤ What is happening? The current situation of the accident, damage, and injury.
- ⑥ Who are you? Your address, name, and telephone number.

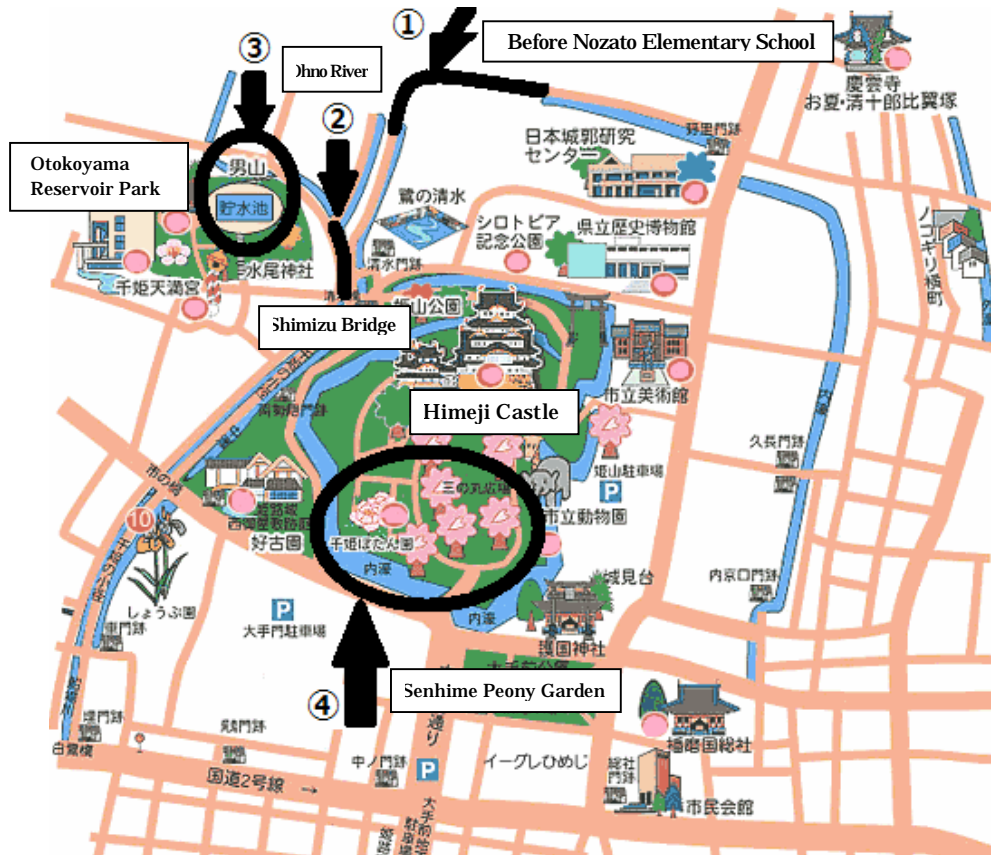


When calling 110 on your cell phone, please observe the following points: Do not move from the place where you call, do not turn off your phone should the police call you again, and, in a highway accident, move to a safe place and then call.

Dialing 110 connects you with the police. When using public telephones, please pick up the phone and then dial 110.

Spring Outing Information and Great Spots in Himeji

At Himeji Castle, which is counted among the top 100 places in Japan for cherry blossoms, there are yet some little known spots, such as the cherry blossom avenue along the middle moat, aka “Nakahori”.



① Northern middle moat in front of Nozato elementary school

On the north side of Himeji castle, there is a walking path with the earthen walls of Nozato Elementary School, followed by a long row of cherry blossom trees. With its quaintly paved roads it gives off the feeling of a castle town. The path continues to Shimizu Bridge beyond Shirakawa Shrine along the middle moat.

② Row of cherry blossom trees along Ohno river

If you walk along the middle moat and cross Shirakawa Bridge to the right you'll find Fudouin Temple, and you can see beautiful cherry blossom trees on both sides of the river. You can also see fireflies here in early June.

③ Otokoyama Reservoir Park and Mizuo Shrine

If you go up the steep steps of Mizuo Shrine, you'll be greeted with a panoramic view of Himeji City. This is the only spot where you can view both big and small towers of Himeji castle end-on. You can also see the cherry blossom trees around the castle.

④ San-no-Maru Square ~ Senhime Peony Garden



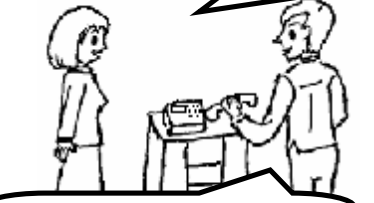
If you go up to the west from San-no-Maru Square, where the cherry blossom viewing festival is held, you'll reach Senhime Peony Garden. Big peony flowers start to bloom in the middle of April, the end of the cherry blossom season. The Musashino Palace and Mukou Estate were once here as well.

Haruyane, okashitsukurahen ?

It's spring, won't we make sweets?

In the Harima area, there are many dialects (*hogen*) for speech. These are called “*harimaben*.” These words deepen the bonds between people and increase warmth in conversation. Here such an example:

Strawberry mousse *tsukurahen*?

<p>Nichiyōbi, ichigo mūsu tsukurahen? 日曜日、いちごムース作らへん?</p>  <p>Ee nan ya? Kyū ni. ええっ何や?急に。</p>	<p>Tomodachi yonde ochashite mitsuyama taisai ni ikahen? 友達よんでお茶して三ツ山大祭にいかへん?</p>  <p>Ee kedo, sore tte sewashinai naa.</p>	<p>Mūsu wa mina de tsukuru kara betchonai shi, tanoshii yo. ムースはみんなで作るからべっちょないし、楽しいよ。</p>  <p>So ya na. Hona, mina ni denwa suru wa.</p>
<p>"Won't you make strawberry mousse this Sunday?" "Err, what's this all of a sudden?"</p>	<p>"I'm inviting friends for tea, won't you go to the Mitsuyamataisai after?" "Sounds neat, but I'm too busy for that."</p>	<p>"We'll make the mousse together, so it's no problem. It'll be fun." "Is that so? Well, I'll phone everyone."</p>
<p>「<i>tsukurahen?</i>」 = won't (you) make? 「<i>nan ya?</i>」 = what?</p>	<p>「<i>tomodachiyonde</i>」 = ask friends 「<i>ochashite</i>」 = have tea 「<i>sewashinai</i>」 = busy</p>	<p>「<i>mina</i>」 = everybody 「<i>betchonai</i>」 = no problem 「<i>hona</i>」 = well</p>

※※ Strawberry mousses (6pieces) ※※

Ingredients

(For mousse)	
Fresh cream	200ml
Sugar	3 tablespoons
Strawberries	100g
Vanilla essence	a little bit
Sugar, liqueur	2 tablespoons of each
(For decoration)	
Strawberries	50g
Iyokan, kiwi	one of each

Directions

- ① Crush the strawberries (100g), mix them with the sugar (2tbsp) and liqueur and let them sit for 30 min.
- ② Add the vanilla essence and sugar (3tbsp) to the cream and whip them firmly.
- ③ Add ① to ②, and stir gently.
- ④ Place ③ in cake cups, and top them with sliced strawberry (50g), *iyokan*, and kiwi. Then refrigerate for 2 hours.



※※ Mitsuyamataisai ※※

Date.....2013 from Mar.31~Apr.7.

Place.....Himeji Harimanokuni Sohsha (190 Sohsha Honmachi Himeji city).

A time-honored festival held every 20 years in the *Himeji Harimanokuni Sohsha* shrine, which was built more than 1400 years ago. They make three “mountain”-like structures, and beckon gods from all over Japan. We pray to them for the country’s development and the happiness of its people.



☆☆Information about the Himeji Cultural and International Exchange Foundation☆☆

The Himeji Cultural and International Exchange Foundation offers a quarterly published newsletter for foreign residents in Japan, 「VIVA!ひめじ」 With the help of volunteers, we provide this newsletter in English, Chinese, Vietnamese, Spanish and Portuguese alongside the Japanese edition. We are currently seeking volunteer translators and editors. It is a great value to have native speakers proofread and edit the translated articles. We encourage you to take advantage of this unique opportunity to improve your translation skills. We are in particular need of Japanese to Portuguese translators and native proofreaders. If you're interested, please contact us at the address below.



※※※ Editor's Postscript ※※※

At our editorial meeting we discuss hot topics, fun events, and cultural festivals of Japan, and make decisions about ways to structure upcoming issues of 「VIVA!ひめじ」. Although we sometimes face difficulties in the process, we pride ourselves on our work to keep you informed about and involved in the community. We are also committed to making every effort to improve our content. Your voice is of great importance in this context. Send us about your questions and tell us about your activities to help us in keeping you updated.

The upcoming 45th issue of 「VIVA!ひめじ」 will be available in June. Should you have any comments or concerns, please contact us at the address below.

Translators and Proofreaders

English: Tomohiro Sugahara, Satoko Takimoto, Makoto Hara, Hiroki Shinohara, Adam Anania

Chinese: Wenjun Gan, Mika Tsuda, Win Kouno, Fan Jie, Zeng Ning

Portuguese: Yu Kunimitsu, Yuma Hasegawa, Eni Takinami

Vietnamese: Huyen Tien Thong, Phan Thi Minh Xuan, Hoang Nam Phuong, Pham

Spanish: Takeshi Sonoda, Shizuka Yoshii, Reina Wakamatsu

These names are used with the contributors' permission.

Their assistance is much appreciated.

We are always looking for translators and native speakers to assist us with translating and proofreading upcoming editions of 「VIVA!ひめじ」. If you are interested, please contact us at the following address:

Contact Office

Himeji Cultural and International Exchange Foundation

Egret, 3rd floor 68-290 Honmachi,

Himeji City, Hyogo 〒670-0012

TEL : 079-282-8950 FAX : 079-282-8955

Email: info@himeji-iec.or.jp

HP: <http://www.himeji-iec.or.jp>