

VIVA ! ひめじ

Himeji Cultural and International Exchange
Foundation newsletter editing volunteers
URL <http://www.himeji-iec.or.jp/>

< English Version >

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<People> Interview	．．． P1
Event Information / Himeji Police News	．．． P2・P3
18th International Exchange Festival	．．． P4
Preparing for Emergency (Reserves)	．．． P5
Notification	．．． P6



<People> Mr. Erez Sitzer

Erez Sitzer is from Israel. He moved to the United States when he was five years old. He majored in English in college and taught it in Thailand as a government agent for two years. Now in Japan, not only does he continue to teach English, he also works as a commercial actor.

Q: Why did you decide to live in Himeji?

A: Although I came to Himeji alone and with nothing, I could easily find a job at a language school and a place to live through friends. Things went rather smoothly. I feel that I was destined to end up in Himeji—the city I get to describe as my Japanese hometown.

Q: What do you like to do?

A: I have been interested in nature, people, and the universe for a long time. The Great Hanshin Earthquake astounded me and urged me to go to Amazon. There I had had a spiritual experience that led me to start oil pastels. I am also interested in the traditional culture of Japan. I devoted eight years to play the *shakuhachi* (a kind of flute). I live in a traditional house built in the Taisho period. In my yard, I enjoy growing herbs, vegetables, and fruits, as well as doing creative gardening by using moss carpet and driftwood.

Q: You look young. How do you take care of your health?

A: I have been eating food from my kitchen garden for three decades. I exclude meat and fish from my diet. I drink mineral water, go running along Himeji Castle, and climb Otokoyama. These are my routine activities. I also take good care of my feet to stay healthy. I think that spending life barefoot as much as possible is the key to construct a robust body.

Q: Do you have words to the audience?

A: Take off your shoes, feel the earth.

Event Information

Finally the hot summer has passed, and we're entering a good season for going out. Taking the *Scarecrow's Hometown Map* to the right, why not head outdoors and enjoy the natural, undisturbed scenery of Satoyama?

This region is called “Okuharima Kakashi no Sato”, where presently 95 delightfully expressive *kakashi* (scarecrow) are living (?) and working hard. We hope you will be able to find many as many of the *kakashi* as possible. In addition, Green Station Shikagatsubo has cottages, camp sites, equipment for BBQ, and hiking courses.

Green Station Shikagatsubo

Web site: <http://www1.winknet.ne.jp/~shikagatsubo/>

Tel: 0790-66-3505 (closed on Tuesdays)

Access: Shinki Bus to Green Station Shikagatsubo from Himeji Station.

It takes about 60 minutes. There are three round trips per day.



Himeji Police News

Disaster Prevention and Control

The Meteorological Agency officially announces some weather advisories or warnings in case of bad weather and disasters such as, heavy rain, strong winds, tsunamis and earthquakes. In accord with the announcement, the mayors of cities and villages relevant to the local areas convey the information to the residents. The following messages are especially often seen during typhoon season.

※The police also announce evacuation orders or guidance as well as regulate traffic according to the situation. Following the guidance by the police, please be calm and deal with the situation.

★Hinan Junbi Jōhō “Evacuation Preparation Information”

A warning put out to prepare for evacuation, especially for the elderly and children.

★Hinan Kankoku, “Evacuation Advisory”

To advise residents to evacuate or find shelter.

★Hinan Shiji, “Evacuation Order”

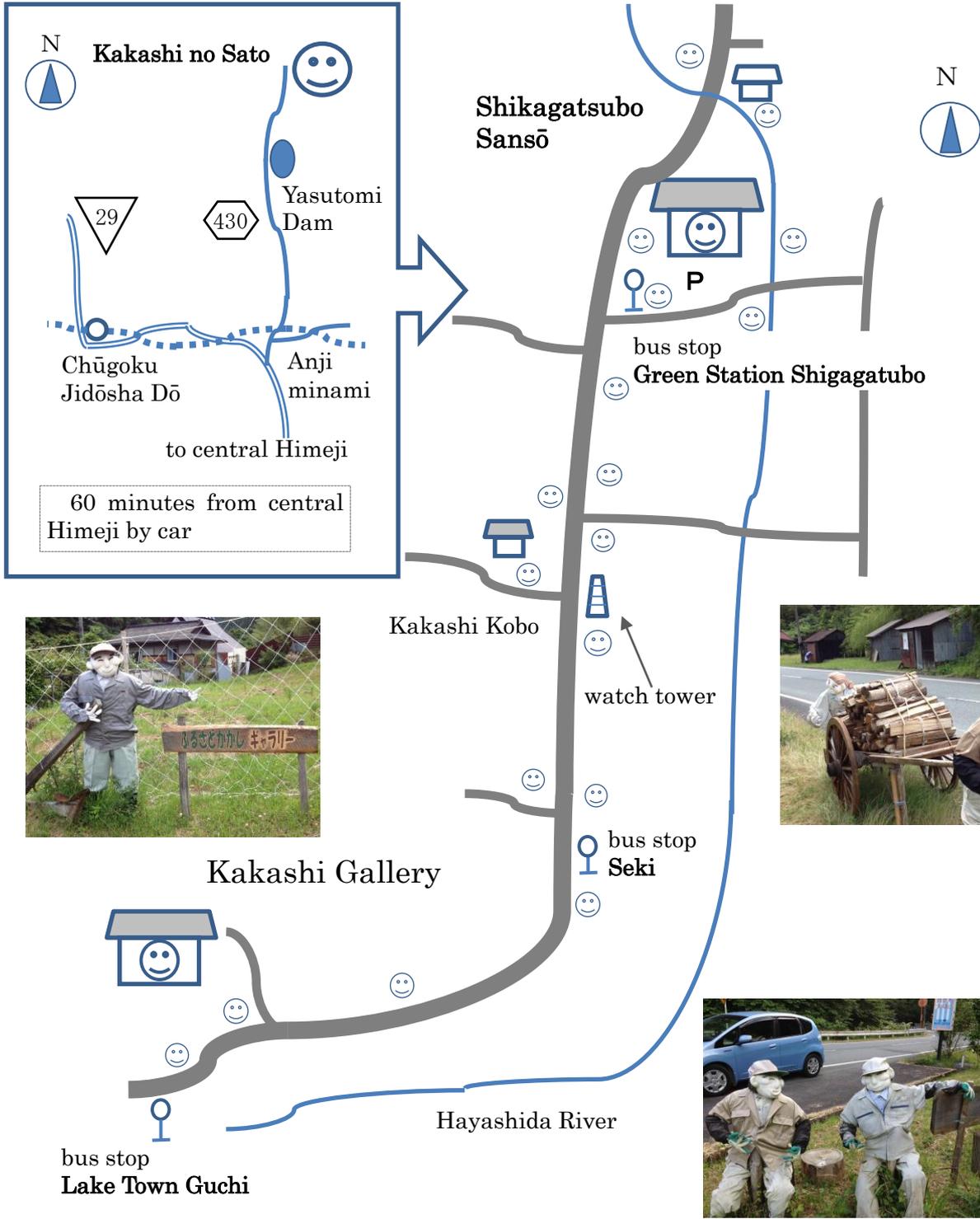
To order residents to evacuate or go to shelter. This is announced when there is an imminent threat of disaster. This order is used with more reservation than the Hinan Kankoku.

※ It is very important to know where flooding may occur during a tsunami or heavy rain. Be sure to confirm the location of evacuation sites and escape routes on a regular basis.



Okuharima Kakashi no Sato

Scarecrow's Hometown ☺ Map



※ The number of scarecrows on the map differs from the actual number.

※ Don't photograph local residents or enter private domiciles.

The 18th Himeji International Exchange Festival

Date October 27th, 2013 (Sun) 10:00 AM~3:00 PM(rain or shine)

Place Otemae Park(10 minute walk from Himeji Station)

The annual Himeji International Exchange Festival is coming up. This is the event where citizens can interact with foreigners and experience different cultures.

We are looking forward to having many people join us.

PLAY



You can try out various activities from around the world, such as Sports Chanbara, Cup and Ball, and Plate Spinning. At each activity you can challenge a simple quiz and win prizes. Broaden your international horizons while having fun!

EAT



Solyanka

16 dishes from 13 countries will be shown and sold. For the first time a Russian dish will be available.

“Solyanka” is a soup that cooked with chicken, cabbage, carrots and potatoes, etc.

If you find cuisine you want to try, please buy food tickets first.(¥150 for one dish) Popular dishes sell out fast, so hurry!

SEE



Folk dances, songs and music from around the world will be performed on stage. The students of Higashi Elementary School, Hanada Elementary School and Joto Elementary School will dance Mua Lan, the Vietnamese Lion Dance. Furthermore, Hawaiian Hula dance, American juggling, Spanish flamenco, Brazilian samba and Turkish belly dance, etc. will be performed.

INTERACTION



Simulation games and workshops will be held from 10:20 at the "Multicultural Union Plaza". People from overseas sister cities of Himeji and students and citizens of Himeji will make presentations with the theme of "International Exchange and Myself" from 13:10.

Preparing for Emergency (Reserves)

It is said a large earthquake might come soon. Right after the earthquake, it is going to be difficult to get food and daily goods.

So let's get prepared for a disaster in case of emergency!!



Emergency Pack

In order to evacuate lightly, put everything you need in a bag like a backpack, which keeps your hands free, and place it where you can find it easily.

Drinking Water • Portable Radio • Clothes • Food • Valuables • Flashlight etc.

Preparation at Home

It is necessary to store food and water at home until you get relief aid.

You need the stockpile over three days of rations

- **Drinking water:** about 3 liters per person a day
- **Food:** Food that preserves long at room temperature, like packaged and canned food.
- **Medical supplies:** Medicine, antiseptics, towelettes, masks, etc.
- **Others:** Flashlight (with spare batteries), candles, portable gas stove, portable toilet, cotton work gloves, paper plates, paper cups, chopsticks, pocket warmer, etc.



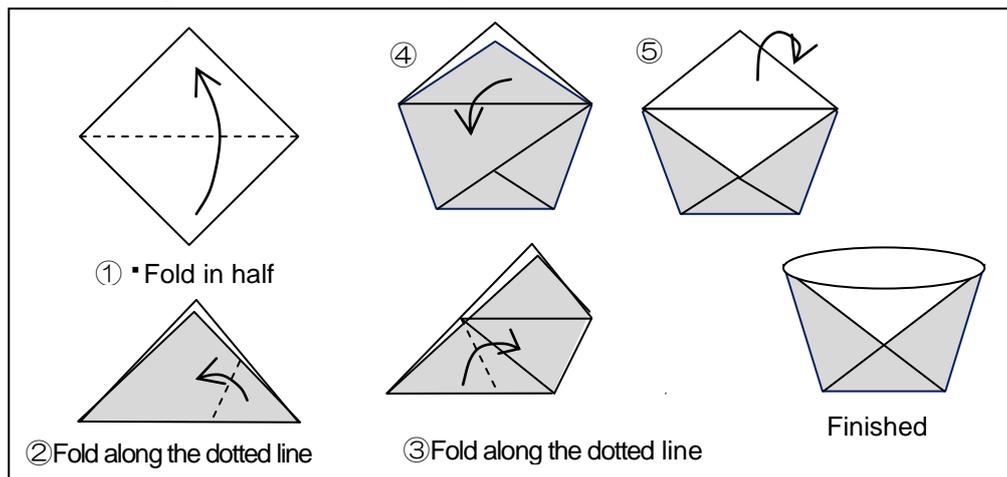
Emergency food, medicine, and other things that expire, should be replaced regularly.

It will be clear if you write down what you have in the reserves and their expiration date.

【Useful Goods in Disaster Area】

- Newspaper: Can be used as a blanket as it holds warmth
- Plastic wrap: Cover plates with wrap; it is hygienic and you don't need to wash them.
When stretched and wound, it can be used as rope. It can also be used as a bandage.
- Garbage bag/plastic bag: Can be used as a raincoat or as protection against cold.
- Duct tape

【How to Make a Cup】 Place a plastic bag in this cup when you use it.



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

■ Information about lectures in international understanding.

We hold lectures in international understanding at the community center and other places for the purpose of providing citizens the opportunity to cultivate various cultural knowledge. The speakers are foreign residents and Japanese who have lived in other countries for over a year. We have 13 courses including Argentina, South Korea, Cambodia, China, Philippines, Mexico and so on. If you have interest in being a lecturer or joining in a course, please contact us at the address below.

■ Please send us your comments about “VIVA ひめじ”.

The other day one of the organizations where we always send “VIVA ひめじ” commented that they enjoy reading “VIVA Himeji”. They said that not only the events information but also articles like the history of the Yukata Festival and Japanese customs are very useful for them. Your comments and requests are valuable for making better articles. Please send us your comments!

※※※ Editor’s Postscript ※※※

There are a few months left this year. This is a personal matter, but since I will start training soon, I'm beginning to pay attention to my lifestyle routine (sleeping well, eating three balanced meals, taking charge of my habits) to stay healthy and accomplish the training.

Perhaps you too should look back at your goals for the year and recheck that you're still on course.

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These names are used with the contributors’ permission.

Their assistance is much appreciated.

You can read back numbers of “VIVA ひめじ” at the website of the Himeji Cultural and International Exchange Foundation (international exchange section)(<http://www.himeji-iec.or.jp/>).

The next issue of “VIVA ひめじ” will be available in December. Don’t miss it! We invite your comments and suggestions.

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.

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