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

<People> Mr. Michael Lehemu



Mr. Lehemu is from Tanzania in East Africa. He was born in Mbuyuni, Masasi. He is a painter of a modern art form called “Tinga Tinga” which represents east Africa. He keeps up with his painting while traveling between Africa and Japan. He sometimes has exhibitions in Himeji. He has won international competitions and had workshops at Aichi Expo in Japan in 2005, as well as expos in 2010, 2012, and 2015.

Q: What is Tinga Tinga art?

A: Tinga Tinga art was developed in Dar es Salaam, Tanzania in the 1960s. The genre is named after Edward Said Tingatinga (1937~1972), who is the founder of the art style. He is my great uncle. It is a pop art technique that mainly depicts animals, plants and nature with African colors. It is highly regarded, especially in Europe.

Q: Please tell us about your career as a painter.

A: I have been good at drawing since I was little. At the age of 10, I moved to Dar es Salaam by myself to learn more Tinga Tinga art. After three years, I inherited my great uncle’s teaching and started working as a professional painter. After that, I won an international competition in Switzerland and started working abroad.

Q: What brought you to Japan?

A: I came to Japan for the first time in 2004 at the invitation of the Embassy of Tanzania. After that, I had workshops and solo exhibitions all over Japan. I have been based in Japan since 2006.

Q: Please tell us your dream for the future.

A: I would like to start an art school in Tanzania or Japan and spread the joy of drawing.

Let's go for a hike!

There are numerous rocky paths and mountains, which are lower than 1000m, and suitable for hiking in Hyogo. How about going on a mountain walk to avoid crowds and take measures against COVID-19?



1. Mt. Shosha (For beginners)

The movie “The Last Samurai” was filmed at Shoshazan Engyoji Temple, on the top of the mountain. The Higashisaka route, one of six routes, has excellent scenery and is the best for beginners. A cable car is also available to descend if tired.

Required time : Approx. an hour one way for climbing.

Access : About 30 minutes by Shinki Bus from JR Himeji station to the Mt. Shosha Ropeway station.

Fees: 500 yen entrance fee for Engyoji Temple

(Ropeway one way: Adult: 600 yen, Child: 300 yen)

2. Mt. Takamikura (beginner ~ intermediate climbers)

Mt. Takamikura is considered to be the Mt. Fuji of the Harima area. On a clear day, Awaji island and Himeji castle can be seen. You can walk on a rocky path. There is little shade, so be careful of heatstroke.

	Circular route (For intermediates)	Narui trailhead (For beginners)
Required time	About 4 hours	About an hour and half
Access	About 10 mins by Shinki Bus from JR Sone station to Kashima Jinja terminal	About 20 mins by Kako Bus mini from JR Hoden station to Frosch mae terminal on Shikata Nishi route

3. Mt. Seppiko (intermediate ~ skilled climbers)

Here, the ascetic practices of “mountain worship” have taken place since the old era. The rocky route, for skilled climbers, is famous for rock climbing. General routes can be enjoyable for intermediate climbers. After descending, you can also visit the nearby Seppiko Onsen where you can relax.

Required time : About 2 hours one way

Access : About an hour by car from JR Himeji station

Others : Bathing fee for Seppiko Onsen (Adult: 800 yen, Child: 400 yen)



Hiking Etiquette

- Be sure to take your trash with you. Foods with a strong smell, such as instant noodle broth, could attract wild animals such as bears. It is very dangerous to encounter them.
- When it comes to ascending and descending, those who are ascending have the right-of-way. When descending, please give way to those climbing up.
- Please hike in single file lines.

Your Company for a Hike

Lunch is even more delicious when enjoyed surrounded by nature. Pack *onigiri* (rice balls), *tamagoyaki* (rolled omelet), broccoli, etc. in your lunch box and let's go on a hike!

How to Make *Onigiri*



1. Place plastic wrap on your palm, sprinkle a bit of salt and put rice on it.

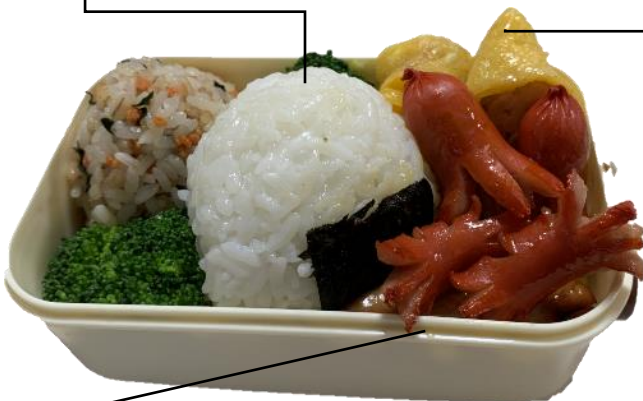


2. If you like to put fillings inside, lightly push down the rice and make a space for it. Put the filling of your choice there and wrap it up with rice.



3. Wrap the rice with plastic wrap on your palm. Place the other palm, shaped like " < " over it and rotate it to make it into a triangle. You can also wrap it with seaweed.

Onigiri's been eaten for more than 2,000 years. It could certainly be called the traditional food of Japan.



How to make *tamagoyaki* (rolled omelet)

Ingredients: 3 eggs

1 teaspoon sugar

1/4 teaspoon salt

Vegetable oil, as needed

1. Beat eggs in a bowl, add sugar and salt, and mix them.

2. Pour half amount of step 1 into greased *tamagoyaki* pan on mid to low heat.



(Instead of *tamagoyaki* pan, a frying pan also works)

3. When it is half-way cooked, roll from the side closest to you outward.

4. Move the rolled egg to the side close to you, and pour the egg mixture from step 1 in the vacant area of the pan.

5. Repeat step 3.

6. After cooling, cut it about 2cm width.



How to cut *tako-san* (Mr. Octopus) sausages

1. Cut half of the sausage in half.

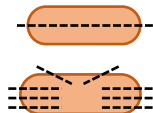
2. Rotate 90° horizontally, and repeat step 1.



How to cut *kani-san* (Mr. Crab) sausages

1. Slice the sausage in half.

2. Make additional cuts as shown.



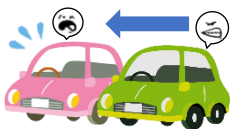

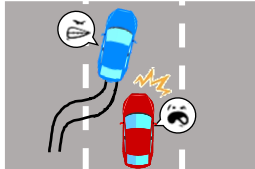
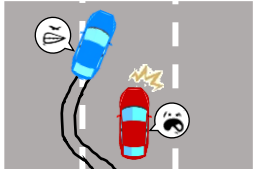

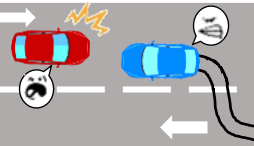



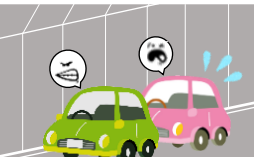
Grease frying pan and sauté.



Japan has enacted laws to impose tougher penalties for road rage

Have you ever had another car cut in immediately in front of you while driving? This is one example of “*Aori Unten* (road rage)”. There is a great possibility that it will lead to serious road accidents. A law has been enacted in order to clamp down on such horrendous driving manners.

Ten traffic violations liable to penalties.

<p>① Driving too close to another car.</p> 	<p>② Sudden braking.</p> 	<p>③ Sudden change of traffic lanes.</p> 	<p>④ Dangerous overtaking.</p> 
<p>⑤ Tailgating – driving too closely behind.</p> 	<p>⑥ Driving in the opposite lane.</p> 	<p>⑦ Persistent horns. (Persistent bell for bicycles).</p> 	<p>⑧ Persistent headlight flashing.</p> 
<p>⑨ Driving under the speed limit on the highway.</p> 	<p>⑩ Parking/Stopping of a vehicle on the highway.</p> 	<p>Violations of these rules lead to strict penalties, such as imprisonment, fines, or suspension of driver's license.</p>	

Bicycles

Bicycles fall under the same category as cars. Violations of the above-mentioned items ① to ⑦ are liable to criminal punishment like imprisonment or fines.

When you are involved in a road rage situation...

Head to a parking lot or area where there are other people. Call 110 (the police). Be sure not to park your car on the road. There is a danger of another car hitting you. Lock the car door and wait until the police arrive. It would be good to have a dashboard camera installed in your car.



Moving

The fiscal year begins in April in Japan. During this period, many people move to pursue education and job opportunities. This time, we would like to introduce some safety tips and necessary procedures of moving.



When you decide to move . . .

- If you live in a rental property, let the landlord know when you wish move out at least a month in advance.
- If you hire a moving company, it is good to get a quote from several companies before you decide.

★The necessary procedures for moving

- If you move out of the city:

Submit a てんしゅつとどけ 転出届 (move-out notification) to the local government office where you currently live and get a てんしゅつしょうめいしょ 転出証明書 (certificate of moving-out). Then you need to submit a てんにゅうとどけ 転入届 (moving-in notification) to the local government where you are going to live within 14 days of moving. If you submit a てんしゅつしょうめいしょ 転出証明書 (certificate of moving-out) and your residence card together, you can change the address on your residence card, too.

- If you move within the city:

You need to submit a てんきょとどけ 転居届 (notification of moving) to the local government office within 14 days of moving.



Update your address with your children's school, or kindergarten, telephone company, financial institution, and credit card companies. Also contact the electric, gas, and water companies. If you register for mail forwarding at your local Japan Post office, your mail and parcels sent to the former address will be forwarded for one year for free.

When you move . . .

Contact the chairman of local self-government or the caretaker of your flat, and ask how to dispose of the garbage and if there are any local rules. Additionally, it is recommended to check evacuation shelter on a hazard map.

If you move to a rental property, security deposit or key money might be required.

しききん
敷金 (Security deposit)

Security deposit is the money you deposit in advance for repairs if the property is damaged or soiled, or if one does not pay the rent. The deposit will be returned when you move out if there is no damage.

* If you want to change the interior, it is better to ask the landlord in advance.

れいきん
礼金 (Key money)

Key money is the money to thank the landlord. It will not be returned when you move out.

Some properties do not require a security deposit or key money, but the rent may be higher, or you may be charged for repairs or cleaning when you move out.

☆Announcements from the Himeji Cultural and International Exchange Foundation☆

■Recruitment of translation volunteers for easy-to-understand Japanese version of "VIVA!ひめじ"

We are currently conveying information in "VIVA! ひめじ" in 6 languages. To provide easy-to-understand information to more foreign residents, we are planning to publish an easy-to-understand Japanese version. So now, we are looking for volunteers to translate the Japanese draft into easy-to-understand Japanese. If you are interested, please contact us using the contact information below.



◆◆◆Letter from the Editor◆◆◆

How was your "stay home time" this winter? In Japan, spring is the season when people start a new life after graduation, admission, employment, etc. The weather is getting warmer and the days are growing longer. Beautiful flowers and young leaves will lift your mood. Why don't you get out to look for spring nearby? While avoiding crowds, of course!



Disaster Prevention Vocabulary of This Issue

とうかい
倒壊 *Toukai*: collapse

Ex) はんかい
半壊 *Hankai*: Partial destruction of a building, cracked walls and roofs

ぜんかい
全壊 *Zenkai*: Destruction of an entire building



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These names are used with the contributors' permission.

Their assistance is much appreciated.

You can read previous issues of "VIVA! ひめじ" on the Himeji Cultural and International Exchange Foundation's website (International Exchange Section) (<https://www.himeji-iec.or.jp/>).

The next issue will be available in June 2021.

We welcome your comments and suggestions. We are also looking for translators and native speakers to assist us with translating and proofreading upcoming editions. If you are interested, please contact us at the following address.

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