

# VIVA ! ひめじ

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Issued by Himeji International Association  
newsletter editing volunteers.

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



Ms. Shu To(h) ( front row right)

<People> Ms. Shu To(h)

Shu came from Sichuan Province of China and she has been in Japan for 24 years since 1985. She came to Japan for the first time to study as a graduate student. Since graduating post graduate school, the economy of China has been developing rapidly, and the number of Japanese students learning Chinese was also growing. It was her professor who recommended her to teach Chinese language in universities in Japan. Soon later, she married another Chinese exchange student. Shu is now working at the University of Hyogo as an assistant professor at the School of Human Science & Environment, where she teaches courses on Chinese language and Chinese culture.

Question: Please teach us about China.

China, especially Sichuan province, where I was born, has plenty of delicious foods. Mabo tofu and tantan noodles are famous foods that come this region.

Question: How come you visited and choose to live in Japan?

I have been interested in Japan since I watched Japanese dramas and Japanese films in China. And I also adored "sakura," Japanese cherry blossoms, so I decided to study in Japan. Wanting to see sakura with my own eyes was one reason why I chose to study here.

Question: How do you feel about daily life in Himeji?

I love the view of Himeji castle and the view of the castle town. Nature is plentiful in Himeji, and I am always relieved to see the view of beautiful mountains which I can see from the window of my office. In spring, my favorite flowers, "sakura" are abloom everywhere, so I go around to the campus and Yumesaki river and watch "sakura" there. I am really enjoying my life in Himeji.

Question: Are there any messages you want to convey Japanese people?

In Japan, only negative news is reported about China, such as "gyouza (meat-filled dumplings)" contaminated with agricultural chemicals recently. So I believe there are a lot of people who have a bad impression of China. However, Japanese people know only a portion of China, and it is not as bad a place as many people think. In fact, there are many wonderful things, and it is a marvelous place. Please visit China for yourself. Don't judge China based on just what you see in the news. Please see China with your own eyes. Please embrace the idea of trying to understand the culture and custom of each country.

# H1N1 influenza A

The swine flu virus that pigs transmit has mutated into H1N1 swine flu ( H1N1 influenza A ) , which can be transmitted from person to person, and is spreading around the world. Follow the reliable information from the government and stay calm.

## Symptoms

- sore throat
- runny nose
- sneezing
- coughing
- headache
- sudden fever (38~40degrees)
- chills
- muscle and joint pain
- diarrhea

## Infection Route

### Droplet Infection

The virus spread out through coughing, sneezing or conversation and cause infection. Extent of infection is within one meter.

### Contagious Infection

By touching a table, a doorknob, or a switch that has been touched by an infected person, then the virus can be transmitted into the body by touching the eyes, mouth or nose.

## Prevention

- Avoid going out into crowds
- Wear a mask in crowded places
- Wash hands and gargle when you come home
- Put a handkerchief or tissue paper on your mouth when you cough or sneeze
- Throw away the tissue paper immediately after use



## Consultation Service

Himeji Health Centre (prevention division)  
TEL 0 7 9 - 2 8 9 - 1 6 3 5  
3 Sakata-cho, Himeji city



# Norovirus Infection

Every year from November to April, the number of cases of Norovirus infection increases sharply. Especially in nursery schools, kindergartens, and elementary schools where children are in close contact, the infection is easily transmitted and spreads rapidly. It is highly contagious. In order to minimize the infection, we will explain the following: symptoms and treatments for Norovirus and some significant points to be aware of at home.

## 1. Symptoms and Treatment

The main symptoms are nausea, vomiting and diarrhea. There are no effective drugs. Rehydration is the most important to prevent dehydration.

## 2. Three things you can do at home

- (1) Everyone in the family should wash their hands with running water and soap after returning home or before meals.
- (2) Norovirus infection can be caused by eating raw oysters, so make sure you cook them well.
- (3) Wash your hands with running water and soap before cooking or setting table.

## 3. How to Handle the Vomit and Diarrhea Stool

In case of Norovirus infections, the vomit and the diarrhea stool contain a large amount of virus. Even a small amount of virus can cause infection. If not properly handled, there is a possibility that the infection could spread. Therefore, it is important to clean up immediately. However, Norovirus can only be disinfected by than using chlorine antiseptic or household bleach.



### How to clean up

**\*\*\* Handle with care \*\*\***

- (1) Wear a mask and rubber gloves
- (2) Remove the vomit and/or diarrhea stool with a cloth and clean it up carefully. Put the cloth in a plastic bag and tie it up, then throw it away.
- (3) Disinfect the soiled area with diluted chlorine antiseptic (more than 200 ppm : or dilute bleach by 0.5%).
- (4) If clothing becomes soiled, wearing a mask and gloves, wash the clothes with water in a bucket. Then disinfect them with chlorine antiseptic and put them in the washing machine. Disinfect the bucket with chlorine antiseptic as well.



# The 14<sup>th</sup> International Friendship Festival

Date : Sunday, October 25<sup>th</sup>, 2009 10:00~15:00 (Rain or shine)

Place : Otemae Park (Only a 10-minute walk north from Himeji station along Otemae street)

Hosts : Himeji city · Himeji International Association ·  
The International Friendship Festival Committee



This festival aims to promote friendship and cross-cultural understanding between the native and foreign residents of Himeji.

This year the festival will focus on the four concepts: “To try”, “To eat”, “To see” and “To exchange cultures.” With over 700 volunteers the festival will be huge!

## ① “To try”

There will be many cross-cultural experiences such as, trying on folk clothes and taking photos, and enjoying language lessons with native speakers. Come and play traditional games from all over the world. This year, you can also enjoy “*Sumie*, Chinese-ink drawing”.

## ② “To eat”

You can enjoy 21 kinds of dishes from 17 different countries, each the pride of their country. You can enjoy these interesting new tastes at the reasonable price of 150 yen per dish.

## ③ “To watch”

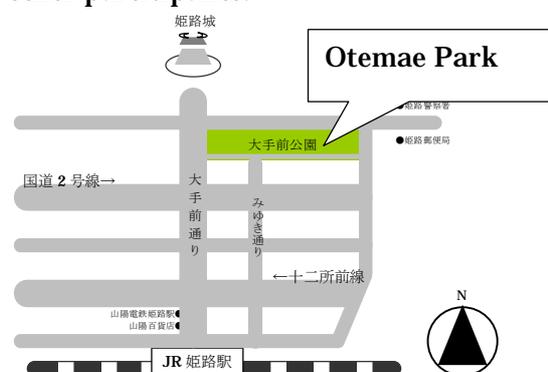
World and Japanese traditional art performances, music, and an international fashion show of folk clothes will be featured on the main stage.

## ④ “To exchange cultures”

There will be opportunities to experience cross-cultural exchanges through various activities at the Cross-cultural plaza. Through workshops, quiz sessions and speech competitions, you can enjoy the cultural differences and exchange your opinions with the other participants.



Korean cuisine, “Kimpa” and “Kimchi”



## Himeji Autumn Festival in 2009

### ① Shikama Festival . . . October 8<sup>th</sup> to 9<sup>th</sup> (Thu&Fri)

Ebisunomiya Tenma Shrine and Hamanomiya Tenman Shrine

This festival features two style of float-lifting. For Daiba-neri, held in Ebisunomiya 24 participants carry up Daiba (a float foothold). Daiba-sashi is held in Hamanomiya, where people compete to see how many times they can lift their float with a powerful shout.

Access : (Ebisunomiya) about 10 minutes walk from Sanyo-Shikama Station.(Hamanomiya) From Himeji Station get on the city bus toward Shikama Port get off at Suka-kitaguchi

### ② Autumn Festival . . . October 10<sup>th</sup> to 11<sup>th</sup> (Sat&Sun)at Shou Hachiman Shrine

Features Yatai-neri and lion dances, notably the powerful dragon dance called Jomaijo. It starts at a slow pace with drums and flutes, and the tempo gradually pick up for an awesome finale.

Access : About 10 minutes walk east from Bantan-Mizoguchi St. on the JR line.

### ③ Grand Autumn Festival . . . October 10<sup>th</sup> to 11<sup>th</sup> (Sat&Sun) at Takaoka Shrine

There are 13 floats gathering on Hamaguri-iwa, named by a person who became happy after they picked up a clam on it.

They climb up the mountain calling “Yoiyasa” in turns.

Access : Get a Shinki bus from Himeji Station and get off at Yamabuki and 10 minutes walk.

### ④ Nada Fighting festival . . . Oct 14<sup>th</sup> and 15<sup>th</sup> (Wed&Thu)at Matsubara Hachiman Shrine

One of the biggest festivals in Himeji, with seven areas gathering around Shirahama region.

On festival day, an area called “Neriban”, which is in charge of the festival every seven years, people carry three portable shrines and smash each shrine together vigorously at two places: the Shrine and Mt.Otabi, one kilometer away. In other areas, people also parade floats, drawing more than 100,000 spectators.

Access : About 3 minutes from Sanyo Shirahamanomiya Station.

### ④ Koimo Festival . . . October 17<sup>th</sup> to 18<sup>th</sup> (Sat&Sun) at Arakawa Shrine

This festival is so named because it looks like small potatoes being washed in a mortar when we see floats in Banba (the festival ground) from an altar above. We see the floats carried through Banba and the altar, furthermore, participants climb up the steep slope to the top of the mountain. In the afternoon, they go down a steep slope named Iroha-zaka and carry the floats to Banba.

The crowd caps off the festivities with three cheers.

Access : Get on the city bus from Himeji Station and get off at Inokuchi, 3 minutes walk west.

### ⑤ Lantern Festival . . . October 21<sup>st</sup> to 22<sup>nd</sup> (Wed&Thu) at Usuki-Hachiman Shrine

We hold “Lantern-neri” in which people smash lanterns on the temple paths on the eve of the festival, and Yatai-neri, in which a yatai (portable shrine) is lifted high with a specific call “chosa” on the festival day. The end of the festival marks the changing of the season from autumn to winter.

Access : About 10 minutes walk from Aboshi Station on Sanyo line.

Also, there are many festivals related to Shinto shrines in each district of Himeji city. Please join various festivals and enjoy the local traditions.



Nada Fighting Festival



Lantern Festival

## ☆☆☆Information from the Himeji International Association☆☆☆

### Looking for Editing and Translation Volunteers!

We publish a quarterly magazine “VIVA! ひめじ” for foreign residents in English, Chinese, Vietnamese, Spanish, Portuguese, and Japanese with the help of volunteer editors and translators. Currently we are looking for both editing and translation volunteers. If you are interested in either of these, or have any questions, please feel free to contact us.



#### ※※※ Editor's Postscript ※※※

With the approach of harvest time soon after the summer festival season, there is concern that the new H1N1 flu, which has mutated and become more virulent, may return to Japan. We can combat a pandemic of the virus by developing our physical strength and treating with kindness those who may be more susceptible.

The next issue of “VIVA! ひめじ No.31” will be out in December 2009. Don't miss it! We would be more than happy to hear your feedback. Please feel free to contact us at the following address.

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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:

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