

# VIVA! ひめじ

Himeji Cultural and International Exchange  
Foundation newsletter editing volunteers

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

<English Version> December 2012 Vol.43

<People> Interview	・・・P1
Event Information (Dec.2012~Mar.2013)	・・・P2,3
Interesting Learning Facilities	・・・P4
Health Care in Preparation for Winter	・・・P5
Information	・・・P6



<People> Miss Ulu Mills

For this issue, we interviewed Ulu Mills of Maui, Hawaii. She has recently come to Japan for the second time, and since last summer has been teaching English at Himeji Higashi Senior High School. She started studying Japanese in high school, and learned about the performing arts traditions of many countries while at university, with specific focus on Japanese *kyogen* (※). Her hobby is cycling.

Q: What sorts of traditional Japanese arts have you studied?

A: The university I graduated from in Hawaii specializes in Asian performing arts, so I had the chance to study *kyogen* while I was there. After training with traditional masters and my own professor for one semester in Hawaii, we performed *kyogen* plays in English for the public. Soon after, I studied Japanese at a university in Kyoto as an exchange student, but my professor in Hawaii had recommended that I continue studying *kyogen* while I was there through a program at the Kyoto Arts Center. I missed the chance to participate that year, but things worked out this summer. Our rehearsals were four hours a day for three weeks, culminating in a full-blown performance at the Oe Noh Theater. Finding the meaning in classical Japanese text was difficult, and the movement patterns were so full of subtleties that we could never perfect them, but the audience still laughed for us, so I still think it was a great experience. But these days, I'm taking taiko lessons.

Q: Is there anything else you want to do while you're in Japan?

A: I especially love soba, so I'd love to learn how to make it from scratch. I also want to learn how to make miso and tofu, too. And I want to get better at putting on kimonos.

Q: How about places that you want to visit?

A: Before coming here, I was working at a high school in Juneau, Alaska. During that time, a group of high school students from a tiny village in Hokkaido, called Nishiokoppe, came to Juneau to take in Alaskan culture. Alaska and Hokkaido have had a strong connection for a long time. My interest in Ainu culture was kindled, so I'd love to go to Hokkaido and learn more.

(※Kyogen (狂言, literally "crazy words") is a type of traditional comedic theater. It was developed to provide comic relief and an explanation of the plot within Noh plays, but it became popular on its own. The Japanese is very old and difficult to understand, but the plays are still funny even if you aren't listening to the words.)

## Event Information (Dec.2012 ~Mar.2013)

\*Note that the schedule and the contents of these events are subject to change.

### ◆Shoshazan All Night Cruising on Dec.31 (Mon.) 2012~Jan.1 (Tue.) 2013

[Access] Take Shinki Bus (Line8) from the north exit of JR Himeji Station and get off at 'Shoshazan Ropeway'. ¥260 one-way

[Ropeway Fare] Adults ¥500 (one way) / ¥900 (round trip). Children 12 and under are half fare.

All-night operations will be in service from 21:00 on Dec. 31. A "First-Ride Certificate" and novelty will be given to passengers who take the up-ropeway departing at 0:00 on Jan. 1.

On the mountaintop, you will be able to see *hatsu-hinode* (the first sunrise of the year) at around 7:00.

### ◆Setsubun Ceremony & Oni-oi Festival in Feb. 2013

A bean-scattering ceremony and Oni-oi dancing are held in various areas to prevent misfortune.

Sun. Feb. 3 Harimanokuni Sousha, Shoshazan Engyoji Temple, Mt. Hiromine-Hiromine Shrine, Himeji Shrine

[Access]

(Mt. Hiromine-Hiromine Shrine) Take Shinki Bus (Line4) from the north exit of JR Himeji Station and get off at 'Hiromine'. 30 minutes' walk through a mountain path, ¥200 one way.

(Himeji Shrine) Take Shinki Bus (Line 5, 11) from the north exit of JR Himeji Station and get off at 'Himeyama Koen-Kita'. 5 minutes' walk, ¥170 one-way.

Mon. Feb.11 Mt. Masui-Zuiganji Temple

[Access] Take Shinki Bus (Line 84, 86) from the north exit of JR Himeji Station and get off at 'Shirakuni'. 20 minutes' walk through a mountain path, ¥200 one-way.

### ◆The 9<sup>th</sup> International Exchange Spring Festival (Place: Egret Himeji) Sun. Mar.3, 2013

Various events with an international flavor, such as a display booth, a café and a Japanese speech contest, are scheduled to be held.

### Himeji Police News

~ Enjoy a safe and secure Year End and New Year holiday! ~

During the New Year holiday season, criminal acts like thieving, snatching purchases and pickpocketing are more likely to occur. We will inform you of things that you should be careful about when you go out for shopping, attend parties, and '*hatsu-mode*' (visiting a shrine or a temple the first time of the year).

- Check that your stove and such are turned off.
- Lock the door securely even when going out for a short period of time.
- Carry your valuables, bag and such on you.
- Attach a safeguard net on your bicycle basket.
- Try to walk along lamp lit streets.



For a lot more information, see the website of the Hyogo Police.

<http://www.police.pref.hyogo.jp/>

<http://www.police.pref.hyogo.jp/keitai> (the mobile phone website)



The Himeji Cultural and International Exchange Foundation will introduce the following events so that you can enjoy music and Japanese traditional performing arts.

### Himeji Bunka Center (Himeji Cultural Center)

[Access] Take Shinku Bus (Line 95, 96) from the south exit of JR Himeji Station and get off at 'Himeji Bunka Center Mae'. ¥170 one-way

<http://www3.ocn.ne.jp/~bunka/center/> [TEL] 079-298-8014

♪ Classical Music enjoyable for everyone from infants to adults ♪  
Family Concert "Music as a Gift"

[Schedule] 11:00. Feb.17 (Sun.) 2013 [Admission Fee] Adults ¥1,500 Children ¥600

### Parnassus Hall

[Access] Take Shinku Bus (Line 8, 9) from the north exit of JR Himeji Station and get off at 'Himeko-mae'. ¥200 one-way.

<http://www3.ocn.ne.jp/~bunka/parna/> [TEL] 079-297-1141

♪ Parnassus Asa no Harmony ♪

You can spend a leisurely morning with an easy-listening concert.

[Admission Fee] ¥500 (Below High school students Admission Free)

"Super Trombones" - 10:30 Feb.9 (Sat.) 2013

"Uta no sekai heno sasoi ~ focused on Mozart~" - 10:30 Mar.9 (Sat.) 2013

♪ Organ no Hitotoki ♪ - 14:00 Feb.23 (Sat.) 2013

[Admission Fee] Free. Parnassus Organ Club members are to perform pipe organs.

♪ "Koukyoushi Himeji" Ensoukai ♪ - 14:00 Mar.10 (Sun.) 2013

[Admission Fee]Free. "Symphonic Poem Himeji" was composed to commemorate the 100<sup>th</sup> anniversary of the municipal system of Himeji City in 1989.



### Himeji Caspa Hall

[Place] The 7<sup>th</sup> floor of Sanyo Dept. Store West Hall (Just near Sanyo Himeji Station)

<http://www3.ocn.ne.jp/~bunka/caspa/> [TEL] 079-284-5806

▼The 14<sup>th</sup> "Kyoumo Genkida! Shigeyama Kyogen" ▼

[Schedule] 14:00 Jan.20 (Sun.) 2013

[Admission Fee] Adults ¥4,000 / High school students and younger children ¥2,000

'Kyogen' is a traditional comedic drama reflecting everyday conditions such as a marital dispute and tales of a person's failure that have relevance in modern times.

[Programs] "Suehiro-kari" "Chidori" "Kokuri-Banashi"

▼Ningyo-joruri "Bunraku" ▼ [Schedule]13:30 Mar.3 (Sun.)2013 for the daytime performance, 17:30 for the evening performance.

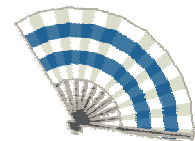
[Admission Fee] Adults ¥3,500 High school students and younger children ¥2,000

[All-day Pass] Adults ¥6,000 High school students and younger children ¥3,000

"Ningyo-joruri" is a classical puppet theater where the puppets move to a story that a storyteller called *tayu* chants to shamisen music.

Daytime performance "Katsuragawa-Renrino-Shigarami"

Evening performance "Futari-Kamuro" "Yoshitsune-Sembonzakura"



## Interesting Learning Facilities

This issue, we would like to introduce some facilities for environment and energy in Himeji, which are closely related to our daily lives.

We should know them better in order to more fully enjoy a safe and comfortable lifestyle.

### Eco Park Aboshi

No reservation needed

Under the guidance of the staff, you can see the garbage disposal process following the route called "Meguri route". Enjoy learning about waste management and the environment.

- Address: Aboshi-ku Aboshihama 4-1
- TEL: 079-272-9166 ◦ Available hours: 9:00~17:00 except for Wednesday
- Admission free
- Required time: about 60mins



### Water Resource Center, "Mizu-no-Yakata," Kabutoyama Water Plant

No reservation needed

A resource center to learn the history of the water system and its technology with some quizzes and games, which closely connect to our lives. You can join a tour of the plant with an appointment.

◦ Address: Toyotomi-cho Toyotomi 1849

- TEL: 079-264-0411
- Available hours: 10:00~16:30 except for Monday (no tours of the plant on Sat, Sun and national holidays)
- Admission free ◦ Required time: about 30mins

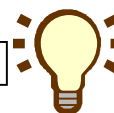
### Kansai Electric Power Company/ Himeji No.1 Power Plant

Reservations necessary

There is a tour of the power plant facilities, and they offer you a program to learn more about electricity.

◦ Address: Shikama-ku Nakashima 3058-1

- TEL: 079-229-0072
- Available hours: Mon-Fri 10:00~16:00
- Admission free
- Required time: about 90 to 120 mins



### Osaka Gas/Himeji Gas Energy Center

Reservations necessary

You can enjoy learning about the relationship of the earth, science and energy through films, games and experiments. They have a huge globe is on display, which consists of 2,000 photos taken by satellites.

◦ Address: Shirahama-cho Nadahama 1

- TEL: 079-246-1908
- Available hours: Mon-Fri and 2nd Saturday 9:00~17:00
- Admission free
- Required time: 100mins

### Nippon Steel & Sumitomo Metal Co./ Hirohata Works

Reservations necessary

An eco-friendly and resource recycling steel works.

◦ Address: Hirohata-ku Fujimachi 1  
◦ TEL: 079-236-1001

- Available hours: Mon-Fri 9:00~17:00 (except for 12:00~13:00)
- Admission free
- Required time: 120-150 mins

## Health Care in Preparation for Winter

Cold and dryness become severe during winter in Japan. Infectious diseases such as colds, the flu and the norovirus will grow more prevalent. Full caution is necessary in the case of the flu or norovirus, because if children or the elderly catch them, the symptoms of such patients tend to be aggravated.

### Getting vaccinated against the flu

- \* Senior citizens over 65 can receive their first flu vaccination for 1,000 yen.
  - \* Households that are exempt of municipal tax or people on welfare can receive free vaccination by submitting a certificate.
  - \* Availability: October 15<sup>th</sup>, 2012 (Mon.) to January 31<sup>st</sup>, 2013 (Thu.)
- For further details, inquire to the prevention department at the public health center.  
TEL: 079-289-1635



### The merits of masks



- ① They prevent your throat from drying out.
  - ② They prevent contamination from coughing and sneezing.
  - ③ They maintain warmth.
- Masks are very effective in crowds and when commuting, so they are worn often in Japan.

The important thing for cold prevention is to develop your physical strength to overcome viruses! Drink plenty of liquids with meals, keep your body warm, and get plenty of rest if you have caught a cold. And, let's observe the rules of "cough etiquette" in order to prevent germs from infecting your family and others.

### 「Cough Etiquette」

- Wear a mask if you're coughing or sneezing.
- If you don't have a mask, turn your face away from others and cover your mouth and nose with a tissue or a handkerchief when you cough or sneeze.  
Do not use just your hand to cover your face, or it will spread germs to your hands.
- Wash your hands with soap carefully and often.



As sickness spreads in winter, there are other diseases besides colds which can affect your brain or heart. These diseases are caused by sharp changes in blood pressure due to changing temperatures. Taking baths helps improve your blood circulation, and relieving stress will help prevent colds, too. However, your bathroom becomes cold easily in the winter, so take caution to keep your bathroom warm when drawing a bath.

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

We are now looking for participants for the Japanese Speech Contest



We will hold a spring festival at Egret Himeji on the 3rd and 4th floors March 3, 2013. We will have a Japanese speech contest for those who live, go to school, or work in Himeji. "Hey everyone, why don't you try to make a speech there?" we ask. Last year, various people from China, Viet Nam, Indonesia, Bangladesh, Sri Lanka, Thai, Australia and others gathered there, and it was really exciting. Please contact Matsuoka, the person in charge of the contest, using the following contact information.

※※※ Editor's Postscript ※※※

The year 2012, which came along with some social unrest locally and abroad, will be over before long. Thank you for supporting us with your warm heart and reading 「VIVA ! ひめじ」 this year in the same way as before. We are really hoping that the coming new year, 2013, will be the one that everyone can enjoy their lives. The next 「VIVA ! ひめじ」 Vol.44 is planned to be published on March, 2013. In order to present this information magazine which we hope everyone continues to read and love, we welcome any comments or concerns to the editors.

Translators and Proofreaders

English : Tomohiro Sugahara, Satoko Takimoto, Taizo Uesugi, Hiroki Shinohara, Adam Anania

Chinese : Wenjun Gan, Mika Tsuda, Xieyun Kono, Keiko Tachibana, Fan Jie, Zeng Ning

Portuguese : Yu Kunimitsu, Yuma Hasegawa, Eni Takinami

Vietnamese : Huyen Tien Thong, Phan Thi Minh Xuan, Pham

Spanish : Takeshi Sonoda, Shizuka Yoshii, Tsukasa Takahama

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, 3<sup>rd</sup> floor 68-290 Honmachi,

Himeji City, Hyogo 〒670-0012

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

Email: [info@himeji-iec.or.jp](mailto:info@himeji-iec.or.jp)