

<English Version> June 2013 Vol.45

<People> InterviewP1
2013 Summer Outing Information / Himeji Police NewsP2,3
How to Keep Out Mold During the Rainy Season and Air Out Your FutonP4
A Taste of Cameroon · Banana Milk InformationP5P6



<People> Ms.Evelyn Monton

Evelyn is originally from Davao, Mindanao, the Philippines. She came to Japan at the age of 18. She has lived in Himeji with her family since 2004.

Q: Please introduce your hometown of Davao to us.

A: Davao is one of the biggest cities in the Philippines, but there is a lot of greenery and the ocean is beautiful there, so it is an easy place to live.

Some say Davao is similar to Japan 40 years ago. Davao is famous for durian, a kind of fruit.

When you come to the airport you can smell the durian.

When I came to Japan the first time it smelled good, like apples.

Q: What language is spoken in Philippines?

A: The official languages are Tagalog and English. Visayan is spoken in my home town.

The Philippines consist of many islands, so there are various kinds of languages that cause people trouble when communicating with each other.

Q: What are popular dishes in the Philippines?

A: KARE-KARE, which is stewed beef tails and vegetables in peanut sauce, and ADOBO, which is cooked meat in vinegar, soy sauce, sugar and spice, are popular. LECHON, whole roasted young pig, is eaten for special days like celebrations.

Q: How is your life in Japan?

A: I could not speak Japanese at all at first, so I had difficulty with communicating with my co-workers. But now I have a friend who is also a mother and she listens to me enthusiastically. It makes me happy.

Q: Do you have any dreams?

A: I am interested in cooking. I like Japanese food very much, so I would like to learn Japanese cuisine more. I hope I will run my own restaurant in the future.

2013 Summer Outing Information

This spring, we had a rich stock of outing topics such as Mitsuyama-taisai at the Harima-no-kuni Main Shrine, and the openings of Piole (the new department store) and Grand Festa (the underground mall) near JR Himeji station. Following the last issue, we will introduce to you some enjoyable events and outing spots this coming summer.

《Events》

☆Himeji Yukata Festival☆ Jun. 22 (Sat)~Jun. 24 (Mon)

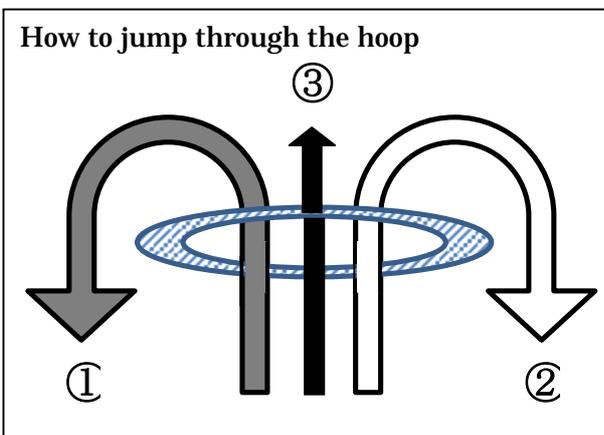
Himeji Yukata Festival is a summer festival held at Osakabe Shrine, the guardian deity of Himeji Castle and some other places such as Otemae Park. Everyone wearing a *yukata* during the festival can enjoy the privilege of half-price reduced fares on Shinki bus, movie tickets at a flat rate of ¥1,000, and free admission to facilities in the area of Himeji Castle and such.



☆Wanuke Festival☆ Jun. 30 (Sun), Jul. 1 (Mon) Harima-no-kuni Main Shrine

This is a traditional festival to ward off evil spirits in the first half of the year and pray for a peaceful and safe life throughout the latter half of the year.

During this festival, participants jump through a big hoop erected in front of the shrine gate three times and then proceed to the main shrine for worship.



How to jump through the hoop:

- ① Jump through the hoop and turn left, returning to the start.
- ② Jump through the hoop and turn right, returning to the start.
- ③ Jump through the hoop and advance straight.

☆The 64th Himeji Castle Festival☆ Aug. 2 (Fri)~Aug. 4 (Sun)

Place: Otemae Park, Otemae Street and others

This festival is held to spread appreciation of the splendors of Himeji Castle by citizens. This year, various events such as Takigi-Noh (Noh performance played at night by firelight), a procession, and the Yosakoi Festival are scheduled to be held in many parts of Himeji to celebrate the 20th anniversary of the castle's registration as a World Heritage Site.

<HP> <http://www.city.himeji.lg.jp/contents/oshirofes/>

《Outing Spots》

RHimeji City Pool**R** Jul. 6 (Sat)~Sep. 1 (Sun) (planned opening period)

<Access> Take Shinkai Bus (Line 95 or 96) from the south exit of JR Himeji Station and get off at 'Himeji Shimin Pool Mae'. (¥200)

<Entrance Fee> Adults (middle school aged and over): ¥1,000 / Children (aged 4 and over): ¥500

<Opening Hours> 9:30~18:00

<HP> <http://himeji-machishin.jp/tegara/pool>

RMatogata Beach**R** Jul. 1 (Mon)~Aug. 31 (Sat)

A beach with a characteristic long coastline of white sands and a wealth of nature. The main rest station has a seating capacity of 5,000 and also includes locker rooms, shower facilities and shops.

<Access> 17 minute walk from Sanyo Matogata Station

<Entrance Fee> Adults (middle school aged and over): ¥700 / Children (aged 4 and over): ¥500

RShirahama Beach**R** Jul. 1 (Mon)~Aug. 31 (Sat)

A swimming beach where families and groups of friends can enjoy themselves in great numbers. Seven rest stations are available and each has restrooms and shower facilities.

<Access> 10 minute walk from Sanyo Shirahama-no-miya Station

<Entrance Fee> Adults (middle school age and over): ¥1,000 /

Children (elementary school students): ¥600 / Infants (aged 3 and over) ¥200

Himeji Police News

~Safety Guidelines for Pedestrians and Cyclists ~

Visibility gets poor at dusk and night. Pedestrians and cyclists should wear clothing and/or footwear with reflective materials. Cyclists should periodically get their bikes checked for maintenance.

【Safety guidelines for pedestrians】

- Walk on lighted streets that have sidewalks and car lanes separated from each other.
- Do not suddenly dash to cross when the light is changing, nor cross the street without checking if it's clear.

【Safety guidelines for cyclists】

- In principle, cyclists should ride on the left side of the roadway. When using sidewalks, cyclists should reduce speed and give pedestrians the right of the way.
- Cycling while intoxicated and riding double or side by side are prohibited.
- Use bicycle lights at dusk and night.
- Follow traffic signals at intersections and check for safety after coming to a full stop.
- Wear a helmet to prevent head injuries in an accident. This is a must for children.



How to Keep Out Mold During the Rainy Season and Air Out Your Futon



The hot and humid rainy season is on its way. Here we would like to introduce how to prevent mold and the right way to air out futons, in order to make your life a little more comfortable during the muggy rainy season.

Preventing mold during the rainy season

If there is moisture, warmth, nourishment (like food crumbs) and oxygen, mold will grow. Remove any one of those four things and you can keep out mold.

Bathroom . . . After a bath, wash out soap scum and skin oil with the shower, wipe up the remaining water with a towel, and ventilate the bathroom.

Kitchen . . . Turn on the fan during cooking. Disinfect the refrigerator with an ethanol-based cleaner.

Living room and bedroom . . . Keep your furniture 5cm away from the wall. Place aquariums and leafy plants in a well-ventilated space.

Air conditioner . . . Clean the filters frequently and spray them with ethanol.

Laundry . . . It is said damp laundry causes mold. If you hang laundry indoors, dry it as quickly as possible with an electric fan or dehumidifier. Wash with laundry detergent or softener when you dry indoors.

As doors are often closed during the rainy season, the dust tends to accumulate inside, which causes mold and mites. Keep your windows open as much as possible.

★If your bathroom gets mold . . .

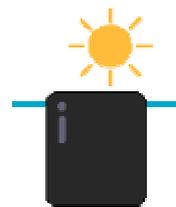
Remove the mold with ethanol. If this doesn't work, use a commercially available mold remover.

When you clean up mold, ventilate the room well and use masks and gloves. Do not mix a chlorine mold remover with an acidic one. Keep heat and fire away when you use ethanol.

How to air out your futon

It is good to air out futons frequently, but do not put out your futon near wet surfaces, even if it's sunny. This is because it will absorb evaporating water.

If you cannot air out the futon for a while, use a dehumidification sheet or a futon dryer. Airing out the futon in a black plastic bag keeps out dust and pollen, and also is effective for getting rid of ticks due to the high temperature. You can buy bags for futons at home improvement stores.



A Taste of Cameroon • Banana Milk

When dealing with rainy and humid days, why not enjoy making a cool drink with your family. It's both fun and rewarding to make homemade treats.

Here we would like to introduce banana milk from Cameroon.

Banana Milk (Preparation Time:10 min)

※Main ingredients※



Banana



Cocoa (Fruit)



Hazelnuts



Milk



Ingredients

- ◎ 3 Bananas
- ◎ 1 Egg
- ◎ 2 tablespoon cocoa powder
- ◎ 50g crushed hazel nuts
※peanuts can be used instead
- ◎ 800ml milk
- ◎ 100ml cream
- ◎ Sugar
- ◎ 4 chocolate-coated biscuit sticks

How to cook

- ① Peel the bananas and slice into pieces.
 - ② Put slices in a bowl and mash together with egg.
 - ③ Add cocoa powder and hazel nuts.
 - ④ Add milk and cream and mix everything well.
 - ⑤ Sweeten with sugar.
 - ⑥ Pour banana milk into four glasses and decorate with chocolate-coated biscuit sticks.
- ※Please serve as quickly as possible.

Introduction of Cameroon

Located in west central Africa, it borders the Gulf of Guinea. Its capital is Yaounde, and it has a population of 14,880,000 people. Bananas, cocoa, coffee and palm oil are its primary produce. It is also well-known for soccer.

☆Information about the Himeji Cultural and International Exchange Foundation☆

Our website (himeji-iec.or.jp) offers useful information for foreign residents of Himeji. This includes our project reports, Japanese class schedules, and local events. Reading aids for public documents are also available. A few examples include the *furigana*-ed “Guidebook to Raise Children” (Kosodate Guidebook) and multilingual medical questionnaires. You can find out more information in past issues of 「VIVA! ひめじ」 located on the top page.

※※※Editor’s Postscript※※※

It is June. The faint smell of summer in the air excites me and urges me to make some plans. What do you see yourself doing and where do you find yourself when the summer arrives? I would like to share the following words of a young Japanese person, who has not long to live: “That tomorrow comes for everyone is a miracle. Knowing merely this makes happiness ubiquitous in everyday life.” This summer comes and goes only once. Taking a closer look at what it will present should ever more be gratifying.

The upcoming 46th issue of 「VIVA!ひめじ」 will be available in September. Should you have any comments or concerns, please contact us at the address below.

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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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