

June 2024, Vol.89

VIVA!

ひめじ

English

World Cuisine Recipe ②	・ ・ ・ P1
Preparing for Earthquakes ①	・ ・ ・ P2,3
Energy Efficiency Measures through Replacing Appliances	・ ・ ・ P4
Let's Go to <i>Atom no Yakata!</i>	・ ・ ・ P5
Childcare Support Application "Himekko Notebook"	・ ・ ・ P6

Himeji Cultural and International Exchange Foundation
– newsletter editing volunteers

“World Cuisine” Recipe ②

(from the Himeji International Exchange Festival)

We will introduce the recipe of the dishes sold at one of the “World Cuisine” stalls at the “Himeji International Exchange Festival” last year. This time, it is “Empanadas,” an Argentinian dish.

Ingredients (for about 20 pieces)

Crust: 500 g flour, 1 cup water, 1½ teaspoons salt, 1 egg, 150 g lard
(store-bought Gyoza wrappers can be used instead)

Filling: 1 can of corn, 3 slices of bacon, 80 g pizza cheese (cut into small pieces)



Preparations (start from step 3 when using store-bought Gyoza wrappers)

1. 【Making the dough】 Mix flour, water, salt, and egg in this order, then add lard and knead.
2. 【Flatten the dough】 Leave the dough for 30 minutes until it becomes as soft as an earlobe. Cut the dough into 20 pieces. Flatten each piece into a 7 - 8 cm diameter circle with a rolling pin (※ 1), which makes the crust.
3. Mix all the filling ingredients well.
4. Put some of the mixed filling in the center of the crust and fold it in half. Hold the edges and close them together well so they will not fall open.
5. Deep fry at 180°C until the surface turns a brownish color.

※ Ingredients for another version are 1 bunch of spinach (cut into small pieces), 1 can of canned tuna (drain the oil), salt, and pepper.
Stir fry these, then add melting cheese or white sauce and mix well.
This tastes good, too!



※1

We will continue to introduce other recipes from World Cuisine. Don't miss next time!

Preparing for Earthquakes ①

On January 1st of this year, there was a major earthquake in the Hokuriku region. According to the Japan Meteorological Agency, it is said that there is a 70-80% chance the Nankai Trough mega-earthquake will occur in the next 30 years. Additionally, in Himeji City, earthquakes with a seismic intensity of 6 or stronger are expected due to the Yamasaki fault zone. We will introduce websites and apps that are useful for gathering information, so please install them in advance. Please share them with your family and friends to prepare for earthquakes.



Urgent Earthquake Alert (*Kinkyu jishin sokuho*)

The Japan Meteorological Agency will immediately announce the occurrence of earthquakes, as well as their intensity and arrival times. The time from the announcement to the arrival of strong tremors ranges from several seconds to several tens of seconds. Please set up your mobile phone in advance to receive emergency alerts.

Safety Tips

This is an app providing disaster information for foreign travelers.

Urgent Earthquake Alerts, Tsunami Warnings, Special Weather Advisories, Evacuation Recommendations, etc., will be sent as push notifications.

Supported Languages: 14 languages including English, Chinese, Spanish, Portuguese, Vietnamese. If you have already downloaded the app, please make sure you have the most updated version to receive the notifications.

NHK World Japan

A website where you can confirm information in multiple languages during disasters and emergencies.

Supported Languages: 19 languages including Simple Japanese, English, Chinese, Vietnamese, Spanish, Portuguese.

NHK offers simultaneous broadcasting for foreign nationals on NHK General TV, BS1, secondary audio programming on BS Premium, and NHK Radio 2.

Official LINE Account for Himeji City

Adding this as a friend allows you to receive various notifications from the city. Additionally, there are links to functions such as finding evacuation shelters, hazard maps, and weather observation information, allowing you to confirm essential information during disasters.



Disaster Preparedness Newsletter (WEB171)

This is an online message board for confirming the safety of those affected by disasters. It can be accessed from overseas if you have an internet connection.

Supported Languages: English, Chinese, Korean



00000JAPAN (Five Zero Japan)

This is a free Wi-Fi service available during disasters. Please select 00000JAPAN from the network list on your smartphone's Wi-Fi screen and connect to it.

Voice Tra

This is a voice translation app that translates spoken words into other languages when spoken to.

Supported Languages: English, Chinese, Vietnamese, Spanish, Portuguese, and 36 other languages.

※ Please download NHK World Japan, Safety Tips, and Voice Tra from the App Store or on Google Play.

During disasters, disaster-related terms that you may not be familiar with are often used. "VIVA! ひめじ" provides a list of disaster-related terms. Please try to remember them as best as possible.

Disaster Prevention Vocabulary of This Issue

にじさいがい
二次災害 (*Niji-saigai*): Another disaster that occurs as a result of the initial disaster.

e.g.) After an earthquake, let's be cautious of "*Niji-saigai*",
such as tsunamis and fires.



Energy Efficiency Measures through Replacing Appliances

In recent years, damage caused by torrential rains and strong winds due to global warming has occurred all over the world. What can we do to reduce our carbon footprint to help make the world a safe environment? Instead of using old home appliances, we can save energy by upgrading them to newer models. Here are some tips shown below.

■AC... Approx. 17% energy savings

Choosing the right size AC for your room is very important. New models when turned on reduce energy consumption. According to the season or the situation, adjusting the frequency of turning the AC on and off will help save energy.

■Refrigerators... Approx. 40% to 47% energy savings

Take capacity, size, and features into consideration when buying a new refrigerator. Larger capacity consumes more electricity. Freezer in particular consume a lot of energy, so make sure you choose freezer that suits your lifestyle needs.

■Lights... Approx. 86% (when using LED) energy savings

Consider LED when switching lightbulbs although it is more expensive than average lightbulbs.

■TV... Approx. 42% energy savings

Larger screens consume more energy. Consider matching the TV to the size of the room and members in your household.

■Automobiles

Consider EV or FCV when choosing a new vehicle. Registered newly purchased EV, FCV, NGV (Compliant with 2018 Motor Vehicle Exhaust Emission Standards), and PHEV will receive tax exemption after using the vehicle over 1 year.

Please refer to the Energy Saver label when purchasing a new appliance. The number next to ☆ shows the energy efficiency level. There are 41 levels from 1.0 to 5.0 stars.



Let's Go to *Atom no Yakata!*

Himeji City Science Museum is called “*Atom no Yakata*”. The four themes are the earth, the nature of Himeji, science, and the universe. Please visit “*Atom no Yakata*” and feel the pleasure and wonder of science.



Opening hours: 9:00AM – 5:00PM

Closed: Tuesdays, New Year holidays (December 27 to January 3)

Admission fee: Free for children aged 4 to junior high school students living near Himeji city with “*Donguri card*” (permanent exhibition only). For more information, please refer to the QR code on the right.



Access: From the bus terminal at the north exit of JR Himeji station, take *Shinkibus* #37 for “Oichi” to “*Hoshinokoyakata-mae*”.

Parking: Free

1st floor Special exhibition, planetarium

The planetarium is one of the largest planetariums in the world. It is a large-sized dome with a diameter of 27 meters. They will provide information on the stars you can see tonight and introduce space topics each month.

You can see a Foucault pendulum(※1) and fossils in the entrance hall.

2nd floor: Exhibition of the earth and nature of Himeji

You can see models of dinosaur bones, insects, and birds specimens.

3rd floor: Science around us

You can learn the wonders of our daily life through experiences. A science show is also held.

4th floor: Our universe

You can learn about space, meteorites, and so on.

5th floor: Observatory room

You can see Himeji Castle through large binoculars.



※1

Event information in 2024

Spring featured exhibition: “Insects and bugs are all together ~Super amazing! The world of butterflies~”, April 27 to July 7

Summer vacation special exhibition: “Exhibition of civil engineering that supports our life”, July 27 to September 1

Exhibition of works: The 60th “Himeji city schoolchildren’s science work exhibition” science handicraft section, September 28 to October 20

Workshops and lessons

You need to sign up for some lessons, so please check the QR code on the right.



Childcare Support Application “*Himekko* Notebook”

“*Himekko* Notebook” is a free application for smartphones, tablets, PCs, etc, distributed by Himeji City. It provides useful information for child-rearing, including the recording and management of maternal and child health data and schedules for Children’s Vaccinations, etc.

1. Open “母子^{ほし}モ” (the Maternal and Child Health Handbook application) from the QR code on the right.
2. Install the application.
3. Open the application and log in.
4. Register postal cord of your house and connect to “*Himekko* Notebook”



Contact: Himeji City Public Health Center Child Health Support Center

TEL: 079-263-7863



It’s finally the season for fireworks festivals. One of my favorite memories of a fireworks festival is when I went to see the Uji River Fireworks Festival in Kyoto. The fireworks went off so close to me that I felt like I was about to be hit by sparks. It was so thrilling and exciting! Why don’t you all go to a fireworks festival this summer?

People Who Cooperated in Creating This Newsletter

Japanese: KONISHI Yasue, KUNIMITSU Minako, SHIGETA Fusako, SUZUKI Kazuhiro,
MOCHIZUKI Toshiharu

English: KUROKAWA Kinuyo, MATSUI Yoko, MIYAJIMA Minako, TANAKA Eri,
AHEARNE Andrew

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 website of Himeji Cultural and International Exchange Foundation International Exchange Section.

The next issue will be available in September, 2024

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 address on the right.



Website

Contact Information

Himeji Cultural and International
Exchange Foundation
3rd floor, Egret Himeji,
68-290 Honmachi, Himeji City,
Hyogo 670-0012
TEL : 079-282-8950 FAX : 079-282-8955
Email: info-iec@himeji-iec.or.jp
HP: <https://www.himeji-iec.or.jp/>