

THE TOMBO

OITA'S • ENGLISH • NEWSLETTER

September-October 2012

Issue 63

The Inaka Project

~Share your slice of 'The Inaka' with others~

The Inaka Project, started by Christopher Allison, is a website featuring information on sightseeing hotspots, *onsen*, festivals and restaurants and famous foods found in the *inaka* (rural areas/ countryside) of Japan. Chris was kind enough to answer a few questions about his project for this issue.

- **When did you start 'The Inaka', and what motivated you to start such a project?**

I first came up with the idea for The Inaka in October of 2011, but didn't fully launch the site until late May 2012. The Inaka Project was started to solve three main problems I kept running into.

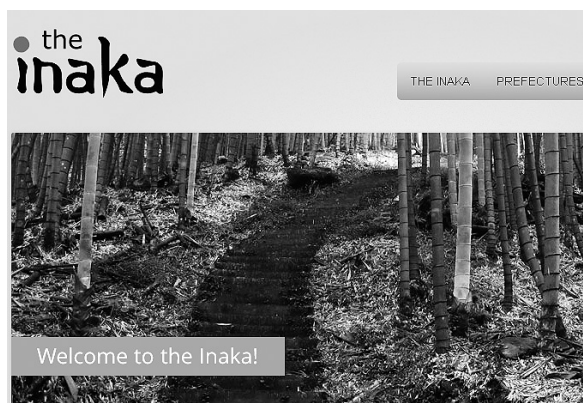
A. I wanted to give back to my Japanese community. I felt like the people here have given me so much, just wanted to do something to hopefully make their community more prosperous, and bring more people to the town.

B. I was sick of not knowing what was out there. I found myself constantly looking online for stuff to do in specific cities and coming up empty. I could find lists of the best things to see and do in prefectures, or even find explanations of sights in cities, but rarely could I find a tourism sight that focused on small towns and gave lots of pictures (which is what I wanted). For example if I looked for my town (Taketa), I would get some info on the castle in my town, but nothing on any of the other fifteen sites that are worth seeing. On top of that, the castle info included two poorly taken pictures and two pages of text. This is not good enough to bring in tourists.

C. I wanted to leave a good guide to my successor. I was dropped off in the middle of a city with no car, no Japanese, and no info on anything around me. I did not want to leave my successor in a similar situation.

- **The Inaka Project started out as a site devoted to Oita Prefecture. What made you decide to expand the project to include all prefectures?**

When I first started the site, I wasn't entirely sure what I was going to do with it. I knew I wanted to create a detailed guide to our prefecture, but wasn't sure how or what to do with it. Well,



one day I was in Kagoshima visiting my girlfriend, and we wanted to go to the sand baths down south. As nice as the sand baths sounded, we didn't think the bath alone was worth the two-hour train ride. We decided to look online for other things to do in the area... and looked... and looked some more. After about an hour or two of searching (even in Japanese) we just gave up and decided to go see a movie. It was at that time that I noticed it wasn't just Oita that needed a better travel guide: all of Japan could use one.

- **Can anyone contribute to The Inaka Project? If so, what sort of information can we contribute?**

Yes anyone can contribute to the site. What we are looking for are:

1. Sights: Any attraction your city has to offer. Castles, Temples, Parks, Anything
2. Restaurants: Mainly focusing on the smaller 'mom and pop' shops, but anything really.
3. Onsen: Self-Explanatory
4. Festivals: Self-Explanatory

You don't have to say a whole lot, but a brief description, a google map link, and as many pictures as you want to share, would be appreciated.

- **Do you still plan to continue The Inaka Project now that you are back in America?**

Yes. The Inaka has become something of a hobby of mine and I very much

want to continue the site even though I am in America.

- **Do you have plans to come back to Japan in the future?**

I love Japan and would like to go back as soon as possible. I am working an internship with Japan Healthcare Info. If I am able to land a full time position with them I may be in Tokyo soon enough. Japan Healthcare Info (JHI) works to help foreigners living in Japan with all of their health care questions. They also can help you find English speaking doctors.



In July 2012, Christopher Allison was named an Oita Prefecture Meijron Overseas Supporter in a meeting with the Governor of Oita Prefecture for his fantastic work as both an ALT, and for promoting Oita Prefecture through The Inaka Project.

The Inaka Project can be accessed at <http://www.theinaka.com/>
More information about JHI can be found on The Inaka Project website.

Musings on Life in the City

~Cranes, undismissed anecdotes, and an invitation to dance~

1. I hear a familiar rhythm of sounds. It's a humming that I don't identify immediately, but it's altogether familiar as a sound backdrop to life in the city. You may have heard it or be hearing it now. I look down at the book I'm reading, then at the train tracks from the platform where I am seated. When my eyes move up slightly I see what is making the sound. Two brightly painted cranes are moving their mechanical arms and filling them up with torn metal remains of what was once the station. Structures that until fairly recently I knew as the city, are being torn down before my eyes.

2. A crane landed in a Japanese garden in the middle of the city. His wings were spread wide as he flew in from seemingly out of nowhere like a *tsuru* coming in for a landing from a Japanese *mukashi-banashi* story. He transported me deeper into the garden as the after-rain light glistened on lush urban greenery. We danced and were still and he introduced me to a girl who had a pretty name. One of her kanji was “鮎”, the name of a fish in season. After the crane finally found what he was there for--lunch, in the form of a dragonfly swallowed whole-- he flew out as suddenly as he appeared. The girl and I drank green tea in a room with tatami floors and sliding doors and a woman in a kimono served us pastel colored *wagashi* shaped like *ayu*, the same fish in season that the girl was named after.



(except the bird was a heron and not a crane) from when I was meditating in a Japanese garden in Fukuoka (Raku-sui-en); and the third is from my dream the other night.

At the end of the dream scene I realized I was still wearing a kimono that I apparently borrowed at the beginning of the dream. I passed by guards and through barricades to return to the hotel room where I was staying and saw in a mirror that the kimono was not exactly a kimono... it had a kimono feeling but was more suited to me. The low “V” shape of the neckline showed through to a t-shirt giving it a more casual and comfortable style, with a long skirt and patterns that both contrasted and went together like a real kimono and obi. The garment reminded me of a dress from my childhood that I'd borrowed to wear in a children's fashion show in a suburban department store, re-fitted and re-appearing after all these years for the dream.

When I looked inside a cup of green tea (in anecdote 2), I felt the whole universe was contained in its depth. When I saw one flower in a vase in the tokonoma alcove I understood that the flower was a reflection of me. The dream and the re-structured garment and the “old Japan” with the heron flying in and the “new Japan” with cranes tearing everything down all feel like messages or metaphors.

Once I wrote these anecdotes down I couldn't dismiss them. You know what Socrates says about thoughts... It may sound like nonsense, but you need to examine them and not dismiss them without due consideration if you have even the least bit of respect for yourself.

Could it be I am following those thoughts to see how the process--tearing down old structures (values, thoughts, ways of seeing the world and ourselves), and observing a new culture long enough can begin to bring us to fit into a garment (a life, a story) that is uniquely our own. Socrates was talking about self-knowledge and isn't that after all what we travel around the world to find?

The first anecdote is from Oita Station. The second is a true story

-Joanne G. Yoshida has lived in Oita city for thirteen years with her husband and daughter and has contributed articles to the Tombo since 2007. She is a certified instructor of Shake Your Soul/Kripalu Yoga Dance and has created her own “Tomare” Meditation. See listings section for details and please join this fall's special event, “Dancing in the Street” as part of Beppu Art Month on October 28th outside Beppu Tokiwa.

CAN YOU FIND IT IN OITA PREFECTURE?

Here are some suggestions for M, N and O from the last issue:

M: *Midori no ka-ten-* Haruko Nakamura has made her own green curtain at home (see picture). “I tried to make a green curtain with goya plants (bitter melon) this year. It has grown up quickly and reached the eaves of the veranda in just a month. Now I can see three baby goya hanging by thin strings. I have nice shade and a cool wind this summer”.



N: New York style pizza can be found at “Little Cheerful” pizza café in Yufu City, Hasama-machi, Hoppou 536-6 2F. The owner Steven Watt declares that what they make is “an honest to God pizza!”

TEL: 097-583-2520.

O: All things OITA- places that sell exclusively Oita Prefecture produce! B2 Floor of Tokiwa in Oita City sells Oita produce from all across the prefecture, including fresh and packaged food. The Wakuwaku-kan along the main street of Centaporta also stocks assorted Oita produce.

The letters for September and October are P, Q and R. Don't overthink it, you really may not have to look very far to come up with possible answers to this issue's letters:

P: Pen and ink calligraphy

Q: A Quiet place to read or relax (perhaps your very own piece of “the inaka”)

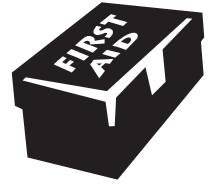
R: Rental bicycles

If you think that you might know where to find these things, OR if you have any suggestions of things to find for upcoming letters please contact Joanne: joannegyoshida@yahoo.com, or Nicole: nicole@emo.or.jp

Natural disasters: a refresher on preparation and procedure ~Emergency survival kits~



In the event of a disaster, being able to grab your essential items quickly and evacuate to a safe location is extremely important. Creating a survival kit, and keeping it in an easy to access location helps save time in the event of a disaster when you are in your house or apartment. The following is a comprehensive guide to making your own survival kit, as compiled by Melissa, the previous editor of The TOMBO. Along with a survival kit you should also prepare a small stockpile of other items you can retrieve if it is deemed safe to return to your home.



Melissa's Pricelist

Daiso 100Yen Shop	
Flashlight radio	1365
Candle	315
Lighters (4)	105
Tissue packs	105
Matches	105
Raincoat	105
Towel	105
1st aid kit container	105
Band aids	105
Gauze	105
Masks	105
Scissors	105
Surgical tape	105
Total	2835
Power Drug One's	
Bufferin A (painkiller) 60 tabs	980
Anti-bacterial Ointment	609
Candy (2)	176
Total	1765
Supermarket	
Premium crackers	177
Ritz crackers	168
Skippy Peanut Butter	415
2L Water	189
Total	949
Grand Total	5549

Survival Kit Checklist

Valuables	Light
<input type="checkbox"/> Cards	<input type="checkbox"/> Flashlight
<input type="checkbox"/> Cash	<input type="checkbox"/> Standby battery
<input type="checkbox"/> Copy of driver's license	Medical items
<input type="checkbox"/> Copy of health insurance card	<input type="checkbox"/> Sticking plaster
Emergency food	<input type="checkbox"/> Medicine for scratches
<input type="checkbox"/> Dry biscuits	<input type="checkbox"/> Bandages
<input type="checkbox"/> Canned food	<input type="checkbox"/> Disinfectant
<input type="checkbox"/> Nutritional supplements	Other everyday items
<input type="checkbox"/> Dried foods	<input type="checkbox"/> Underwear
<input type="checkbox"/> Mineral water	<input type="checkbox"/> Thick cotton gloves
<input type="checkbox"/> Disposable eating implements	<input type="checkbox"/> Towels
<input type="checkbox"/> Can opener	<input type="checkbox"/> Tissues
Radio equipment	<input type="checkbox"/> Rainwear
<input type="checkbox"/> Portable radio	<input type="checkbox"/> Lighter
<input type="checkbox"/> Standby battery	<input type="checkbox"/> Plastic bags

You should always keep your passport and alien registration card near you, and take them with you at the time of evacuation. Preparing copies of any important documents is also advised. You should also prepare glasses or contacts, medication and/or any other relevant personal items.

Stockpile Checklist

<input type="checkbox"/> Plastic container	<input type="checkbox"/> Drinking water
<input type="checkbox"/> Table-top cooking stove	<input type="checkbox"/> Food
<input type="checkbox"/> Disposable heat pads	<input type="checkbox"/> Disposable eating implements
<input type="checkbox"/> Rope	<input type="checkbox"/> Blankets
<input type="checkbox"/> Cloth-backed plastic tap	<input type="checkbox"/> Plastic sheet

Approximately 3 liters of drinking water should be allowed per person. Allow three days' worth of boil-in-the-bag food and canned food.

The checklists were taken from The CLAIR Multilingual Living Information available at <http://www.clair.or.jp/tagengorev/en/index.html>

Festivals and Events

Date	Event Description	Location	Contact #
Sept. 9 th	Free hot springs entrance- September 9 th is Kokonoe area's designated hot spring day and designated facilities marked with posters will give free entrance to bathers!	Kusu Kokonoe-machi	☎ 097-373-5510
Sept. 9 th	Kuju Furusato Shizen Gakko Opening 5th Year Anniversary Event- to celebrate their 5 th anniversary, the school will be holding an educational lecture and discussion panel on cohabitation with Japanese ibises and storks (9:00~12:00 participation is free, please inquire for more details)	Kokonoe-machi Kouminkan	☎ 097-373-0001
Sept. 12 th ~ Oct. 8 th	Bamboo crafts workshops- in conjunction with the bamboo crafts exhibition, there will be workshops for making assorted crafts such as flower baskets (inquire for workshop prices)	Oita City Geijutsu Kaikan	☎ 097-552-0077
Sept. 15 th	Autumn grass-cutting- an Autumn event for the Kuju Furusato Shizen Gakkou. Come help harvest grass in the local rice fields- home to the Japanese ibis. ¥1200 participation fee which covers lunch, insurance, and materials (please call ahead)	Kusu Kuju Furusato Shizen Gakkou	☎ 097-373-0001
Sept. 15 th	Kimono Appreciation Day- A monthly event where visitors can try on rental kimonos, have their photos taken, and receive discounts at nearby facilities if they are wearing kimono.	Kitsuki-City Jouka-machi	☎ 097-863-0100
Sept. 15 th	'Magatama' bead-making workshop- A hands on event for children and parents to enjoy. Participation fee is ¥200, reservations necessary	Oita City History Museum	☎ 097-549-0880
Sept. 16 th	Kohshita Dam Festival- After the opening ceremony, there will be various events from food eating contests to canoeing, plus fireworks.	Usa City Innai-machi	☎ 097-842-5111
Sept. 20 th ~24 th	Ohara Shrine Festival- Vendors line the street leading to Ohara Hachiman Shrine at the shine's biggest festival of the year.	Hita City Ohara Shrine	☎ 097-323-8951
Sept. 21 st ~22 nd	Kappa Festival- a traditional festival spanning over 300 years. Young boys perform songs and dance to pray for the Autumn harvest.	Nakatsu City Yabakei area	☎ 097-954-311
Sept. 29 th	Uki Uki Flea Market- come take a look through the stalls of clothes, books and more. You might just find some bargains.	Oita City Oasis Tower 1 st Floor	☎ 097-538-7411
Oct. 8 th	Beef Eating and Screaming Contest- Yes, you read it right! Come eat beef raised in Yufuin and scream to your heart's content, or just enjoy watching others do so (held at Namiyanagi no bokujoyou)	Yufuin Kawakami	☎ 097-785-4464
Oct. 13 th	Rice field exploration- the second rice field exploration event where children can come to learn about what sort of critters you can find in and around rice fields. Participation ¥500, reservations appreciated.	Kusu Kuju Shizen Gakkou	☎ 097-373-0001
Oct. 14 th	Tashibuno-shou Shukakusai (Tashibuno Manor Harvest Festival)- A year tradition that has continued for many year. Come harvest rice and chat with the locals at Tashibuno Manor farming village (weather permitting)	Bungo Takada Kozaki area	☎ 097-822-3100
Oct. 14 th	Beppu Yukemuri Health Walk Rally/Marathon- This event will take place at lake Shidaka and Lake Kagurame in Beppu (inquire for more details)	Beppu City Lake Shidaka	☎ 097-725-8025
Oct. 20 th	Kudatama and Marudama bead-making workshop- A great hands on event for parents and children. Come along and experience making traditional beads. Participation fee ¥260, reservations necessary.	Oita City History Museum	☎ 097-549-0880
Oct. 20 th ~21 st	Beppu Agriculture and Forestry Festival- An event promoting local goods at Beppu Park. Here you can enjoy local products, wood working and workshops.	Beppu City Beppu Park	☎ 097-506-3544
Oct. 21 st	Oita Dialect Uncovered! Speech Contest- A comedic contest for linguistic contortionists at Chuo Community Center. Come along to test out your Oita-ben comprehension (reservations necessary)	Bungo Takada Chuo Kominkan	☎ 097-822-3100
Oct. 21 st	Beppu Dance Festa- This contest will showcase talented dancers competing for the grand prize (to be held in Beppu Park in conjunction with another local produce promotional event)	Beppu City Beppu Park	☎ 097-724-2828
Oct. 27 th ~28 th	Beppu Fisheries Festival- This event aims to local seafood produce. Held at Beppu Park, here you can enjoy lots of local cuisine.	Beppu City Beppu Park	☎ 097-532-6611
Oct. 27 th	'Historical ruins excavation' workshop- This event is number 11 in the series of historical workshops for parents and children. Participation is free, reservations necessary.	Oita City History Museum	☎ 097-549-0880
Oct. 28 th	'What sort of place is Oita?' - A special lecture about Oita, which takes a look at Oita as depicted in Japanese maps and world maps. An educational look at Oita's place in the world (attendance is free, starting time 2pm)	Oita City History Museum	☎ 097-549-0880
Oct. 28 th	Dancing in the Streets- Join "Shake Your Soul/Kripalu Dance in Oita", as part of Beppu Art Month. It's a participatory event for all to join in the dance (held in front of Beppu Tokiwa)	Beppu City Beppu Tokiwa, Entranc Plaza	☎ 097-573-8053



STAGE & MUSIC EVENTS

Sept	Time	Artist/Event	Venue	Cost	Contact #
1 st	Please inquire	The 22nd Glanzen Piano Concert- reservations necessary	Patria Hita	Please inquire	☎ 090-7531-1620
1 st	19:30	KAT Acoustic Live in Oita- featuring Midori	Cantaloop II	¥3300 +drink	☎ 097-548-5363
2 nd	19:00	Hiroshi Yoshida Acoustic Live in Oita- with guests Shinago Nakamura and Nanami	Cantaloop II	¥2500 +drink	☎ 097-548-5363
2 nd	14:00	iichiko Grand Theater Junior Orchestra- String ensemble concert Volume 3	iichiko Otonoizumi	FREE	☎ 097-533-4004
4 th	18:30	Hiromi Go- Concert tour 2012	Ichiko Grand Theater	¥7000	☎ 092-284-2216
8 th ~9 th	10:00~17:00	Patria Hita Opening 5th Anniversary- This event will include a performance of traditional Hita folk songs	Patria Hita Hall	FREE	☎ 097-325-5000
12 th	13:30+18:00	Matsutake Kabuki Performance- Oita show	Ichiko Grand Theater	¥3000~¥8000	☎ 097-533-4004
12 th	19:30	Spanish Connection- “Elegant Marketing” Tour	Brick Block	¥3000 w/drink	☎ 097-536-4852
15 th	18:30	Satoshi Ikeda- Oita ‘burari’ Tour	T.O.P.S Bitts Hall	¥4000	☎ 097-533-7592
21 st	19:00	Yawaragi Primavera Concert	iichiko Otonoizumi	¥1000	☎ 097-543-2883
26 th	19:00	Daddy Long Legs- The romantic musical written by John Caird comes to Oita	Ichiko Grand Theater	¥7000	☎ 097-533-4004
Oct	Time	Artist/Event	Venue	Cost	Contact #
1 st	19:00	Blast!- ‘Brass for Japan’ tour. An emotional journey of light and sound	Ichiko Grand Theater	¥5000~¥8500	☎ 092-714-0159
6 th	14:00	‘Hengen jizai’ Maestro National Tour- A musical performance of traditional Japanese instruments by Nosaka Souju and Sawai Kazue	iichiko Otonoizumi	¥2500	☎ 097-533-4004
7 th	18:00	Crazy Ken Band- 2012~2013 Italian Garden Tour	T.O.P.S Bitts Hall	¥6300 +drink	☎ 097-533-7592
20 th	18:30	Eiichi Arai- Live in Oita	T.O.P.S Bitts Hall	¥4000 +drink	☎ 097-533-7592
21 st	11:00~	Oita International Festa- featuring a number of stage performances from various countries	iichiko Culture Center Atorium Plaza	FREE	☎ 097-533-4021

**Ticket prices range from student to most expensive general admission. Prices shown otherwise indicate price for purchase on the day of the event, they may be cheaper if purchased in advance. “w/ drink” prices include a drink, “+drink” prices require the additional purchase of a drink. Times shown indicate start times, doors usually open 30 minutes beforehand.

VENUES

Brick Block= 5-7-5 Ikushi, Oita City

Club SPOT= 3-3-18 Funai-Machi, Oita City

Oita Culture Center= Niage-Machi 4-1, Oita City

Cantaloop II= 3-2-30 Miyako-Machi

iichiko Grand Theater= Oasis Tower 1F Oita City

T.O.P.S Bitts Hall= Ikushi 5-783, Oita City

Nakayama Dai 5 Building 6F Oita City

iichiko Otonoizumi= Oasis Tower 4F Oita City

Patria Hita= 1-8-11 Sanbonmatsu, Hita City

EXHIBITIONS & SCREENINGS

Date	Description	Place	Admission	Contact #
Sept. 11 th ~ Oct. 21 st	Kenichi Sawaki Exhibition- the “Landmark 2012” works of Japanese sculptor Kenichi Sawaki.	Oita Art Museum	¥800	☎ 097-554-5800
Sept. 12 th ~ Oct. 8 th	Bamboo crafts exhibition- including a symposium, exhibition of crafts, and a documentary screening.	Oita Prefecture Art Center	¥600	☎ 097-552-0077
Oct. 11 th ~ 22 nd	Western Style Calligraphy Exhibition 2012- Beppu <i>kyoushitsu</i> , held at Café and Gallery Piano in Beppu City. Minami Soen 20.	Café and Gallery Piano, Beppu City	Inquire for details	☎ 097-721-7937
Sept. 25 th ~ Dec. 27 th	The 3rd Collection Exhibition- featuring works from Japanese artist such as Shou Kazakura and Masunobu Yoshimura.	Oita Art Museum	¥300	☎ 097-554-5800

Oita Art Museum= Oita-Shi Bijutsukan 大分市美術館

Oita City History Museum= Oita-Shi Rekishi Shiryoukan 大分市歴史資料館

Oita Prefecture Art Center ~Museum and Hall~ 大分県立芸術会館

Most Museums and Centers are closed on Monday, or Tuesday if Monday is a public holiday. Student admissions vary, highest cost shown.

What's Going On?

Japanese Lessons

Himawari Japanese Volunteers

Support for people learning Japanese in order to help them enjoy their lives in Oita, now at three different locations.

Wasada Public Hall Wed. 10:00~12:00

Meiji Akeno Public Hall Wed. 14:00~16:00

Tsurusaki Public Hall Sat. 10:00~12:00

For more information contact Fukata Mihar

TEL: 097-527-2614

E-MAIL: nihongo_himawari_oita@yahoo.co.jp

Nihongo Rakuraku-talk

Beppu City Hall offers free Japanese lessons every Tuesday from 14:00~15:30. For more information contact Beppu International Affairs Division TEL: 097-721-6133

E-MAIL: int-ma@city.beppu.oita.jp

Sakura Japanese Class

Come study Japanese with friendly volunteers and teachers in a pleasant atmosphere. Sakura Japanese Class is held every Monday from 10:15~12:00 at the Oita University International House in Nishiki-Machi, Oita City. Classes are FREE. For more information call Ms. Ohashi
CELL: 090-7866-2486

AIUEO Japanese Lessons

Volunteers offer free Japanese lessons on Tuesday and Friday from 10:20~11:50 at I-NESS near Oasis Tower as well as Thursday nights at Compal Hall from 18:30~20:00. Lessons are also offered in Beppu at the Oita International House on Tuesday mornings from 10:30~12:00. For more information contact:

Ms. Miyase 090-8353-2485 (day lessons)

Ms. Kato 097-532-5940 (night lessons)

Community

Oita International Christian Fellowship

You're welcome to join us for worship and fellowship! Check our website at: www.oicf3712.webs.com

Place: Compal Hall

Time: Every Sunday 10:00am~12:00pm

Check the lobby board for the room number under "O.I.C.F."

International Kempo (Self-Defence Classes)

Ever thought about being able to defend yourself? Join us to keep in shape and to learn martial art-based self-defense techniques and *bo-jyutsu* (stick fighting).

Place: Souda Dojo (Near Oita University)

Time: Every Friday 19:00~21:00

For more information on times and places, please contact Katsunori Tsujita at 097-583-0959.

"Heal the World"

"Heal the World" is a yearly charity show event sponsored by The Oita Philippines Friendship Association held to raise money for underprivileged children. The event held on **Sept. 16th** in the iichiko Grand Theater will include performances of Filipino songs and dances, as well as Miss and Little Miss contest pageants. Entry fee: ¥500.

Time: 13:00~16:00

TEL: 090-9797-6217 (The Oita Philippines Friendship Association)

"Tomare" Meditation

~Stop and find your center~

Would you like to learn more about or participate in individual or group meditation sessions, classes, or the Japanese healing art of Reiki? Participate in the special 'Full moon' meditation session, on **Wednesday Oct. 31st** (Halloween special). **Sept.** date yet to be confirmed, please inquire.

Time: 19:00~21:00, cost is ¥2000 (includes tea and a macrobiotic sweet).

For information, schedule or questions please contact Joanne at 097-573-8053 or joannegyoshida@yahoo.com

Lunch With Us?

Japanese home cooking club for international families living in Beppu, takes place on **Sept. 20th & Oct. 18th** at the Health Center, Yunomachi Kenko-park, Beppu City from 11am to 2pm. 500yen to participate. For more information contact Beppu International Affairs Division TEL: 0977-21-6133
E-MAIL: int-ma@city.beppu.oita.jp

SHAKE YOUR SOUL/ Kripalu Yoga Dance

This body-spirit fitness program incorporates elements of yoga, dance, movement therapy and 'qi kung' with rhythms of music from around the world. Held at the Nakajima Ko-minkan Friday mornings 10AM to 11AM (every week) and Thursday afternoons 1:30PM to 3PM (first and third Monday of the month). For more information or to make reservations contact:

Joanne TEL: 090-1165-5567

From the Plaza

"Time Trip to Taiwan"

This event will be hosted by a Taiwanese exchange student from APU, as part of the International Understanding Seminar series. Come learn about Taiwan's culture and history on **Sept. 28th** in the small movie hall, Floor B1 of iichiko Culture Center (in Japanese). Entry is FREE, reservations not required. Time: 14:30~16:00
TEL: 097-533-4021

Oita International Festa

This year's International Festa is set to be a big hit! There will be a wide range of cultural stage performances, booths, cultural games, and snacks from around the world. Visitors will also have a chance to experience the traditional Japanese arts of *sadou*- tea ceremony, and *ikebana*- flower arranging. Held on Sunday **Oct. 21st** in the iichiko Culture Center atrium, this will be a fun event for all ages!

Time: 11:00~16:00

TEL: 097-533-4021

Free Legal Consultations

The Oita International Plaza is holding free legal consultations on **Sept. 19th and Oct. 17th from 13:00~16:00.**

The Oita Emigration/Immigration Affairs Council also organizes free consultations where emigration/immigration specialists are available to offer advice on a variety of topics from Immigration Bureau paperwork and procedures, to daily life matters. The next consultations will be held on **Sept. 2nd & Oct. 7th from 13:00~16:00.** English interpretation available, other languages may be available with reservation two days in advance. OIP 097-533-4021

Free Tagalog Consultations

Date: Saturday **Sept. 1st** & Tuesday **Sept. 18th**
Saturday **Oct. 6th** & Tuesday **Oct. 16th**

Time: 13:00~16:00

Place: Oita International Plaza

Consultant: Rhodora Yoshitake

Free Chinese Consultations

Date/Time: Every Thursday 10:00~13:00 and the second and fourth Tuesday each month from 13:00~16:00. Place: Oita International Plaza. Consultant: Cui Wenyu (*Dates and times are subject to change. Please contact the Oita International Plaza before coming.)
TEL: 097-533-4021

Free Health Consultations

The Saiseikai Hita Hospital is offering free health consultations and medical examinations at the Oita International Plaza to foreign nationals living in Oita Prefecture. For people who are concerned about their state of health but are not sure who to turn to, these free consultations are a good place to start. Staff will include a doctor, two nurses, a clerk and a medical treatment consultant.

Date: **Sept. 19th, Oct. 17th**

Time: 14:30~15:30

Oita International Plaza (iichiko Culture Center, floor B1)

For more information contact: Saiseikai Hita Hospital TEL: 0973-24-1100

(*Dates and times subject to change. Please call to confirm before coming.)

LANGUAGE LEARNING PAGE



Kanji of the Month



This section aims to teach new kanji characters to beginner-level Japanese learners, and to give intermediate and advanced learners a deeper understanding of each character. This month's character set is:

STORE MANAGER 「店長」

The first character in the compound 「店」, is read as ^{t e n}テン, or ^{m i s e}みせ. The character is a combination of roof 「宀」, and hold/occupy 「占」. Together they symbolise a place where objects are held, ie. a shop.

SHOP 「店」

The second character in the compound 「長」, is read as ^{c h o u}チョウ, or ^{n a g a i}ながい. It is said to have come from a pictograph of a long haired person carrying a walking stick, and suggests a long passage of time.

LONG 「長」

If we combine the characters for “store” and “long” we get the compound:

STORE MANAGER 「店長」

The following sentence uses the above characters to exemplify their different readings.

あの顔の長い男性は、この店の店長です。

The man over there with the long face is the store manager of this shop.

Japanese Proverbs

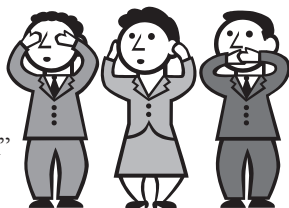
塵も積もれば山となる

「ちりもつもればやまとなる」

“chiri mo tsumoreba yama to naru”

“Even dust will accumulate into a mountain”

A stitch in time saves nine



Japanese Onomatopoeia

At the beach on a nice warm (ぽかぽか あたたかい pokapoka atatakai) day, I see a family holding a watermelon splitting contest. The mother puts the blindfold on the first child who swings at the watermelon, but misses completely (すかつ からぶり suka karaburi). The second child puts on the blindfold, walks quickly (すっすつと sussutto) over to the watermelon and hits it with a thwack (ピッシャリと pisharito) and splits the watermelon open (ぱっくり pakkuri) in one hit!

Back at the edge of the beach I get on my bicycle and cruise (すいすいと suisuito) along the path to the ice cream stand. I buy my ice cream, and it starts to melt straight away so I wolf it down (ガツガツ gatsugatsu). Looking across to the city, I see rain clouds and hear the rumbling (ゴロゴロ gorogoro) thunder of a summer storm. As I ride off, I can hear the leaves in the trees rustling (さやさや sayasaya) in the wind at the storm picks up.

Foreign Movies Showing in Oita

Only foreign films are listed. Changes may occur without notice.

Cinema	Movie	Showing Date
Cinema5	Crazy Horse (French, English)	Sept. 1 st ~14 th
Central Oita (on 5 th Ave)	The Turin Horse (Hungarian, German)	Sept. 1 st ~7 th
☎ 097-536-4512	This Must be the Place	Sept. 8 th ~21 st
	Dreams for Sale (Japanese)	Sept. 8 th ~
	Our Homeland (Japanese)	Sept. 8 th ~21 st
	We Have a Pope (Italian, German)	Sept. 22 nd ~
	Faust (German)	Sept. 29 th ~Oct. 5 th
	The Way (Spanish, French)	Oct. 6 th ~12 th
	Black Beard (Catalan, Spanish)	Oct. 13 th ~26 th
Toho Cinemas Wasada Town	Safe House	Sept. 7 th
☎ 097-548-7878	Mirror Mirror	Sept. 14 th
	Resident Evil: Retribution	Sept. 14 th
	Rock of Ages	Sept. 21 st
	The Hunger Games	Sept. 28 th
	The Bourne Legacy	Sept. 28 th
	Haywire	Sept. 28 th
	Iron Sky	Oct. 20 th
	The Expendables	Oct. 20 th
	Resident Evil: Damnation	Oct. 27 th
T-Joy Cinemas Park Place	Colombiana	Sept. 1 st
	Mirror Mirror	Sept. 14 th
	Resident Evil: Retribution	Sept. 14 th
	Finding Nemo 3D	Sept. 15 th
	Rock of Ages	Sept. 21 st
	The Hunger Games	Sept. 28 th
	The Expendables 2	Oct. 20 th

Admission Standard ¥1,800 Pre-release ¥1,500 Pair ¥2,800
Seniors ¥1,000 Students ¥1,000~1,500

Special Discounts

The first day of the month ¥1,000 Ladies' Day (Wednesdays) ¥1,000

Men's Day is ¥1,000 (Thursday at Toho Cinemas and Cinema5)

Late Night Show (Sun-Fri) ¥1,200 (Toho Cinemas)

Making Submissions

THE TOMBO is always looking for articles and event information. Please send your submissions to the Oita International Plaza by E-mail (in@emo.or.jp) based on the submission deadline listed in the publication schedule below. The Oita Prefecture Cultural and Sports Foundation reserves all copyrights to articles printed in THE TOMBO.

Issue	Publication Date	Submission Deadline
July/August	July 1 st	June 1 st
September/October	September 1 st	August 1 st
November/December	November 1 st	October 1 st
January/February	January 1 st	December 1 st
March/April	March 1 st	February 1 st
May/June	May 1 st	April 1 st

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Necessities of Life

~Free Health Consultations~

The Saiseikai Hita Hospital as part of its ‘Nadeshiko Plan’ is offering free health consultations and medical examinations at the Oita International Plaza to foreign nationals living in Oita Prefecture. For people who are concerned about their state of health but are not sure who to turn to, these free consultations offer a good place to start. This service is aimed in particular to those who are on a low income or unemployed, victims of domestic violence, people concerned about the cost of medical bills, and anyone unsure who to seek advice from regarding medical treatment and welfare. Those in possession of a health insurance card are asked to bring it along to the consultations.

Staff will include a doctor, two nurses, a clerk and a medical treatment consultant.

Consultations are held at the Oita International Plaza (iichiko Culture Center, floor B1)

Dates: **Sept. 19th, Oct. 17th**

Time: 14:30~15:30

For inquiries please contact the Saiseikai
Hita Hospital TEL: 0973-24-1100

*Dates and times are subject to change. It is recommended that you confirm the date and time prior to visiting.



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THANK YOU !!

A special thanks to all those who co-operated with us for this issue. Your help was very much appreciated.

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HOURS: Monday-Friday 9:30am-7:00pm

(closed weekends and the 2nd and 4th Mondays of each month. We are open on the Saturdays before these Mondays)

Closed national holidays & Dec 29 - Jan 3

The International Plaza is located on the basement floor of OASIS Hiroba 21 (iichiko Culture Center).

