

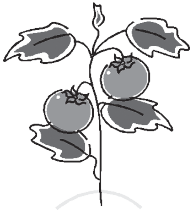
THE TOMBO

Oita's English Newsletter

March - April 2014

Issue 72

Being an 'Oitatarian' in Oita



Greetings my fellow Oita residents, it's your local vegetarian/ APU gourmet club vice president, Nathan, here. I hope you're all having a great March in the number one onsen prefecture. I have a few goals and resolutions for 2014 and one of them is to eat healthier, more locally grown, organic food. As a result, Nicole (my trusty editor and fellow Aussie) and I have attempted to give you a few suggestions about places you can visit in Oita that not only serve/ sell local ingredients, but also have vegan and/or vegetarian options. This article is not intended to be some sort of animal

rights rant, but as someone who has lived in Japan for over 8 years as a vegetarian I know how hard eating out can sometimes be. You could also use this article as a guide for when you have family or friends with dietary restrictions come to visit, and know that many of these places offer meat dishes too. I have included the addresses in English and a website link where possible. Hope you enjoy !

Beppu – OK Let's start off with my neck of the woods!

Buying local produce

🍎 **Tokiwa** (トキハ別府店) – Great selection of fruit and veggies in the basement as well as bread from two of my favorite Oita bakeries; Windmill (from Yamaga) and SAKURA (from Oita city). I have never seen any dairy in any of Windmill's products and both bakeries produce authentic "stone-baked bread".

Kitahama 2-9-1, Beppu, Oita

🍎 **YouMe Town** – Has a huge local produce section that changes seasonally and is always well stocked. It's great to be able find things like locally grown onions (around 99% of domestic onions are grown in Hokkaido) and fresh fruit as well as fermented products like *umeboshi* or *natto*.

Kusunoki-machi 382-7, Beppu, Oita

🍎 **Marushoku** in Yamanami (マルシヨクやまなみ店) – Quite a good selection of local produce. If you are in the area (i.e. visiting the Hells), definitely drop in and have a look.

Tsurumi 130-1, Beppu, Oita

Cafes/ Restaurants

🍎 **CUE CAFÉ+** (キュー カフェ) – Former falafel roll serving vegetarian café, it is changing hands and reopening on the 1st of March. Literally 3 min walk from Beppu station.

Ekimaehonmachi 9-20, Beppu, Oita

🍎 **Angel Café** (喫茶エンゼル) – Small café in the Ishigaki area of Beppu that offers vege/ vegan set lunches twice

a week featuring ... wait for it ... *vegan toriten*!!!! Ever wondered what everyone was raving about? Well now you can find out. Apparently on the weekends they use dairy and fish sometimes so visit on either a Thursday or a Friday if you want the *vegan toriten* (although they are willing to accommodate on weekends). Various classes/ workshops available including yoga classes (with breakfast afterwards) on Sunday mornings.

Ishigakinishi 2-5-21, Beppu, Oita

<https://www.facebook.com/angel.beppu>

🍎 **Cocolate** (ココラート) – A local café/ bakery close to city hall. No vegan options, but their bread is to die for and the staff can accommodate for vegetarians. Set lunches come with all you can eat bread (plus a shot of cold vegetable soup). Weekends are busy so book in advance or be prepared to wait, or buy some bread to take away.

Saiwaimachi 2-18, Beppu, Oita

🍎 **Jikogumushi Koubo/ Sato no Eki** – The two places in Kannawa where you can cook your food using the steam from the *onsen*. Both offer vegetable only options (hell [pun intended], you can even bring your own vegetables!)

Furomoto, 5, Beppu, Oita/ Kitaju, 1 Kumi, Beppu, Oita


Yufuin – Definitely one of my favorite places in prefecture

Cafes/ Restaurants

🍎 **Ange Bakery** (アトリエ・アンジェ) – Possibly my favorite bakery in the prefecture. There is a sign inside (in Japanese) clearly stating which breads contain egg and dairy. 5 min walk from Yufuin Station, easy to find. Be careful


though, most of the bread is usually sold out before lunchtime!

3052-3 Yufuincho Kawakami, Yufu-shi, Oita

 **Shizen-shoku Yuudo** (自然食ゆうど) - Another café/restaurant that grows and cooks their own vegetables, and they also have a mini supermarket. It is located on the way to Yufuin, near Kijima.

44-7 Yufuincho Tsukahara, Yufu, Oita

<http://www.shizenshokuyudo.com/>


 **Harappa Café** – A “Slow Food” café on the main strip in Yufuin. During the week their lunch sets feature small amounts of meat/ fish, however on the weekend their focus is on vegetables. You might occasionally see non-Japanese people working there because the restaurant and farm doubles as a WWOOF site.

1525-12 Yufuincho Kawakami, Yufu-shi, Oita

<http://www.jca.apc.org/~uratchan/localnet/harappacafe/home.html>

Oita City – For when you are in the big smoke!

Buying local produce

 **Oita Organic Markets** (おおいた Organic Markets) – Held on the 2nd Saturday of every month. As well as local organic produce, you can also find stalls that do organic *bento* boxes as well as a stall by the infamous Hibino Bakery.


3-6-7 Chuomachi, Oita,

<http://oita-organicmarket.jimdo.com/> (also on FB)


 **WakuWaku-Kan** (わくわく館) – A local supermarket/restaurant (*Oo- Italian*) that was set up by the prefecture last year to focus on local produce. They have a good selection and also stock local bread (some organic). The restaurant menu features Italian cuisine and changes daily. Vegetarian options may be available, be sure to inquire.

Chuomachi, 1 Chome 3-12, Oita

<http://oita-wakuwaku.com/>

 **Tokiwa** (トキハ本店) – The 2nd Basement floor is dedicated to local products and fresh produce, and even includes an organic corner. Need vegan tartar sauce mixed with *yuzu-kosho*? Tokiwa has it. Want to try some olives grown in the Kunisaki Peninsula? Tokiwa has it. Looking for organic miso paste? You guessed it... Tokiwa has it! Also has a well-stocked bread corner.


2-1-4 Funaimachi, Oita

 **Ai-mukkara** (あい・むっから) – An organic supermarket that runs workshops such as macrobiotic cooking classes. They seem to have a good selection of organic alcohol as well as natural makeup and fair-trade goods.


Miketamachi 176-5, Ryogo, Oita

<http://www.i-mukkara.net>

Cafes/ Restaurants


 **Zen** (然) – Restaurant focusing on organic and local produce, includes non-vegan, vegetarian options lunch sets with all you can eat miso soup, brown rice and pickles. Their organic wine list is extensive too (and yummy). They will accommodate for different dietary restrictions and their (vegan!) tempura with brown-rice vinegar dressing is to die for.

2-1-23 Chuomachi, Oita


 **Life Gallery Hana** (ライフギャラリー花) – Authentic, traditional macrobiotic café right next to Oita Castle that is 100% vegan. They also run yoga classes and workshops, and sell local produce (depending on the season). Sitting on their balcony on a sunny day looking out over the castle is heaven.

2 Chome-2-12 Shirosakimachi, Oita

<http://lifegalleryhana.blogspot.jp/>


 **Alycia Kitchen & Café** (Alycia キッチン & カフェ) – A recent discovery of mine, all ingredients are organic and locally grown (well, 99% of the time). Some days their meals contain meat/dairy but the owner is AMAZING and always manages to whip me up something. Call ahead if you are going with vegans, and all food and dessert on that day will be vegan. They also do great takeaway coffee and always have super yummy sweets. Funaimachi 2-3-20, Oita (Tenjin Building 1st Floor)

<http://alycia.exblog.jp/> (also on FB)

 **Hiru Neko Café** (ひるねこカフェ) – Raw food café located in the Oita City industrial area. Raw lunch is by reservation only (limited to 10 meals a day) and vegetarian cooked lunches also need to be booked ahead of time.

4 Chome-1-1 Toyomi, Oita


<http://www.hiruneko-cafe.com/> (also on FB)

 **Slow Café Bravo** (Slow Café ぶらぼう) – An organic farm that doubles as a slow food café that grows most ingredients on-site. Take your non-vege friends there too because they make (and serve) their own BACON. They also accommodate for vegans, if you mention it when you order. You can also rent some space at the farm to grow your own organic veges.

Shonoharu 2 - 1 Kumi Enokuma, Oita

<http://ameblo.jp/slowcafe-bravo/> (or find them on FB)

Other Towns/ Cities –

 **Bungo Yuuki Nouen** (豊後有機農園) – Lots of members

EXHIBITIONS & SCREENINGS

Date	Description	Place	Admission	Contact #
Feb. 21 st – Apr. 20 th	Manga no chikara- visitors can learn about 'the power of Manga' as a form of media	Oita Prefectural Museum of History	¥300	☎ 0978-37-2100
Feb. 28 th – Mar. 23 rd	Oita City Art open exhibition- all artworks are submitted by the public, and will include Western and Japanese paintings, sculptures, photographs and more	Oita Art Museum	FREE	☎ 097-554-5800
Mar. 17 th – 21 st	Oita Asian Sculpture Exhibition- "ima no katachi" display	iichiko Atrium Plaza	FREE	☎ 0974-72-1300

Oita Art Museum= Oita-Shi Bijutsukan 大分市美術館 Oita Prefectural Museum of History= 大分県立歴史博物館

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



STAGE & MUSIC EVENTS

Mar.	Time	Artist/Event	Venue	Cost	Contact #
5 th , 6 th	18:00	Hansel and Gretel opera- a performance of the fairy tale opera (originally composed by Engelbert Humperdinck)	iichiko Otonoizumi	¥2,000 – ¥4,000	☎ 097-545-0542
11 th	17:00	Instrumental ensemble 'one coin relay concert'-	iichiko Otonoizumi	¥500	☎ 097-533-4004
22 nd	13:30	Horuto Hall Oita Citizens Musical- musical based on the history of the region, performed by a locally formed musical troupe	Horuto Hall	¥2,000	☎ 097-576-8877
23 rd	17:30	Kazuyoshi Saito Live Tour	iichiko Grand Theater	¥6,000	☎ 097-545-8758
30 th	14:00	Junior Orchestra 5th Anniversary Concert- performing pieces by Mozart and Berlioz	iichiko Grand Theater	¥2,000	☎ 097-533-4004
Apr.	Time	Artist/Event	Venue	Cost	Contact #
10 th	20:00	Kiyoto Fujiwara Trio Live in Oita	Cantaloop II	¥3,500 +drink	☎ 097-548-5363
24 th – May 11 th	See event homepage	Argerich's Meeting Point in Beppu 2014- a music festival featuring a number of performances by Martha Argerich herself and affiliated musicians	B-Con Plazal	See event homepage	☎ 0977-27-2299
25 th	19:00	Eric Alexander Quartet	Brick Block	¥7,500	☎ 097-536-4852
26 th	19:00	Osedo Chishima- Spring live tour 2014 "Happy Time in Oita"	Brick Block	¥3,500	☎ 097-536-4852

**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

B-Con Plaza= 12-1 Yamanotecho, Beppu

Nakayama Dai 5 Building 6F Oita City

iichiko Grand Theater= Oasis Tower 1F Oita City

Horuto Hall= 1 Kanaikeminami, Oita City

iichiko Atrium= Oasis Tower Ground Floor, Oita City

iichiko Otonoizumi=Oasis Tower 1F Oita City

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

Cantaloop II=3-2-30 Miyako-Machi

of the APU gourmet club rave about this place. Next door to the Michi no Eki in Bungo Ono, only open on Wed, Sat and Sun. The menu is comprised of and focuses on organic vegetables grown on-site.

882 Kiyokawamachi Hiraishi, Bungoōno-shi

Booth & Gallery Weed (フーズ&ギャラリー Weed)
– Restaurant focusing on organic veggies and brown rice (i.e. macrobiotic style cooking).

1666-1 Tano, Kokonoe, Kusu District

<http://angel.ap.teacup.com/restaurantweed/>

Seigatsu An (星月庵) – An authentic Buddhist vegetarian restaurant in Usuki located in the middle of town too (5 min drive from the station).

277 Usuki, Usuki-shi, Ōita-ken, Japan

<http://www.kenshouji.jp/seigetsu/>

Momonoki (桃の木) – Looks like Hita City also has a small vegetarian/ vegan/ organic movement. According to their website, these restaurants ingredients are all organic with no preservatives.

Kizanmachi 2-17, Hita-shi, Oita (find them on FB)

Yasuke Sushi (彌助すし) – Another Hita restaurant that serves vegetarian and vegan sushi!

Honjomachi 3-9, Hita-shi, Oita

<http://www.b-net.kcv.jp/~yasuke/menu.html> (also on FB)

---- Article by Nathan

Festivals and Events

Date	Event Description	Location	Contact #
Mar. 1 st	Tsujibasha opening - this day marks the beginning of spring in Yufuin, when the horse drawn carriages recommence operations. A ceremony will be held	Yufu City JR Yufuin station	☎ 0977-85-4464
Mar. 1 st	2014 Jigokumushi Miso making and rural living experience - come make traditional miso with organic beans and <i>kouji</i> , hear stories about local history from residents and experience living in the mountains with nature	Kokonoe-Machi Kuju Furusato Shizen Gakkou	☎ 0973-73-0001
Mar. 8 th , 9 th	The 23rd Children's Movie Festival - with a different theme each year, this is a great opportunity for parents and children alike to enjoy movies.	Kusu Town Märsun Hall	☎ 0973-72-7153
Mar. 16 th	Saganoseki Morning Market - seafood such as Oita's <i>sekiagi</i> and <i>sekiaba</i> , as well as other agricultural products are on sale at these markets.	Oita City Saganoseki	☎ 097-575-1000
Apr. 6 th	Taketa Okajyou Sakura Festival - events will be held around the castle from 11:00AM	Taketa City Okajyou	☎ 0974-63-2638
Apr. 1 st - 6 th	The 100th Beppu Hot Springs Festival - this festival will include a number of events and attractions, including free entrance to approximately 100 designated hot spring locations.	Beppu City City-wide	☎ 0977-24-2828
Apr. 1 st	Mount Ogi Fire Festival - Ogi-yama will be set aflame as part of the Beppu Hot Spring Festival. Scenes of the mountain on fire and the hot spring steam rising provide great photo opportunities!	Beppu City Ogi-yama	☎ 0977-24-2828
Apr. 5 th - 20 th	Tulip Festa 2014 - the tulips in this rural town are in full bloom in April. Fun events for visitors will be held each Saturday and Sunday for the duration of the festa.	Bungo Ono City Ogata-machi, near the Harajiri falls	☎ 0974-42-2111
Apr. 13 th	Tsurumi Mountain Hiking Competition - three different hiking courses from a timed race, to more relaxed walking courses. Reservations necessary, number of participants is limited (application deadline for walking courses March 7 th)	Beppu City Spa Beach to Mt. Tsurumi peak	☎ 0977-24-2828
Apr. 19 th	Sakura mochi making - as the weather warms up the flowers are beginning to pop up across Kokonoe. Come take a walk in the beautiful grasslands and experience making <i>sakura mochi</i>	Kokonoe-Machi Kuju Furusato Shizen Gakkou	☎ 0973-73-0001



Cherry Blossom Viewing ~ Prime Viewing Spots ~



In Oita Prefecture, cherry blossoms (*sakura*) begin blooming from late March, and the blossoms generally last until early to mid April. Below is a short list of some well known cherry blossom viewing spots in Oita Prefecture. These spots are ideal for enjoying your own little *hanami* (cherry blossom viewing) party with friends, food and drinks. Prepare (or buy) a *bento* lunch box and find your own spot under the trees to enjoy the beautiful blossoms.

City	Location	Blossom period	Address/directions	Number of trees	Contact #
Beppu City	Beppu Park 別府公園	Late March - Early April	15 minutes by car from Oita IC 5 minutes by bus from JR Beppu station	100	☎ 0977-21-1111
Usuki City	Usuki Castle 臼杵城跡	Late March - Early April	10 minutes on foot from JR Usuki station	1000	☎ 0972-64-7130
Beppu City	Mt. Ogi Sakura Garden 扇山さくらの園	Early April	5 minutes by car from Beppu IC 20 minutes by bus from JR Beppu station	6000	☎ 0977-21-1111
Kunisaki City	Aki Dam Park 安岐ダム公園	Early - Mid April	30 minutes by car from JR Kitsuki station 20 minutes by car from Oita Kukodouro Aki IC	3000	☎ 0978-72-5168
Usa City	Usa Shrine 宇佐神宮	Early April	10 minutes by bus from JR Usa station	1200	☎ 0978-37-0001
Taketa City	Oka Castle Ruins 岡城跡	Early April	20 minutes on foot from JR Bungo Taketa station	1500	☎ 0974-63-0585
Oita City	Heiwa-shimin Park 平和市民公園	Late March - Mid April	15 minutes by bus from JR Oita station (to 'Hanazuru' bus stop) 20 minutes by car from Oita IC	650	☎ 097-558-8135

What's Going On?

From the Plaza

Free Book Giveaway

The Oita International Plaza will be holding its yearly book giveaway this March. Throughout the year we receive many donations of books, so our foreign language library is always being updated. The free book giveaway is a way of recycling excess books to new owners. Please bring your own bag, giveaway will finish once we run out of books (*limit of 5 books per person)

Date/Time: **Mar. 3rd – 7th / 10:00 – 19:00**

Place: Oita International Plaza

For more details contact the OIP TEL: 097-533-4021

International Understanding Seminar

"Present Day Philippines"

The Oita International Plaza is holding its third international understanding seminar of the year on the theme of "Present Day Philippines". There will be a screening of a Filipino movie called "Maria's Navel", which is a story about family love of street children in the Philippines. After the screening, two speakers with ties to the Philippines will speak about current conditions, and about Leyte island in the wake of the serious typhoon damage.

Date/Time: **March 8th / 13:00 – 16:00**

Place: iichiko Culture Center, B1F (underground), small movie screening hall.

For more details contact Ms. Watanabe TEL: 097-533-4021

Email: in@emo.or.jp

Free Legal Consultations

The Oita International Plaza is holding free legal consultations on **Mar. 19th & Apr. 16th** 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. English interpretation available, other languages may be available with reservation two days in advance.

Date/Time: **Mar. 2nd & Apr. 6th / 13:00 - 16:00**

For more information contact the Oita International Plaza.

TEL: 097-533-4021

Free Tagalog Consultations

Date: Saturday **Mar. 1st** & Tuesday **Mar. 18th**

Saturday **Apr. 5th** & Tuesday **Apr. 15th**

Time: **13:00-16:00**

Place: Oita International Plaza

Consultant: Rhodora Yoshitake

Free Chinese Consultations

Date/Time: **Every Thursday 10:00-13:00**. 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 offers free health consultations and medical examinations at the Oita International Plaza to foreign nationals living in Oita Prefecture.

Date/Time: **Apr. 15th / 14:30 - 15:30**

Oita International Plaza (iichiko Culture Center, B1F)

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

(*Subject to change. Please call to confirm before coming.)

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 Miharu TEL: 097-527-2614

Email: 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: 0977-21-6133

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 Classes and Events

Happy Talk

Come practice speaking Japanese with other learners and native speakers. Reservations not required, just show up on the day. Held every 3rd Saturday of the month at the Oita International Plaza, the date of the next sessions are **Mar. 15th and Apr. 19th**

Time: **13:00 – 14:30**

Please bring your own drink if you like. Participation is FREE.

For more details contact Sunny: orixbluwaves@gmail.com

or visit the Facebook page:

<http://www.facebook.com/goto.hanasou>

Free Book Giveaway



Starting March 3rd, the Oita International Plaza will be holding its annual free book giveaway. The books on the shelves of the foreign language library are rotated regularly when donations are received and or new books are purchased, so to recycle the books that no longer fit on the shelves we hold a free giveaway each year. Please bring your own bag, and note that the giveaway will finish when the allocated books run out (*limit of 5 books per person).

Date/Time: **March 3rd -7th / 10:00 – 19:00**

Place: Oita International Plaza (iichiko Culture Center B1 Floor)

For more details contact the OIP TEL: 097-533-4021 Email: in@emo.or.jp

Have you signed up for the Oita International Plaza free mail service?

We send out notifications with useful information on life in Oita and reminders of upcoming events.

If you would like to sign up, please send a blank email to one of the following addresses

jpn@oipm.jp (Japanese)

ejp@oipm.jp (easy Japanese)

eng@oipm.jp (English)

chn@oipm.jp (Chinese)



公益財団法人 大分県芸術文化スポーツ振興財団
大分市高砂町2-33 OASIS ひろば 21 (B1F)
☎ 097-533-4021 FAX:097-533-4052

Oita International Plaza
Oita Prefecture Arts, Culture & Sports
Promotion Foundation

OASIS Hiroba21 (B1F) 2-33 Takasago-Machi, Oita-Shi 870-0029

THANK YOU !!

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

THE TOMBO is produced by:

Oita International Plaza
Oita Prefecture Arts, Culture & Sports
Promotion Foundation

2-33 Takasago-Machi

Oita-Shi Oita-Ken 〒 870-0029

☎ 097(533)4021

Fax 097(533)4052

E-MAIL: in@emo.or.jp

<http://www.oitaplaza.jp/english/>

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 29th - Jan 3rd

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

