



Takasaki International Relations Society-高崎市国際交流協会

Takasaki & You!

Takasaki City: Population: 374,896 (of which 4,306 are foreign residents)
Area: 459.41 km²

**As at 30th April 2010*

Enclosed with this month's edition

- Pamphlet of services for foreigners in Takasaki including information about the 2010 Japanese class schedule & International Relations Corner facilities.
- A tax information session and foreigners' get-together will be held on Sunday 20th June. See the notice enclosed for details!



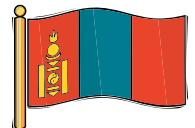
Legal Consultation Days for Foreigners

There will be 4 free, confidential legal consultation sessions for foreigners to get advice from lawyers, administrative consultants and social insurance & labor consultants in 2010. Interpreters in various languages will be provided. Prior reservations are strongly recommended. Registrations on the day will be accepted but preference will be given to those with a reservation. Call the Gunma Tourism International Association on 027-243-7271 for reservations and inquiries.

	Date	Time	Venue	
1	Sun 27th Jun	10am-3pm	Oizumi-machi	Bunkamura 1F
2	Sun 5th Sept	10am-3pm	Kiryu-shi	Shimin Bunka Kaikan 4F
3	Sun 5th Dec	10am-3pm	Isesaki-shi	Kasurinosato 2F
4	Sun 27th Feb (2011)	10am-3pm	Takasaki-shi	City Hall 2F

Multicultural Salon Introducing Mongolia!

- Saturday 26th June, 2pm-3:30pm
- Venue: Kita Kominkan (Showa-machi)
- Special Guest: Mrs. Tsolmontes Mashimo
- Cost: ¥500 (bring your own cup)
- Details: Enjoy Mongolian tea and sweets and a presentation about Mongolian culture by the special guest.
- Sign up: Call International Relations Office (027-321-1201)



Cooking Classes



JAPANESE BENTO MAKING CLASS

When: Tuesday 13th July, 10am-1pm
Where: Takasaki Chuo Kominkan 1st floor kitchen
Teacher: Mrs. Chiharu Inoue (qualified nutritionist)
Cost: ¥1000 paid on the day
Bring: Apron, towel for wiping dishes, hand towel, bento box or food containers.
Menu: 2 rice balls (one cheese, one plum), atsumaki tamago (egg), pumpkin stew, rolled pork & cucumber pickles.
Sign up by Tues 6th July by calling or emailing the International Relation Office (details on back).
(first 20 people only)

AMERICAN SWEETS COOKING

When: Friday 25th June, 1pm-4pm
Where: Takasaki Chuo Kominkan 1st floor kitchen
Teacher: Cyndy Masuda
Cost: ¥500 paid on the day
Bring: Apron and a towel for wiping dishes
Menu: We'll prepare zucchini brownies, orange balls, Danish puffs and carrot & banana bread and then enjoy afternoon tea together.
Sign up by calling the International Relations Office on 321-1201 (English ok) from 10am on Wednesday 23rd June
(first 25 people only)



City News

Free Cervical & Breast Cancer Examinations

Women of certain ages will be sent a coupon enabling them to receive a free cervical or breast cancer examination.

Who? People who were registered residents of Takasaki on 20th April 2010 and who turn the following ages between 2010/4/2 and 2011/4/1 will be sent the coupon:

Test Type	Age
Cervical cancer	21, 26, 31, 36, 41
Breast cancer	41, 46, 51, 56, 61

Validity: The coupon is valid from the day received until 31st January 2011.

Where: At one of the participating medical institutions listed on the letter enclosed with the coupon (or contact the International Relations Office on 321-1201 for information).

GLOBAL CAFÉ

Global Café is run by the Foreign Language Research Institute at Gunma Women's University, and is an informal meeting place where people get together to speak in English about different themes. No registration required and everyone is welcome!

- **Venue:** 1st floor of the Gunma Prefecture Showa Chosha Building in Maebashi.
- **When:** Thursday nights from 6:30 to 8pm (except on holidays) until 8th July.

From September join...

GLOBAL CAFÉ IN TAKASAKI

- **Venue:** Takasaki-shi Sangyo Sozokan (Shimonojo-machi 936-14).
- **When:** From 30th September to 16th December, every Thursday from 6:30pm to 8pm (12 times)

NOW RECRUITING VOLUNTEERS!

The Takasaki International Relations Society is lending its support to the Global Café when it moves to its new venue in Takasaki city. We are now recruiting volunteers to help with the teaching and running of the salon.



Please contact us for more information on 027-321-1201.

きゅう じつ とう ばん い



'Kyujitsu toban i' are the medical clinics on duty on weekends and national holidays.

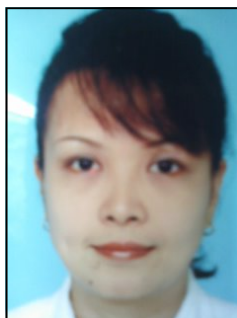
Date	Internal Medicine	Pediatric Clinic
Sun 6/6	Ogura Clinic (Shibasaki-achi) ☎ 352-1811	Kodomo Clinic Sone (Kami Kobana-machi) ☎ 360-4580
Sun 6/13	Makimoto lin (Shibazuka-machi) ☎ 322-3623	Kami Nakai Kodomo Clinic (Kami Nakai-machi) ☎ 326-2933
Sun 6/20	Michimata Naika Higashi Guchi Shinryosho (Sakae-machi) ☎ 395-6356	Oguri Shonika lin (Kami Nakai-machi) ☎ 327-7887
Sun 6/27	Okamura Icho Clinic (Azuma-machi) ☎ 310-1211	Shonika Asahi Clinic (Yanaka-machi) ☎ 345-2323

※ The toban-i schedule changes each month so check any Koho Takasaki magazine's 15th-of-the-month edition for the whole list. For information about on duty clinics in other cities, see your local city magazine.

GREETINGS FROM TAGALOG CONSULTANT

Mrs. Marita Gando Takahashi

2nd & 4th Monday of each month, 1-5pm



Magandang Araw po!

Para sa mga kapwa Pilipinong nakatira sa Takasaki. Ako po si Marita G. Takahashi, Ika-20 taong naninirahan dito sa Japan. Ako po ang nakatalagang representative ng ating bansa sa ibat-ibang aktibidad at suporta para sa mga banyaga sa Munisipyo. Naka-handa po ang Samahang Pang-internasyonal sa anmang assistance na maibibigay sa ating mga Pilipino. Kung kaya't huwag po kayong mag-alinlangang bumisita sa pangalawang palapag ng Munisipyo sa Takasaki Int. Rel. Corner. Maari po kayong magtanong sa ating sariling wika o Ingles sa mga Konsultasyon sa araw-araw na pamumuhay rito sa bansang Hapon. Tuwing ikalawa at ikaapat ng Lunes. Konpidensyal man o hindi, Kami po ay inyong maasahang makapag-bibigay ng kalutasan at ilihim ang inyong mga suliranin. Para po sa ikagaganda ng samahan at relasyon ng Hapon at Pilipino mga kababayan ko panahon na po siguro ang tayo ay maki-halubilo o makipag-komyunikasyon sa Sosyalidad ng Takasaki. Umaasa pokami sa inyong pagbisita.

Next: 14 & 28 June, 12 & 26 July, 9 & 23 August.



- Environment Corner = Article courtesy of the Waste Management Division =

Please follow the rules for correct garbage disposal

The rules for disposing of garbage differ from city to city. Each local government collects garbage from households for disposal. The garbage that Takasaki collects from the city garbage collection stations should be household waste only. Garbage that comes from a shop or business must not be put out for collection at these city stations. Business owners should contact a special industrial waste agent to arrange for their garbage to be collected. There are three types of garbage that the city collects: Burnable, non-burnable and recyclables. The day and place for collection of these types of garbage depends on the suburb you live in. Also be aware that there are certain types of garbage that the city will not collect (see bottom). For more details see the "Gomi no Kawaraban" guidelines that are distributed by city hall, or come to the General Waste Management Division (TEL 027-321-1253) at counter 24 on the 2nd floor of city hall to inquire if you are not sure. There may be several garbage collection stations in your neighborhood so check with your local representative about which one you should use. Follow these rules to keep our streets clean:



1. Only put out your rubbish on the designated day of collection in your area (if unsure, come to city hall to get a calendar)
2. Put it out at the correct time (by 8:30am on the collection day, not the day before)
3. Only put out the type of garbage being collected on that day
4. Always place your garbage in the correct spot for collection
5. Put out your garbage using the correct bag type (see below)

Divide your garbage into burnable & non-burnable and place in the correct type of bag

Color	Transparent bags without any writing or prints
Size	20ℓ · 30ℓ · 45ℓ (these sizes only)
Type	Plastic bags - with or without handles OK.

※maximum of 3 bags per person, per collection day

OTHER POINTS TO REMEMBER:

- Please cooperate by separating your waste into burnable, non-burnable, cans, glass, plastic bottles, paper, batteries, fluorescent lights etc before putting out for collection on the designated day for each type of garbage.
- Oversized garbage (anything weighing over 10kg or that doesn't fit into the designated size of garbage bag) incurs an extra cost of ¥500 per item so you cannot leave it at the garbage collection station. (collection tickets can be purchased at city hall)
- Refrigerators, freezers, TVs (old-style, plasma and LCD), air conditioners, washing machines and dryers must be recycled. Please ask the store where you bought the item or where you are buying a replacement item to recycle it for you. If that is not possible, you must contact a licensed recycling business to collect the item.



Crows & feral cats cause neighborhood trouble by picking through garbage that has been left out on the street too early!!!

Please do NOT put your garbage out the night before collection. This causes a nuisance to those around you and is therefore forbidden.

Culture Spotlight

Learning culture and studying Japanese together...

ひややっこ
冷奴

Hiyayakko

ひやしとうふ みずとうふ やっこどうふ い みず
冷豆腐、水豆腐、奴豆腐、とも云はれ、水や、
こおりみず ひや とうふ さい め き やくみ
氷水で冷やした豆腐を賽の目に切ったものを薬味
あおじそ はな ねぎ しちみ
(青紫蘇、花かつお、葱、七味とうがらし、おろし
しょうが とう いっしょ きじょうゆ た
生姜、おろしわさび等)一緒に生醤油で食べる、
なつ しょみん あじ
夏の庶民の味です。

ならじだい ちゅうごく とう たらい むろまちじだい
豆腐は奈良時代に中国(唐)から渡来、室町時代に
ふきゅう や みそ
普及したが、焼いて味噌などつけて食べていまし
えどじだい りょうしつ しょうゆ
たが、江戸時代に良質の醤油がつくられてから、
ひややっこ ゆどうふ たべ かた
冷奴や湯豆腐の食べ方がうまれました。

ごげん にせつ えどじだい やりもちやっこ き
語源としては二説あり、江戸時代の槍持奴が着た
きもの もん ほうけい しかくけい に
着物の紋が方形(四角形)に似ているからというの
つめ なま
と。冷たい、ヒヤッコイが訛ったというものです。

かんたん りょうり なつ かん
こんな簡単な料理でありながら、夏を感じさせる
りょうみ なつ さけ さかな
涼味があり、夏のおかずとして、酒やビールの肴
した
として、親しまれています。

冷やす: to cool	語源: origin of a word
賽の目: cubes	説: theory
薬味: condiment/spice	紋: crest/coat of arms
青紫蘇: Perilla plant	方形: square
おろし生姜: grated ginger	似てる: to resemble/be like
庶民: common people	冷たい: cool
味: taste	簡単: simple/easy
渡来する: to be introduced	涼味: cool taste
普及する: to spread	おかず: side dish to a main meal
焼く: to fry	肴: beer snack/nibble
良質: good quality	
うまれる: to come from	

Also known as 'hiyashitofu', 'mizutofu' and 'yakkodofu', the popular summer dish *hiyayakko* refers to cubed tofu chilled using water or ice water then topped with condiments like aojiso, bonito flakes, eschallots, red pepper spices, grated ginger or grated wasabi and drizzled with pure soy sauce.

Tofu was first introduced to Japan from Tang dynasty China during the Nara Period (710-784), and became popular during the Muromachi Period (1336-1573) when it was eaten fried and coated with miso. During the Edo Period (1603-1867) when good quality soy sauce was first produced, tofu dishes like yudofu (boiled tofu) and yakko (chilled tofu) were first eaten.

There are two theories on how the word *hiyayakko* originated. One suggests it came about because *hiyayakko* resembled the square shape of the crest decorating the kimono worn by the 'yarimochiyakko', a popular character of the period. The other suggests it came from the expression 'hyakkoi' meaning cold.



Hiyayakko is a simple dish, yet its coolness reminds us of summer, making it popular as both a side dish to a main meal or an accompaniment to sake or beer.

Takasaki & You!
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www.city.takasaki.gunma.jp/English/
TakasakiNews/TakasakiNews.html
Living Guide Homepage: www.glocalfive.net/tlg