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Submit by the 15th of each month to: publications@hyogo.ajet.ne

Visit us online!

Message from the Editor

Dear Hyogo,

Ah, September, thou hast come at last! While we can't hope for cooler temperatures until the 23rd (stuff runs on time in this country, including the seasons), we can definitely look forward to things like Sports Day, Silver Week, and the start of classes!

I like to think of Silver Week more as silver-lined week, since it's a pair of three-day weekends this year on either end of a short-but-sweet

work week.

And, of course, classes will start, which for better or worse means we'll have a little more purpose in our lives.

There is plenty going on this month, so check out the calendar to see when some local festivities are happening (like the ever-awesome Moon Viewing Festival on the 12th) or when AJET events will be sponsored!

As you get settled into your routines and jobs (again/for the first time) and start facing/enjoying those smiling Japanese-child faces, consider sharing your experiences with the Hyogo Times! In the recent transition we've lost a lot of great contributors, so search your intellects and souls to see whether you might not be their natural successor. We're looking for restaurant critics, English teaching tips, illustration, photography, features, and to man columns like the current events/politics, culture, as well as reviewers for media who can expose us to new and interesting stuff!

As always, check out our website and get in touch with us if you have any comments or questions!

Stay classy, Hyogo, even at all-you-can-drink-sake-for-¥500 (that's at the Moon Viewing)!

Lemmon

WRITE FOR TOHOKU...

The *Write for Tohoku* e-book, a collection of nonfiction short stories about Japan, is now published and ready for purchase! All proceeds go to Japan Red Cross. Alon Adika, a Kobe JET alum (2006-2009) is among the JETs and JET alumni included in the work. Go to *http://fortohoku.org* to download a copy!



Message from the Online Editor

Dear Hyogo,

Welcome back to the new school term! The end of summer break might seem sad, but getting back to classes and a normal schedule isn't necessarily a bad thing!

Let me give you an update about the site. First, how many people are using it? And who are they? Every day, about six regular readers browse through HT online – these are people who have been to the site before, and are actually spending time reading articles. Six may not seem like a lot, but these aren't necessarily the same six people each day, and in addition there are a number of people who only read the PDF. We also get about 20 first-time visitors a day – these are people who found a link to our site through a search engine. What's most important, though, is that each month more and more people

are visiting us. Since we started in February, each month has seen about an 8% increase in visitors. About where our readers come from, 60% of the people using our site are located in Japan, of which about half are in Hyogo Prefecture.

Before I finish up here I want to make one more appeal for our open position of Web Design Manager. We need someone who can work with the look and feel of the site to make it nicer, easier, and more enjoyable to use. If you have any interest in this position (or want to hear more about it) please send me an email at ht.online.editor@gmail.com.

Have a great month!

Jonathan

Message from the PR

Hello Hyogonians!

Enjoying that back to school warm fuzzy feeling? The cool September breezes, the report welcome speeches, the giant comb swatch they use on students to see if they've dyed their hair... good times, eh? Keep your chins up as typhoon season starts to creep in – leave an extra umbrella and a pair of running shoes at school and watch out for that pesky "Surprise! It's Sports Day!" look you'll get from your fellow staff and students. You know, the look they gave you last year. Remember? ^_^

No no, we kid. September's great. If you've finished all your lesson plans during summer break and/or you got a bit of free time (tee hee) relax at a 月見 (moon viewing) party, or if you're still

pumped up from summer, burn off some steam cheering at a だんじり祭り, aka cart-pulling festival (Kishiwada has a nice, insane heart-pumping one if you're willing to travel). Once everyone settles into school life again we'll be back in full swing with more hiking, eating, and otherwise good clean wholesome fun. You know, the kind we had last month. Remember? ^_^

And as always, if you have any suggestions, requests, questions or praise for upcoming events, pr@hyogo.ajet.net is ready to receive. いただきます!

Sarah I ewis

News from your National AJET Rep!

Greetings Hyogo!

National AJET has been especially busy over the past month. I made the trek to Tokyo for Orientation A and B to meet and assist the incoming JETs! Hopefully you are all settled into your homes and schools by now and you are enjoying the perks of summer in Japan, which includes beach trips, air conditioned grocery stores, and baseball games along with long, humid, long hours in the staff room.

Apart from the Tokyo
Orientations, however, we've
been busy with loads of other
things to make AJET better for
you! We were putting together
our new Ezine (which will come
out in September with loads
of useful information), working
on getting special interest
groups established, making
a new logo, making a new
website, and lots of other
things to make AJET more
accessible to you!

We were also changing the face of AJET so that JETs can better understand what we do!



Community

We provide a community for JETs by facilitating Block Events, Volunteer Opportunities, and Special Interest Groups.

Resource

We have redone the website to include tons of resources for professional development, services you might need in Japan, Education opportunities, and more!

Voice

We work to put together reports that we take directly to CLAIR and the 3 other governmental Ministries that run the JET program. We also feature stories that JETs want to tell under the AJET Voice on the website!

For continuing JETs and new JETs alike, if you have extra time on your hands in the autumn months, I'd like to present to you an opportunity to volunteer in Tohoku. NAJET and Peace Boat have been working together to make it easy for JETs to head to Tohoku to volunteer for a week! All you have to do is sign up for a team atvol.aid@ajet.net. They are taking teams of 4-6 and one person must speak Japanese well enough to translate for the group. Please read over the details at http://ajet.net/category/ volunteering-and-charity.

That's all from National AJET for now! Keep an eye open for an upcoming Block 6 event happening this fall!

Peace.

Miriam Rollason

Block 6 Representative block6@ajet.net



Life After the B.O.E..... By David Namisato







David Namisato is an illustrator in Toronto, Canada, and a former CIR (Aomori-ken, 2002-04).

David's recent projects include children's picture book, Fly Catcher Boy written by Rebecca Kool and published by Gumboot Books, Gabe and Allie in Race Through Time, a time travelling Canadian history comic appearing in Kayak: Canada's History Magazine for Kids, illustrating Archie characters for trading card company 5finity Productions, and of course the monthly Life After the B.O.E. comic.

www.lifeaftertheboe.com



Paul Schuble's

1-word plage

髪がいっぱい ある生き物は 何でしょう?

Answer: おおかみ (wolf)

The riddle asks,





A holiday should be exactly that, a holiday: a chance to unwind and refresh before heading back to the daily grind. Living in Japan, travel seems to take on a life of its own. Time restraints and sometimes overambitious plans mean that holidays in Japan, although very rewarding, don't tend to be overly relaxing.

So this summer, I stripped my holiday right back. No rushing around, 2 destinations only; Vietnam's Ho Chi Minh (still referred to as Saigon by the locals) and beach spot and tourist favourite, Nha Trang.

Crazy fun traffic, market bargains, amazing (and stupidly cheap) food, and rich culture sum up Saigon. Coffee connoisseurs may not agree, but try a Vietnam style coffee, drenched in sweetened condensed milk, and you might just fall in love! I took it upon myself to try my Vietnamese friend's recommendations. Lean Beef Pho, from a local shop, Banh mi (baguette sandwiches) from a street vendor, & pamperisation (I made that word up) at a local salon (manicure and pedicure for US\$5!).

Saigon is the perfect hub to explore the Mekong Delta. Our day tour took us out to the Vinh Long floating markets, along the river in a traditional row boat, and gave us a chance to sample the local goods for the tiny price of US\$13, including lunch. Many people we met recommended a home stay tour along the Delta, something I will be sure to do next time around.

In the evening, you can find drinks for US\$2, or splurge on a cocktail for around US\$7. Shisha parlours line the streets of the tourist town, so take your pick. For those wanting

to boogie, head out to the infamous 'Apocalypse Now,' a club themed after the movie with paraphernalia lining the walls. Upstairs, DJs played the latest and favourite commercial house hits, while others tranced it up downstairs.

If you are able to only visit one museum during your stay in Saigon (Ho Chi Minh) make sure it's the War Remnants Museum. Not for the fainthearted, you will see detailed and graphic displays documenting the Vietnam War. An eerie silence reigned, broken only by the occasional comments of an Italian guide as I walked through the displays. The display about the effects on victims of 'Agent Orange' is humbling to say the least.

Leaving Saigon, my travel buddies and I made our way up to Nha Trang, and were welcomed by a spectacular display of lightning (evening storms are typical during this season). We were promised blue skies by the hotel manager for the next day and were not disappointed. Beautiful clear skies and crystal clear water awaited us just two blocks away.

Our hotel just so happened to be serving the famous and delicious 'Fanny' ice-cream in the lobby café 'La Parisienne' (needless to say, tasteless remarks about 'dong's and 'fanny's were made on a daily basis). I recommend trying macadamia, and the mango sorbet is also delicious!

Although taxis are dirt cheap, bicycles are a great way to get amongst things, and explore. Cho Dam markets, Ponagar Towers and even the Thap Ba Mudbaths were an easy bike across town.

From VN\$100,000, you can enter the mud baths, have a mineral bath, and enjoy the warm mineral pool and waterfalls. Our skin was left feeling luxurious, despite suffering slight sunburn.

For those visiting Ponagar Towers, be sure to wear bottoms covering the knees and tops covering your shoulders so you are able to have a proper look around. From 11am-1pm you can witness the ceremony of the changing of the goddess's clothes. Entrance will set you back VN\$16000.

For a fun, cheap day out, try the (in)famous US\$7, four island boat tour! You will visit 4 islands (one you just snorkel from), visit a small aquarium (for an extra fee) and witness the magic of the boat band and the 'floating bar.' The floating bar is literally one of the crew members jumping off the boat with a floating bench, topped with plastic flowers, serving cheap Da Lat mulberry wine, while the other staff throw out foam for the bar attendees to latch onto as they drink the bar's fine wares. Not convinced? It was quite an experience, and provided endless laughs and amusement for the rest of the afternoon.

In the evening, there are many bars to choose from; at Oasis, take over the decks and play some pool; at Red Apple, enjoy one of the many bucket cocktails on offer in an alfresco setting. La Louisiane

Alehouse serves many boutique beers, and has an extensive dining menu. As the night goes on, tourists and locals alike converge on the Sailing club, where on the weekends, the beach turns into a dance floor and you can 'dance the night away' (Thanks JLo!).

How to get there: Thai airways flies via Bangkok for around ¥70,000 including taxes (try the multi-stop option on their website). You can also add on a free stopover in Bangkok, and even fly into Ho Chi Minh and out of Hanoi (or vice versa).

Domestic flights on Vietnam Airways will get you to most airports for around ¥5,000 one way. Alternatively, you can catch the night buses or trains (not recommended for tall people, light sleepers, or those with not much time on their hands).

In Saigon, for budget accommodation at US\$7 per person per night, try **Thanh Thuong Guesthouse**. Tucked in an alley just off *Pham Ngu Lao* (street), its right in the centre of everything. The rooms are basic, but ***

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Vietnamese coffee!

...continued

clean; with a tv, minibar and a lockable cupboard in each room. This is a family run business, so they look after each guest very well. The delightful Thuong will help you arrange tours and transfers, and is never pushy.

¥1,700 will get you a room at the Flamingo Suites Ha Van Hotel, Nha Trang for a double bed, single occupancy including gorgeous breakfast with fresh local fruit and more Vietnamese coffee! This two star hotel has very comfortable beds, tv, mini bar, and your very own safe (essential for travel in Vietnam), and is a short walk away from restaurants, convenience stores, nightlife and of course, the beach. The staff were wonderfully helpful but never pushy.

Be safe! Although it may be tempting to hire a motorcycle (and there are many places that will let you do it), Vietnamese law dictates that only those with a Vietnamese license (sorry no International licenses here!) may legally do so. Should you hire, and have an accident, any insurance you have will be null and void, as you have broken the law.

Also, although laws for crimes against tourists are very strict, pick pocketing is still a very common occurrence in Vietnam. Split your money, utilise your safe, and never keep your wallet in your back pocket. Money belts are your new best friend (especially if taking night transportation)!

For travel to Vietnam, visas are required for most nationalities, but don't worry, it's not a painful process. You can use a pre-approval service for a small fee online (US\$20 for standard service, which is 2 business days, but please allow 5 just to be safe) at www.mvvietnamvisa.com. Visas cost US\$25 for a single entry, 30 day visa or US\$50 for a multiple entry (take American dollars along with you for payment). This is paid on arrival, you just need to fill out the entry forms (you can get on the website) and provide a 4 x 6cm photo (take 2, but I only ended up using 1). The visa on arrival takes about 30 minutes to process. Alternatively, leave it up to your travel agent! No. 1 Travel can arrange your visa, all you need to do is send in your passport, forms and photos and they'll do the rest. The charge for this is around ¥6,500, and allows you to jump off the plane, and straight into Vietnam!

Jess Grigg

40°s: The new black

They match my Gucci loafers: Men in their 40s: The new black.

Ok! So, he is tall, handsome, stinks of wisdom, maybe divorced once or twice, maybe closeted or out, has a kid who is a little younger than you are, middle or top management, knows the perfect wine to order, knows to make your toes curl without even trying, know his way around the bedroom and even other rooms, remembers when things were cheap and politicians were honest, has a little gray patch of hair which is as chic as a vintage belt you find in a shop downtown, in the middle or exiting his mid-life crisis (perfect!), not into anime nor cartoons nor video-games [good lord... don't get me started on this... lol], doesn't wear a t-shirt that says "Oh, I live with my Mom and I have no intension of moving", and he loves his scotch on the rocks. This is the M.O. of a typical fabulous man in his 40s! The ones who seem to be in demand these days; the ones who seem to make my friends and me go crazy.

So, what's the deal? Is it that the young boys don't do it for us anymore? Is it that the young boys need a little more 'driving experience'? Is it that 'supply' just doesn't equal 'demand' in that FREE MARKET ECONOMY?

The social scientists are still working on an answer for that. But, all we know is that age and experience trumps youth and inexperience every time!

Don't get me wrong! I am not saying that a young boy doesn't have a role or isn't useful. Of course they do. These are the guys you drag with you to a party or a club as they can fetch your cocktails and give you a nice twirl on the dance floor; pair them with your boot cut beach shorts as they provide a nice accessory on the beach; throw on when you are going to a BBQ, and tag him along for a long night on the town.

But, if you have been through all of that and need a guy who fits nicely with that vintage black DKNY sweater at a cozy dinner for two; someone who knows what to wear to a black-tie event; someone who buys you flowers not because he wants to get laid or you threaten to break up with him, but buys you flowers just because he loves you and he's such a gentleman; someone who has a cork-screw in his kitchen (and also knows what a cork-screw is); someone who doesn't live with his mom and refuses to leave the 'nest'; someone is interested in you

as a person and not as a 'toy' (only ^^), well a guy in his 40s would be ideal for you.

Oh come on! Am I the only one who feels this way? Can I get a TESTIMONY? ♥ But seriously, I can't explain it, but there is something 'magical' about a 40-something guy. Maybe it's an illusion we create in our heads: or we have 'father issues' (who doesn't??); or it's a weird-control-mechanismthing where we feel superior because we are YOUNG and he is "NOT" and we are the prized possession that he has. And you know what people do with prized possessions? -They cherish them. Maybe that's it! In the end, we want to be cherished, treasured, and treated like precious stones and delicate flowers. And a 'NOT SO YOUNG' guy knows how to do this. He understands this concept. He has been schooled sufficiently and now he is applying his knowledge on us, the specimens. Then again, I could be wrong and all this 'theory' could be as a result of all the Indian food I've been eating. \heartsuit

But one thing is sure, it feels good.

Dwayne Cobourne



A Kansai Summer Survival Guide

For some of you, the coming

of winter brings gloomy thoughts and a total lack of motivation. For others, it's the hot and humid summers that do the trick. Because Nara is surrounded by mountains, its summers are especially 蒸し暑い (mushi atsui, which means hot and humid), giving many the feeling that we are living inside of a giant rice-cooker. Being from Winnipeg or Winterpeg, a Canadian city known for its bitterly cold winters, the Kansai summer took its toll on my physical and mental health. As an 汗かきの人 (ase kaki no hito, or sweaty person) I was quite unhappy, spent most of the summer drenched from head to toe and ended up losing 8 kilograms in my first summer in Nara 2 years ago, despite drinking up to 5 liters of water every day. At the Nara Orientation, I was even mocked for naively asking my CIR this question:

"Is there some type of exercise
I can do or some kind of food I
can eat to better deal with this
hot and humid weather?"

Actually, there are things you can eat/do! Some of these may seem like no-brainers to you, but here

are a few simple and inexpensive tricks that may help you to beat the heat:

Dress (or undress) for the heat

- Take it off! If you're in a situation where you can go without clothes, do it! There's nothing wrong with walking around your apartment in your underwear/naked.
- Get natural. If you do have to wear something, wear natural fabrics such as cotton, silk and linen rather than polyester, rayon or other artificial fibers (except for performance fabrics)
- Wear light colors. Darker colors will absorb the sun's rays and heat.
- Women can wear flowing dresses or skirts. Try to avoid nylons or pantyhose if possible.
- Men should take advantage of the "eco business" style in Japan (no suits or ties from June). Wearing a tie keeps the heat near the skin and prevents air-circulation. Take it off! But make sure to check with your school's rules first.

Use water

- Drink a lot of water, even if you're not thirsty. If you sweat a lot, make sure to replenish the salt and electrolytes you've lost. Sport drinks like Gatorade, Pocari Sweat and Aquarius are good for this.
- Avoid sugary or caffeinated drinks. They do re-hydrate, but far less than water does. Caffeine also increases the heart rate, which will make you warmer.
- Avoid ice-cold beverages. Cold liquids require more energy to be absorbed into your body. Cool water will cool you down faster.
- Alcohol will dehydrate your body. If you do go out for drinks especially in the summer, make sure to drink plenty of water during and after partying.
- Of Get wet. During the day, splashing cool water (avoid ice-cold water) on your wrists, neck face, ears and feet. Repeat every hour. (I doubt you would take off your socks at work to splash your feet, though) Cool water on your pulse points will noticeably bring down your body temperature.

- This is probably the trick that helped me out the most last summer.
- Take a cool shower or bath before going to bed. The effect will last up to one hour, and hopefully you'll already be asleep by then.
- Ice blankets and pillows apparently do wonders to help you sleep on hot nights.

Eatsmart

- Try eating 4-5 smaller meals a day instead of 3 regular ones to keep you temperature down.
- High-protein and high fat foods will increase your metabolic heat and make you feel lethargic, so take it easy on the meat and bring some veggies to the next BBQ too.
- If you sweat a lot, you'll need to replenish your salt. Energy drinks have salt in them and get absorbed quickly into the system.
- Eat food that is cool and doesn't require heat to be prepared (sandwiches, salads). Using your oven or stove on a hot humid day can literally turn your apartment into a sauna.

- Eat spicy food, which increases perspiration to cool the body. Spicy food will also give you a pleasant endorphin rush which might make you forget about the heat.
- Eat many fresh fruit and vegetables and somen (thin cold Japanese noodles) Eating those have given me lots more energy in the summer.

Ventilation and more

- O Use your electric fan in your apartment instead of the AC. Keep the fan blades clean from dust. A dusty fan blowing in your face can cause sinus colds. Also, being in the draft of a fan for too long can cause severe dehydration, so don't blast the fan on full power towards your bed during the night. The skin cools when water evaporates from it, so once there is no more water or sweat on it to evaporate, it will begin to dry. It's okay to use the fan on you, just as long as you are wet.
- During the day while at work, close your curtains and blinds to keep the sun rays and heat outside. At night, open the windows.

- When you're on the go, use your uchiwa hand fan. I read that if you use it for too long, you will bring up your body temperature, I personally believe this is not true.
- If you have a hatch to the loft or attic, leave it open at night to let the warm air out.
- If it's worth it, keep your windows open at night instead of using the AC or fan.
- Keep your bedroom door open for air circulation (only if you`re not using the AC)
- Sleeping on your side or in a spread-eagle position will keep your body cooler.

Many of those tricks have worked for me and improved my life in Japan since last summer. I still dread the upcoming summer heat, however, but much less than I did four summers ago. If like me your Achilles' heel is the "mushi atsui" Kansai summer, then try as many of those techniques as you can. Stay breezy, keep it cool and enjoy the summer!

Francois Beandette

This is an article published out of **Nara** by a JET trying to beat the very same heat that lies over all of Kansai. He's given us permission to reprint his article in the hopes that his tips can help you too!





Chada Thai

If you keep going up Higashimon-suji past Yamate Kansen and you'll find Chada Thai on the right. Lunch sets start from ¥980 and include dishes like tom yum ramen, coconut curry noodles, beef with basil stir-fry, green or red curry and pineapple fried rice. The dinner menu also offers Thai sausages on skewers, spicy pork and lemongrass salad, minced pork and prawn spring rolls, soft-shell crab curry and tapioca with coconut milk for dessert.

Alo Aro

Located on Yamate Kansen near the four-way pedestrian overpass at the intersection with Flower Road. This little café serves healthy meals with lots of veggies on the pasta, pizzas, sandwiches and salads. It's a nice place to have a cup of coffee. Lunch averages ¥1,000, dinner ¥3,000. Closed Mon and Tues.

Café Terasse de Paris

http://r.gnavi.co.jp/k422902/

On Ijinkan-dori, this is a branch of Café de Paris run by the same French owner. Lunch sets start from ¥1,500 and an a la carte menu is available for dinner. Open for lunch and dinner Wed – Sun; Tues dinner only.

Grande Maison Graciani Kobe Kitano

www.graciani-kobe.jp/espace/

Situated in an old foreign home up the top of the Kitano area, this French restaurant is for special occasions. Offers lunch and dinner courses, from ¥3,900 at lunch and ¥10,000 at dinner. Seats 40 on the balcony. About 15 minutes walk from Sannomiya Station (up Higashimon-suji and keep going then turn left onto on Ijinkan-dori/ Yamamoto-dori), only five mins by taxi.

Bistro Café de Paris

Diagonally opposite the Starbucks up Kitanozaka, open for lunch and dinner. Lunch sets from ¥1,575; dinner menu includes grilled bass with herb sauce, roast red snapper in a red wine sauce, duck a l'orange, roasted lamb in grilled mustard and steamed pork with white beans. Closes early; 10pm weekdays, 9pm on weekends.

Garden Café Astarte

www.astarte-kobe.jp

On Nakayamate-dori behind Ikuta Shrine, this café offers reasonable Italian fare for lunch and dinner from ¥1,000. Closed Wed. English spoken here, but not very well.

Plaisir Restaurant at Hotel Kitano Rokkoso

r_plaisir

On the eastern end of Ijinkan-dori, this stylish hotel is a popular wedding venue. Lunch sets are priced at ¥1,000, ¥1,500, ¥2,500 and ¥3,500; dinner courses are ¥1,800, ¥2,500, ¥3,800 and ¥5,000. Menu changes weekly.

Lisa Nylander







Taberu-rayu sauce has become quite popular, and you can find it in most supermarkets. Normal rayu is chilli-infused sesame oil, which you will find at most Chinese restaurants or where gyoza are sold. The new taberu-rayu, or edible chilli oil, has a similar oil base (but not as spicy) with herbs and spices added to it. Add some taberurayu to chopped vegetables to make a delicious, fresh sauce.

Ingredients

- 2 chicken thighs, skin on (torimomoniku)
- a little salt and pepper
- 1-2 tomatoes minced
- 2 green peppers (piman) minced
- 2 tablespoons taberu rayu
- 2 tablespoons ketchup
- 1 tablespoon lemon juice
- a little pinch of sugar serve with salad and rice (serves 2-3)

Step One

Put a little salt and pepper on both sides of the chicken

Step Two

Put a little water in the tray of the fish grill and grill the chicken for about 5-10 minutes each side until cooked and the skin is crispy, if you don't have a fish grill you can fry the chicken in a frypan

Step Three

Mince the tomato and green pepper and put them in a small bowl

Step Four

Add taberu rayu, ketchup, lemon juice and sugar to the tomatoes and green peppers



Step Five

Mix well

Step Six

Cut the cooked chicken into pieces

Step Seven

Serve the chicken with the sauce poured over it

Step Eight

Serve with rice and salad



Bag of Tricks

Pro tip: Don't be ashamed to change course or abandon ship in the middle of an activity if you realize that it is not going well.

Some of the best classes I ever had were classes I "did live," or only sort of planned for, without planning out every detail. I brought in all the stuff I needed for a bunch of related activities, then just did each one until it felt *right* to end it.

This doesn't mean don't plan, nor does it mean abandon ship by fleeing the room, of course – all I mean is, you might have planned an activity with a certain set of circumstances in mind, and maybe it's not working out the way you hoped. You won't be judged harshly for following your plan out to the end, but a willingness to be flexible and change it up will help your kids get more out of an English class period than they might have if you stubbornly persisted with an activity that doesn't reach them.

When it happens that things are taking longer than planned, I sometimes look for ways to shortcut the activity, or find a good stopping point, rather than an end point. In some cases, this stopping point can become an ending point, and on other days, you can create a sort of to-be-continued deal.

Other times, it goes awry because things are finished too soon. whether because the kids are just that good, or because something is not working as well as you hoped and you are nixing it before it gets out of hand. Either way, it helps to have something fun, easy, and prep-free on hand for these types of occasions. For me, this is not usually a problem in middle school, where the JTE is always ready with a worksheet, should there be extra time, but in elementary school, where I plan and run my own show, I need to have a backup.

Lately, my go-to backup is the game "Go Fish" for older students, and a picture book for younger students. These of course require you to be carrying a bunch of card decks (or for there to be some in the classroom), or a picture book with you at the time. Go Fish is also not an easy game to explain, so the first time you play, it takes a long time. After that, it can become an easy way to reward them for getting through material quickly. Go Fish can be played just for number practice, or to practice the sentence "Do you have ~?" depending on the level of the kids.

If I have the alphabet on the board (how does the alphabet get on the board? – they have to put the magnetic letters up there as a warm up to start class, of course!), we can do "board karuta." Board karuta means there are three to five lines of kids, and the front person of each line is standing (with a fly swatter in his/her hand if I have brought them). I say a word out loud, and their job is to hit the correct starting

letter. For younger kids, I tend to use the same words they've already drilled in other ABC lessons (apple, bag, cat, duck), but for older or more advanced kids, I try to mix it up to make it more challenging. The winning team is the line with the most letters at the end of the time.

Past go-tos have included things like songs: ABC songs, "Head, Shoulders, Knees, and Toes," and counting songs all work well, but be advised that singing a song like this only takes like two minutes. You can probably sing a song about four times, more if you really emphasize that you want to hear their singing as well as see their dance moves. Younger students can really get into things like "Body ABCs," for which it helps if you have the alphabet on the board, but if you don't, it's more of a challenge.

Counting circle is a good way to practice numbers, and requires absolutely no props or prep. Circle up the kids, and get them to start counting in English; tell them

they have til the end of class to set a record for themselves, and see how high they can go. If someone messes up, they start over again at one, and keep going round until time's up. A warning on this game too – it depends on the group, but after a certain amount of time, this game isn't fun anymore. I won't do this if there are more than 12 minutes left.

Finally, "English Ball" is a good go-to as a warm up as well as an ending activity. I always carry to my classes a hyaku-en shop soft colorful soccer ball. All the kids stand up, and we throw the ball from person to person. Sometimes it is "say any English word," and sometimes I give them a category, or have them answer "How are you?" If you were working on something specific that day, it makes a good category. To up the level of challenge, you can make rules like "you can't repeat words."

For younger kids, my warm-up or time filling activity is often "touch a color," which means exactly that. First and second grade elementary kids go nuts here and fly around the room shouting when you say "now touch something.. blue!" Be careful about saying colors you are wearing. They will get you. After you go through colors, it is nice to review them quickly with colored paper or cards, but if you don't have these prepared, it's no big deal.

There are as many different tricks as there are class personalities and ALTs. You'll find that 2-1 might lose its mind over a game that 2-2 could not appear to care less about. It takes time to read classes, and it takes time to build a bag of tricks that will be most effective for your situation.

What tricks have saved you? Tell us about it at *publications@hyogo.ajet.net*Send us a paragraph or two!

Emily Lemmon





Big Apple is the opposite

of Sone in ambience. With the lights up, it reminds me of my high school's crappy Homecoming dances. Finished, sure, but the décor is, well, crowded. When you walk in on an evening with the lights dimmed, though, you don't notice the décor. You notice the smoke, because smoke is a hazard of every jazz bar, and you notice the music, and that's about it. And that's the worthier part anyway.

I could not pin down Big Apple's vibe as easily as Sone's or Basin Street's. Sone plays Salaryman Jazz, Basin plays a fairly traditional selection, Big Apple is on a different range of the spectrum. It is more common at Big Apple to find the dragon of Experimental Jazz.

Experimental Jazz is often hit-or-miss. Either it works for you or it doesn't. It's like mixing your own cookie dough without a recipe. Sure, you

can do it, but the results are more likely to range from mediocre to downright awful than they are to approach high quality. Fortunately, Big Apple's management is discriminating enough with its selection of musicians to keep this from happening, hitting more often than they miss. Of course, since style varies so drastically between performers, you'll have to be willing to give the club a second, or third, or fifth chance depending on what nights you go. Sometimes you'll hit on something interesting, like the guitar / koto / guitar trio I saw. Sometimes you'll find two men pretending to be monkeys who have just discovered guitars, but not music theory. Like I said, hit or miss.

The focus is definitely on the music. There's no food, really, and the drink menu is small. It's a performance space, and for that it's excellent. I wouldn't take a date here, though,

especially not for a first date. The ambience is a little wrong for it, and the music is too much of a swing factor. They also sometimes have other performers, like one young guy who does Edo-style Japanese stand-up. Or is it seiza comedy, then? I'm not really certain.

Price: \$\$ Music: 4/5 Food: --Drinks: 2/5 Overall: 3/5

Big Apple's schedule is posted on their web site and updated regularly. You may need Google Translate to view it properly. Prices vary by night, as do performers, but generally there's something every night.

Website (Japanese):

www.bekkoame.ne.jp/i/big-apple/

Map:

www.bekkoame.ne.jp/i/big-apple/ NewFiles/map.html

Engrish corner



Got Engrish that deserves to be shared? Send it to Hyogo Times and it might be featured in the next issue!

'Person who has gotten dead drunk'

Participate!

Hyogo Times is currently looking for writers to contribute to the following sections:

- O Hyogo Restaurant Critic
- O Web Design Manager
- © English Sensei Spirit (column writer)
- O Illustrator
- O Current Events (column writer)

- Media Reviewer (Movies/Books/Music/ anything else)
- Settsu regional correspondent
- Harima regional correspondent
- Tajima regional correspondent
- O Awaji regional correspondent
- O Culture (column writer)

Contact us today at publications@hyogo.ajet.net

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This had been the image of Japan in my dreams: a land that looked part cyberpunk and part geisha, a land with cities that rose up from the dark, grey sea in a swirl of neon blinking lights and giant steel buildings, labyrinthine in that each building led unto the next in a uniform fashion. A dream of endless cities which held within them wisps of the floating world; of the ephemeral beauty that Japanese culture is so adept in detailing in its art, theater and literature. Japan seemed like a place where the future world was melded into a bygone era of formality and traditions, a postmodern pastiche of both high technology and ancient temples. A land where time and space were a high priority, where minute details mattered to the extreme and where super fast bullet trains packed to capacity were the standard in daily commutes. I had imagined a cleaner, more organized version of the postmodern LA of the film Bladerunner or the descriptions of Chiba City in William Gibson's Neuromancer. But when I received Okinawa as my assigned prefecture I realized I wouldn't get the chance

to head out across the Japanese archipelago via shinkansen. I wouldn't see the cities upon cities or even the rural snow country. All of those images were in fact so far removed from the reality of the Ryukyu Islands, that I realized I had to shelve them back into the fiction they originated from in order to enjoy what lay ahead of me.

When I first arrived in Okinawa after a 3.5 hour flight from Haneda airport following Tokyo Orientation, I realized I wasn't in Kansas anymore, nor was I really in Japan either, at least not the Japan I had imagined. I suspected that I was on my way to somewhere quite different on the morning of our departure from the Keio Plaza Hotel, when I looked around and found myself in a sea of dark suits. Eager, anxious foreign faces formed little whirlpools around professional looking, no-nonsense Japanese who were in charge of directing the new JETs to their destinations. My group, on the other hand, was escorted by two gentlemen dressed in what appeared to be Hawaiian shirts (which were actually Kariyushi shirts, the Okinawan version). Both

of them were smiling and laughing that morning and not in any particular hurry as we were one of the final groups to leave. There was such a contrast in their attire and their laid back approach from these other groups that I couldn't help but feel as if somehow I was on a tour departing for a Club Med tropical vacation (incidentally, there is a Club Med on the island that I ended up teaching on this past year). The contrast in formality couldn't have been more noticeable and yet, somehow I also felt relieved that Okinawa didn't seem to be as formal or as conformist, at least in its dress code. We were the one group that stood out a bit from the crowd and with that I knew we were on our way to someplace quite different from mainland Japan.

Mensore! Welcome to Okinawa (otherwise known as the Ryukyu Islands or Uchinaa in Uchinaaguchi, the Okinawan language [and its various local dialects]). Okinawa is a land unto its own, quite literally. Separated from mainland Japan by a vast amount of ocean, Okinawa is a chain of islands stretching its way down from mainland Okinawa

coast of Taiwan. Yonaguni is the westernmost part of Japan, and having had the opportunity to teach on it and watch the sun set over its horizon, I can say that I have been to what felt like the edge of the world. Okinawa was once its own kingdom and took many of its cultural cues from the Ming Dynasty of China. The Ryukyu Kingdom thrived off of its status as a hub of trade between Japan, China and Southeast Asia. You can see the various items and ideas that were brought from places such as Thailand, Vietnam, Malaysia and China in Okinawan art, food and dance. It is said that Okinawan culture is a champeru (Uchinaaguchi for "mixed") culture (champeru is also a stir-fry mix of veggies and meats that is a basis for Okinawan cooking), and that it now combines elements from mainland Japan, local Okinawan culture and America (due to the large military presence on the big island as well as the post-WWII years Okinawa spent under US rule). Okinawans also live on Okinawan time or "island time" and this translates into it being acceptable to arrive slightly late (though not at work or at formal occasions, of course). They say it is the heat that makes everyone a bit more relaxed and I would have to agree, because while I've heard that Japan has scorcher summers in most of its prefectures, Okinawa

has a half year of that kind of heat

and a humidity index that makes

to Yonaguni, a tiny island that

sits only 108km away from the

you feel like you are melting. But I do not think it is the heat alone that gives Okinawa its laid back vibe. At the heart of Okinawa is its emphasis on the strength of the family and community. "Ichariba choodee" is a saying in Uchinaaguchi that means, "once we have met, we are brothers and sisters." There is a closeness that this approach to humanity encourages.

This past year I was assigned to work in the Yaeyama islands of Okinawa Prefecture. The Yaeyama islands, which are approximately one hour away via airplane from Naha, have their own regional dialects and are in many ways different from Okinawa mainland. Because they are so isolated, they are considered a top vacation destination for many Japanese (hence the Club Med on Ishigaki island). I was lucky to have had the opportunity to live in Ishigaki and to have an ALT position that enabled me to visit the 20 Junior High Schools throughout the various islands. This job required me to travel by car, ferry and airplane and had me staying overnight on both Yonaguni and the far Western point of Iriomote island every month, both extremely remote and hard to reach in a day's travel. My time in this area of the world gave me the opportunity to witness a bygone era of Okinawan culture, a slower paced life on islands of extreme beauty. If Nirai Kanai exists, it exists in the Yaeyama islands.

Okinawa is in many ways the opposite of the images I had of Japan. Instead of high tech metropolitan cities, this area is peppered with small villages, towns and cities located by an emerald sea that is so transparent and clean you can see everything in it, including the majestic reefs that surround the islands. The flowers and foliage are colored brightly to match the intensity of the sun which beats down upon you throughout the day. My time here has given me an insight into the education system, the culture and history of this part of Japan, as well as the ability to climb mountains, explore the tropical jungle on Iriomote and Northern Okinawa, swim with the manta rays and enjoy the natural world. It has wiped clean the hours I had spent toiling in cubicles and other offices finishing TPS reports and whatnot. It has also cleared away the distractions that have kept me from understanding who I was. Okinawa has given me so much in my quest to understand who I am and what I want in life. I can only hope that I give back at least half that amount in the work I do as an ALT and as a member of my school and my community. While I didn't end up the Japan of my imagination, I landed in the place where I was meant to be and for that I am extremely thankful.

Antumn Widdoes



As an ALT or CIR living

in Japan, you should study Japanese. I know, crazy, right? Sounds like a reasonable assertion for some of us. The first time I wrote this article on my blog, I received some pretty strong reactions from the other side, so let me be clear about something first: though I think learning the primary language of your host country is always a good idea, I'm not writing this as a finger-wagging at those who decide not to study Japanese. That's a personal choice. I'm writing this because I firmly believe studying Japanese will make you a better teacher. By that I don't mean that it will necessarily make you a better teacher than those who don't study Japanese, but it will certainly be a means of self improvement, and I'm going to tell you why.

According to the US Foreign Service Institute, Japanese is one of the most difficult languages for native English speakers to learn. This is because on many levels they are very different. Knowing more about these differences will help you better understand the difficulties and challenges that your students may face.

Augmenting your lessons

Japanese doesn't use articles, like "a," "an," and "the." Similarly, there are few ways to distinguish between singular and plural nouns, aside from context.
But you don't need to study Japanese to know that. Let's go a little further.

The Japanese language lacks certain sounds, so English pronunciation (both speaking and listening) can be very difficult. The combination of "l" and "r" is pretty widely known. Japanese also lacks a "th" sound. In Japanese "f"

and "h" are blended. There is a "wa" sound, but no "wo," "wi," "we," or "wu." And since Japanese characters (with one exception) always end in a vowel, one of the biggest challenges is getting students to drop that extra letter. We all know this as "katakana-izing" a word. For example, "what" becomes "what-oh." "Name" becomes "Name-oo."

Japanese uses many loan words from other languages, including English. But upon adoption, many of these words undergo a change in meaning. y = -2 (juice) doesn't mean "juice." It means "soft drink," which includes juice, but also soda and other beverages. $\times 12$ (bike) doesn't mean "bicycle." It means "motorcycle." And you don't $+ \times 12$ (challenge) yourself to do something; you challenge a thing.

例:難問にチャレンジする。

While a native English speaker might look at this and think literally "Challenge the difficult problem," it means "Tackle a difficult problem." $f * \nu > \wp$ doesn't exactly mean "challenge."

The more you know about the differences between English and Japanese, the more you can tailor your lessons to avoid these pitfalls and potholes along the road. If there's a particular vocabulary word or grammatical expression that is very dissimilar in the two languages, you can be prepared to explain a certain way or spend more time on that point.

Easing communication

When I was a kid, sometimes when I asked my dad what a particular word meant he would tell me to look in the dictionary. As much of a hassle as that was at the time, I see the value of that now, especially when studying a foreign language. Be that as it may, dictionaries have their place. Writing an essay, doing homework, research, all great times to use this aid.

But when you're trying to speak, it can take too much time and interrupt the flow of conversation. For this reason. I think it's nice when a student can ask a teacher "What is in English?" Of course, even if you're studying Japanese you may not know the answer, but there's a much better chance you can help the student continue with their flow of thought and save them from getting bogged down for one or two minutes looking through a dictionary while you (and maybe the rest of the class) wait.

Students wait while little Takeshi searches for "pants" in the dictionary. This could have been avoided!

Setting an example

Studying Japanese is an important way that you can show your students that (a) you're interested in them and their culture and (b) you're not just all talk. To them, it shows that you're not only good at making them do challenging classwork and homework, and speak in a language they'll never use; you can walk the walk, too,

and learning actually has real, tangible application.

In conclusion

Do you need to study Japanese to be a good English teacher in Japan? Of course not. In fact, not studying Japanese also has its benefits. You can honestly claim ignorance when students try to speak to you in Japanese, for one. If they don't get frustrated and give up, they'll be more motivated to study English so they can communicate with you.

And if you do decide to study, I'm not saying you have to plunge in and aim to pass the JLPT level 2 within a year. Even learning the basics of hiragana and katakana at a leisurely pace has its benefits.

But I will say that I believe, without a doubt, that studying Japanese will improve you as a teacher to Japanese students.

If you liked or hated this article or are interested in checking out more of Paul's writing, he posts regularly at **Just Another Day in Japan** (www.jadij.com)

Paul Schuble

24 · hyogo times · september 2011



How You Should Study Japanese.

Well, alright, I won't tell you how you should study Japanese: I don't think anyone should study the way that I study, with my own personal cycle of eXtreme diligence + deathlike burnout. I like to make use of a variety of different types of learning, and even with the pain it causes, I do see a lot of improvement. There has to be an easier way, and I'm sure there is, but I must like beating my head against a textbook, or I wouldn't keep doing it. To each his own, of course.

I do want to make available to you all the resources of which I'm currently aware. This summer, I was part of a Tokyo Orientation seminarhosting-duo on this very topic, so I'll give you what we were able to rustle up. The mass and variety of study tools and options is here to empower you, not overwhelm, just as the purpose of studying Japanese is, ultimately, empowerment and independence.

There are two types of language learning, and those are structured and unstructured. Structured means time you actually sit down and study (the kind about which you boast

"I benkyou-ed!"), with some book or study aid. Unstructured is passive absorption of the material, a time when study is not the goal, but a side effect of other activities (going to the store, watching TV). Unstructured absorbtion is thankfully more available to us here in Japan than in our home countries.

As you are no doubt aware, language learning is classified into four areas: reading, writing, speaking, and listening. Generally, I find the consumptive acts (listening, reading) tend to be one step easier than their productive counterparts (speaking, writing). And it's only reasonable to expect that you get better at each one by doing it, and not by doing all the other three so hard it ought to level you up by osmosis!

Many cities (even the tiny ones) will have a Japanese language class somewhere, probably run for free by retired towndwelling volunteers. You can also find a private teacher by inquiring around, to your predecessor if you're new, or other JETs in the area. Ask your school if there is a local international association, and how to get in touch with them.

If you're not new, remember that it's never too late to start studying, and that you are still in an enviable position to other learners of this language.

Listening and Speaking

This, of the four areas, is perhaps the easiest to find around here. Your workplace is full of people going on in Japanese, for starters. It can be more difficult to find listening targeted for your level, or with explanations (because, yeah, you can hear it, but if you don't know what's being said, well..), but there are online options available, and most books you buy these days do come with CDs.

One of the best ways to bone up on listening and speaking is to have a Japanese speaking partner or teacher. Many Japanese people, in normal conversation, will not point out or correct your mistakes, so it's good to spend some time talking with someone who understands that this is what you want from a native speaker. You can often find someone willing to do this for you in exchange for English conversation, or perhaps dinner.

Reading and Writing

Kanji is the biggest and most

obvious stumbling stone in the way of literacy, and I personally like to use a modified approach to the Heisig Method to deal with that. The Heisig Method relies on one's imaginative memory for kanji recall, so each kanji has a story which unites the pieces of the symbol with its keyword English meaning. You can read more about this in the intro to the book, found as a free download at the koohii website (also the first 276 kanji are available for free study, but beyond that you have to buy the book. As I learn a kanji story, I also write the kanji in a notebook with its keyword, along with a few Japanese words that include that kanji. Hurrah, I'm learning vocab! Kind of. I don't actually remember the words all the time, but the more I hear them, see them, write them, and think them, the better they stick. It goes slowly, but pretty long-term memorably, so I can recommend it.

As for writing, I'd like to draw especial attention to the **Lang-8.com** website, which is a digital and global version of the write-in-a-notebook concept (and get it checked

by your local teacher/
conversation partner/that
JTE you hang out with). I still
recommend writing by hand
from time to time if you are
interested in avoiding the
problem of Japanese kids these
days—unable to write kanji
because you always just type
it on those newfangled
technical devices you
use, dadgummit.

Vocabulary

Vocabulary can feel like it's making and breaking you all the time. One sentence might hinge on the one word in that whole speech you didn't understand. Never fear! One of my favorite vocabulary-learnin' engines is the SRS (Spaced Repetition System – it means that it ~builds long-term retention by making you review things that are predicted to be right at the edge of being forgotten) iKnow, formerly smart.fm, is a multi-faceted website that uses pictures, sound, multiple choice, typing, and kanji recognition to build knowledge. Check it out on the resource list!

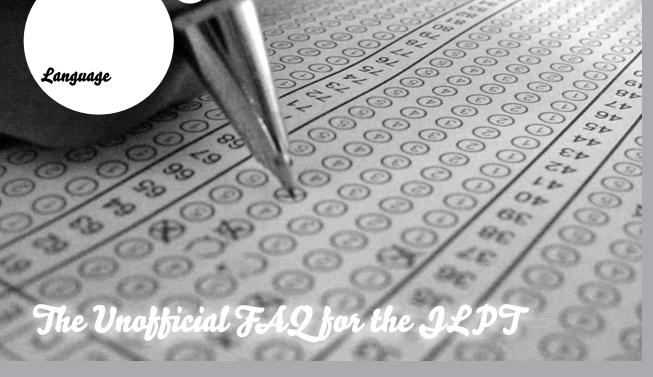
Links

As for the rest, you'll find our handout with an annotated list of resources here:

The 2009 list is also quite extensive: www.jetprogramme.org/documents/conference/tokyo_ori/2009_to/2009%20 Orientation%20A%20&%20B%20Handouts/Independent%20Japanese%20Study.pdf

And this a is a list of all the Orientation 2011 materials, in case you want to check that out! www.jetprogramme.org/e/current/conferences/handouts/2011tokyo_ori.html

Emily Lemmon



What is the JLPT?

The Japanese Language
Proficiency Test (Or JLPT,
日本語能力試験) is a test
of Japanese language ability
designed for foreigners. It
tests primarily reading and
listening skills. It is a great
way to motivate yourself to
learn Japanese as well as a
tool to measure your Japanese
ability. The certificate can
also be used as more concrete
"proof" of Japanese proficiency.

When is it?

Twice a year; summer and winter. Next one is Sunday, December 4th from 12 noon. Test takes about four hours.

Where is it?

You can take the test within Hyogo. The exact location will be mailed to you in mid-November after you apply.

How many levels are there?

Five. N5 (easiest) to N1 (most difficult). My personal opinions of them are at the end of this article (since it's not official)! But sample questions are offered here: www.jlpt.jp/e/samples/forlearners.html

How do I apply?

1. Purchase an "application guide" (受験案内 じゅけんあんない). It is called a "juken annai" (lit. test information) or "moushikomi youshi" (application form) from the following bookstores. It will be ¥500.

You can get them at:

- Junkudo in Himeji (second floor of Plie, in the station).
- Junkudo in Akashi near Sanyo-Akashi station.
- Nishimura Shoten in Kasai, near the Kasai Post Office
- Junkudo in Nishinomiya, near the Nishinomiya
 Kitaguchi station
- Book 1st in Nishinomiya, in Hankyu Nishinomiya Gardens

There are also many in Kobe: www.jees.or.jp/jlpt_e/index.htm (on the bottom, do a search)

all in there. Please read it ALL carefully!! Test fee is ¥5,500 (pay at the post office! Details are inside the application guide), and deadline to mail it in is September 30 (postmark). You will also need to submit a photo and other things. Your test voucher (test location, etc. that is required to take the test) will be mailed in mid-November.

More questions?

...What percentage do I need to pass?

...When will I get the results?

It is nicely put together (in English) on their homepage: www.jlpt.jp/e/index.html

My interpretation of the levels

Ns (basic)

Great test for those who came to Japan with no Japanese skills.

N4 (intermediate)

Great test for those with a basic foundation, took about 1-2+ years of Japanese.

N3 (intermediate-advanced)

Great test for those who took several years of Japanese and can hold fairly well in daily conversations.

N2 (advanced)

This is the benchmark that companies often use to consider you fluent enough in Japanese to hire you in a Japanese working environment.

N1 (professional)

Can be tested on any kanji that the Japanese people themselves learn, and this test certifies you as fluent to all levels, even to a business Japanese standard.



If you know the old test (4 levels only), it works like this.

Old Level 4 » New Level N5

Old Level 3 » New Level N4

Inbetween Old Levels 2 & 3 » New Level N3

Old Level 2 » New Level N2

Old Level 1 » New Level N1

Grant Kondo

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Hyogo Times September Event Calendar

San	Mon	Tue	Wed	Thar	Fri	Sat
28 Taxim for Tohoku Osaka, Nara	29	30	31	01	02	O3 Kobe Fun Taimu Kagawa JETs are coming to Kobe! www.facebook.com/event. php?eid=261890003824121
O4 Kobe Fun Taimu Kagawa JETs are coming to Kobe! www.facebook.com/event. php?eid=261890003824121	05	06	07	08	09	10
11	12 Himeji Castle Moon Viewing Festival Nankinmachi (Chinatown) Mid-Autumn Festival	13 Nankinmachi (Chinatown) Mid-Autumn Festival	14 Nankinmachi (Chinatown) Mid-Autumn Festival	Ako Kotto-ichi (antique market) Oishi Jinja (129 Kamikariya, Ako-shi) Held the 15th of each month.	16 Nankinmachi (Chinatown) Mid-Autumn Festival	17 Nankinmachi (Chinatown) Mid-Autumn Festival Kasumi Crab Festival Tajima
18 Nankinmachi (Chinatown) Mid-Autumn Festival	19 Nankinmachi (Chinatown) Mid-Autumn Festival	20	21	22	23	24
25 Kanaya Festival Asago www.hyogo-tourism.jp/english/ whatsnew/index.php?id=232	26	27	28	29	30	O1 Awaji Hanasajiki Flower Gallery Through early October

For more indepth details about all the events, please visit our website: www.hyogoajet.net/hyogotimes