

## Photos and information Exhibition of The Great Tokyo Air Raids



On March 10th of 1945, 73 years ago from now, estimated 100 thousand precious lives were taken in the Great Tokyo Air Raids in just one night.

Meguro City will hold the Photos and information Exhibition of The Great Tokyo Air Raids to hope that peace will never be lost again due to wartime confusion and wish for perpetual world peace and happiness of the citizens in Meguro.

- Date:** Tuesday March 6th through Thursday March 22nd 2018  
**Time:** 8:30am to 5:00pm  
**Address:** 2-19-15 Kamimeguro  
**Location:** West exit lobby 1st floor of Meguro City Office main building  
**Exhibition:** The panel of the Great Tokyo Air Raids painted by Mr. Mitsuo Kano, who experienced the horror of the Air Raids. Photos of The Great Tokyo Air Raids taken by Mr. Koyo Ishikawa  
**Inquiries:** General Affairs Subsection of General Affairs Section (Tel: 03-5722-9205)

## Photo Exhibition to support recovery of Kesennuma City, Meguro's friendship city



Seven years has passed by after the Higashi Nippon Daishinsai (Great East Japan Earthquake), which occurred on March 11st 2011.

Meguro City will hold the "Photo Exhibition to support recovery of Kesennuma City, Meguro's friendship city" to remind people about the Great East Japan Earthquake, and continue providing support to Kesennuma of Miyagi prefecture, Meguro's friendship city, prays for its earliest recovery.

- Date:** Friday March 2nd through Friday March 16th 2018  
**Time:** 8:30am to 5pm (to 4p.m. on March 16th)  
**Location:** Refreshing area, 1st floor of Meguro City Office main building  
**Photo Exhibition:** Kesennuma city before the Earthquake and interaction with citizens of Meguro  
 Kesennuma city right after the Earthquake  
 Current recovery situation panels provided by Kesennuma city.  
**Inquiries:** Exchange Promotion Subsection, Culture & Exchange Promotion Section (Tel 03-5722-9291)

### Foreign Residents Information Desk

Main Building 1F, Meguro City Office 2-19-15 Kamimeguro Meguro-ku Tokyo  
<http://www.mifa.jp/mifa2/gaikokujinsodan2/2E.htm>

### Life in Tokyo

Site for Foreign Residents of Tokyo  
<https://www.lifein.tokyo.jp/en/>

### Meguro City News Letter

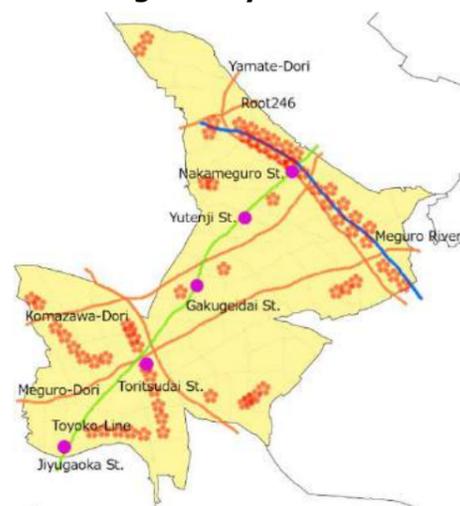
5 languages are now supported on an e-book version!  
 Read in your own language!  
 Supports Text-to-Speech!

Easy to read even on the smartphone!



Access from QR code, and you can easily read Meguro City News Letter anytime you want.

### Sakura Hanami MAP in Meguro City



# Kaleidoscope MEGURO

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## Hanami (Cherry Blossom Viewing)



Bessho-bashi near Nakameguro Station

Literal translation of "Hanami" is "flower viewing" but it usually refers exclusively to viewing cherry blossoms. It is one of the most popular events of spring from late March to the end of April. People enjoy outings and picnics while *hanami* in the park, in the garden, or in the suburbs, with *dango* (dumpling) or *bento* (picnic lunch), sometimes with sake or wine. People love to have *hanami* parties under the cherry trees in full bloom with families, friends, or colleagues, eating, drinking, singing, and dancing. In the past when cherry blossoms started to bloom, farmers started preparing for rice planting. They used to believe when cherry blossoms bloomed, the gods of rice came down, so the farmers offered the gods sake to wish for a good harvest. In the Heian period, 794-1183, *hanami* parties were popular among aristocracy. By the Edo period, 1600-1868, the custom of *hanami* had spread to the common people.

### Sakura spots in Meguro

To enjoy the beautiful cherry blossoms in Meguro, there are many places to visit for *hanami*. Please find your favorite *hanami* spot to enjoy the highlight of spring. How about walking along the Meguro River (from Meguro dori to Route 246, and up to the Sugekari Park and Saigoyama Park)? How about Nomigawa Ryokudo Green Walk (from Jiyugaoka and Kakinokizaka or to Komazawa Area or to Midorigaoka Area) or visit Meguro Fudo and Rinshinomori Area or Komaba area?



Meguro River near Nakameguro Station

## Let's enjoy hanami in Meguro!

\* Please refer to page 4 "Sakura Hanami MAP".



Meguro river

## Jiyugaoka Sweets Festa 2018

Jiyugaoka Sweets Festa, held annually during the May holidays, will take place in 2018 from Thursday, May 3 to Sunday, May 6. The festival, now in its fourteenth year, celebrates the charm of Jiyugaoka Sweets Town.



Many unique events are planned to help satisfy your sweet tooth. Dozens of popular Japanese and global cake shops will participate in a "sweets stamp rally". Live concerts, talk shows, and a "house of cakes" exhibition will be held on a stage in front of Jiyugaoka Station. In Jiyugaoka town, stores will offer workshops and sell sweets in an open-air market.

From noon to 6 p.m., streets around the Jiyugaoka station square will be closed to car traffic to create a pedestrian-only zone, and sweets lovers of all ages can join safely.

### Inquiries to:

Jiyugaoka Shōten-gai Shinkō Kumiai (Jiyugaoka Shopping Street Promotion Association, 自由が丘商店街振興組合).  
**Tel:** 03-3717-4541  
 Jiyugaoka Information Center,  
**Tel:** 03-5731-7274, 10:30am to 6:30pm  
<http://www.jiyugaoka-abc.com>



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## MIFA's Japanese Food Cooking Class



A sample from last year

Let's enjoy cooking in a pleasant atmosphere.

### Date and Time:

March 17th (Sat.) 10:00am to 1:00pm

### Venue:

Midorigaoka Bunkakaikan Room No.9 (2-14- 23, Midorigaoka, Meguro-ku) 7 min. walk from Tokyu Jiyugaoka station

### Menu:

- Diamond shaped pressed Sushi
- Rolled Pork with Nanohana
- Clear Soup with Turnip and Thin Fried Tofu

### Fee:

¥700 (MIFA members), ¥1,000 (visitors)

### Capacity:

Non-Japanese 15; Japanese 10 (FCFS)

### Applications:

- Please contact MIFA by e-mail (info@mifa.jp)
- Please provide your name, nationality, address, Ph No., and MIFA membership.

### Languages:

English and Japanese

### Notes:

Recipes in English and Japanese are available. Please bring your own apron. Please clean your fingernails.

### Dishes:

One main dish and two or three side dishes

The instructors are very friendly and knowledgeable. We will use typical Japanese seasonings and ingredients. It tastes very good. Participants will also have the chance to communicate with each other. Why don't you come and join us?

## Taste of Tradition in the City Building

The Meguro City Office Complex (former Headquarter Building of Chiyoda Life Insurance.co.) was passionately designed by the famous architect Togo Murano during the high economic growth period in Japan. It is unique for modern office buildings to have



traditional Japanese inner spaces such as tatami rooms, an inner courtyard, a pond, a tea house, or even a tea garden (roji).

**Hagi no Ma** this building. One is called *Hagi no Ma*, which is located on the first floor. It is a big room of 34 tatami mats. Above is a beautiful coffered ceiling with parallel cross patterns of wood and cross shaped ceiling lights. The wall called *JurakuKabe* is finished with a smooth, high-quality soil that was produced in Kyoto where the luxurious mansion *Jurakudai*, built by Hideyoshi Toyotomi in the 16th century, once stood. *Juraku Kabe* has been used for tea ceremony rooms though any walls made with fine soil and dirt is also called *Juraku Kabe* these days.

### Tea Ceremony at Hagi no Ma

MIFA organizes Japanese tea ceremonies for foreign residents and tourists at *Hagi no Ma*. Japanese volunteers demonstrate and introduce the Way of Tea to participants.



Even beginners can enjoy tasting two types of green tea with delicious Japanese sweets. Participants learn the spiritual aspect behind the tea ceremony as well as experience its custom.

### Date and Time:

Every 3rd Thursday from 10:00am to 12:00

### Venue:

Hagi no ma, 1st floor, Meguro City Office Complex

### Fee:

MIFA member ¥600, Visitor ¥1000 (including fee for tea, sweets)

### Notes:

Interpretation is available in English. Please bring a pair of white socks and a handkerchief.

### Application:

Please apply by e-mail (info@mifa.jp) and provide your name, nationality, Phone No., and the date you would like to join. Application must be received by noon of the day before the event. There will be a ¥500 cancellation fee if you cancel less than 22 hours before the event. Any applications from tourist agencies will not be accepted.



## Children's Day (Boys' Day)

May 5th is Japan's Children's day. People wish for their children's health, happiness and express gratitude to their mothers on that day.



Moreover May 5th is called *Tango no sekku* (Boys' Day) and the day especially for boys. People pray for boys' growth by putting decoration such as armors, helmets, swords, samurai dolls in their houses. May festival dolls like *Kintaro* and *Musashibobenkei* are placed on decorative shelf and parents place carp streamer (carp-shaped windsock) in front of their gardens. These are the common traditions to celebrate this day. There is also a custom to eat *Kashiwa* (Oak) *mochi* on this day. Oak tree is believed to be a lucky charm to maintain family lines because the old leaves won't fall until the new bud begins to bloom. We also have another custom of taking a bath with *Shobu* (iris leaves). Originally iris was handed down from ancient



China for an exorcism ceremony. Between the Kamakura to Edo period which is ruled by Samurais, *Shobu* (iris) was compared to words

Like 「勝負」 (battle) and 「尚武」 (warlike sprit) which have the same pronunciation 'shobu' and was used to celebrate Boys' Day hoping them to grow up healthily and strong.

These customs still remain and Children's Day(Boys' Day) is still celebrated until now.

## Bamboo Shoots in Meguro Suzume no Oyado Ryokuchi Park



Spring is the season for delicious bamboo shoots (*take no ko*) in Japan, where freshly dug shoots are especially prized for their flavor and texture. From the mid-Edo era to the early

Showa era (around 1790-1930), the Meguro area was famous for the cultivation of bamboo shoots.

A unique cultivation method called "Meguro style" (目黒式, *Meguro-shiki*) was developed, and the area's bamboo shoots were known for being especially plump, tender, and delicious.

Bamboo shoots are not cultivated in Meguro anymore, but the bamboo groves in Suzume no Oyado Ryokuchi Park (スズメのお宿緑地公園, *Suzume no Oyado Ryokuchi Kōen*) are a window into Meguro's agricultural past. The area's bamboo trees were

inhabited by large flocks of sparrows, so people called the trees *suzume no oyado* (house of sparrows), giving the park its name. Year-round, visitors can come enjoy the tranquility of the grounds, now surrounded by quiet residential neighborhoods, and tour a mid-Edo-era folk house that has been relocated and reconstructed in a corner of the park. In April, you can see bamboo shoots breaking through the earth — but no digging, please, to preserve the greenery for everyone!



### Park:

Open 24 hours. Free.

### Folk house:

Open Wed.-Sun. 9:30am-3:30pm, closed Mon.-Tues. Free.

### Address:

Tokyo, Meguro-ku, Himonya 3-11-22 (碑文谷3丁目11-22)

### Access:

12 minutes from Toritsudaigaku Station (, 1 minute from the Himonya 3-chome bus stop (碑文谷3丁目バス停), or 2 minutes from Himonya Hachimangu Shrine (碑文谷八幡宮神社, *Himonya Machimangu Jinja*).

## Let's go cycling in Komazawa Olympic Park!

The most beautiful season is just around the corner. Why don't you go outside, take a deep breath, and enjoy a bike ride in Komazawa Olympic Park. This park had been used as one of the first golf courses in Tokyo since 1914, and was reborn as the second stadium of the 1964 Tokyo Olympics. Since then, the park has been open to the public as an all-round sports facility.



The main cycling course, which is 2,080 meters long, goes around the park counterclockwise along the jogging course. Riding under the zelkova trees will help you get away from the stress of the city life. If you visit there late March through early April,

you can enjoy cherry blossoms.

For preschool children, "Tinkle Field" and "Tinkle Course" is available to ride bicycles for kids. "Family Course" offers a four-wheel bike with two pairs of pedals and a special seat for a small child, which is meant for either a family or a group of four or five. Rental bicycles are available for a fee.

You can visit the park as follows:

### By train:

15-minute walk from Komazawa-Daigaku Station (Tokyu-Denentoshi Line)

### By bus:

Komazawa-Koen-Higashiguchi (駒沢公園東口) Bus Stop (Tokyu Bus #11 from Shibuya Station)

### By bus:

Komazawa-Koen Bus Stop (Tokyu Bus #32 from Ebisu Station)

### By car:

Toll parking facilities available