

Kaleidoscope

MEGURO



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Pacific Saury Festival *Meguro no Sanma Matsuri*

One of the biggest local festivals in Meguro, *Meguro Kumin Matsuri* will be held in September. As part of it, at *Meguro no Sanma Matsuri* (Pacific Saury Festival), 5,000 Pacific sauries are delivered from Kesenuma, Miyagi prefecture, which is a friendship city of Meguro. They are grilled over charcoal fire and served for free with *kabosu* (citrus fruit) grown in Usuki, Oita prefecture. There will be also *Furusato Bussanten* (regional specialties exhibit), *Omatsuri Hiroba* (festival plaza), and *Kodomo Hiroba* (children's plaza).

Date and time:

Sep. 16 (Sun)
10:00-15:30

Place:

Dendo-hiroba Park
(1-25-8, Meguro)



Pacific Saury in Meguro "Meguro no Sanma"

Meguro often reminds people of "*Meguro no sanma* (Meguro's Sanma)". Why is Meguro famous for *sanma* even though it is not near the sea? "*Meguro no sanma*" comes from a *rakugo*, a traditional Japanese comedic story-telling.

This story is about a shogun during the Edo period, who was enjoying falconry in Meguro and happened to eat *sanma* at a nearby teahouse. The shogun, who was used to only eating elaborate dishes every day, thought this ordinary dish of grilled fatty fish was very tasty. Back at his castle, the shogun ordered his subordinate to prepare *sanma* because he could not forget the taste he had enjoyed in Meguro. His cook thought it would not be good to serve fish eaten by commoners to the shogun, so he removed the fish's fat and bones, steamed instead of grilling, and presented it in a way that he thought his master could eat easily. However, the shogun thought it tasted terrible and said, "There is no better *sanma* than the one in Meguro."



Meguro Walking March Shogun Falconry Walk

Meguro Walking March is not a "power-walk," but a slow walk in a group, through places noted as reminiscent of falconry that Shogun went during the Edo period. You can have fun walking around places of scenic beauty and historic interest, while enjoying the unfolding of autumn in Tokyo, the capital of Japan.

11.4km course

9:00 Participants meet up at Kenko-hiroba, Hibiya Park.

9:30-13:30

From Kenko-hiroba, Hibiya Park to Dendo-hiroba Park

6.4km course

9:30 Participants meet up at Meiji Memorial Picture Gallery.

10:00-13:30

From Meiji Memorial Picture Gallery to Dendo-hiroba Park

Date: Nov. 3 (Sat)

Eligibility: to be a resident who lives, works or goes to school in Meguro City.

Limited enrollment: **500 persons**

Fee: **700 yen** (including insurance, a commemorative towel, and a course map)

Application: Apply via phone call, post or fax to Sports Promotion Section on or before **October 15th** providing your name, address, phone number, age and your preferred course. Application also can be made through the Meguro City's official website.

Contact: Sport Promotion Section (Japanese only)
2-19-15 Kamimeguro, Meguro-ku
Meguro City Office Complex
Tel: 03-5722-9695 Fax: 03-5722-9754



Halloween

Halloween is becoming popular here in Japan for a few years. Around October 31st, you can see not only kids but also adults who disguise as witches or monsters everywhere. The name Halloween was derived from Celtic Samhain and October 31st was the day when ancestors' spirits come back home for Celtic people. The reason why people started to call it "Halloween" – was influenced by the Christianity Ireland.

Halloween is a variation based upon the All Saints' day(All Hallows Day) on November 1st because it is a night before the All Hallows Day.

In the USA, kids enjoy this event by visiting the neighbors and saying "Trick or Treat" to get sweets from adults. In Japan, adults enjoy this special festival as well.

In 1970's, toy store called Kiddy Land which was located in Harajuku commenced to sell goods related to Halloween, but the main reason why people started celebrating Halloween was thanks to the special Halloween parade from Tokyo Disney Land. Due to these reasons, Halloween doesn't really have any religious meanings in Japan.

You can spot many people disguised for Halloween on Scramble crossing in Shibuya. Even in Meguro, we prepare a lot of events for kids during this time of the year along the shopping streets in Nakameguro and Jiyugaoka. Let's enjoy our "Japanese Halloween" which is a bit different than other religion!

References; Japan Happy Halloween Association(<http://happy-halloween.jpn.org/index.html/>)



Full Moon Night Jugoya



Jugoya means the night of August 15th of the lunar calendar, which the moon is expected to be the most beautiful of the year and there is a custom called, *Tsukimi*, viewing the moon in this particular night.

At the place where the moon is seen, *tsukimidangos*, (dumplings for *Tsukimi*), potatoes, beans and chestnuts are arranged, and autumn plants such as *Susuki* grass (Japanese pampas), bush clovers and Japanese bellflowers are decorated.

According to the present solar calendar, we call the full moon night between July 7th and October 8th *Jugoya*, the harvest moon. *Jugoya* for this year is the evening of September 24th.

The custom of moon viewing began in the Tang dynasty (7-9th century) from China and handed down to the Japanese nobility in the Heian period (9-12th century) and later spread throughout the country in the Edo period (17-19th century). This custom is widely seen in many countries of the eastern Asia including China, Taiwan, Vietnam and Korea. In China and Taiwan, *Jugoya* is a national holiday. Many people celebrate by viewing the full moon and eating *geppe* (moon cake).

The moon is a popular subject for novels like *Taketori monogatari* story and *haikus* written by *Basho Matsuo* and many other haiku poets. Let us view the moon elegantly this autumn! An imaginary bunny pounding steamed rice into cake in the moon may jump out of it.

Following are famous spots for moon viewing, but of course you can enjoy moon viewing by the window in your house too.

Kudanzaka Chiyoda city.Tokyo Met.
Sarusawa pond Nara city.Nara Pref.

Interview with Our International Resident

Sylvie Bruckner is from Bolivia. She has been living in Meguro City since July 2017. This is her first time living away from her country. Arriving at Narita airport, she said to herself "When in Rome, do as the Romans do". She started attending tea ceremony and going to karate gym regularly. She kindly shared with us her experience and thoughts.

Q: What do you like about Japanese tea ceremony?

I appreciate the finest hospitality given by our tea master. The tea room is like an oasis within our intensive everyday life. It is clean, quiet, and the atmosphere is not disturbed by any undesired sound or movements. I can always stay calm there. Every movement is simple and performed naturally. Not only the way of serving tea, but the acts of drinking and greeting are also performed elegantly without flaws.

Q: Do you think you've learned something valuable from tea ceremony?

Yes. I am learning something new for every tea ceremony, which is like great lessons in life. I believe it is something which could only be learned wholeheartedly. The famous Japanese expression *Ichigo-ichie*, which is deeply linked to tea ceremony, impresses me. I think it could be translated into "Every moment, only once".

Q: You also practice karate, which will be an Olympic sport for the first time in Tokyo 2020. Do you enjoy practicing it?

It feels great to sweat during exercise. Honestly, I was always nervous and sensitive. I wanted to overcome my weak self. The more I practice karate; I can feel that my health improves both mentally and physically. I was so happy when color of my *obi* (Karate belt) changed to a higher level one.

Q: Did you encounter any manner or custom which is peculiar to Japan?

Yes. Both tea ceremony and karate begin with



bowing, and end with bowing. I understand bowing is an important reflection of Japanese culture. The action of bowing is to show one's respect and appreciation to everything. I want to learn more about Japan. So I say to myself "When in Japan, bow as Japanese do".

Meguro Persimmon Hall



Autumn season for art has come. Why don't you enjoy some music at Meguro Persimmon Hall? This concert hall has been a hub in Meguro City for artistic and cultural events since 2002. They have held a variety of performances, including not only concerts, operas and musicals, but also ballet and *rakugo*, a traditional form of comedic story-telling. It is a seven-minute walk from Toritsu Daigaku Station of the Tokyu Toyoko Line to the hall located in the Kakinokizaka Area. The name, "Persimmon Hall" originates from "Kakinoki", which means "persimmon tree" in Japanese. As you enter the building, you will be awestruck by the natural soft light coming through the impressive glass walls of the building. From the inside of the hall, you can see beautiful autumn leaves through the glass walls. In the main hall, sound reflecting boards hanging from the ceiling enable pleasant acoustic sound vibrations. This hall is the first in Japan to implement this type of sound system. You can check the latest information on the performances at this URL (only in Japanese).

<http://www.persimmon.or.jp/>

Here are some highlighted events.

Dec. 2(Sun) Classical Music: Meguro Citizens Symphony Orchestra, 88th Annual Concert

Dec. 9(Sun) Classical Music: Ave Maria in Christmas by St. Petersburg Chamber Orchestra

Dec. 15(Sat) Classical Music: Saxophone by Makoto Hondou (Mirai-no-Oto vol.28)

Guide to Child Medical Expense Subsidy Program

This program subsidizes the co-payment of your child's medical expenses.

Eligibility

- ☑ Children whose addresses are registered in Meguro City.
- ☑ Children who are between 0 and 15 years of age (until the first March 31st after the child's 15th birthday) .
- ☑ Children who are covered by any Japanese health insurance program.

Coverage of the Subsidy

- 1 Co-payment of the treatments or medications at a medical institution, covered by health insurance.
- 2 Co-payment of meal expenses during hospitalization.

*Treatments that are not covered by health insurance do not qualify for the subsidy such as health checkup, vaccinations, etc..

How to Apply for Free Infant/Child Medical Care Card

Please come to the Child Care Support Subsection, located on the 2nd floor of the Meguro City office with ①Application form for Free Infant/Child Medical Care Card (available in the Meguro City office) and ②Your child's health insurance ID card.

Renewal of the Medical Care Card

The Medical Care Card is valid from October 1st to September 30th of the following year. We will annually send you a renewed card at the end of September. Application for renewal is not necessary.

Meguro City Newsletter Available in Five Languages

A digital version of Meguro City Newsletter is available in Japanese, English, Traditional and Simplified Chinese and Korean with a free e-book app called "Catalog Pocket"(Refer to the QR code below). Foreign language version will be translated by automatic translation. Text-to-speech function is also available.

Activities to Help Raise Children at Children's Halls

"Infants get-together", where infants and their guardians enjoy themselves together through craft-making and music, is organized by children's halls and school children's day care clubs. The program is available between 10:30 and 11:30 and does not require application in advance.

Place	Date	Content	Age
Nakameguro Children's Hall (2-10-13, Nakameguro)	Sep.28	Baby touch care	Born between Apr.2,2017 and Apr.1,2018
Fudo Children's Hall (5-18-4, Shimomeguro)	Sep.21	Let's have some fun among parents and their children	Born between Apr.2,2017 and Apr.1,2018
Gohongi Juku Center Children's Hall (2-17-2, Chuo-cho)	Sep.13	Rhythmic Amusements	Born between Apr.2,2014 and Apr.1,2017
Mukaihara Juku Center Children's Hall (5-22-11, Megurohoncho)	Oct.7	Let's make a mold of your hand and foot	Born between Apr.2,2012 and Apr.1,2017
Haramachi Juku Center Children's Hall (1-8-9, Minami)	Oct.5	Let's get in a garbage collection vehicle	Born between Apr.2,2012 and Apr.1,2017
Tairamachi Children's Hall (1-5-3, Tairamachi)	Sep.14	Let's have fun with newspaper	Born between Apr.2,2016 and Apr.1,2017
	Sep.27	Let's play with autumnal amusement	Born between Apr.2,2017 and Apr.1,2018
Midorigaoka Children's Hall Ookayama Branch Ookayama Nishi Juku Center (1-15-12, Tairamachi)	Sep.11	Let's play musical instruments	Born between Apr.2,2014 and Apr.1,2018
Nakane Elementary School Children's Day Care Club (1-1-1, Nakane)	Sep.18	Let's stretch your muscles with your baby	Born on Apr.2,2018 or after

*The base date for counting age starts on April 1st. A 0-year old is a baby born between April 2nd 2017 and April 1st 2018.

"Baby Activities", which is intended to enhance interaction and friendship among guardians sharing child-rearing experiences, are available at each children's hall. Your participation would be most welcome!

Activities will be held in Japanese. For more information, kindly contact to Foreign Residents Information Desk (Refer to the contact below).

Meguro City Newsletter

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 Newsletter anytime you want.

Foreign Residents Information Desk

Tel: 03-5722-9187 (English)

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Meguro City Office Complex
2-19-15, Kamimeguro,
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<http://www.city.meguro.tokyo.jp/multi/index.html>

Life in Tokyo

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



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