

MURORAN TIMES



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Hokkaido 051-8511 JAPAN <0143-22-1111>

News and Topics



Hokkaido Toyako Summit

Hokkaido Toyako Summit Meeting ended on July 9th. The people involved were pleased that no incidents occurred during the meeting. The local people are eager to continue to promote Toyako so as to attract more visitors, though Toyako gained some publicity due to the meeting.

During the summit meeting there was no trouble at all. That might be because the Japanese Police was on the highest alert against terrorism, and strictly controlled traffic. Groups of people, however, held demonstrations against the summit meeting in Sobetu-cho, Toyoura-cho and other places. About 560 internal or external people took part in it.

Meanwhile, hotels in the Toyako Spa Area were mostly filled with people related to the summit. The number of guests was more than the residential population (about 1,300) in that area. Each hotel had its own special service. Some hotels offered their special food. One hotel newly established its own bakery. Some hotels hired translators only for this occasion. Some hotels supplied a washing machine and a dryer for people staying a long time. These services were favorably received.

Because of the summit meeting, the Toyako Spa area became vibrant with life after a long silence. During the meeting, lots of people such as guards, the staff of each country and many others visited local restaurants to try sushi, bought souvenirs and so on. There was a significant economic effect.

On the other hand, the weather was cloudy and misty for three consecutive days. Therefore it was a pity that fantastic view could not be transmitted

overseas. Incidentally, the English and French ambassadors visited the Muroran Plant of The Japan Steel Works, Ltd. after the meeting.

ほっかいどうとうやこ しちがつこの か ぶ じ へいまく
北海道洞爺湖サミットは7月9日に無事閉幕しまし

た。きかんちゆう とうやこおんせん かく
期間中、洞爺湖温泉の各ホテルはサミット

かんけいしゃ まんしつ じょうたい いんしょくてん みやげや
関係者で満室の状態となり、飲食店やお土産屋も

にぎ
賑わいました。

JICA Training

JICA (Japan International Cooperation Agency) Training in 2008 is being held at Muroran Institute of Technology from July 14th to August 19th. The theme is "The Environmental Control of Water as a Resource in Dry Land". This is the third year that MuroIT has held such training. This time technicians from eight countries (Rwanda, Zimbabwe, India, China, Mongolia, Niger, Iraq and Jordan) are taking part in it. The participants are learning the technology to filtrate and control water in order to supply safe drinking water under serious drought.

しちがつじゅうよつ か はちがつじゅうくにち むろらん こうぎょう だいがく
7月14日から8月19日まで、室蘭工業大学で

ちゆうごく はちかこく ぎじゆつしゃ
中国、インド、イラク、ヨルダンなど8ヶ国の技術者が

みずしげん かんきょうかんり じょうすいぎじゆつ まな
水資源の環境管理や浄水技術などを学んでいます。

Information and Invitations

News from Muroran Science Museum

<Star-gazing Class>



[Contents] Observation of Jupiter, the moon, constellations, etc.

[Date] August 8(Fri) 6:00p.m ~ 8:00p.m. *

Postponed to August 9(Sat) in case of rainy weather.

[Place] Buyou Elementary School field

[Application] on that day *please bring a flashlight *Elementary school children or younger must be accompanied by a guardian

<Summer Vacation Science Festival>



[Contents] A craft class, a food class, and an experiment class, etc. will be held each day.
[Date] August 9(Sat) – 12(Tue)
[Application] on that day

<Planetarium Jazz Performance>



[Contents] The piano trio of Riko Goto, who is active in Paris, France, will perform under the starry sky of the planetarium.
[Date] August 10(Sun) 1:30p.m. ~ 2:00p.m.
[Place] Muroran Science Museum
[Planetarium Fee] 140 yen (adult) 50 yen (high school student) 40 yen (elementary and junior high school student) free (under elementary school children)
[Limit] first 100 people

*you need a numbered entrance ticket

[Entrance Fee] 300 yen for adult, 100 yen for high school students (under junior high school age and over 70 years old: free)
[More Information] Muroran Science Museum (Tel: 0143-22-1058)

Muroran Mikoshi Parade (portable shrines)

[Date] August 14(Thur) 6:30p.m. ~
[Place] Muroran at Chuo-cho arcade
[Information] Mr.Funamoto (Tel: 0143-22-8211)



Muroran Hachimangu Shrine Festival

<Outdoor Markets>

[Date] August 14 (Thur) 12:00 noon ~,
15(Fri) 10:00a.m. ~

[Place] Chuo-cho
[Information] Mr.Funamoto (Tel: 0143-22-8211)



Muroran West Summer Festival

<Outdoor Markets>

[Date] August 16 (Sat) 11:00 a.m. ~,
17(Sun) 10:00a.m. ~
[Place] West exit plaza of Higashi Muroran JR

Station
[Information] Mr. Yoshioka (Tel: 0143-45-3727)

Flea Market and Outdoor Market

[Date] August 24(Sun) 10:00a.m. ~
[Place] JRA Winds Muroran (Motowanishi-cho)

*in front of the entrance hall of JRA

[Contents] Exhibition of local products of Okinawa and Miyakojima city (Outdoor Market)
[Information] Mr. Tsuchida (Tel: 0143-55-7452)

Muroran Tour for People of Muroran

[Date] August 27(Wed) and 28(Thur) 9:00a.m. ~3:40p.m.
[Courses] Nippon Steel Corporation, Danpara Park, PCB Processing Clearing Center, Bolta Studio, Community FM broadcasting bureau studio
[Limit] 40 people each day (if applicants exceed limit, application will be determined by lot)
[Application] by telephone until August 18
[More Information] the Public Relation Section of Muroran City Office (Tel: 0143-25-2193)

Muroran Port Central Wharf Summer

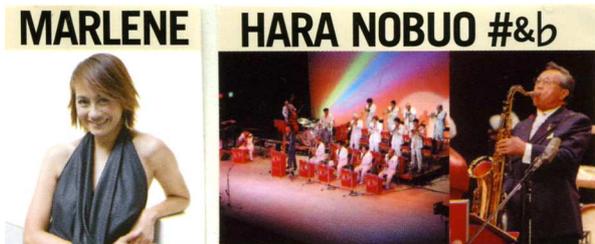
Event

Swan FESTA 2008 <August 30-31>
Fireworks: 8:20 p.m. ~ <August 30>
Markets and Character show
[More Information] Muroran Tourist Association (Tel: 0143-23-0102)



Muroran Jazz Cruise 2008

[Date] August 23(Sat) 12:00 noon ~ 8:30 p.m.
[Tickets] 5,000 yen (4,500 yen in advance) for adults and 1,500 yen (1,000 yen in advance) for high school students and younger. You can get a ticket at Muroran sightseeing association, Muroran Hakucho Bridge Memorial Hall and puratto Tetsuichi in Wanishi, etc
[More Information] Muroran Jazz Cruise 2008 executive committee (Tel: 0143-44-9922)



The Second Yakitori(barbecued chicken) Festival named "YAKITOLYMPIC"

[Date] August 30(Sat) 11:00a.m. ~9:00p.m.
31(Sun) 11:00a.m. ~8:00p.m.

[Contents] famous yakitori shops from all over the country gather and sell yakitori and participate in YAKITOLYMPIC. Will "Muroran yakitori," be a winner of the 1st rally, get its 2nd straight victory?

[More Information] Sightseeing Section at Muroran City Office (Tel: 0143-25-3320)

Let's make tofu

[Date] August 23(Sat) 1:00p.m. ~ 3:00p.m
[Place] Youth Training Center (Miyuki-cho)
[Limit] First 12 people
[Fee] 1,200 yen *Please bring your apron, bowl, bamboo basket and bag for take-home
[Application] By telephone from August 1
[More Information] Youth Training Center (Tel: 0143-47-5824)

"Relay for Life" Hokkaido in Muroran

"Relay for Life" is a campaign to support cancer patients through walking. While walking in vacant lot for 24 hours, the participants share the preciousness of life and the strong will to fight against cancer.

[Date] August 30(Sat) 11:00a.m. ~ August 31(Sun) 12:00noon.
[Place] vacant lot side of Muroran Hakucho Bridge Memorial Hall (Syukuzu-cho)
[Contents] Relay walk for 24 hours, Cancer medical examination (2,000 yen), Stage events, Luminarie: 6:30p.m. ~
[Application] if you want to participate in the Relay walk, you can apply on that day. 3,000 yen per team will be collected as a contribution to the Relay for Life organization
[More Information] Relay for Life executive

committee (Tel: 080-6063-5369)

Japanese Cooking 201

Salted Grilled Saury しおや さんまの塩焼き

- Ingredients (serve four) -

saury 4
salt to taste
daikon(white radish) to taste



<Directions>

Preparation

- (1) Make a slit under the pectoral fin, and scrape out the guts from the belly with the point of a knife.
- (2) Wash the inside of the belly with water.
- (3)

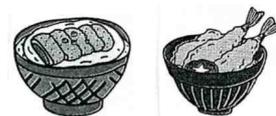
How to grill fish

In Japan, most houses have handheld grilling racks or gas-table grills.

Fish can also be grilled in the oven or on an electric grill.

- (4) Sprinkle salt all over the fish, and leave for 5 minutes to allow the salt to seep into the fish.
- (4) Pre-heat the grill well, and grill at high heat.
- (5) When the fish is grilled golden brown, turn it over, reduce the heat to medium, and then grill well until the inside of fish is cooked.
- (6) Peel the daikon and grate it with grater. Squeeze out the juice lightly. (This is called "daikon-oroshi")
- (7) Lay the fish on a plate, put daikon-oroshi to one side.

About Japan



Japanese Food

<Why are so many different foods served in bowls?>

The advent of the *donburi* - a large porcelain bowl – during the Edo period marked a revolution in Japanese eating habits.

Until then, most food was eaten on plates, and soba noodles were only eaten cold, served on bamboo screens. With the appearance of the *donburi*, though, it became possible to eat hot *soba* in a broth. Other ways of serving *soba* and other noodles were also developed: thickened

with beaten egg (*tamago-toji*), on topped with *tempura*, fried *tofu* (*kitsune*), or flakes of fried batter (*tanuki*).

Soon the Japanese also began to fill *donburi* with their favorite food – rice – served in the same way as *soba*: *tamago-toji*, topped with *tempura* (to make *tendon*), eel (*una-don*), chicken and vegetable (*oyako-don*), or grated yams (*yamakake-don*), or in many other variations.

The spread of *donburi* dishes knows no limits, as seen in the mixture of Western-style food with rice in dishes like *gyu-don* (rice topped with beef), *katsu-don* (rice topped with a pork cutlet), and *kare-don* (rice topped with curry).

This love affair with *donburi* dishes is related to the unique tastes of the Japanese people. The flavor of the *donburi* is created by mixing the taste of the topping with that of rice – a combination that the Japanese love.

The Japanese also love putting a variety of foods into their mouths simultaneously in order to blend the tastes, something a specialist might call “intraoral flavoring.” Such intraoral flavoring is epitomized in *donburi*.

Donburi dishes are also fun to make because they can be modified to create unique meals. Plus there’s the added convenience of combining both rice and main dish in a single bowl, so there’s little time wasted in washing dishes. There are many reasons why Japanese love *donburi*.

<Why do the Japanese eat *miso* soup for breakfast?>

While there’s nothing wrong with the scent of coffee, it is the smell of *miso* soup that starts the day in Japan. But there’s a more serious reason why Japanese eat *miso* soup in the morning. Rice, the staple of the Japanese diet, has one of the highest calorie counts of any of the grains, but it contains almost no salt or protein. To make up for these deficiencies, another food is needed. That’s where *miso* comes in.

Miso is made from soybeans, and soybeans contain so much good-quality protein that they are called “the meat of the fields.” *Miso* is made by fermenting soybeans to create enzymes that boost its nutritional content. The salt is added as a preservative. The result is the ideal accompaniment to cooked rice.

For ages the Japanese have been eating *miso*

soup in the morning because it provides enough nutrition for them to work hard for the rest of the day.

<Why do the Japanese like one-pot meals?>

In the winter when people are discussing what to eat, they often decide on meat and vegetables cooked on the table in a pot, or *nabe*. The main reason for eating around a *nabe* is to get warm, but one-pot cooking also provides four other benefits from the food.

First of all, it lets people enjoy eating together. Second, it is an easy way to get good nutritional balance. Third, it allows everyone sitting around the pot to partake in the cooking. And, fourth, it lets each person adjust the cooking and flavoring to his or her own taste.

In other words, cooking together in a single pot on the table allows people to share companionship while enjoying good food. For the Japanese, having everyone share in the same pot brings nice, happy feelings.

(quotation from “Japan Trivia”)

Cinema Guide

Muroran Gekijo (Higashi-machi)

1. Indiana Jones and the Kingdom of the Crystal Skull
2. 崖の上のポニョ (Japanese cartoon)
3. ポケットモンスター (Japanese cartoon)
4. ザ・マジックアワー (Japanese)



About the Muroran Times

The Muroran Times is designed to bring information about local events to the international community of Muroran. Staff: Mitani Yoichi, Ishizawa Yuko, Yamashita Mayumi, Tagashira Kazui, Nomura Ikuko, Nakamura Mari, English advisor: Jane Takizawa.

We are happy to receive your comments and information!!

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