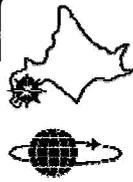


# MURORAN TIMES



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Muroran City Office 1-2 Saiwai-cho, Muroran,  
Hokkaido 051-8511 JAPAN <0143-22-1111>

## News and Topics

### The Next President of Muroran IT: Dr.

#### Sato Kazuhiko

The President Nominating Committee of Muroran Institute of Technology (Muroran IT) held a meeting on September 12<sup>th</sup> to select Dr. Sato Kazuhiko (a professor emeritus, 66 yrs old) as the candidate for the next president of Muroran IT. Following the formalities, the committee will inform the outcome to the Ministry of Education, Culture and Science. By the next spring the minister will designate Dr. Saito for the post. He will become the 13<sup>th</sup> president of Muroran IT.

Prior to the committee meeting, a decisive election between the top three candidates took place. Dr. Saito was in the majority, overtaking the acting president, Dr. Matsuoka Ken-ichi, and Prof. Sugiyama Hiroshi. After examining the results, the nine committee members selected him unanimously.

Dr. Sato was born in Otaru and graduated from Muroran IT. In 1980 he became an associate professor in the department of engineering, and then a vice president in Muroran IT. He retired in March of this year.

Dr. Sato commented that he wanted to ponder about the general management of the institute for the six months until next spring. His tenure of the presidency is for six years, starting from April 2009.

むろらん こうぎょう だいがく がくちょう せんこう かいぎ  
室蘭 工業 大学の 学長 選考 会議 で、

さとうかずひこめいよきょうじゆ がくちょうこうほ けつてい  
佐藤一彦名誉教授が学長候補に決定しました。

らいねんはる もんぶかがくだいじん にんめい だい  
来年春までに文部科学大臣の任命があり、第

じゅうさんだいがくちょう しゅうにん  
13代学長に就任する

よてい  
予定です。 Dr.Sato Kazuhiko



### “Relay for Life Hokkaido in Muroran”



A charity event for understanding and supporting cancer patients, “Relay for Life Hokkaido in Muroran”, was held in Muroran for two days on August 30<sup>th</sup> and 31<sup>st</sup> for the first time in Hokkaido. In “Relay for Life”, cancer patients, their families and supporters make teams and walk on a 200m-track for twenty-four hours alternatively, with “Conquest of cancer” in their hearts.

On that day 26 teams (more than 300 people from not only Hokkaido but also the whole country) gathered at the field next to Hakucho Oh-Hashi Memorial hall in Muroran. After the opening ceremony, the patients first walked around the track, holding hand-made teams’ flags, on which they wrote their own message. A lady from Sapporo, who was suffering from breast cancer, was so impressed by her encounter with associates that she was moved to tears. Another participant marched while holding a portrait of an executive who died from cancer. On the stage there were performances of Japanese drum, pop music and the others. At night, events for honoring the people who died from cancer and for encouraging the patients were held. The Relay Walk (24hours’ walking) ended at noon on

August 31<sup>st</sup>. At the closing ceremony, a top executive, Ms. Kaneko Akemi (a cancer patient herself), said with tears in her eyes, that owing to all the participants, the event was a great success. After that all participants sang together and the impressive two days' event ended.

がん患者の理解と支援を目的とした、北海道で初めてのチャリティイベントが、室蘭で開催されました。

### Hamacho Arcade Removal Construction

The symbol of Chuo-cho of Muroran, Hamacho arcade is now disappearing. The decrepitude of the Hamacho arcade is the reason for its removal. Demolish work on the roof began on August 26, and will continue until October 20. During the construction period, each store in the arcade is doing business as usual and it is possible to pass through the shopping street. Each store is looking forward to continued customer support.

室蘭市中央町のシンボルだった「浜町アーケード」の撤去作業が順調に進み、今月中には完了の予定です。

## Information and Invitations

### Muroran Citizens Museum Open

[Place] 6-23 Saiwai-cho  
 [Open] 10:00a.m. ~ 5:00p.m.  
 [Closed Date] Every Monday and the next day of Holiday  
 [Entrance Fee] Free



#### <Opening Commemoration Exhibition>

“Featuring nationally acclaimed artists: Jun Nomoto and Masaharu Fukui

[Date] October 1(Wed)–19(Sun)

[More Information] Muroran Citizens Museum (Tel: 0143-22-1124)

### Indian Ink Picture Exhibition

Indian ink picture is the Summit commemoration prize winner

[Date] October 7(Tue) 1:00p.m. ~ 8(Wed) ~18(Sat) 10:00a.m. ~

[Place] Citizen’s Activities Center

[Information] Mr.Takao (Tel: 0142-76-2663)

### Stained Glass Work Exhibition

[Date] October 10(Fri)-14(Tues) 10:00a.m. ~

[Place] NHK Plaza μ

[Information] Mr.Odagiri(Tel:0143-43-7257)

### Citizen’s Activities Museum

Each citizen’s activities group in the Muroran region will concentrate together.

[Date] October 10(Sun) 10:00a.m. ~7:00p.m.

6(Mon) 10:00a.m. ~5:00p.m.

[Place] 7<sup>th</sup> Floor, Marui-Imai Department Store

[Contents] Stage announcement and Exhibition corner: It introduces the content of the each groups' activities with the panel.

[More Information] Citizen’s Activities Center (Tel: 0143-25-7070)

### Playing of Japanese Harp, Bamboo Flute, and Shamisen



[Date] October 11(Sat) 1:30 p.m. ~

[Place] Bokoi Station

[Information] Mr.Nigishi(Tel:0143-23-3801)

### Muroran Science Museum News

BONSAI (Mini potted plant) Exhibition



[Date] October 10(Fri)–12(Sun) 10:00a.m. ~ 4:00p.m.

Exhibition of schoolchildren' invention device works

[Date] October 11(Sat)–13(Mon) 10:00a.m. ~ 4:50p.m.

[Place] Muroran Science Museum  
 [Entrance Fee] 300 yen (under junior high school age and over 70 year's old: free)  
 [More Information] Muroran Science Museum  
 (Tel: 0143-22-1058)

### Flea Market

[Date] October 12(Sun) 10:00a.m. ~2:00p.m.  
 \* Postponed to October 13(Mon) in case of rainy weather.  
 [Place] Recycle Plaza of the Nishi-iburi Waste Disposal Facility  
 [Contents] Open Market, The Free Lot Association: You can get new rice, etc. The lot ticket is distributed to the first 200 people at 10:15a.m. (A red balloon is a sign.)  
 [More Information] Nishi-iburi Recycle Plaza  
 (Tel: 0143-59-0319)

### Luxury Cruise Passenger Boat "ASUKA II" to Enter Muroran Port

[Date] October 15(Wed) Arrival: 9:00a.m. Departure: 5:00p.m. -  
 [Place] Muroran Port Central Wharf

\*The boat is not open to the general public.

[More Information] Ports Section of Muroran City Office (Tel: 0143-22-3191)



### Bird - Watching Party

[Date] October 19(Sun) 8:30a.m. ~11:30a.m. \* may be cancelled in case of rainy weather.  
 [Place] Karamatu-daira at Mt.sokuryo  
 [Admission] free \*Rental binoculars available  
 [Information] Mr.Horimoto (Tel: 0143-85-9396)



### Muroran Night Tour for people of Muroran

[Date] October 21(Tue) 6:00p.m. ~ 8:30p.m.  
 [Contents] A tour of the night view spots in Muroran city by bus.

[Limit] 24 people from Muroran \* It gives priority to the person who participates for the first time. By lottery if number of applicants exceed 24



[Tour fee] free  
 [Application] by telephone until October 14  
 [More Information] the Public Relation Section of the Muroran City Office (Tel: 0143-25-2193)

### Muroran Meeting Work Print Exhibition

[Date] October 21(Tue) – November 3(Mon) 10:00a.m.~  
 [Place] Muroran Citizens Museum  
 [More Information] Muroran Citizens museum  
 (Tel: 0143-22-1124)

## Japanese Cooking 203

### Simmered Hijiki ひじきの<sup>にも</sup>煮物

#### - Ingredients (serve four) -

dried hijiki	30 g
abura-age	1 sheet
carrot	1/3
vegetable oil	1 tablespoon



#### 《Sauce》

- broth 240 cc
- sugar 2 tablespoons
- sake 2 tablespoons
- soy sauce 3 tablespoons

#### Directions

- (1) Soak the dried hijiki in water for about 20 minutes until soft, pour into a strainer and wash in water.

- (2) Bring the abura-age to the boil quickly to remove excess oil.  
Cut in half lengthwise, and then slice into thin strips.
- (3) Cut the carrot into thin strips.
- (4) Heat the vegetable oil in a pan, add the carrot, hijiki and abura-age in that order, then stir fry at medium heat.
- (5) When all the ingredients are coated in oil, add all the sauce ingredients, and simmer until the liquid is almost gone.

(1) ひじきは水に約20分つけて戻し、ざるに取  
って水洗いする。

(2) 油揚げは熱湯でさっとゆでて油抜きし、たて  
半分にして細切りする。

(3) にんじんは細切りにする。

(4) サラダ油を熱し、にんじん、ひじき、油揚げ  
の順に加え、中火で炒める。

(5) 全体に油が回ったら煮汁を加え、中火で汁  
がなくなるまで煮る。

## About Japan

### Cuisine in Japan

**<What types of cooking techniques are used to prepare fish commonly eaten in Japan?>**

If the fish is fresh enough, *sashimi*, or thinly sliced raw fish, is preferred by many people. It is eaten with Japanese horseradish, ginger and soy sauce.

Raw fish is also eaten in the form of sushi, but since preparing *sushi* requires special skills, it is not often made at home.

The most frequently used cooking technique is grilling with salt sprinkled on top of the fish. Any fish except for red-meat fish such as tuna can be cooked this way.

*Teriyaki* is prepared by marinating fillets of

fish in a soy-sauce-based sauce, and grilling while basting with the sauce. Sometimes fish is boiled over low heat using soy sauce or *miso*, soybean paste. Fish that is heavily marbled such as mackerel is suited for these cooking techniques.

Shrimp, prawn, squid and white-meat fish are eaten in *tempura*, or deep-fried.

Western techniques such as *meuniere* have been adopted in Japanese cuisine, but Japanese traditional cooking is still the most common as far as fish is concerned.

### <How is sake or Japanese rice wine made?>

*Seishu*, which means pure *sake*, is made from rice, rice-fermented *koji*, and water.

First, the rice is washed to remove the rice bran. After letting the rice absorb water, it is drained, steamed, mixed with *koji* and water, and then fermented for 20 days. The ingredients are compressed by machine to separate them into sake and *sakekasu* (leaving). The sake, by letting it stand for a while, is separated into *seishu* and *ori* (dregs).

The *seishu* is filtered, and its flavor and taste are adjusted. Disinfected by heating, *seishu* is cured at a temperature lower than 20 degrees for more than six months. After that, final adjustments are made before it is re-disinfected by heating. The *seishu* is then bottled and shipped.

## Cinema Guide

### *Muroran Gekijo (Higashi-machi)*

1. IRON MAN
2. WANTED
3. パコと魔法の絵本 (Japanese)
4. HANCOCK



### 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.