

# MURORAN TIMES



December 1, 2009 No.241  
Muroran City Office 1-2 Saiwai-cho, Muroran,  
Hokkaido 051-8511 JAPAN <0143-22-1111>

## News and Topics

### Disaster Drill at Hospital

The Hokkaido Government designated the Muroran Municipal Hospital as a local main medical facility in the event of a disaster, in February last year. The hospital held a disaster drill for the first time on November 14<sup>th</sup> in case of a big disaster.

The drill was practiced on the assumption that a bus and a big truck collided head-on at an intersection within the city and that 60 casualties, who were suffering from bruises, burns, brain contusions, fractures, etc. were brought to the hospital one after another. A total of 450 people, consisting of the medical staff in the hospital (the doctors, the nurses and others) and the staff of the fire brigade took part in the drill. Those who performed the part of patients even painted blood on their faces. The staff rushed here and there and stretchers came and went. The halls of the hospital were thrown into an uproar. Some patients under triage wore colored garments, depending on the order of treatment priority. Following to the triage, the doctors asked patients about their symptoms, instructed on treatments and so forth. It was just like a real scene. Also some good ideas were carried out in order to accept many casualties in a big accident. For example, to substitute chairs in the waiting room for beds because there was not enough space in doctor's room, to coincide the colors of nurses' uniform with the colors of the garments of patients under the triage, etc. The participants of the hospital said, "This first trial was very successful. Resolving the problems in this drill, we want to enhance the level of emergency aid".



しりつむろらんそうごうびょういん だいきほ こうつうじこ お  
市立室蘭総合病院で、大規模な交通事故が起き  
て多くの死傷者が運ばれてくることを想定した、初  
めでの訓練が行われました。

### Local Information by FM Broadcast

 Muroran City Office has begun to provide its citizens with various kinds of information in cooperation with a local FM broadcasting station which started last year in Wanishi, Muroran. Winter is coming, and inquiries to the office about snowplowing on the streets will increase. Therefore the office started to consider whether it is feasible or not for the office to broadcast real-time information about snowplowing and traffic on snowy roads through the FM broadcast. As for snowplowing, about 80 snowplows owned by 30 companies turn out, when more than 10cm of snow falls. In the past, the office has gotten many inquiries and complaints of snowplowing (989 cases in 2007 and 495 cases in 2008). People often inquire about when a snowplow will come around their houses. By broadcasting real-time information, the office intends to enhance its service to the citizens and to deepen citizens' understanding of its activities.

むろらんしやくしょ ちいき りよう じよせつ  
室蘭市役所では、地域FMを利用して、除雪や

こうつう じょうほう ていきょう けんとう  
交通の情報が提供できるよう検討しています。

## Department Store Closeout Sale

Muroran Marui Imai Department Store is holding its closeout sale until January 20 next year and is crowded with many customers every day.

Muroran Marui Imai Department Store has been in favor with Muroran and neighboring citizens for hundred and eighteen years and January 20 is the day when they should go out of business.

The closeout sale will last two months and there are ten times as many discount articles as usual. A corner for year-end presents is open from November 25 and the Delicious Food Market from all over the country is scheduled from January 13 to 18.

まるいまいむろらんてん らいねんいちがつ へいてん き  
丸井今井室蘭店が来年1月に閉店することが決

まり、それまでの間、バーゲンセールが行われ  
て、多くの客でにぎわっています。

## Information and Invitations

### Celebrity Portrait Pencil Picture Exhibition of Mr. Nobuaki Iguchi

[Date] December 17(Tue) - 20(Sun)

10:00a.m.~

[Place] Muroran Citizens Museum

(Underground level at Muroran Bunka center)

[More Information] Muroran Citizens Museum

(Tel: 0143-22-1124)

### Opening of Sanraiba Ski Area in Karurusu Hot Springs



[Date] December 19(Sat) \* The opening day

may change due to snow conditions.

Beginners to seniors can enjoy ski slopes

After skiing, enjoy a rest at Karurusu Hot Springs!

[Lift charge] Coupon ticket (11 times):2,300 yen(1,900 yen for under elementary school children) Ticket for six hours:2,600 yen(2,100 yen for under elementary school children)

One-day ticket:3,000 yen(2,400 yen for under elementary school children)

[More Information] Sanraiba Ski Area in Karurusu hot spring (Tel: 0143-84-2872)

## Ocarina harmonica End of the year concert

[Date] June 23(Wed) 1:30p.m. ~

[Place] NHK Plaza μ

[Information] Mr.Takagi(0143-43-8430)

## Hands-on Lecture at Muroran Historical Museum

① Making of SHIMENAWA (New Year's festoon)



[Date] December 13(Sun) 10:00a.m. ~ 12:00noon

② Experience MOCHITSUKI (pounding steamed rice)

[Date] December 20(Sun) 10:30a.m. ~ 12:30p.m.



[Admission Fee] ①free ②300 yen

[Limit] first 20 people for each activity

[Application] by telephone from December 1

[More Information] Muroran Historical Museum (Tel: 0143-59-4922)

## Final Count Down to 2010 at Hakucho Bay Bridge



[Date] December 31(Thur) 10:30p.m. ~

[Place] near Hakucho Bridge Memorial Hall (Shukuzu-cho)

[Contents] Count down, Fireworks, Lottery

[Tickets] Lottery ticket is 500 yen. You can get a ticket at Hakucho Bridge Memorial Hall, Muroran Sightseeing Association, Puratto Tetsuichi in Wanishi and also you can get a ticket on that day.

[More Information] Hakucho Bay Bridge Countdown Executive Committee Secretariat (Tel: 0143-42-4910)

## Special Christmas Planetarium Program

[Date] December 12 (Sat), 13(Sun)



1:30p.m. ~ 2:00p.m.

[Place] Muroran Science Museum

[Entrance Fee] 300 yen for adult, 100 yen for high

school students (under junior high school age and over 70: free) \*you need planetarium fee too.

[Program] Projection of constellation and talk at Christmas \*you need a numbered entrance ticket

[Ticket] You can get a ticket on that day

[More Information] Muroran Science Museum (Tel: 0143-22-1058)

## Public Symposium on Cancer

[Date] December 12(Sat) 2:00 p.m ~5:00 p.m.

[Place] Nikko Memorial Hospital

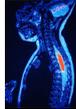
[Contents] Lecture and Panel discussion with cancer patients

[Limit] first 200 people

[Fee] Free

[Application] by telephone until December 12

[Information] Ms.Konuma (Tel: 090-2071-3420)



## Interview

### Konnichiwa “Muroranese”

[Vol.6]

Name: **Stephanie Palm**

Country: Sheboygan,  
Wisconsin, USA

Profession: ALT of the  
JET Program



Q1: When did you come to Muroran?

A: I came to Muroran in August. I have been here for about 4 months; so now the first period of culture shock is over and I'm getting used to life here.

Q2: What do you do in Muroran?

A: I am an Assistant Language Teacher (ALT) from the JET Program. I teach English at Muroran Sakae Senior High School.

Q3: Why did you come to Japan and become an

ALT?

A: I was a linguistics and TESOL\* major at University and while I was at school I took Japanese classes. The more I learned Japanese, the more I acquired a special interest in the similarities and differences between Japanese and English and how that affects language learning. The other reason is that I love teaching!

\*Teaching English to Speakers of Other Languages

Q4: How do you like teaching at Sakae High School?

A: I like it a lot. I teach 1<sup>st</sup> and 2<sup>nd</sup> year students. I teach words and expressions, and we practice conversation together. Students have lots of knowledge of English, though less speaking experience in general. I hope they will improve their communication skills through my class. I also work with the International Club as an after school activity.

Q5: What are you interested in doing while you are living in Japan?

A: I would like to be involved in various volunteer activities and to pick up some Japanese hobbies, such as “taiko” \*. Of course I would also like to travel, visiting different places in Hokkaido and the rest of Japan. \* Japanese drum

Q6: Any comments for the citizens as a foreign resident?

A: For Japanese people who are learning English, I would like to say please do not be scared to speak in English or to talk to foreigners. This can also be said of the foreign people who live in Muroran about speaking Japanese. I know you may hesitate, but if you step forward then you will have more opportunities.

## Japanese Cooking 216

### Rice with chicken and Vegetables

かやくご飯 (炊き込みご飯)

## - Ingredients (serve four) -

rice	2cups (360g)
broth	3cups (600cc)
salt	1/2 teaspoon
mirin	1 tablespoon
light soy sauce	3 tablespoons

chicken thighs, skinned	200g
konnyaku	50g
fresh shiitake mushrooms	4
carrot	50g
mitsuba(trefoil)	1/2 bunch (25g)
salt	pinch

### Directions

- (1) Wash rice carefully, drain in a sieve, and let stand for 30 minutes.
- (2) Cut chicken into 1cm cubes, and briefly parboil.
- (3) Cut konnyaku into 3cm thin strips, and briefly parboil.
- (4) Remove stems from shiitake mushrooms, and slice thinly.  
Cut carrot into thin 3cm strips.
- (5) Parboil mituba briefly in salted water, cool in cold water, and drain.  
Cut into 3cm lengths.
- (6) Place rice, broth with seasonings, and all ingredients except mituba in a pot, mix lightly to spread chicken and vegetables, and cook. \*

Begin over medium heat for about 10 minutes.

When boiling, raise heat to high for 1-2 minutes, then turn down to medium low, and cook for 15 minutes.

Turn up heat to high again at the finish for 30 seconds, and remove from heat.

- (7) Let stand for about 10 minutes, add mitsuba, and mix so that rice, chicken, and vegetables are combined well.

\* If using an automatic rice cooker, follow the machine's water measure.



Topic of the Month: "holiday season"

### Words

- National Holiday : 国民の祝日 [kokumin no syukujitsu]
- New Year's Eve : 大晦日 [oo misoka]
- New Year : (お)正月 [(o)shougatsu] \*
- New Year's card : 年賀状 [nenga jyou] \*\*
- New Year's dishes : おせち [osechi]
- One's first visit of the year to a Shinto shrine (or a Buddhist temple) : 初詣 [hatsu moude]
- New year's party : 新年会 [shinnen kai]
- Coming-of-Age Day : 成人の日 [seijin no hi]

### Phrases

- (1) <sup>あ</sup>明けまして おめでとうございます。  
[akemashite omedetou gozaimasu]
- (2) <sup>ことし</sup>今年もよろしく<sup>ねが</sup>お願いします。  
[kotoshi mo yoroshiku onegai shimasu]

### Explanation

"Oshougatsu"\*, New Year is one of the most important holidays of a year in Japan. People generally celebrate it with their families and relatives. The first phrase means "Congratulations on the beginning of the New Year.", which can be used as an alternative phrase for "A happy New Year." The second one is a common phrase which wishes continuing relationship with each other for a new year. People use those phrases frequently during New Year's holiday. They are also common phrases for a "nengajyou"\*\*, a New Year's card.

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## Cinema Guide

### Muroran Gekijo (Higashi-machi)

- 1.2012
- 2.ゼロの焦点
- 3.なくもんか
- 4.沈まぬ太陽



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### 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, Naito Naoko, English advisor: Jane Takizawa.

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## Japanese lesson

“Nihongo de hanasou”