



MINATO TOKYO

Bulletin

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MINATO UNESCO ASSOCIATION NEWS & CALENDAR

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Seeing is Believing

Yuki Nakamae, Director of MUA

For the New Year's wish in 2014, I picked the saying "Seeing is believing." It may belong to cliché but I decided to act with a renewed awareness of what this maxim means.

During my professional activities as a member of the Minato City Assembly, I became keenly aware of the importance to visit and observe, using all five senses, the reality at the places where different issues have emerged. Because my work has been always close to the local community, the scope of my attention & movement tends to be confined to limited regions. Therefore, I take caution not to fall into a way of thinking based only on my parochial town-watching and common sense. In other words, I feel that it's necessary for me to visit outside communities, including foreign cities, and observe with my own eyes differences in life styles, values & cultures, and town rules.



Up until last year, however, I seldom had a chance to visit any foreign country. This is partly because I was just too busy to work out enough time and partly because I felt some hesitation in making private overseas trips. On the other hand, my workplace is Minato City where we accommodate many foreign residents and visitors, and where it's necessary to further enrich our public services addressed to foreigner citizens. Based on this awareness, I made a decision to visit a foreign country this year, and visited London in April.

It was quite a challenge to include an overseas trip into my busy schedule since unexpected requirements for my attendance may abruptly emerge for the city assembly committees or community programs, just before my departure for the trip. However, once the schedule adjustment was finalized, I could spend rewarding time in finishing pending issues and making preparatory research on London. As I was neither accustomed to making trips nor capable in English communication, it was a bit nervous yet very fulfilling experience to work out schedule, make trip arrangements and start on an overseas trip all by myself.

Why did I choose London as the place of my visit? Well, I wanted to study the current status of the matured European city which hosted the 2012 Olympiad, from the context of the Tokyo Olympic Games we will host in six years.

The British Olympic Committee decided to build the main stadium in Stratford, a worn out community, with an intention to revive the area by the Olympic effect. In two years after the Olympiad, Stratford has turned into a vibrant developing community, symbolized by the "Queen Elizabeth Olympic Park," one of the largest parks in the U. K., as the center piece at the site where the main stadium once stood.

By 2030 when the development plan for the community revival will be completed, Stratford will evolve into a multiple-clustered community, based on eco-centric policies, which will accommodate sports facilities, universities, housing areas, shopping malls as well as medical, media and technology centers. This will bring about the revival of the east London community which had been a long-time pending agenda.

(To be continued on Page 6)

Welcome Party for New Members of the Year 2014

Date: Thursday, May 29, 2014

Place: Minato City Life-long Learning Center

This event has now been firmly entrenched in the MUA activities as the first one in the new fiscal year after the close of general meeting. It is equivalent to the initiation ceremony of a company. A total of 17 people, including 3 new members, joined the party.

The 1st part: Briefing Session

Ms. Takai, the president of MUA, kicked off the session by delivering an address of welcome, and thanking for selecting MUA from among many voluntary bodies. She then touched on the organization of MUA.

MUA was established 33 years ago by business persons, educators and local activists in an effort to build an organization good enough for the international cultural city of Minato. Since then, MUA has been operated under the auspices and financial support from Minato City administration.

Two primary activities consist of promotion of international understanding as well as exchange in the center of the international city of Minato, and pursuit of the peaceful global community as well as happiness of the people in conformity with the philosophy advocated by the UNESCO Charter. Activities in cooperation with 300 UNESCO Associations in Japan are also underway.

Aggressive participation by the new members in the various activities is strongly expected in order for MUA to stay attractive for many years to come. Participation in the activities should offer you various opportunities to contribute to the society, meet many people, cooperate with them and cultivate oneself.

Mr. Tomogane, Director, introduced each one of new members. Then, representatives of 8 committees presented their activities.

The 2nd part: Get-together

Get-together was held in the administration office of MUA. Toward the end of the party, the stage was set aside for self-introduction not only by new members but all the members in attendance as well. We all had an enjoyable time for conversation, exchange of opinions over the food cordially prepared by the members of MUA.



(Written by M. Tomogane, Director, Membership Committee, and translated by Y. Suda, the PR, Bulletin & Internet Committee)

**A visit from the UNESCO committee students of
Tokyo Metropolitan Mita Senior High School**

Date: June 17th (Tue) & 19th (Thu), 2014
Place: MUA's secretariat office

The Tokyo Metropolitan Mita Senior High School has a more than a half-century history as a UNESCO school. Once again this year, led by Ms. Yuka Fujimura and Ms. Midori Maejima, Thirty five students of the UNESCO committee were divided into two groups, and visited Minato UNESCO Association's secretariat office on 4 p.m. in the afternoon, and I had a meeting with them.

I talked to them how UNESCO was born and its ideal, I had a conversation with them about the meaning of peace. After the meeting, two students sent us essays expressing their thoughts of the meeting. The teachers gave me the permission to publish their essays.



Mr. Ryo Murata second-year student

Thank you for spending time giving us a valuable story despite your busy schedule. This was my first year joining Mita Senior High School's UNESCO Committee, but it was embarrassing for me that I had only known UNESCO as a specialized agency of the United Nations. But from this visit, I learned that UNESCO is a very important agency for the world with a great philosophy to prevent creating war, and I thought that the activities of the UNESCO committee should be more active. I will do my best as a leader of the committee!

In this visit, we were able to listen to Ms. Takai's story about the Pacific War including her experiences. I had only saw stories about war from contents of documents, and I had never asked directly about it. I had once or twice thought that I should ask my grandfather and grandmother, but it was not easy for me to begin asking.

But in this visit Ms. Takai gave us stories about war, with a feeling that she must tell to us despite the hardships she must have had. She said that she did not want to talk about war as much as possible, but I think she told to us because she wanted war to never happen again.

Even now, wars and disputes continue all over the world, but I will live my life keeping in my mind that war will never give happiness to anyone.

Ms. Yuka Nakamura second-year student

Thank you for giving us a very valuable story. This was my second visit to Minato UNESCO Association continuing from last year, and I was able to think what the meaning of "peace", and what I can do as a member of the UNESCO Committee. After we heard stories about war of which we do not listen to often, I thought that we should do our activities while keeping in our minds what kinds of feelings we should have on what kinds of activities we can do from now on.

And through those activities, I want to spread to my fellows in Mita Senior High School what I learned from this visit. The things that we can do are limited and very little, but I will do my best on it and I hope can contribute in some small way in order to create a peaceful society. Thank you very much.

Sixty nine years have passed after Japan had lost in the war, and I had never spoken in front of people about my experience in the war until Mita Senior High School UNESCO Committee came to our office three years ago. But I began to think that speaking my experience to young people who will build a future would be a memorial service to my father who died while being detained in Siberia and to many people who died in the war and would be my duty for the sake of never repeating the tragedy again.

I would like to express my heartiest appreciation to the teachers of Mita Senior High School, and to the students who listened to my awkward story with a serious expression.
(Written by M. Takai, President, and translated by Y. Kiribuchi, the PR, Bulletin & Internet Committee)

World Cooking Workshop

Yakuzen Home Cooking of Taiwan

Date: Saturday, July 6, 2014

Place: Minato Gender Equality Center (Libra)

For this occasion, we invited Mrs. Liu Yoshie, who is a pharmacist and medicinal cooking expert, to be the lecturer. She taught us about the Yakuzen (medicinal cooking) cuisine of Taiwan, and we practiced cooking some dishes with her. About half of the participants in the class had been to Taiwan previously, owing to its close proximity (2-3 hours air travel) from Japan. Taiwan is such a familiar country to us. The island is full of food treasures: gifts from the ocean and riches from the soil. Their rich stall food culture is particularly famous. In the morning, one can enjoy milk porridge, a variety of meat bun, anman, and fried bread; from late afternoon until the late evening, a diverse selection of B-grade gourmet is available practically everywhere.

Basically, Yakuzen cooking system is concerned with five tastes (acid, bitter, sweet, spicy, salty), five colors (green, red, yellow, white, black) and 5 food temperatures (cold, cool, flat, warm, hot). In addition, one must pay attention to using seasonal ingredients, knowing one's physical constitution well, and employing detox measures to improve the inner flows of "chi", "blood" and "water", in order to maintain good health. This system has been widely incorporated into and is practiced in typical Taiwanese households.



★Soup of Yakuzen Chicken

The following ingredients were simmered for a while in a pot of water: real angelica, ginseng, wolfberry, black jujube (Kuro Natsume), and the Renko (Hasunomi). Finally, a whole chicken was placed in the soup with its soft belly up and simmered some more. The use of a whole chicken makes it an impressive dish.

★Meat Bun

This was a challenging dish which included making the wraps from flour and then using them to wrap coarse bean paste which was also handmade.

★Boiled lotus root seasoned with a sweet and sour marinade

This was a simple dish in which thinly-sliced lotus root was boiled and then seasoned with ginger and other ingredients.

★Fried Taiwanese rice noodle

Dried shrimp, pork, cabbage, shiitake mushrooms, green onions, and yellow leek, were stir-fried together. A plenty of ingredients was used.

★a dessert of gentle sweetness

Wheat, Mung bean and three brown sugar were mixed and gently simmered.



The menu that Mrs. Liu taught us was rich in variety, flavorful, and also plentiful. We were able to fully enjoy Yakuzen Home Cooking of Taiwan. Even though we used a variety of cookware, and some techniques were unfamiliar to many of us, all the participants cooperated well to make this a productive and enjoyable experience.

We would like to thank Mrs. Liu, who was very responsive throughout the process and also indispensable in procuring the right ingredients, as well as everyone who helped out and all who participated.

(Written by Y. Kanazawa, the World Cooking Committee, and translated by Y. Sakashita, the PR, Bulletin & Internet Committee)

The Hands-on Yukata Kitsuke Workshop

Date: July 27, 2014

Place: Minato Akasaka Community Center

Yukata seems to symbolize the culture of “wa” in Japan. Today we see an increasing number of young people who wear Yukata to join fireworks and other summer festivity events. We organized this Yukata workshop because we trust that, for foreign residents in Japan, it will provide a good opportunity to feel hands-on Japanese culture. It will also make a good memory of the summer season in Japan.

To our great delight, we had as many as 26 non-Japanese participants (four children included) from the following countries – Bangladesh, Colombia, Ghana, Hungary, Indonesia and Sri Lanka. We also had eight Japanese participants.

The workshop consisted of four components: a brief explanation of the Yukata history, Yukata kitsuke (dressing) exercise, commemorative photo taking, and reception. Our committee members prepared a variety of Yukata's in different colors and patterns. Therefore, all of participants could choose and wear Yukata which meets their taste. Our participants looked to be in high spirit and very happy. We renewed our awareness of the charm which traditional Japanese costumes offer. Yukata is a very handy cloth which instantaneously wraps up the wearers with Japanese feeling.



Let me introduce some of the comments from the participants:

- I participated as a preparation for an event in Hawaii where I will wear Yukata.
- It was a refreshing experience to learn Yukata kitsuke together with people from different countries.
- I will inform my non-Japanese friends of the availability of this MUA workshop.
- I enjoyed every minute of the program.

A total of nine staff from our committee undertook different roles to prepare and facilitate this workshop. We were all pleased to see happy faces of the participants and share the enjoyable moments.



(Written by K. Hikakata, Standing Director, the Culture Hands-on Workshop Committee, and translated by S. Tanahashi, the PR, Bulletin & Internet Committee)

World Conference on Education for Sustainable Development opens in Aichi-Nagoya, Japan

©All rights reserved World Conference on Education for Sustainable Development opens in Aichi-Nagoya, Japan (10 November 2014)

Aichi-Nagoya, Japan, 10 November: UNESCO's Director-General and Japan's Minister of Education, Culture, Sports, Science and Technology have opened the World Conference on Education for Sustainable Development (ESD). The opening ceremony took place in the presence of Their Imperial Highnesses the Crown Prince and Crown Princess of Japan following stakeholder meetings last week in Okayama.

"To achieve sustainable development, technology, political regulations and financial incentives will not suffice – we need to change the way that we think and act, as individuals and as societies. This is the aim of Education for Sustainable Development," stated the Director-General, Irina Bokova.

His Imperial Highness, the Crown Prince of Japan, also spoke of the need for education to be at the forefront of change: "In order to achieve sustainable development, each of us must recognize that we exist relative to all the other people of the world and to future generations, as well as to our own natural environment. And we must consider the various global problems with a deepened international perspective. I feel certain that education is the basis for this." (excerpted)

(Continued from P. 1) Seeing is Believing:

While in London I was impressed most with the beauty of its buildings and parks. I could see strings of beautiful harmonized brick architectures, not just in the central area but also in the suburbs. I learned that a major factor which enabled this development is the fact that people opted to renovate and use old houses rather than pay high tax which will be imposed if they build new buildings. In the central area of London where tourists see the famous red double-decker buses, those who drive private cars have to pay tax. This must be an effective transportation policy which will mitigate the urban traffic congestion. I took a good lesson from these observations.

On the other hand, I became keenly aware of the high standard of living which we enjoy in our daily life in Japan. For example, we can be proud of the cleanliness of subways and punctual operation of trains, healthy and delicious food culture, and reasonable commodity prices. It was a most rewarding and pleasant trip with lots of discoveries. Of course, it was a totally private trip on my own expenses.

The Minato UNESCO Association routinely offers programs which will help you to expand your viewpoints, domestically and internationally. As the saying goes, "Seeing is believing." Let us go on a trip for new discoveries. (Ms. Nakamae is a Minato City Assembly member)

(Translated by S. Tanahashi, the PR, Bulletin & Internet Committee)

Minato UNESCO Association is a citizens' voluntary membership organization that promotes Japanese traditional culture, holds cross-cultural workshops and presents multicultural events and international symposia for world peace. For any questions or comments about our articles, please contact our secretariat office at:

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