

RIFA News letter

Koryu

Ritto International Friendship Association

July,2009 (Vol . 38)

RIFA 〒520-3088

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Year 2009 General Meeting Was Held

The RIFA general meeting for year 2009 was held at the Ritto Chuo-Kominkan, from 10:00 on May 10, 2009.

Their congratulations were offered by two guests, Mr.Nakamura, Deputy Mayor of Ritto City and Mr.Kyutoku, Chairman of Ritto City Council.

All of the following agenda items were passed.

- Last year's business report
- Last year's statement of account
- Supplementary budget
- Revised membership agreement for reducing membership fee
- This year's budget proposal
- This year's business plan



New officers listed in the right table were selected. Also, Vice-Chairpersons of General & Public Committee and Cultural Exchange Committee were selected at the respective committee meeting held after the general meeting.

The membership agreement has been revised as follows in order to expand membership by reducing family membership fee and corporate membership fee.

New Officers for 2009 and 2010

- Advisors : Shoichi Kunimatsu, Mayor of Ritto City, Teruhiko Hayashi
- Chairperson of RIFA : Aki o Okada
- Vice-Chairperson : Satoshi Fujisaki, Toshiko Okumura
- Chairperson of General & Public Committee : Masao Ohta
- Vice-Chairpersons of General & Public Committee : Hidehisa Aoki, Toshiyuki Yamamoto
- Chairperson of Cultural Exchange Committee : Koichi Nakano
- Vice-Chairpersons of Cultural Exchange Committee : Kunji Kitamura, Susumu Takai
- Auditors : Kazuo Koizumi, Takehiko Nakajima

Revised Membership Fee

Membership	Annual Fee		Applicable To
	Before Rev.	After Rev.	
+ Individual	¥2,000	¥2,000	+ Individual person only
+ Family	¥5,000	¥3,000	+ Family living together with Individual person registered
+ Corporate	¥20,000	¥10,000	+ Employees of corporation Registered

Shiga Foreign Residents Supporting Network(SFRSN)

Report : Participated In Barbecue Party for Personnel Exchange

250 persons in total of foreign residents and Japanese including 11 persons of RIFA related enjoyed the barbecue party in Yahashi -Kihan Island after sweating at a clean-up activity.



Request

We would appreciate your supporting the foreign residents by mean of offering such subsistence commodities as ;

Wheat flour, instant noodle, pasta, canned food, sugar, edible oil , paper diaper for baby, powder milk.

The offered commodities will be supplied to the foreign residents related organizations and the foreign schools via. SFRS Network Office.

If you want to make inquiries about the above, please contact to ;

- SFRS Network Office (Phone No : 561 -5110)
- Rittoshi Social Warfare Council (Phone No : 554-6105)
- RIFA Office (Phone No : 551 -0293)

Total 6,620 Yen was collected for SFRS Network's fund raising we asked your cooperation at the day of RIFA General Meeting.

We would appreciate your support.

Japanese Cooking: provided by the Cultural Exchange Committee

This class is for foreigners living in Japan and for Rifa members.
You can get the information about the events at the Rifa office and website.

"I've just come to Japan after getting married. I want to try some Japanese dishes for my family."

"What should I make for Obentou(a lunch in a box)? In my country, there is no Obentou !"

"I hope teaching Japanese cooking will be a volunteer activity. Of course I want more people to know Japanese dishes."

Class 1: Making Japanese Sweets

Date: April 23rd 2009 Thursday 14:00-16:00

Place: Community center Daihou Higashi

Participants: 14adults and 3 toddlers (8 foreign residents out of the 14people)

Foreigners in Japan learned to make Japanese sweets !!

Rikyumanju(raw sugar dumplings)

Kuromame Daifuku(Black Soybean Mochi Manju)

First, the teacher Ms.Chieko Yamamoto showed us two sweets she made beforehand. People were impressed by them.

Second, they started to make the sweets as the teacher was demonstrating.

It seemed difficult for them to control the heat of the gas. Also it was a challenge for them to cut and to roll it into a dumpling.

It was good opportunity for them to get to know one other through making sweets.

Unfortunately, they had no time to taste the finished sweets as a group.

They brought home-made sweets to each family, they spent "sweet" time.

(Submitted by: General Affairs Public Relations Officer T.Y)

Beans and Raw Sugar Trivia

We say beans are good for our health, beans are nutritious with protein, fibers and more.

Black soy beans have Anthocyanin which is same constituents of beneficial Polyphenol in wine.

Anthocyanin is a pigment that reduces oxidative stress, improves the blood circulation and is good for eyes.

Raw sugar has more minerals and vitamins as compared to processed sugar.

Some minerals found within beans are Calcium, Phosphorus, Iron, Sodium and Potassium.

100g of raw sugar has about 240mg Calcium, this is the same amount of Calcium in 200cc of milk.

Vitamins in raw sugar includes B1, B2, Niacin.

It even has protein.

(Research of the Japan Food Analysis Center)

The wave of exchange expanding from the RIFA Japanese language class!



Today, our Japanese language class is one of good opportunities to find and participate to "RIFA" for non-Japanese living in Japan.

The friendship circle from the Japanese class expanded the range of activities, such as cross-cultural learning or global understanding programs.

This year, the RIFA intends to join the BNN (Biwako Nihongo Network) in order to expand exchange and cooperation exceeding more nationalities, generations, and cultures.

Thanks event by a learner of Japanese language class!

Ms.張 青姫

-Korean-Chinese; been in Japan for 7 years -

After learning Japanese in a Japanese language class given by Hiroshima volunteers, she is now one of active students in RIFA Japanese language class.

This time, she is proposing an new event to repay the kindness to Japanese volunteers.

Then, Ms.Cho and RIFA are planning Chinese/Korean classes which let you try and enjoy these languages with her.

If you are interested, please contact us!

*Chinese class

(The second Saturday of the month 9:00am ~ 9:45am)

*Korean class

(The fourth Saturday of the month 9:00am ~ 9:45am)

Place : Chuo-kominkan

* ¥100 / time for Japanese class

Hello, I'm Cho.

I live happily in Japan thanks to you.

I hope to repay your kindness even a little.

* This Japanese comment was written by Ms. Cho.

She is now studying for the highest level of Japanese Language Proficiency Test!

*Each class is going to be started

as soon as sufficient number of participants gathers.

(3 - 1) translated by Hiyori Yamaji

こんにちは、張です。
みなさんのおかげで日本で楽しく暮ら
しています<笑>
みなさんにちょっとでもお返しできたら~
いいな~と思います。



Report of the first event of this current year; Jiao-zi party, April 11 (Sat.)

Chinese students gave a jiao-zi cooking course to Japanese volunteer staffs of the language class.



We held a jiao-zi (dumpling) party today. As for "jiao-zi", it indicates "Boiled jiao-zi" generally in China. In Japan, it would be "Pot-sticker (Pan-fried jiao-zi)" which is popular...

Though I thought "Sui-Gyoza" is "jiao-zi in soup", it actually means "boiled jiao-zi" in China.

Every Chinese participant was good at the skin-making. They shaped skillfully the dough into a disk using a rolling pin. I was surprised that all male participants also played a good hand.



They say that Chinese families enjoy chatting and making jiao-zi on Chinese New Year's Eve. And they begin to eat jiao-zi after the start of the New Year. I think it would play a role similar to the New Year's soba of Japan.

They also told me; While women occupy only skin-making work, men take part of several works, such as a filling-preparing (chopping the ingredients up), a dough-processing (robust work), and a wrapping the filling up (painful work). I can't believe it!



Our jiao-zi was not crisp like a pot-sticker, but so fleshy and so filling. I couldn't stop eating. I liked also the noodle made with excess dough.

Cooking is perfect for cultural exchange.

We can easily try a different culture, and also find out cultural topics of the dish we cook.

That was a delicious meal! You are our Chinese expert cooks.

(Written by Y.N, volunteer staff of the Japanese language class)



*Excerpt from the blog of
Japanese language class
(<http://blog.rifa.jp/j/>)

Notice

These are events we are planning. We'll let you know more at Rifa website and Paper Ritto.

<p>Treasure Boxes to Meet the World (5 times in a row)</p> <p>-interesting classes by OV of Japan Overseas Cooperation Volunteer - JICA Osaka International Center and Rifa joint events.</p> <p>No.1 : June 21st Sunday 10:00 -12:00 What is Ghana like ?</p> <p>No.2 : August 24th Monday 10:00 -12:00 Let's make a national flag! (Nepal)</p> <p>No.3 : December 19th Saturday 10:00 -15:30 Mexican Christmas Party</p> <p>No.4 : January Kendama(cup and ball) meets world (Mozambique)</p> <p>No.5 : February 14th Sunday 10:00 -15:00 Dishes from Arabic and Jordan</p> <p>Fee : Free Participant numbers : about 25people(in order of arrival) Age Group: elementary school students, parent/kids, Place : Chuokouminkan Community center Harutahigasi(only for 5th event)</p> <p>These are intended for elementary school students but anyone is welcomed ! Join with your grandchild ! The contents are changeable. People who participate in all events can get a present! Some events might require a small materials fee.</p>	<p>Gathering : Let's enjoy bowling !</p> <p>Date: July 11th Saturday 13:00 -16:30 Admission Fee : ¥1000(not including rental fee of shoes) Place : Ritto Bowling Gym(Wing Plaza 4th floor) Sign up date: June30th Tuesday Capacity : 60 people(in order of arrival) Please come with your family and your friends.</p> <p>An Advise Service Day For Foreigners living in Japan has been added.</p> <p>-Please let your neighbors know this - As foreigners in Japan requested, a service day has been added from June to September. Throughout the year : Every Wednesday 13:00-17:00 Plus : Second and fourth Friday 14:00 -17:00 (reservation required)</p> <p>English Conversation Class Speaking English naturally is the goal ! - Portugese, Spanish,Chinese,Korean,Tagalog Let's start with English. Further information will come later.</p> <p>Foreigners can join us !! Join us with your friends ! Seasons Shunkashuutou (a voice from Rifa member)</p>
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Collection of RIFA Members

For the persons who are interested in an international exchange, please consider to join in RIFA membership.

Special favor

Discount of fee for participating in RIFA events and classes

Deliver "Koryu" and event guidance

Member's fee

Individual member 2,000 yen

Family member 3,000yen

Corporate member 10,000yen

Committee

【General Affair & Public Relations】

Publish Koryu quarterly

PR for RIFA to expand membership

Prepare/manage homepage

【Cultural Exchange】

Plan/implement events and classes

Exchange with sister/friendship cities

RIFA Voluntary Activities

Let's join RIFA committees and voluntary activities if you want to be active enjoyably and more positively, and rise RIFA.

Major area of activities are as follows.

Interpretation and translation

Teaching of Japanese

Home-stay, home-visit

Introduction of culture

Others

A friend who can speak English and enjoy travel every year asked me to join and I became a member of Rifa last year. I am not so good at English, I was not sure if there is anything I could do ,but I was able to help the Peru dish stand during the International event held last November. I was so impressed by their speaking Japanese and being so friendly. That was good oppo rtunity to know how much fun an international exchange can be.(K.N)