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8

AUGUST

THE

横浜シーサイダー

# YOKOHAMA SEASIDER

MAGAZINE



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MAP 2

## AUGUST 2020

いよいよ夏本番。お盆休みも相まって、今が一年の間でもっとも気が緩んでしまう時期のように思います。ここ数か月の状況を考えれば、一度立ち止まってひと息つく良い機会でもあります。毎晩一時間本を読んだり(端末のスクリーン画面ではなく!)、友人と会話するだけでも、自分のための時間を作ることは誰しも必要です。それは心身の健康を保つのに役立つことでしょう。当コラムでは、いつも読者の皆さんに外に出て、この素晴らしい街を楽しむように呼びかけています。もちろん、その思いは変わりませんが、自分のために必要な時間が家でゆっくりと過ごすことならば、ぜひ心ゆくまで休んでほしいと願っています。

We're into the thick of summer. With the O-bon holidays this can seem like the most sluggish time of the year. After these last few months, we could probably use a moment to take a breath and slow down. We all need to carve out time for ourselves, whether that's an hour of reading each night (not device screen time!) or simply chatting with friends. It's good for our mental and physical health. In this intro, we're always encouraging you to get out and see this wonderful city. Of course we want you to do that, but if creating time for yourself means relaxing at home sometimes, then by all means, treat yourself to that.

現在、各スポンサーの営業時間については、広告に掲載されている時間と異なっているか、もしくは一時休業中の可能性があります。ご利用の際は、事前に電話またはHPなどでご確認ください。

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An interview with

# Attorney Kei Sumikawa

弁護士 澄川 圭



Photo by Masaki Yamanaka

澄川圭は、川崎に法律事務所を構える弁護士で、長年にわたりヨコハマシーサイダーを支えてくれているスポンサーの一人だ。彼の事務所では英語も対応可能で、神奈川県内はもとより、県外の案件についても相談できる。先日、本誌は彼にこの1年の活動と、最近の関心事などについて話を聞いた。

神奈川県弁護士会副会長を3月まで務めていたとのことですが、どのようなことをされていたのでしょうか？ また、この役職に就任するまでの経緯を教えてくださいませんか？

弁護士会には、弁護士の職能団体としての様々な業務（弁護士の登録、法律相談会の開催、他の士業団体との交流、委員会活動等）があります。役員（会長・副会長）の主な仕事は、事務職員と協力しながら、弁護士会の業務に関する意思決定をすることです。

日本の弁護士は弁護士会に必ず登録する必要があるため、神奈川県弁護士会には神奈川県に事務所を置く全ての弁護士が登録しています。もっとも、個々の弁護士は独立した自営業者であり、弁護士会の役員が他の弁護士の業務内容について指揮命令するような関係ではありません。

副会長は、形式的には候補者が立候補して選挙で選出されます。しかし、副会長に就任すると、昼夜を問わず弁護士会の業務に多くの時間を割くことになり、事務所経営に大きな影響が及ぶため、自分から積極的に手を挙げる人はほとんどいません。ある程度のキャリアがあって、弁護士会での委員会活動などを積極的に行ってきた弁護士が、周囲に推されて（説得されて）引き受けるケースが多いと思います。このため、実際に選挙になることはほとんどありません。

副会長の任期は1年です。短い期間ではありましたが、組織の意思決定に携わることで、様々な経験を積むことができました。また、多くの方々とお出会うことができた素晴らしい1年でした。

Kei Sumikawa is a Kawasaki-based lawyer and long-time sponsor of the Yokohama Seaside magazine. His firm also provides services in English throughout Kanagawa (and beyond). He recently spoke to us about his activity this past year, and contemporary concerns.

I understand your term as the Vice Chairman of the Kanagawa Bar Association ended this past March, but what did your duties entail? And how were you chosen for this role?

The Bar Association is a professional organization of lawyers that performs an array of duties (record keeping, hosting legal consultations, exchanges with other professional groups, committees, etc). The work of its key positions (Chairman, Vice Chairman) involves enhancing cooperation and making decisions concerning the business affairs of its members.

Japan's lawyers are required to register with their local bar association, so lawyers practicing in Kanagawa must all register with our prefectural office. Ultimately, lawyers operate independently and there's no kind of chain-of-command relationship where association officers can dictate anything about the specifics of their business.

The Vice Chairman is selected through a formal voting process after announcing candidacy. When you assume the role of vice chairman, you're expected to devote a large number of hours to the association, and you have a lot of influence over the operation of the main office. For these reasons, nobody volunteers without a sense of positive initiative. Generally speaking, their careers have progressed and they execute their duties as members of the bar with that same posi-

## 注目している法律関連の新しいトピックなどはありますか？

現在最も重視しているトピックは、事業承継や、それに伴うM&Aです。日本では、中小企業の経営者の平均年齢が高齢化しており、2025年には70歳以上の経営者が250万人近くになると言われています。こうした企業のおよそ半分で、後継者が決まっています。このため、地域経済のためにも事業承継やM&Aを推進していく必要があります。今後は、中小規模の海外企業が日本の小規模企業を買収するような小規模M&Aも増えていくのではないかと考えています。

**横浜に関係する話題として、元日産自動車会長のカルロス・ゴーンと社元取締役グレッグ・ケリーの事件によって、日本の司法制度に世界中から注目が集まりました。もちろん、この事件の全容は私たちにはわかりませんが、多くの議論を巻き起こしたのは確かです。特に、被疑者から自白を得るために、弁護士がつくことなく長期間勾留されることが問題視されました。これは日本人と外国人の両方に影響があることから、とても重要なトピックだと思います。このことについてどうお考えですか？**

日本の刑事司法は「人質司法」と呼ばれるなど、様々な問題があります。日本では裁判官が長期間の勾留を認めることも多く、その際に家族も含めた外部との接見を禁止することもあります。その場合も弁護人との接見は制限されませんが、弁護人が捜査機関の取り調べに同席することまでは認められていません。

日本の刑事手続が国際的には非難されながらもなかなか改善されない要因の一つに、市民やメディアの無関心が挙げられます。国のシステムとして、権力が暴走しないために憲法や法律でルールが作られています。そして、そのルールが守られているか、あるいはルールが時代に合っているかについて、常に市民やメディアが気にかけてチェックする必要があります。しかし、日本は比較的治安が良く、自分や家族が警察に逮捕されるような経験することが減多にないこともあり、市民の多くが刑事手続の問題点に関心を持ちにくい面があります。ただ、多くの弁護士の活動により、検察官の勾留請求が却下される率が上がるなど、少しずつ変化が出てきているのも事実です。

**それ以外に、日本人権に関する法律で、改善の余地がある領域はどこだと思いますか？**

日本は外国人人口も少なく、歴史的にも外国人と接触する機会が少なかった国民が多いため、今でも人種差別などについて無自覚なところがあります。個人的な意見として、まずは身近なところで国際的な交流ができる環境作りが大切と考えています。外国人市民の皆さんも、お住まいの地域の国際交流協会等で情報をご覧になって、地域の活動に積極的に参加していただければと思います。また、日本は、男女共同参画においても国際的にはかなり後れを取っている状況です。

**企業からの案件を数多く取り扱っているようですが、起業家や零細企業向けにはどのようなサービスを提供しているのでしょうか？**

日本では（どこの国でもそうかもしれませんが）、専門家の資格が細分化されています。法律（契約・交渉・裁判）、税金、登記、行政手続、社会保険といった業務分野に、それぞれ公的な資格があります。こうした区別は外国人には分かりにくいので、私の事務所にも、専門外の問い合わせ（例えば税金の問い合わせ）が届いたりします。

ビジネスの世界で法律問題やその他専門的な問題を解決するにあた

tive intent—it's usually the case that such lawyers are encouraged by their peers to undertake this work. It's often more of a selection than an election.

The role of Vice Chairman is for one year. It's a short period, but I gained a wide variety of experience through all the decisions I had to make for the organization. I also had an excellent opportunity to meet quite a few people throughout the year.

**What are some new/cutting edge topics of law that you have to stay updated about?**

The most important current topics involve corporate succession and related mergers and acquisitions (M&As). In Japan, the average age of those running medium and small businesses is growing older, and it's said that in 2025 there will be close to 2.5 million people over the age of 70 running such businesses. Roughly half of these haven't decided on a successor. So it's necessary to implement M&A measures and succession plans—for the sake of regional economics as well. In the future I believe we'll also see an increase in small-scale M&As whereby small and medium overseas businesses acquire small businesses in Japan.

**For a topic about Yokohama... The Carlos Ghosn/Greg Kelly cases at Nissan have brought Japanese law into the spotlight around the world. Obviously, we don't know all the details of the case, but a lot of controversy surrounds it. In particular, many questioned the long period of detention without access to a lawyer while investigators attempted to obtain a confession. This seems like an extremely important topic because it's something that affects both Japanese and foreign detainees alike. What's your opinion of the matter?**

Lacking information about this particular case, I can't comment specifically on it, but the larger point is, as you said, an extremely important topic. There are a variety of problems with Japan's criminal justice laws, including it being called "hostage justice".

In Japan, judges often approve of long-term detentions, and in this situation, the detainees may be prohibited from contact with anyone outside detention, including family. The defense attorney is not restricted from meeting with the client, but he/she is not allowed to be present during the interrogation process.

One reason Japan's criminal procedures have not undergone reform, though they have been criticized internationally, is that citizens and domestic media alike are indifferent to it. National rules are created according to laws and the Constitution so that authority can't run rampant. Citizens and the media always need to pay attention to if those rules are followed and question if they remain appropriate according to the times. However, Japan has relatively good stability, and few have the experience of being arrested or having a family member arrested, so most find it difficult to relate to problems of criminal procedure. However, we are actually seeing some gradual positive change in the number of detention requests judges are rejecting due to the efforts of a great number of lawyers.



Photo by Masaki Yamanaka

っては、専門家はそのビジネスの中身をよく知っていることが有益です。しかし、問題が発生してから専門家を探そうとすると、専門家がビジネスの中身を十分に理解しないまま問題解決にあたることになりかねません。トラブル防止やトラブルの適切な解決のためには、日頃からビジネスの中身も含めて相談できる（そして、できればコーヒーやお酒を飲みながら雑談できる）専門家を確保しておくことが、とても大切です。

私は、数年かけて、東京・神奈川のエリアで英語対応できる様々な資格者（税理士、司法書士、行政書士、社会保険労務士）とのネットワークを構築してきました。弁護士だけでなく、その他の専門家を必要としている場合にもご相談いただければと思います。

#### **弁護士は忙しい職業だと思います。オフの時間は何をしていますか？ 引退後は何をしたいとお考えですか？**

子どもがまだ小さいので、週末は自宅にいることがほとんどです。子どもが大きくなったらもっとスキー場などに連れて行きたいと思います。今は仕事が充実していますし、弁護士には定年がありませんので、引退後のことはまだあまり考えていません。ただ、引退した後も地域振興などの様々な活動には携わっていきたいと思います。

#### **Where are some (other) areas where Japan could improve its human rights laws?**

Japan's foreign population is low, and most people here have historically had little opportunity to interact with foreigners; even now, there's just little to no awareness of racial discrimination. To offer a personal opinion, I think it's very important to first create an environment where you can have international exchange on a local level. I think it would be great, too, if all international residents could obtain information at places like international exchange associations in the areas where they live, and participate in regional activities. Lastly, I think Japan has fallen woefully behind in gender equality.

#### **You deal a lot in the business world. What are some of the activities you are engaged in, and services you offer, that entrepreneurs and small business owners could take advantage of?**

In Japan (and perhaps all countries are the same), everything is broken down into specialties. There's law (contracts, negotiations, trials), taxes, registration, administrative procedures, social insurance and other fields of business operation that require special legal qualifications. All these various divisions might be hard for foreigners to grasp, but even my own firm receives requests for consultation for fields beyond our area of expertise (like taxes, for example).

In the business world, resolving legal problems, or even specialized problems beyond that, really needs a specialist who understands that specific aspect of business. However, when a problem arises and you go looking for a specialist, it's not always the case that your problem is resolved because the specialist may not fully grasp some aspect of your business. It's really important to have in place a specialist who you can regularly consult with (and, if possible, chat with over coffee or alcohol) about aspects of your business and more, so as to come up with measures for preventing trouble or appropriate responses when it does occur.

I've spent these past few years building a network of various specialists (accountant, judicial scrivener, administrative scrivener, labor and social security attorney) in the Tokyo and Kanagawa area. People can take advantage of not just lawyers, but other specialists in that network when necessary.

#### **Being a lawyer is a busy job. What do you do in your time off? What would you like to do when you retire?**

Since my child is still young, I spend my weekends mostly at home. When my child is older, I'd like to go with my family to ski resorts and places like that. My job is fulfilling and there's no age limit on practicing law, so I haven't really thought about what I'll do when I retire. But when I do, I still want to be involved in a variety of activities that contribute to regional development.

<https://sumikawa.net/>

# MARUMASALA

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6

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Text & Photos by Meg Ishihara

じんまりとした丸祇羅(マルマサラ)は、福富町にある我々押しのお店だ。見た目の美しさはもちろんのこと、カラフルに彩られた数種類のカレーは味わい豊かで絶品。夏にぴったりの美味しさだ。カレーメニューは日替わりのみ(トッピングとドリンクは数種類から選べる)、さまざまな風土の味を一度に楽しめるスタイルになっている。取材に訪れた際は、チキン、キーマ、豆の南インドカレーが3種、そしてバスマティライスがついたプレート(1200円)があった。トッピングとしてスパイス味玉(100円)を加えると、大きなお皿の半分によそわれたチキンカレーに、なめらかなクリームさが増してさらに美味しさがアップした。キーマカレーは味わい深く、豆カレーは口当たりが軽めで甘味を感じた。両方ともパクチーのトッピングが合う。米の種類はカレーによって変えているそうだが、我々が食べたカレーにはバスマティライスが見事にマッチしていた。香り高いナッツのような味とふわふわとした食感で一口食べるごとに満足度が増し、美味であった。

丸祇羅は2年前にオープン。オーナーの六反は独学で学んだシェフで、カレー、ライスやトッピングなど完璧に組み合わせられたプレートを前にすれば彼の才能と知識は一目瞭然だ。将来の展望を尋ねると、六反は「お客様により楽しんでいただけるカレー作りをやっていきたいです」と答えてくれた。テイクアウトも可能だが、インスタグラムで事前予約をしておこう。中区で働いていたり住んでいるならば、ここがランチの行きつけになることは間違いないだ。



Marumasala is a hole-in-the-wall gem in Fukutomicho that we cannot recommend enough. From beautiful presentation to rich, delicious flavors, their colorful plates consisting of a variety of curries are one-of-a-kind and quite tasty in the heat of summer. The curry plate is the only food option on the menu (which includes several choices of drinks) and rotates daily so that you can enjoy curry styles from different countries. During our visit, the daily plate featured three varieties of South Indian curry (¥1200)—chicken, keema and bean—paired with basmati rice. We also decided to top off our already-full plate with a hard-boiled egg (¥100), which added a velvety creaminess to the chicken curry occupying one side of the humongous plate. The bean curry was light and sweet in contrast to the keema curry, which was deep and flavorful—both went exceptionally well with cilantro (optional). Even the rice rotates according to the curry that's served, and the long-grain basmati rice couldn't have been a better match for our curry. Its fragrant, nutty flavor and fluffy texture made every bite filling and savory.

Marumasala opened two years ago. Owner Rokutan is a self-taught chef, clearly knowledgeable and gifted in curry-making as he combines the best toppings, curries and rice to create the perfect plate. "My goal is to make curry which my customers can enjoy ever more," said Rokutan when asked about his vision for the future of his business. Takeout options are available, but be sure to place an order ahead of time via Instagram. If you work or live in the Naka-ku area, quite possibly this place will become one of your go-to lunch spots.

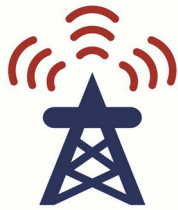




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- 1 Dark Room International [D-2]
- 2 Antenna America [D-3]
- 3 The Warehouse By Tomei Wines [D-3]
- 4 Sagan [E-6]
- 5 Toraya [D-3]
- 6 Marumasala [E-3]
- 7 Nakamaru Dental Clinic [E-6]
- 8 Café Elliott Avenue [D-7]
- 9 Bashamichi Taproom [D-4]
- 10 Ishikawacho Green [E-6]
- 11 Bashamichi Green [C-3]
- 12 Bluff Clinic [E-8]
- 13 Yokohama Brewery [D-3]
- 14 Apollo [D-3]
- 15 Ariake Main Store [D-5]
- 16 Ami [E-6]
- 17 YIEA & Shyo Shyo An [C-2]
- 18 045 Yokohama Canvas Bag [C-4]
- 19 Gymboree [C-4]
- 20 Sparta [D-3]

MAP 2





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MAP 4

横浜の歴史とともに60年・・・

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MAP 15

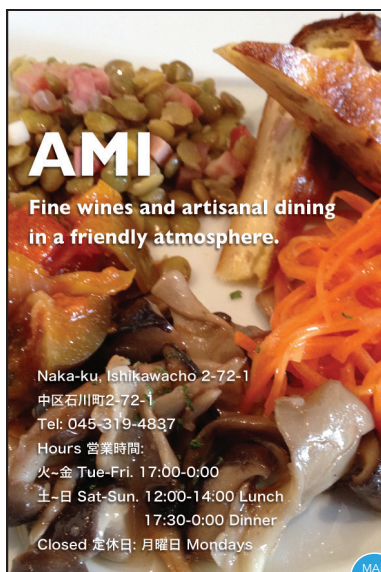


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MAP 14



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MAP 16

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MAP 15

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MAP 17



## Physiotherapy

Text by Brian Kowalczyk, Photos Meg Ishihara

Tues & Fri mornings 9:00~12:30  
At the Bluff Clinic

Main homepage: [club360.jp](http://club360.jp)

MAP  
12

Anyone who has active hobbies knows the pain—both physical and mental—of a sports injury. Returning to the activities we love always requires more patience than we'd like. Sometimes in our eagerness to return we end up reinjuring ourselves by rushing our recovery. Most of us could use a little help in expediently getting back to full health without suffering setbacks. The physiotherapists at Club 360 are here to provide guidance.

I have been plagued by a heel deformity called Haglund's Syndrome (simplified, a bony heel growth that painfully limits extension of the Achilles) for many years. As a jogger, mountain climber and general avid sportsman, not being able to run or jump without wincing is a source of great frustration. Recently, a Tokyo-based company specializing in physiotherapy called Club 360 has been offering consultation and treatment at the Bluff Clinic twice weekly (fee required).

They offer education, manual therapy, exercises to cope and recover, and advice for injury prevention. Patients range from athletes to desk workers, infants to seniors.

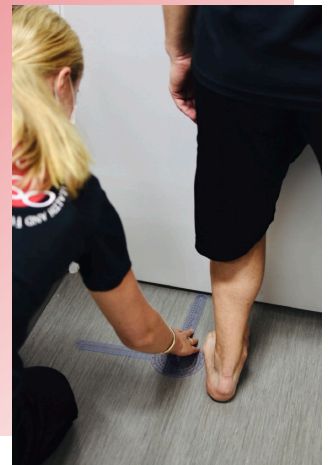
I visited recently and was seen by the resident physiotherapist Alice Smith, a native of Melbourne, Australia. Smith previously worked in her field in her home country for five and a half years prior to com-

ing to Japan in February of this year. In addition to being knowledgeable, Smith was bright and smiley, making it easy to relax. Being able to discuss my somewhat complicated condition in English also helped. A pilates instructor and active individual (basketball player, jogger, hiker), she could easily relate to my situation. It was more like talking to a teammate than a therapist.

After a short discussion of my condition, Smith ran me through some evaluative movements. I had my calf massaged to loosen it and then practiced some useful exercises for rehab and strength building. She taped my foot to provide support and reduce stress on my Achilles. Later in the day I went for a short run to test it out as advised. Clearly, it made a difference. The road ahead will surely be a long one, but taking the first few steps forward is critical progress.

Relying on the internet for advice is often useless and sometimes detrimental. Everyone's condition and treatment is different and needs to be uniquely tailored to the individual. One thing we all have in common, though, is the desire to return to our normal, healthy routine. Expect it not to be easy. Expect it to require effort. But expect it to be worth it.

\*現在は英語での施術のみとなりますが、日本人の患者様も歓迎しております。



## DARK ROOM INTERNATIONAL



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# #Cheer Up ! NOGE

Text by Moemi Abe

世界各地で感染が拡大している新型コロナウイルス感染症により、罹患された皆様および関係者の皆様に心よりお見舞い申し上げますとともに、一日でも早いご回復をお祈りいたします。

The Covid-19 pandemic has affected everyone in all reaches of the globe. We would like to extend our deepest sympathies to all those suffering in some way. In the very near future we hope we can all return to a life of normalcy.



「下を見てもお金なんか落ちて無いよ」と声をかけられた。そうだ。野毛は左右を見渡せば面白い発見がたくさんある町だ。上を向いて歩こう。じゃなくて前を向いて歩こう。

Walking through Noge I heard a voice say, "It's pointless to be looking down. Don't expect to find any money that has been dropped." Ahh, but of course. Here you just need to keep your head swiveling left and right and you'll find a ton of fascinating things. Instead of walking while looking down, let's keep our head up and walk while looking forward.

### Photographers

1. Ayako Araki 2. Kenny Horie 3. Kai Endo 4. Nagahisa Adachi  
5. Norihisa Kato 6. Hisao Saito 7. Hideo Mori 8. Hiro Kouda  
9. Fumitaka Sato 10. Kazuo Taki 11. Fusatsugu Miyagawa  
12. Satoko Nakamura 13. Yoichiro Furuya 14. Masaaki Tsuchihashi 15. Junko Yamagishi 16. Shinnosuke Miyagi



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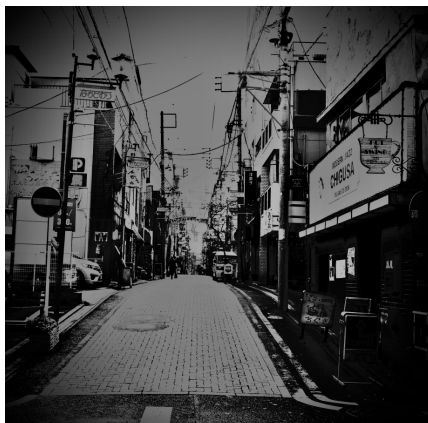
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11



12



13



14



15



16

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MAP 20

**横浜ビール**

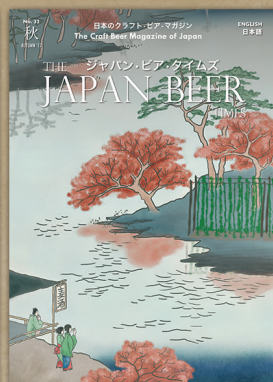
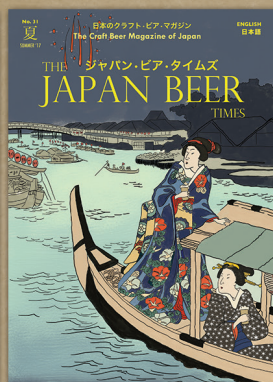
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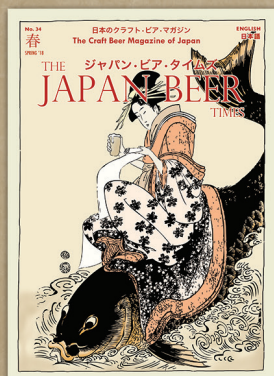
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MAP 13



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# Eggplant

## Spice Marinade

### 米ナスのスパイスマリネ



米ナス	2ヶ (3cm厚の輪切り)
塩	適量
サラダ油	適量
フェタチーズ	50g
ルッコラ	適量
レモンピール	½ヶ分

#### スパイスヴィネグレット

##### • A •

クミンシード	3g
コリアンダーシード	3g
カルダモンシード	1g
ブラックペッパーホール	1g

##### • B •

アップルビネガー	20g
塩	2g
グラニュー糖	1g
ニンニク	½ヶ (すりおろす)

ピュアオリーブオイル	60g
------------	-----

globe eggplant	2pc (3cm-thick slices)
salt	to taste
salad oil	to taste
feta cheese	50g
arugula	to taste
lemon peel	½

#### Spice vinaigrette

##### • A •

cumin seed	3g
coriander seed	3g
cardamom seed	1g
whole black pepper	1g

##### • B •

apple vinegar	20g
salt	2g
granulated sugar	1g
garlic	½ clove (grated)

pure olive oil	60g
----------------	-----

- 1 ヴィネグレットを作る。Aのスパイスをフライパンで炒って香りを出す。スパイスをすり鉢などで攪りつぶし、ボールに入れる。
- 2 1のボールにBを加え、塩とグラニュー糖を溶かす。最後にオリーブオイルを加えながらホイッパーで混ぜる。
- 3 フライパンに少し多めの油を入れ中火で温める。ナスを入れ両面焼き色をつけ、ナスに火が通ったら鍋から外し塩をふる。
- 4 ナスとヴィネグレットをよく絡めて皿に並べる。ナスの上にフェタチーズとルッコラを乗せて、最後にすりおろしたレモンピールをふりかけて完成!!冷蔵庫で冷やしても美味しいです!

- 1 To make the vinaigrette, first roast the spices of ingredients A in a frying pan until aromatic. Then grind them.
- 2 Mix ingredients A and B in a bowl, then add salt and sugar. Finally, add olive oil and mix.
- 3 Add more oil to frying pan and let simmer over medium heat. Then add eggplant slices and cook until they turn a nice grilled color on each side. Remove from the pan and add salt.
- 4 Arrange the eggplant and vinaigrette on a plate. Cover eggplant with feta cheese and arugula. Sprinkle with grated lemon peel to complete! Delicious even when chilled!

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