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ENGLISH

ハマッ子通信

10

OCTOBER

THE 横浜シーサイダー
YOKOHAMA SEASIDER
MAGAZINE



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10月に入り、本誌のNPO法人化がいよいよ間近に差し迫る中、私たち自身の期待も高まっています。今後は雑誌の発行やウェブサイトの更新だけではなく、公共事業におけるアーティストの支援や、住民一体型のプロジェクトの支援など、多くのコミュニティ活動にも参加していきます。私たちの活動にご賛同、ご協力いただける企業様はご一報いただければ幸いです。個人の読者の方はPatreon(詳細は下記)を通じてご支援いただくと、私たちの励みとなり原動力になります。そして何より、今後我々がご紹介していくさまざまなイベントにぜひご参加ください!

As we move into October, our excitement continues to grow for the imminent conversion of our magazine to NPO status. In addition to publishing the magazine and website, we'll be engaging in an array of community activities, too. This will include sponsoring artists for public work or supporting neighborhood projects that seek to bring residents together. If you're a business that would like to support us or cooperate in our activities, please reach out. If you're an individual, you can provide support via our Patreon page (details below) or by simply attending any of the events. We'll feature them in these pages so be on the look-out.



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Alex Byrne

BAKUMATSUYA: A COLLECTOR'S STORY

幕末屋：あるコレクターの物語

Interview by Joseph Amato

今月号では、昔の珍しい本、写本、写真、版画、地図などを専門的に扱う古書店「幕末屋」を2018年にオープンした、横浜在住のアレックス・バーンを紹介しよう。

幕末屋をオープンすることになったきっかけを教えてください。

歴史マニアの私は、とくに鎖国の終わり、ペリーが来航したころの歴史が好きで、日本にいつも興味がありました。20代前半のとき、運に恵まれて大阪にワーキングホリデーで1年滞在し、シドニーに戻ってからは日本に関する本を扱う本屋を探していました。あるとき、布に印刷されたような古い本を見つけました。それは日本のおとぎ話を英語に訳したもので、クレープ紙（ちりめん紙）に印刷された木版画だったのです。この本との出会いをきっかけに、コレクターになろうと思いました。幕末屋をオープンしたのは、日本に20年ほど住んでからです。

お客さんはどのような方が多いですか？ また、どこで販売していますか？

お客さんは、じつは同業の方が多いです。本屋というのは、世界で唯一「本を買わなくてはいけない」人たちののです！ そのため客の大半は本屋さんで、ほかには国内外の博物館や大学図書館、あとはコレクターの人などで

In this month's issue we introduce Yokohama resident Alex Byrne who established Bakumatsuya in 2018—a business that specializes in rare Japan-related books, unique manuscripts, old photos, woodblock prints, and much more.

What was your inspiration for establishing Bakumatsuya?

A history buff, I have always been interested in Japan, especially the period at the end of seclusion (*sakoku*) and Perry's arrival. I was lucky enough to pursue my passion and secured a one-year working holiday in Osaka during my early twenties. After returning to Sydney, I searched bookstores for Japan-related materials and came across an old book that looked like it was printed on cloth. It was actually a Japanese fairy tale in English that was woodblock printed on so-called "crepe paper". This was the first book that inspired me to become a collector. It was only after having lived in Japan for 20 or so years that I established Bakumatsuya in 2018.

す。実店舗を構えるのもいいのですが、デジタル社会なのであまり必要性を感じず、すべてウェブサイト販売でおこなっています。買いたい人が、見ている商品がどうい商品なのかきちんとわかるように、1つのアイテムにつき最大30枚の写真を撮ります。また、1ヶ月か2ヶ月に一度電子カタログを制作して、お客さんに送っています。

日本で古本屋になるためにはどういった手続きが必要なのですか？

いい質問ですね。手続きはまさに「only in Japan (日本ならでは)」といった感じです。まず、住んでいる地域の古書組合に加盟しないといけません。そして、最初の3ヶ月はさまざまな古書の市場(交換会)に行って、ほかの古書店の人の手伝いをしたり、伝統的な入札システムについて学びます。驚くかもしれませんが、紙に金額と名前を書いて封筒に入れるというこの入札システムは200年の伝統があるのです。開札の時間が来ると、すべての封筒から札を取り出して落札者が決められます。この最初の3ヶ月は、自分の地域の組合がおこなう市場しか行けないといった制限がありますが、3ヶ月を過ぎると、古本屋として認定され、日本全国の市場に行けるようになります。

どのような商品を取り扱っているのですか？

1600年代から1930年代の絵本、1859年から1900年に撮影された日本に関連する写真、1890年以前に日本で出版された地図、西洋をテーマにした、または英語が書かれた木版画、珍しい原稿(手書きの本)や英和辞典や熟語集などです。

一番レアなアイテムは何ですか？

1つを選ぶのは難しいですが、1830年にバタビア(現ジャカルタ)で出版された、イギリス人宣教師のウォルター・ヘンリー・メドハースト著『英和和英語彙集』を持っていました。湿度が高いバタビアでは当時難しかったリトグラフ(石版)で印刷され、さらにメドハーストは日本に行ったことがないにもかかわらず(1830年にはどの外国人も日本には行けなかった)、中国人



Japan Punch 1867 illustration (care of Bakumatsuya)

Who are your clients and how do you reach them?

You would be surprised how many customers of booksellers are actually other booksellers. They are the only people in the world who actually have to buy books! They are the majority of my clients. Others include museum and university libraries both here in Japan and overseas, with the rest being private collectors. Although the idea of having a physical store is nice, the reality is that it just isn't really necessary in these digital times so all items are on my website. I take up to 30 photos of each item so that potential buyers can clearly see what they may be purchasing. I also issue e-catalogues every month or two that get sent to my customers.

Can you elaborate on the requirements of being a bookdealer in Japan?

This is a very interesting question and quite an "only in Japan" kind of process.

First, one must join a "Bookdealers Association" in the area you live (or the area where you have a bookshop) and then for the first three months attend various auctions, help other dealers and most importantly, learn about how the traditional bidding system works. It may surprise some people but this system has continued for about 200 years where bids are written in pencil on paper and placed in an envelope. At a certain time, the envelope is emptied and all the paper bids are checked to find the highest bidder. During these first three months, there are certain restrictions, for example, limiting your attendance to only your local Bookdealers Association. Finally, after three months, a dealer is accredited and can take part in auctions anywhere in Japan.

What items do you actually deal in?

Mainly illustrated books from the 1600s to the 1930s, Japan-related photos dating from 1859 to 1900, old maps published in Japan before 1890, woodblock prints ideally with some Western theme or some English-language text, and rare manuscripts (books written by hand), as well as early English-Japanese dictionaries or phrasebooks.

What has been the rarest or most unusual item?

It is difficult to choose one, but I had a copy of Walter Henry Medhurst's *An English and Japanese, and Japanese and English Vocabulary: Compiled from Native Works*, which was published in Batavia (present day Jakarta) in 1830. The book was actually printed by lithography, which was very difficult due to the humidity there, and the interesting thing is that Medhurst had never been to Japan (of course in 1830 no Westerners could) but he was helped by Chinese people along with some rescued Japanese fishermen who were stuck in Batavia and weren't allowed to return to Japan. It was quite an achievement that Medhurst managed to publish such a book, and it ended up being sold to a private library in the US.



French Consulate at Yokohama (photo care of Bakumatsuya)

と、遭難して救出された日本人漁師（日本に帰る許可が下りずパタビア滞在を余儀なくされていた）の助けを借りて作られた本です。このような本をメドハーストが出版したのは大きな功績で、持っていた本はアメリカの私立図書館が買い取りました。

横浜に関するアイテムで人気があるのはどれですか？

個人的に、開国当時の横浜に関するアイテムを見つけるのが好きです。横浜の木版地図（1859年から1870年ごろまで）はとても素晴らしく、売れ行きもいいです。また、当時の横浜に関するガイド本も人気です。もっとも古く知られているのは1874年にウィリアム・エリオット・グリフィスが制作したガイド本ですが、表紙には作者として「A Resident（一住民）」としか記載されていません。今ちょうど1冊ありますが、とても珍しいアイテムです。1880年以前に撮影された横浜の写真も、コレクターに貴重な一品で、目を見張るような数枚が手元にあります。

最後に、横浜とのつながりについて教えてください。

前の仕事の関係で、2002年に田園都市線沿線に引っ越してきて以来、ずっと同じところに住んでいます。初めて山手エリアに足を運んで、はるか昔にここで暮らし亡くなっていった西洋人の墓地を見るため、横浜外国人墓地を訪れたときからずっと、横浜に親しみを感じています。時間があるときには今も山手を散歩するのが好きですし、横浜開港資料館で私が扱うアイテムの作者について調べるのも楽しいです。

What Yokohama-related items have been popular?

Personally, I really like finding early Yokohama-related items. Woodblock printed maps of Yokohama (from 1859 to about 1870) are very nice and tend to sell well. Also, early guidebooks to Yokohama in English. The earliest known is from 1874 by William Elliot Griffis, although he only identifies himself as “A Resident” on the cover. I actually have a copy of that book available now. It is very scarce. Photos of Yokohama taken pre-1880 are also quite collectable and there are some really stunning examples.

Finally, what is your background and relation to Yokohama?

Due to my previous work, I moved to a suburb off the Denentoshi Line in 2002 and have lived on that line ever since. I have felt an affinity with Yokohama ever since I first visited the Yamate area and the Yokohama Foreign General Cemetery to see the graves of those Westerners who lived and died here long before us. When I have time, I still like wandering around that area and I also enjoy going to the Yokohama Archives of History to find out more about the authors of some of the items that pass through my hands.

For more on Bakumatsuya, please visit:

幕末屋について、くわしくはこちらから



Health screening in Japan

Too Much of a Good Thing?

A message from Dr Gautam Deshpande

JAPAN HAS MADE REMARKABLE GAINS IN IMPROVING health for its citizens, boasting one of the highest life expectancy and lowest infant mortality rates in the world. Along with a medical system prioritizing extraordinary patient access, elements of the Japanese lifestyle also account for the country's impressive health. But when I ask laypeople why healthcare outcomes in Japan are so good, I hear one common refrain: "Japanese doctors get a lot of labs and scans."

If you work here in Japan, you've probably experienced this (even if you're young and healthy) due to the 1972 Occupational Safety and Health Act mandating that employees have annual health check-ups (*kenshin*, 検診). Delivered through contracting clinics, most versions of *kenshin* include vital signs, chest X-ray, EKG, basic bloodwork, and a urine sample, finishing with a very brief meeting with a physician for a cursory heart and lung exam. Additional exams may be included in VIP-level packages or requested for extra charge. The commercial version of this system is aptly called "*ningen-dokku*" (human dry dock). Incorporating a battery of lab and imaging tests, *ningen-dokku* assures the busy (and usually affluent) customer that their health is being aggressively monitored...all without pesky conversations with their doctor!

Within this context, more testing intuitively feels like better care. Unfortunately, more testing doesn't uniformly result in better *outcomes*. In addition to medicalization of harmless conditions, wanton identification of minor disease can lead to increased harms, a phenomenon known as "over-diagnosis." For example, the PSA blood test helps identify aberrant growth that can be a marker of prostate cancer; it is routinely included in most *ningen-dokku* packages. However, an increasing volume of evidence suggests that many of these growths remain indolent throughout a man's life, while prostate surgery can result in long-lasting complications in roughly 10% of patients. In response to the over-diagnosis crisis, several overseas primary care groups no longer advise routine PSA testing for non-high risk groups.

That Japan has incentivized provision of employee health is admirable. However, an understanding of over-diagnosis—and the associated potential for reduced quality of life—are compelling reasons to avoid "one size fits all" health-care paradigms. Patients are better served by having a trusted primary care doctor who can facilitate discussions on risk-appropriate preventive health screening, delivering the right testing at the right time with the right treatment.

Dr Deshpande is an American primary care physician caring for foreign patients in Japan. As a former hospital employee, he's had far too many health screenings.



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Masahiro Fujiwara



THE HIDDEN DELIGHTS OF NAMAMUGI

Text and Photos by **Glenn Scoggins**

一見するとあまり目立たない印象の鶴見区・生麦界隈。西側は丘陵地帯、東側には重工業地帯の埋立地が広がり、交通量の多い幹線道路や鉄道が南北を貫いている。しかし、急行列車は生麦駅を速度を落とすことなく通過していく。矛盾しているようだが、公共交通機関のアクセスのしにくさを考えると、まさに「陸の孤島」。しかしこのエリアは、かつて江戸時代には東海道沿いに位置する村として栄え、その鮮やかに彩られた歴史は、多くのバーや飲食店に漂う雰囲気から感じられる。この街全体が、知る人ぞ知る「穴場」だという人もいるだろう。簡単には見つけれないかもしれないが、見てみる価値はある。

生麦の店として有名なのは、京急生麦駅から徒歩の場所にある、1998年オープン「キングペリカン」(この名前はレタスの銘柄から名付けられた)。オーナーの藤原正宏はウイスキーを好んでいたが、常連客からは8種類のタップで提供されるクラフトビール(パイント1540円、ハーフ825円)が人気を集めるようになった。横浜ビールと、地元で工場を構えるキリンビールとは長い付き合いがあるそうで、それはメニューからも見てとれる(フードメニューも充実している)。2013年の秋から開催されている「秋のビール祭りin生麦」は、意欲的な藤原が発起人だったという。キリンビール横浜工場が資金を提供し、これからご紹介するビアパーで行われてきた。コロナの影響は少なからずあったが、朗報! (本稿終わりに紹介しよう)

キングペリカンから30秒先にあるのが、2016年居酒屋兼スタンディングビアパーとしてオープンした姉妹店「麥や(むぎや)」だ。その名前は地名だけではなく、ビールやウイスキーの主原料も示している。地元の人たちであふれる陽気な店内を取り仕切り、さらに盛り上げてくれるのは店長の横山俊博。彼は客の顔や名前も覚えて明るい笑顔で迎えてくれる。メインのカウンターは、いわゆるコの字型で、見知らぬ人同士でも楽しめる工夫がされている。7つのタップ(300ミリリットル 700円~)は、おもに地元のクラフトビールを中心としたラインナップだ。そしてキリンの大ジョッキは1155円であなたのものに。おつまみは275円から480円でチョイス可能。またビール以外にも、福島県産の日本酒が数多く揃っている。

The Namamugi neighborhood in Tsurumi-ku is at first glance unremarkable. Nestled between hills to the west and heavy industry on the reclaimed land to the east, it is pierced north to south by busy highways and rail lines. Paradoxically, it is notoriously difficult to reach by public transport, as express trains whiz past its local station without slowing down. It is a landlocked “urban island”. This isolation, plus its colorful Tokugawa-era history as a village on the Tokaido Road, engenders good-natured pride, especially in its plentiful bars and eateries. One might say that the whole town is an “anaba”: not easy to find but worth the effort.

Just steps from the Keikyu station, the center of local identity is King Pelican, founded in 1998 by Masahiro Fujiwara (and named after a brand of lettuce). His first love was whiskey, but his steady customers have increasingly favored craft beer, available from his eight taps and by the pint for ¥1540 (½ pint ¥825). His long connection with both Yokohama Beer and local patron Kirin ensures their presence on the menu, alongside a full slate of bar food. It was the enterprising Fujiwara who originated the intensely local beer festival held each autumn since 2013, bankrolled by Kirin but sponsored by the bars featured in this article—until it fell victim to Covid-19. However, stand by for good news!

Thirty seconds away is Mugiya, an offshoot of King Pelican since 2016. The name refers not only to the neighborhood but to the main ingredient of beer and whiskey. Jolly innkeeper Toshihiro Yokoyama presides over a rollicking atmosphere for the local crowd, with infectious enthusiasm and a keen memory for faces and names. The central standing bar, with the popular *ko-no-ji* (rectangular) arrangement, promotes conviviality amongst strangers. Seven taps (300ml ¥770~) focus on local craft beer, but a giant jug of Kirin is yours for ¥1155. Simple hors d'oeuvres range



Toshihiro Yokoyama at Mugiya



国道15号線を道沿いに少し歩くと、オーナーの黒木結弦と妻の舞が2017年にオープンした「スチームヘッドフライズ」に着く。メニューにはソーセージ、ステーキ、ラムチョップやビザ、そして4種類のバーガーなどが並び、肉好きにはたまらない。もちろんフライドポテトはすべてに添えられている。ワインやカクテルもあるが、やはり主力はタップや缶で用意されているクラフトビールだろう。特に黒木のお気に入りには二兎醸造(滋賀県)で、すべて950円。ビールオタクであるならば、それぞれの銘柄のアルコール度数やIBU(国際苦味単位)、麦芽、ホップや酵母の種類の違いを楽しむながら飲み比べることもできる。

速報:「秋のビール祭りin生麦」が、今年は10月29日、30日の日程で開催決定! ライブ音楽と、地元を愛する人たちが選りすぐりの料理や飲み物を用意して、街を盛り上げる。横浜市北東にある隠れた宝石のような街で、パブを巡るには絶好のチャンスだ。

from ¥275 to ¥480. Complementing the beer is a broad selection of sake, all from Fukushima.

A short walk across Route 15 brings you to Steam Head Fries, which Yuzuru Kuroki and his wife Mai opened in 2017. The menu is strictly for carnivores, with sausages, steak, lamb chops, pizza, and four kinds of burgers. Unsurprisingly, fries accompany every item. Wine and cocktails are on offer, but the main draw is a broad range of craft beer on tap and in cans, especially Kuroki's favorite Two Rabbits (Shiga), all at ¥950. Beer geeks can revel in the details of ABV, IBU, malt, hops, and yeast for each brand.

News flash: the Namamugi Beer Festival returns on October 29-30! Live music and local bonhomie will accompany food and drink of all descriptions, providing a perfect excuse for a pub crawl in this hidden jewel of northeast Yokohama.

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Steam Head Fries

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Hours: 17:00~23:00 (Wed~Sun)

Instagram: steamheadjapan

Mugiya

Tsurumi-ku Namamugi 3-2-27

Tel: 045-642-6323

Hours: 16:00~25:00 (Tue~Sun)

web: facebook.com/mugiya2016



いつからでも NO TIME LIKE THE PRESENT

Text by **Hisao Saito**
Photos by **Jumpei Kawasaki**

私の母は今年で84歳になる。

そんな母が6月に、部屋で転んで股関節を骨折してしまった。

父が他界した後、スイミングクラブに通うようになり、健康に人一倍気をつけていた母。

骨折でしばらく歩けないのが相当ショックだったのだろう。塞ぎ込んで誰も口を聞かない日々が続いた。体力も筋力もみるみる落ちていき、リハビリも途中でやめてしまった。孫たちも心配して、私に電話をかけてきた。

「親父、もう少しそばにいてやれよ」

そこで私は母と一緒に「公開講座」に出ることにした。3日間、母とホテルに缶詰状態で受ける。この「公開講座」は一部上場の社長や、保険のセールス日本一、皆もよく知っているであろう飲食店チェーンの社長など、各業界のトップクラスが参加しているセミナーだ。とは言っても難しい専門的な話は何一つなく、人としてより良く生きていくための基本的なこと—それぞれ人生の目的に向かうために必要な技術や、つい忘れちゃう心構え、大切だと分かっているけどやっていないことなど—たくさんアイデアを授けてくれる。

My mother turned 84 this year. In June she fell in her room and broke her hip. After my father passed away, she joined a swimming club and took good care of herself. It must have been quite a shock for her to not be able to walk for a while because of the fracture. For a stretch there were days that she was depressed and didn't socialize with anyone. Her strength waning, her muscles weakened, she stopped going to rehab. I received worried calls from her grandchildren. They pleaded with me to stay by her side as much as I could.

I decided to join a special seminar with my mom. For three days we stayed together in a hotel room and participated in the seminar. The attendees were various top level professionals from a mix of industries, including the president of a major company, the top-selling insurance agent in Japan, and the CEO of a well-known restaurant chain. However, the lecture was not complex talk directed at specialists in a specific field. The focus was on the basic things we can do to live a good life—the skills we should acquire to achieve our goals, the proper mental attitude, the tasks we know are important but have neglected completing. Many



人生をレースに例えるならば、ピットインのようなもので、皆何度も受けにきている。私もこれまで何度か受講していて、この講座を母の誕生日プレゼントにしようと考えたのだ。

3日間の受講を終えた翌日、母はスイミングクラブに再入会すると言って出かける準備をしていた。化粧をして、ペディキュアまで塗りながら。

母は、「お父さんと受講したかったわ」と言葉を残して、颯爽と玄関を出て行った。

世に言う、大企業の社長もトップセールスマンも、そして母も、「人」である以上、皆大切なことは同じ。「愛」なんだなあ.....

excellent ideas were presented.

If you compare life to an auto race, this seminar is like the pit stop that we all need every so often. I have attended several times and thought taking my mom would be a great birthday present for her.

The day following our three-day seminar my mother told me she had returned to her swimming club. She was putting on her makeup and even giving herself a pedicure in preparation. As she was going out the door, she uttered, "I wish I had been able to join that seminar with your father." And she dashed off.

Regardless of whether you are a CEO, a top salesman, a mother, we're all simply humans sharing the same important thing in life—love.



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MAP 6



GREEN pages

By Masayuki Watanabe
(Ishikawa-cho Green Manager)

※ Content for Green Pages is sponsored by Charcoal Grill Green

Flavors of Fall

食欲の秋

こんにちは。いつもはアメリカにちなんでレシピを書いています
が、今月と来月は気分を変えて日本の秋について少し触れてみますね。

日本では「食欲の秋」とも言われ、いろいろな食材が豊富に採れる季節です。秋が旬の食材も多く、野菜類ではマツタケをはじめとするキノコ類、ナス、カボチャなどがあり、魚介類では、サンマ、カツオ、イカ類、甲殻類などがあります。肉類では、来月11月15日にジビエの狩猟が解禁になるのでシカ、イノシシ、青首鴨、キジなどがGreenのキッチンに届くこともあります。

その中でも「葉焼き鯉のカルパッチョ」はGreenのスペシャルメニューの1つ。高知県の名物料理で、ウロコを削って5枚に下ろしたカツオの身に粗塩をまぶし、皮ごとわらで手早く表面だけ炙ります。粗塩をまぶすことで余計な水分が抜け、旨味が凝縮します。さらにわらで焼く事で香ばしい香りが付き、皮と身の間の脂が溶け出してコクがプラスされます。

ところで、タタキと呼ばれる由来は、炙ってカットしたカツオにタレをかける時に、手や包丁のヒラで叩いて馴染ませたことが由来となっているようです。Greenのタレは煎り酒ソースが定番。わら焼きのカツオと煎り酒ソースの相性は抜群です！ ぜひお試しあれ！

来月は日本のジビエについてお話しします。See you next month!!

Howdy, Green fans. Usually in this column I provide you with recipes, often with an American flavor. This month and in November I'd like to mix things up and focus on autumn in Japan.

We have a Japanese phrase commonly used this time of year: *Shokuyoku no aki* (the appetite of autumn), which refers to the abundance of ingredients fresh from the autumn harvest. In this season there are so many unique items that make cooking a joy. From the garden we have things like matsutake mushrooms, eggplant, and pumpkin. The sea provides us with saury, bonito, squid, and a variety of shellfish. Hunting season opens November 15th, so meats like deer, wild boar, duck, and pheasant sometimes find their way into Green's kitchen.

One of these items that we add to our fall menu is straw-grilled bonito carpaccio. Straw-grilled bonito *tataki* (meaning lightly seared) is a specialty of Kochi Prefecture. The fish's scales are scraped off and it is cut into about five slices and sprinkled with coarse salt. The salt works to dry the fish, which brings out umami. Roasting using straw adds to the aromatics and renders the fat, adding richness to the meat.

Many may wonder why the word *tataki* (a derivation of the Japanese verb "to strike") is used for this dish. It is said that when the seared and cut bonito was coated with *tare* sauce it was pounded with the flat side of a knife or by hand. At Green our standard *tare* is *irizake* sauce (a mixture of sake, *umeboshi*, dried bonito, and *kombu* kelp). This is a great match for straw-grilled bonito. Please give it a try!

Next month I'll talk about *jibie* (wild game) in Japan. Stay tuned!

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