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10

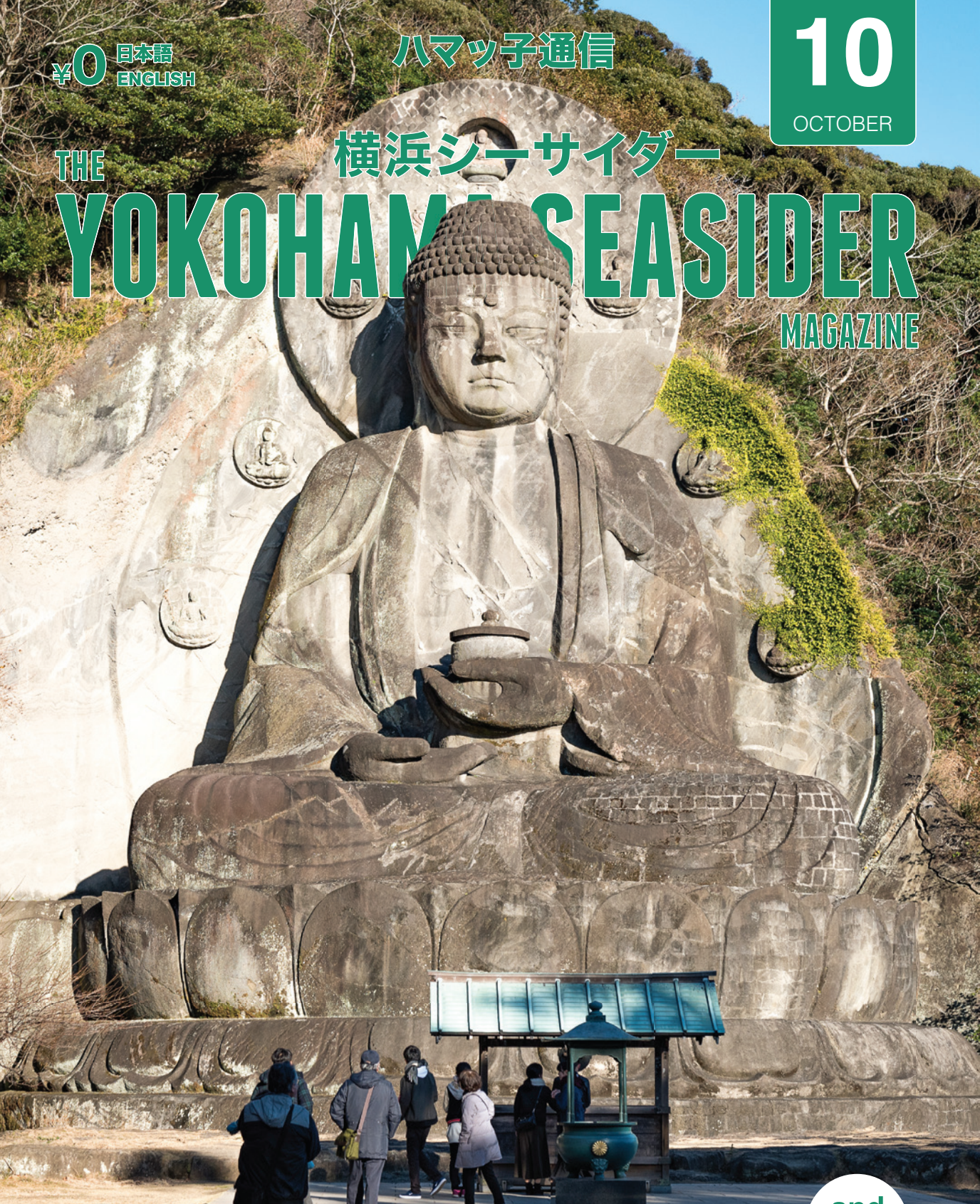
OCTOBER

THE

横浜シーサイダー

# YOKOHAMA SEASIDER

MAGAZINE



## Inside this Issue

and  
more!

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A trip to Nokogiriyama

Women in Dance Film Festival  
& Juneberry bakery

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# SEASIDER



MAP 8



MAP 13



MAP 3

## OCTOBER 2021

これまで2号に渡り特集してきた7artscafeの記事をご覧いただけたなら、どれほど我々が7artscafeに関心を寄せているか想像できるだろう。そんなカフェの“自由空間”では、今号で紹介しているように、今年から始まる初のイベントが催されている。これからの発展に向けた記念すべき第一歩となることを願っている。緊急事態宣言解除を受け、街全体で様々なイベントが再開されることにも期待は高まるばかりだ。もし、自然を求めて小旅行に出かけたいなら、今回紹介している鑑山ハイキングをおすすめしたい。近郊の絶景と横浜の街並み、その両方に充実感を得られるはずだ。ここ数か月の間、我慢を重ねた人々へとって、それらは間違いなく褒美になるだろう。

If you've read our last two issues, you probably know how excited we are about the opening of 7artscafe in the Koganecho-Hinodecho area. This cafe and multi-use event space is holding its first event series this month, which we feature in this issue. We hope this is the start of a successful legacy. We're also excited about more events throughout the city resuming as the public health situation improves. But if you're looking for a short, relaxing getaway, we recommend Nokogiriyama this issue. Maybe you can enjoy both nature and city pleasures. You certainly deserve it after these difficult few months.

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**Design**  
Matthew Gammon

**Editorial**  
Ry Beville  
Misato Hanamoto  
Akiko Ishikawa  
Hisao Saito  
Brian Kowalczyk  
Miki Matsui  
Mai Furukawa

**株式会社 Bright Wave Media**  
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Vangelina 「Eternity」 © Bryan Kwon



Eugenia Vargas 「Umbría」 © Maurício Novelo Jarque



Dakin as Phaedra (Photo: Jack Mitchell)

# “2021 WOMEN IN DANCE FILM FESTIVAL”

at 7artscafe

October 2021

ヴァーツラフ・ニジンスキー、ミハイル・バリシニコフやフレッド・アステア、さらにはマイケル・ジャクソンまで、彼らに共通することといえば、彼ら全員が「ダンサー」であることだと誰しも思うだろう。しかし、同じようにアンナ・パヴロワ、イサドラ・ダンカン、マーサ・グレアムやトワイラ・サーブと名前を羅列しても、共通点はパッと浮かばないかもしれない。これは歴史上、芸術が常に男性優位な世界であったことが影響していると言える。視覚芸術においても、男性が一番であり、主役。一方、女性はモデル、言い換えればミュージックのような役に常に追いやられている。ダ・ヴィンチの「モナ・リザ」やフェルメールが描いてきた数々の女性たちなどが良い例だろう。ではなぜ、このようになったのだろうか？これは我々の芸術における男女の役割について、ひいては一般社会における男女の役割についての認識をどう表しているのだろうか？

7artscafeは、そんな重要かつ迅速な対応を必要とする、ジェンダー、芸術的・性的アイデンティティ/指向に関する課題に取り組むために、芸術や文化、教育にフォーカスした革新的なプログラムを実施している。2021年10月には初の毎年開催予定のプログラム「2021 Women in Dance Film Festival (WIDFF)」が行われる。このイベントで公開される映画は、ダンスや振り付け、パフォーマンス・アートや学問において功績を残

Mention the names of Vaslav Nijinsky, Mikhail Baryshnikov, Fred Astaire or even Michael Jackson, and the common denominator that comes to mind is “dancer.” Yet, if we say the names of Anna Pavlova, Isadora Duncan, Martha Graham or Twyla Tharp, we may not be so sure of their connection to each other. Such is the assumption of male domination in the arts throughout history. Even in the visual arts, males are always the ones who get first billing, and the female is often relegated to the role of model or muse, as in Da Vinci’s “Mona Lisa” or the many female models Vermeer painted. Why do you think this is? What does this say about our perception of gender roles in the arts, or, on a wider scale, gender roles in world cultures of the 21st century?

As part of our mission, 7artscafe explores the important and pressing topics of gender, artistic and sexual identity/preference through a series of innovative programs focusing on the arts, culture and education. “2021 Women in Dance Film Festival” (WIDFF), beginning in October 2021, is our first annual program. The films shown in this festival will celebrate global women pioneers in-



DAIPANbutoh Collective「Corporate」© R. Nihiline



長唄 曾女

したパイオニアの女性たちを称えるものである。伝統的なものからモダンなものまで、幅広いジャンルのダンスも披露される。WIDFFは2021年10月中の5週末にかけて行なわれ、土日には2回の公演(14:00-16:00 開催)も開催。

「Dance Dance Yokohama 2021」「Digital/Reality」「黄金町バザール 2021」そして「Women in Dance Leadership Conference 2021」の協力のもと、WIDFFのプログラムでは藤間翠春と藤間加賀美らによる日本舞踊や、国内外のダンサー、Women in Dance Leadership Conferences のプロのダンサー、そしてクリスティーン・ディキン、土屋未来ら多くのプロフェッショナルによる日本の舞踏のパフォーマンスなどが堪能できる。

involved in dance, choreography, performance art and scholastic research. A wide range of dance genres, from traditional to present-day, will be showcased. WIDFF will be held on five weekends in October 2021 with two showings at 14:00 and 17:00 on Saturdays and Sundays.

In collaboration with “Dance Dance Yokohama 2021,” “Digital/Reality,” “Koganecho Bazaar 2021” and “Women in Dance Leadership Conference 2021,” WIDFF’s program includes a wide-range of dance genres including Japanese traditional buyō dance, featuring Fujima Suishun and Fujima Kagami, Japanese butoh dance featuring both Japanese and foreign dancers, excerpts from the Women in Dance Leadership Conferences, Christine Dakin, Miku Tsuchiya and many more.

## 7artscafe Film Series Usage

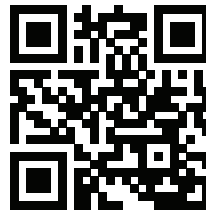
・映画は無料公開(ただし、ワンドリンク制)

・Please note that while all films are free and open to the public, there is a minimum 1 drink per customer at 7artscafe.

・7artscafe は全席禁煙

・7artscafe is completely non-smoking establishment and we kindly request all customers to refrain from smoking in or near the premises.

MAP  
15



For the full schedule please scan the QR code or visit our website at

[www.7artscafe.co.jp](http://www.7artscafe.co.jp)



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# Juneberry

Text & photos by **Miki Matsui**

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ジュンベリーの花言葉は「おだやかな表情」。パン工房 Juneberryはまさにその花言葉通りの空間だ。柔らかい光につつまれた店内には、子どもから大人まで楽しめる様々な種類のパンが並んでおり、スタッフの温かい挨拶が聞こえてくる。店長の桑原崇は、日々の様子を見ながら陳列するパンの種類を決めているという。パンを眺めていると時間の流れも穏やかになるような、そんな雰囲気漂っている。

100種類近くある商品の中で、一番人気はカレーパン(¥240)。パン生地だけでなく、カレーのスパイスまで全て自家製だ。開店当初から人気商品で、近所のカレー屋さんや、スパイスにこだわりのある来店者からの評価も高いという。また、海外でも定番のクロワッサン(¥220)の人気も高い。口に運ぶと、ふわっとバター風味が広がる。最初はカリッと、その後はしっとり、そんなユニークな食感は永遠の人気商品といえるだろう。

また、特に最近では健康を気遣う来店者も増えているという。注目されているのは、全粒粉を用いたパン。通常の小麦粉よりも栄養価が高いため、注目を集めているという。店内には食パンやバゲット、ロールパンなど、種類豊富な全粒粉のパンが並べられている。定番の商品だけではなく、より健康的なものまで楽しめるのも魅力の一つだ。

お持ち帰り以外でも、店舗付近にはベンチなど、その場で食べるスペースがあり、そこで楽しむ来店者も少なくない。横浜市営地下鉄 中川駅から徒歩3分、落ち着いた立地にある温かい店内には、今後もたくさんの「おだやかな表情」が溢れるだろう。

The Juneberry symbolizes “tranquility”. The bakery Juneberry conveys that exact sentiment. Inside the soft lights are calming and the staff welcome you with kind greetings. According to owner Takashi Kuwahara, they make decisions daily as to which bread to sell based on demand. As I was scanning the selection of bread, the passing of time seemed to slow to a crawl.

Among the 100 or so varieties offered, the curry bread (¥240) is likely the most popular. Both the dough and the curry are homemade at the bakery. Since the shop’s opening, it has been a hit with a wide range of customers, including curry restaurant owners and spice lovers. Another favorite on the menu is the croissant (¥220). The croissants are crispy on the outside and fluffy in the middle with a pleasant buttery aroma.

According to staff, they recently encountered many customers who are concerned about healthy eating. They say it is for this reason that their whole-wheat products are gaining popularity, as the flour used is more nutritious than standard flour. At Juneberry, there’s a variety of whole-wheat bread, including rolls and baguettes. Catering to both health-conscious patrons and those looking to indulge has earned them an array of fans.

Juneberry is only a 3-minute walk from Nakagawa Station (Yokohama Municipal Subway). There is no seating inside, but there are several benches outside. Relax and enjoy your bread there or purchase your little piece of tranquility to savor at your next destination.



# Good Sleep for Good Health

This community health message has been brought to you as a public service of the Bluff Clinic in Yokohama. [bluffclinic.com](http://bluffclinic.com)



Research conducted around the world since the emergence of the COVID-19 pandemic has revealed changing patterns of sleep and dream activity which shed new light on how we deal with stress. A study from the early days of lockdown in Finland, for example, found that a third of participants were waking up more frequently during the night and reporting an increase of nightmares. This also correlated significantly with those who reported greater levels of stress. In the initial stages of the global pandemic, patterns were driven mostly by common feelings of frustration of being trapped at home, not being able to see friends, or giving up routines such as workouts at the gym. All of this then quickly evolved into far more explicit fears of infection and isolation in the months that followed.

The study of dreams continues to intrigue scientists, with striking new metaphors that have begun to haunt many around the world since the beginning of the pandemic. Common patterns have been observed worldwide over the years, representing fears and anxiety, such as buildings collapsing in earthquakes, or tidal waves swallowing coastlines. The current pandemic appears to have triggered a surge in dreams which express deep apprehension of the corona menace through scenes of social distancing and protective gear failures, such as walking into a large, crowded party where no one is wearing a mask, or finding oneself maskless in a dank, mouldy basement room.

What stands out in recent studies has been the emergence of a pattern in which clusters of bugs and worms appear to have become a common global expression of the invisible enemy. Tellingly, it is not those which are widely held as friendly, such as ladybugs, but swarms of cockroaches and wriggling worms, even emerging

from the mouths of people appearing in the dreams. Such images were represented in the thousands of case studies collected by Harvard psychologist Deirdre Barrett. During a similar timeline, the number of people seeking professional help and online searches for various sleep disorders have surged.

Remedies to overcome poor sleep can start with such simple measures as shifting the brain's worry mode to a more positive state at bedtime. This might mean avoiding endless 'doom scrolling' of the day's worst news, and instead, focusing on 'to do' items for the next day, making deep breathing a part of your routine throughout the day, and utilizing 'visualization'. This could be bringing up positive images, for example, of a smiling friend you're looking forward to seeing.

A timely and safely-executed return to pre-COVID work and social rituals will no doubt bring great relief to the anxieties which have kept us up at night. Better sleep, in turn, will engender better health. It's a chain worth keeping high in your priorities as life moves forward to the not-yet-understood 'new normal'.

**\*Vaccinations for this year's seasonal influenza have slipped off the radars for many during the pandemic, leaving experts concerned over possibilities for a double COVID and influenza infection risk this season. Consult your physician for advice.**







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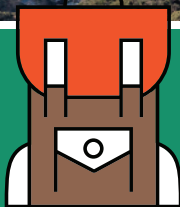
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- 4 Sagan [E-6]
- 5 Toraya [D-3]
- 6 YIEA [C-2]
- 7 Nakamaru Dental Clinic [E-6]
- 8 Café Elliott Avenue [D-7]
- 9 Bashamichi Taproom [D-4]
- 10 Ishikawacho Green [E-6]
- 11 Bashamichi Green [C-3]
- 12 045 Yokohama Canvas Bag [C-4]
- 13 Yokohama Brewery [D-3]
- 14 Apollo [D-3]
- 15 7artscafe [E-3]

MAP  
2





# Nokogiriyama



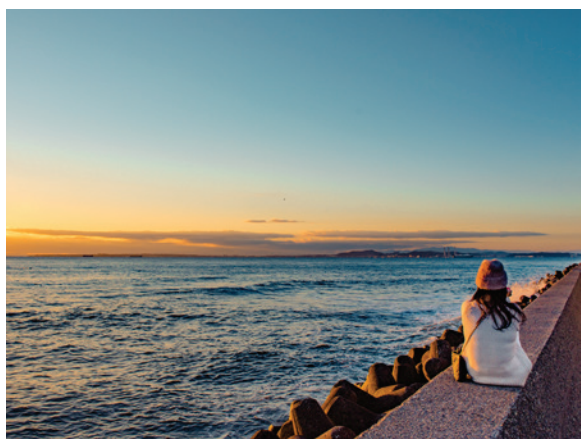
海拔330メートル、東京湾を超えた先、千葉県南房総に位置する鋸山は、週末のレジャーにぴったりの名勝地だ。丘や崖を超えて作られた敷地を持つ日本寺は、1300年前に建立され、関東地域では最も歴史ある曹洞禅宗の寺の一つである。ここでは日本一大きい大仏（高さ何と31m!）や、1780年代に名工、大野甚五郎英令らによって作られ、参道に陳列している1500あまりの仏像や彫刻も堪能することができる。さらに、東京湾を一望できる「地獄のぞき」は外せない魅力の一つだろう。（ページ上画像）

**アクセス:** 久里浜～金谷にフェリーで40分ほど（片道800円）、その後タクシーか徒歩（12分ほど）で鋸山ロープウェイ（往復950円・片道500円）入り口まで到着できる。ロープウェイなら山頂まではあつという間だが、数多くある山道から歩いて山頂を目指すのも刺激的で新鮮かもしれない。（登頂時間はコースによるものの、ほとんどの場合1時間ほどで登頂が可能となっている。）

Standing 330 meters above sea level, Nokogiriyama is a great weekend getaway right across Tokyo Bay. The main temple grounds of Nihonji, built across the cliffs and rolling hills, were first constructed some 1300 years ago, making it one of the oldest temples for the sect of Soto Zen Buddhism in the Kanto area. Here you can find one of the largest *daibutsu* (large Buddha) statues (standing 31m tall!) in Kanto, as well as a wide array of 1500 other statues and carvings spread throughout the area—all the work of master artisan Jingoro Eirei Ono in the 1780s. Also, you can visit Jigoku Nozoki (Hell Peak Point) to get some amazing vistas of Tokyo Bay (see the top photo).

**Getting there:** Take the ferry from Kurihama to Kanaya port (¥800 one way; about 40min) and then walk about 12 minutes, or take a taxi, to the base of the mountain. There you can ride the Nokogiriyama Ropeway (¥950 round trip, ¥500 one way), which can efficiently take you to the summit. Though, as an alternative, and more exciting route in our opinion, take one of the many trails that lead around the mountain to get to the top (times vary but most can be done in an hour or so).







## ハービー・山口『時』の撮影会

# Herbie Yamaguchi "Moments" photo session

Text by Hisao Saito

去る、8月22日、28日、29日ハービー・山口による大切な『時』の撮影会を開催した。写真の本質の一つである、「その時を残す」という撮影会だ。「シャッターを切るたびに相手の幸せを願う」写真家ハービー・山口が発起人で、ローズホテル横浜、横浜寫真館の協力で実現した。

この撮影会は、コロナ禍、本来残すべき『時』を残すことができなかった人々に対する企画で、参加希望者には「なぜハービー・山口に撮影をしてもらいたいか」を文章にして提出してもらった。

定員になり次第、受付終了ということだったが、当然のことながら、予定していた定員はすぐに埋まり、受付を終了しても沢山のメールが届いた。そこで俺は、撮影希望者の思いだけでもハービー・山口に伝えようと連絡を取ることにした。すると、「ここにあるリストの人だけでも全員撮れないかな」とメールを読み終わったハービー・山口は俺に言ってきた。

ハービー・山口とはそういう人なのだ。名誉のために補足するが、この撮影会の予算は企画の趣旨に沿って全ての関係者の人件費はゼロで計算している。参加人数が増えると自分たちの負担が大きくなるのである。それはハービー・山口も例外ではないのだ。なのに彼はそうやって俺たちに頭を下げたのだ。

なんとという人だ！

もちろん俺たち全員共感し、結果的に定員の倍近い方々をお迎えすることになった。

ここで本当は参加者がどんな思いで応募してきたのか書きたいところだが、そんなことができるわけがない。ただここで一つだけ言える

On August 22, 28, and 29, we held a photo session for important "moments" by Herbie Yamaguchi. The goal was to "record the moments", which is part of the essence of photography.

This photo session became a reality only through the cooperation of Rose Hotel Yokohama, Yokohama Shashinkan, and the camera-man/promoter himself, Herbie Yamaguchi. Previously in this column I have described Yamaguchi's unique approach of "wishing the subject of his photo happiness after each shot".

This session was for those who could not record their "moments" due to complications arising from the COVID-19 pandemic. We asked participants to write to us sharing the reason they wanted Yamaguchi to photograph them.

We planned to stop taking applications as soon as the number of applicants reached our preset limit. As might have been predicted, we reached that number almost immediately. Even after closing the site to applications, we still received numerous emails. I contacted Yamaguchi to at least share those people's thoughts and feelings. After reading the emails, he said to me, "Couldn't I do the photo session with all the people who emailed in addition to those on the list?"

This is who Herbie Yamaguchi is. The main purpose of the event wasn't to turn a profit, so for the budget, the cost of labor cost was

ことは、その大切な一つ一つの「時」をハービー・山口は確実に受け止め、全身全霊でその人の「時」を一枚の写真に込めていったことだ。参加者の感動は言うまでもない。

その場にいた俺たちは、ハービー・山口が「幸せを撮らせれば世界一」と言われる所以を目の当たりにすることができた。こんな感動的な撮影会は他にない。

disregarded. Of course, as the number of participants increases, so does our workload. Yamaguchi was aware of this, but still, he was willing to sacrifice his time. What a truly great person! Without hesitation, we all concurred and eventually ended up allowing nearly double the original limited number of people to participate.

I'd love to relate all the thoughts and feelings the applicants shared with us, but that's impossible. However, one thing I can mention here is, Yamaguchi took every single interaction earnestly, and devoted himself to capturing each person's "moment" in every shot. Knowing that, you can easily imagine all the participants' emotions.

At this event we were able to see why Herbie Yamaguchi is considered "the best in the business if you convey happiness". No other photo session has left a deeper impression on me.



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# Chili rice stuffed peppers

## チリライスペッパー

ジャスミンライス .....	100g
チョリゾ .....	100g (輪切り)
牛挽肉 .....	150g (出来ればハンドカット)
玉葱 .....	100g (粗みじん切り)
ニンニク .....	10g (粗みじん切り)
ホールトマト .....	200ml (種を外して潰す)
水 .....	80ml
ケチャップ .....	20g
スイートコーン .....	80g
サラダ油 .....	適量
ピーマン .....	スタッフィングの量に合わせた数を用意
ピザチーズ .....	適量

### スパイス類

チリパウダー .....	15g
パプリカパウダー .....	10g
クミンパウダー .....	8g
オレガノ .....	少々

jasmine rice .....	100g
chorizo .....	100g (sliced)
ground beef .....	150g (preferably hand-cut)
onion .....	100g (coarsely chopped)
garlic .....	10g (coarsely chopped)
whole tomato .....	200 ml (remove seeds and crush)
water .....	80 ml
ketchup .....	20g
sweet corn .....	80g
salad oil .....	as needed
peppers .....	(prepare as much as the stuffing can fill)
pizza cheese .....	to taste

### Spices

chili powder .....	15g
paprika powder .....	10g
cumin powder .....	8g
oregano .....	to taste

- 1 鍋に湯を沸かしジャスミンライスを混ぜながら10分程茹でる。ザルに移し水気を切っておく。
- 2 別の鍋に油を引きニンニクを炒め香りが出たら牛挽肉とチョリゾを加え中火で更に炒める。肉に焼き色が付いたら玉ねぎとスイートコーンを加えしんなりするまで炒める。
- 3 2の鍋にスパイス類を全て加え炒め香りが出てきたら、ジャスミンライスとケチャップを入れ混ぜ合わせる。
- 4 3の鍋にホールトマト、水を入れて15～20分程水分を飛ばしながら弱火～中火で煮込む。塩胡椒で味を整える。粗熱をとってスタッフィング完成。
- 5 ピーマンを縦半分カットして種を外す。4のスタッフィングをピーマンに詰める。
- 6 5を200度のオーブンで10分程焼いて、ピザチーズを乗せて更に5分焼いたら完成です。

- 1 Boil water for about 10 minutes while mixing in jasmine rice. Then, strain in a colander.
- 2 Oil a pan and fry the garlic. When garlic aroma is evident, add ground beef and chorizo. Continue frying on medium heat. When meat is browned, add onions and sweet corn. Fry until tender.
- 3 Add all the spices and stir-fry. When aromatic, mix in jasmine rice and ketchup.
- 4 Add whole tomatoes and water to mix and simmer for 15 to 20 minutes on low to medium heat until the water boils off. Season the mixture with salt and pepper. Remove from heat.
- 5 Cut peppers in half vertically and remove seeds. Pack the stuffing into peppers.
- 6 Bake the stuffed peppers in an oven at 200 degrees C for about 10 minutes, then add pizza cheese and bake for another 5 minutes to complete.

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