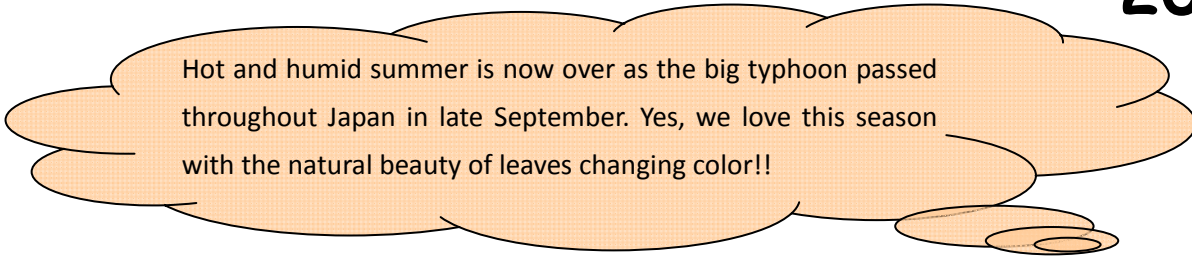




The UC Center NEWSLETTER

2011 Fall




Hot and humid summer is now over as the big typhoon passed throughout Japan in late September. Yes, we love this season with the natural beauty of leaves changing color!!




★★CONTENTS★★

- Report on Energy Saving during Summer ■ Setsuden in Upcoming Seasons
- Day of Bosai (Disaster Prevention) ■ Momiji- The Color Changing of Leaves
- Cooking Recipe- Tea Cookies ■ Good food to Prevent Cold and Stay Healthy!




Setsuden 節電— You must have seen or heard of this word everywhere in Japan this summer. Due to the Tsunami that occurred on 3.11, the Fukushima Daiichi Nuclear Power Plant got out of order and many other plants all over Japan went under maintenance this summer. Even after the summer, Setsuden is considered to continue even in this fall and winter.

This summer, the Japanese central/local government asked companies and households to reduce the amount of energy usage down to 15% from the previous year in the same month. I myself joined in a couple of Setsuden activities which were run by local governments.



1. Energy Saving Report: Reporting the monthly usage of water, gas, and electricity online. The website evaluates how well you did on the reported month by comparing with the average energy usage of similar households (type of house/apartment, number of family, etc) in the city. Sending a report every month made me be more conscious about energy savings. And I'm proud to say that my household was always under average of similar households within the city.

2. Monitoring your household's energy through electronic devices: I joined in the national project which was tied up with a company and city office. The materials I was asked to use for the project included the main electronic energy monitor, measuring instrument to be connected to panel board and 3 outlets which had a wireless LAN system inside to send the data to the main monitor. The aim of the research was to observe the energy usage of households for 24hrs a day for a certain period of time and to see how the energy usage changes in case we receive energy deficit warnings provided by the company. The warning is delivered only when the energy usage is predicted to reach up to 90-95% of the Electronic Company's total affordable energy. Other than the research itself, it is quite interesting to see the monitor at home: you can see how much energy you have used so far for the day, the day before and last month.



The 3.11 earthquake made us think of energy, which was less likely to happen in the previous days. After the nationwide Setsuden, it seems like we are doing perfectly fine and happy with less energy©

Mami Maeno



節電 Setsuden

How to "Setsuden" During Fall/Winter Time



As mentioned earlier, energy saving efforts are considered to be still in effect even during fall and winter. Here are some tips to continue Setsuden during the upcoming seasons.

1. In order to keep your body warm, try to cover the main three parts of your body: neck, wrist, and ankle.
2. Why not trying Yutanpo, a Japanese version of hot-water bottle? It's an oval shaped plastic container in which you pour hot water. You may wrap the container with a blanket, and put it in your bed. After a while, you may notice that your bed is comfortable enough to sleep until the next morning!
3. Use of aluminum sheet- you can get one at any drug/grocery store in Japan. It's very effective to keep warm during winter time😊

Day of Bosai: September 1st

Prepare for Disaster in Advance!!

September 1st is the Day of Preventing Disaster.

Some of UCEAP Japan students went to Bosaikan in Tokyo to learn about fire and earthquake disaster. They have taken part in earthquake simulation room, maze room, and fire extinguishing.

Japan is a disaster-prone country and has revised many laws on buildings/electronic devices, so we are assured to be surrounded by better preventive equipments.

For example, all residents have to set a fire alarm. The main cause of losing lives during fire occurs inside residences, which is considered to be preventable, thanks to these functions.

Also, gas meters automatically interrupt the gas flow in case of an Earthquake with magnitude 5 or above. Resuming gas flow is very simple and clear: Close the main gas valve in your house, find a gas meter outside the house and press the bottom which is covered with a black cap. Moreover, gas devises are designed not only to shut out gas flow but also works as an extinguisher.

Bug-out bag



Momiji-gari

Hang out in fields and mountains to enjoy the changing color of leaves

<What does Momiji-gari originally mean? >

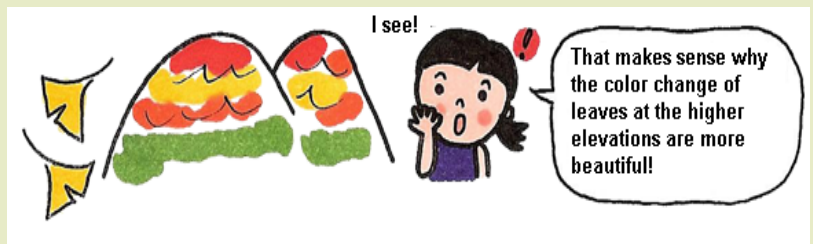
Basically, "Kari" means hunting birds or animals. During the aristocracy era, where hunting got less popular, people started to use the word "Kari" when describing an admiration towards beautiful flowers.

<Is there a plant called "Momiji"? >

Academically, there's no plant called "Momiji". All plants that have a name of Momiji belongs to Aceraceae; so do maple trees. The word "Momiji" derived from the word "Momizu" which means the color change of leaves into red/yellow.

<What makes "Momiji" to be beautiful? >

A hot summer with sufficient sunshine & rain and an appropriate temperature difference at day & night .



Recommended Places to Visit for Momiji-gari around Tokyo, Kanagawa, and Osaka

	URL	Best Timing
<Tokyo>		
Mountain Takao 高尾山	http://www.takaotozan.co.jp/takaotozan_eng1/index.htm	Mid Nov.
Shinjuku Gyoen 新宿御苑	http://www.env.go.jp/garden/shinjukugyoen/english/index.html	Late Nov. - Mid Dec.
East Garden, Tokyo Imperial Palace 皇居東御苑	http://www.kunaicho.go.jp/e-event/higashigyoen02.html	Late Nov.
<Kanagawa>		
Hakone Museum of Art 箱根美術館	http://www.moaart.or.jp/english/hakone/index.html	Mid Nov.
<Osaka>		
Mino Park 箕面公園	http://www.osaka-park.or.jp/hokubu/mino/main.html	Late Nov.



Shinjuku



Mino



Imperial Palace



Hakone

You must try some Momiji Tempura in Mino!
Let's enjoy Momiji with every sense.



Mt. Takao

Let's Cooking

.....Tea Cookies.....

The weather changed very suddenly in October; there's even a slight nip to the air early in the morning. A hot cup of tea is an essential nice-weather fall ritual for many of us!

Here's a very easy recipe of microwave cookies☺

■ Ingredients

- 1 cup all purpose flour
- 1/4 cup sugar
- 2 tablespoon tea leaves (grained)
- 2/3 cup margarine



■ Procedure

- 1- Stir all the ingredients until a dough is formed.
- 2- Form the dough into a log onto a piece of parchment style cooking paper.
- 3- Slice the log into 1/3 inch thick pieces.
- 4- Place on cookie sheet and microwave until the edges are just brown, about 2.5 minutes. Let cool on sheets and they are ready to eat!

Good foods/drinks to prevent cold!!

Students frequently ask questions about what is the best thing to eat when they catch a cold.

Below is a list of some recommended food and how they work within your body.

- ✓ **Lemon**- Contains a lot of Vitamin C which aids White Blood Cell to strengthen the immune system.
- ✓ **Ginger**- *Shoga* 生姜: Has pungent and warming qualities that make it useful in medicine. It also contains 24 distinct anti-inflammatory compounds.
- ✓ **Welsh Onion**- *Negi*: Contains Vitamin C, Carotene, and a specific antivirus substance called “ネギオール”.
- ✓ **White radish**- *Daikon* 大根: Contains more Vitamin C than fruits, is rich in Vitamin A, Vitamin B, Calcium, Phosphoric Acid and Iron. It improves blood circulation, and is a good treatment for headache, sore throat, whooping cough, and gastric problems.

When you feel a bit feverish, sore throat, runny nose, what about making and drinking ginger lemonade??

Or maybe a Nabe (hot pot) dishes with vegetables and any kinds of tofu/meat/fish— they are the most popular Japanese winter food keeping you warm on cold days.

