

# Minamiboso

February  
Kouhou Newsletter

English Version



Coming of Age Day

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2015 **2**  
No. 107

# Staying Healthy

Contact: Health Support Division (TEL: 36-1152)

## Preventing Food Poisoning from Norovirus

Some people believe that food poisoning only happens due to summer heat. However, while summer food poisoning is caused by bacteria, there is also winter food poisoning, which is caused by a virus. Cases of norovirus food poisoning tend to increase in November and peak in December and January.

### Causes

According to a study, about 70 percent of food poisoning cases cannot be traced back to a specific food. One cause however, is shellfish contaminated with norovirus. Sewage containing feces from people infected with the virus leaks into natural habitats and is soaked up by shellfish and plankton, letting the virus multiply. If you thoroughly cook shellfish, they are safe to eat, but you will get food poisoning from an undercooked, contaminated shellfish.

### Route of Infection

You can get norovirus by eating contaminated food or coming in contact with feces or vomit from an infected person.

### Symptoms

The virus causes acute inflammation of the stomach and intestines, of which the main symptoms are nausea, vomiting, diarrhea, stomach pains and a low fever. Symptoms start between 24 and 48 hours after eating contaminated food and continue for one to two days. Cold-like symptoms such as headache and upper respiratory inflammation may also occur.

A person remains contagious even after symptoms are gone. This is typically for one week, but can sometimes last up to one month.

### Prevention: Hand washing, proper cooking and disinfection

Norovirus infects and multiplies in the small intestine. To avoid reinfection, you must maintain good hygiene and cook food thoroughly.

### 1. Wash your hands often

Wash your hands thoroughly with soap before and after cooking, before eating, after using the bathroom or changing a diaper, after touching a pet, etc.

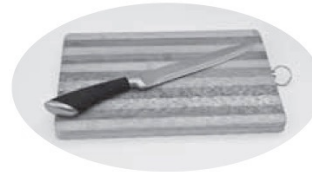


### 2. Heat food thoroughly

When cooking food that may be contaminated by norovirus, such as shellfish, make sure the internal temperature is between 85 and 90 degrees Celsius for at least 90 seconds.

### 3. Disinfecting

Wash dishes with soap, then wipe them thoroughly with potassium hypochlorite (chlorine bleach). It is also effective to soak cutting boards, knives, spatulas, dishes, and towels in hot water (85°C or above) for at least one minute.



### 4. Disposing of waste

When cleaning up vomit or waste from someone sick with norovirus, always wear a mask and gloves and wipe the area carefully so as not to spread the virus. After wiping up the waste, clean the floor with chlorine bleach and rinse with water.



## Locally-Sourced Minamiboso Burger Recipes

~How to Make Award Winning Food~ #4  
<http://civil.mbosonetoko.jp/chisan-chisho/recipe/>



*Judges' Choice*

### “Hearty Boso Burger”

*Ayuto Yoshida*

*(Maruyama Elementary School, 3rd Grade)*

#### [Ingredients] (Makes 4 servings):

**Hamburger:** 400g ground meat, 1 onion (diced), 10g dried *hijiki*, bread crumbs, water, and milk as needed

**Toppings:** 2 eggplants, 1 medium zucchini, 1 small carrot, 2 potatoes, 1 small sweet potato (all cut in half-circles), cherry tomatoes, salt, and olive oil to taste

**Sauce:** 25g flour, 25g butter, 300ml milk, salt, pepper, consommé, and soy sauce to taste

#### [Directions]:

##### Preparations:

1. Dice the *hijiki*
2. Soak eggplants in water and remove scum
3. Boil carrots, potatoes and sweet potatoes until soft

##### Hamburger:

1. Mix water into meat until no longer sticky
2. Add the rest of the ingredients and knead the air out. Form into patties, cook each side, and move to a baking dish. (Reserve the grease for sauce.)
3. Lay sliced vegetable on burgers overlapping as in the picture. Top with cherry tomato halves.
4. Bake at 180°C for 20 to 25 minutes.

##### Sauce:

1. Heat butter and flour for 1 minute 30 seconds in microwave
2. Gradually add milk, stirring with whisk.
3. Heat for 2 minutes in microwave, stir, repeat until thick.
4. Add remaining ingredients and pour over burgers as desired.



*Judges' Choice / Chikura Eateries  
Association Prize*

### “Healthy Okara Hijiki Burger”

*You Nomura*

*(Tomura Elementary, 5th Grade)*

#### Ingredients (makes 4 servings):

**Hamburger:** 600g *okara* (bean curd residue), 2 onions (diced), 2 carrots (diced), 4 bags konjac powder, potato starch, salt and pepper as needed

**Sauce:** *Shirodashi* (white soup stock), potato starch, grated daikon (a small amount of

each), perilla, eggplant, red and yellow bell peppers (each as desired)

#### Directions:

##### Hamburger:

1. Stir-fry carrots and onions.
2. Mix in remaining ingredients, form patties and cook.

##### Toppings:

1. Pan-fry eggplant and peppers.
2. Boil *shirodashi* and add potato starch until thick. Add eggplants and peppers.
3. Use sauce, perilla, and grated daikon to garnish burgers.



## A Message from the Minamiboso Area Comprehensive Support Centers

### **[Centers in every town across the country]**

Under nursing insurance law, every city, town and village in Japan is required to establish an area comprehensive care center. These centers employ social welfare workers, public health workers and nurses, and nursing care managers. Centers may be directly managed by the municipality or by a social welfare organization.

### **[Minamiboso's Centers]**

In Minamiboso City, there are two Area Comprehensive Support Centers, both run by the Social Welfare Organization. There are the Minamiboso Local Comprehensive Support Center Airisu no Sato for the Uchibo area (Tomiura, Tomiyama, Miyoshi) and the Minamiboso Local Comprehensive Support Center Maruyama for the Sotobo area (Shirahama, Chikura, Maruyama, Wada).

### **[Centers' Primary Duties]**

The Centers mainly recommend various services and give consultation to the elderly (age 65 and older) on life issues such as nursing care.

### **[Examples of Questions we Get]**

"I live alone and can't drive so I have trouble going shopping." "I went to the hospital with a broken bone and now I have trouble getting in the bath at my house." "My primary doctor recommended I sign up for nursing insurance, but how do I apply?" "I forget what people say right away and have been forgetting to take my medicine lately. My family tells me I have been saying strange things." We get many visitors with concerns like these. You can call or visit the center in person.

### **[Other Inquiries]**

We are often asked about problems that the center is not directly involved in, such as: "Can I use my nursing care insurance to pay for repairs to my bathroom?" "If I use nursing insurance, will my at-home nurse take me to the the hospital?" etc. The Centers cannot necessarily resolve these issues or directly provide the types of services visitors are looking for. However, we will direct them to other service providers and help desks who may be able to help. Workers at the Centers work together to help everyone in the area have comfortable lives and peace of mind.

### **[Serious Social Problems are On the Rise]**

There has been an increase in reports of serious issues, such as elderly abuse. There are also many cases of neighbors cutting of ties with their communities and failing to take care of their homes, and themselves.

We also consult on cases in which unemployed younger people are living off of their elderly family members' pensions and other problems that require specialists in fields other than elderly care.

### **[It Can Happen to Anyone]**

We do not just hear from the elderly and their live-in families. We also give consultation to neighbors and family members, as well as medical institutions.

Although the Centers were founded over eight years ago, there are still many people who are not aware of our services. Unfortunately, when a problem suddenly befalls someone, it also effects their family and neighbors. If you find yourself needing nursing care or welfare for the first time and do not know what to do, please come to your local Area Comprehensive Support Center.

Regardless of what the problem is, first consult with us. We can determine the right course of action once we fully understand the issue. Even if the Center cannot directly resolve a problem, we can contact and relay your information to the appropriate institutions, including the care prevention center, disability welfare center, healthcare center, Chiba Prefecture Support Center, and the police.

### **[Making Minamiboso a Better Place]**

We are living in the era of the aging population, low birth rate and decreasing population. The government and social workers alone cannot support everyone in local neighborhoods. Everyone, young and old, must do what they can to support each other. (The national government proposed "creating local comprehensive care systems.") Neighbors and acquaintances, not just families of patients, now have to know about nursing care and welfare issues. Anyone touched by these issues should take the first step toward helping to make Minamiboso a better place and visit a Comprehensive Support Center to learn more.

**Contact:** Minamiboso Local Comprehensive Support Center Airisu no Sato for the Uchibo area (Tomiura, Tomiyama, Miyoshi)

TEL: 20-4060

Minamiboso Local Comprehensive Support Center Ribu Maruyama for the Sotobo area (Shirahama, Chikura, Maruyama, Wada)  
 TEL: 20-1277  
 Health Support Division (TEL: 36-1152)



THE RIBU MARUYAMA STAFF

◆ **Chiba Prefecture Health and Welfare Department Prize**

At the 2014 Appreciation for Social Welfare Workers Awards Ceremony held on December 22, one physical disability counselor and one psychological disability counselor received the Health and Welfare Department Prize. They received the prize in recognition of many years of contributions to social welfare.



Psychological Disability Counselor  
 Shoko Sampei (Chikura)



Physical Disability Counselor  
 Yoko Kawana (Wada)

◆ **Subsidies to Revitalize Abandoned Farmland**

Abandoned farmland can cause many problems, including being a breeding ground for weeds and insects that are harmful to crops.

If you meet certain requirements, you may be able to receive a subsidy from the national or prefectural government to revitalize a piece of abandoned farmland. **(Self-owned land is not eligible.)**

**The Subsidy:** For reclaiming farmland, including mowing grass and removing roots. 75,000 yen per 10 ares or one half of the total cost will be provided. **(The land must be used for planting crops for at least 5 years after the reclamation.)**

Please call for details.

\*Please have a preliminary evaluation done before starting to work on the land.

**Contact:** Chiba Farmland Promotion Division (TEL: 043-223-2862)

Agriculture, Forestry and Fisheries Division (TEL: 33-1071)



*This Month's Environmental Slogan:*  
**“Make rivers the fireflies will always fly over”**  
*2014 Environmental Slogan Contest Award Winner*  
*Sugenuma Mei, Tomiura Middle School 2nd Year*

## Are you saving energy?

Next month will mark 4 years since the Great East Japan Earthquake. The power-saving measures used to compensate for the lack of production after the Fukushima Daiichi nuclear disaster are here to stay. We have a steady supply of power now, but if another disaster were to occur, that could change. We all need to do our part so we can continue saving energy into the future. In the winter, home power usage peaks twice a day, in the morning and in the evening. These are the times people tend to turn on their heat and use cooking appliances. Here are some tips and tricks for a warm and comfortable winter. They will also ease the strain on your wallet.

### ■ Tips for Using Heaters

#### Air Conditioner/ Heater



- Set the temperature to 20°C.
- Clean the filter regularly to keep it running efficiently.
- Use an electric fan to circulate the hot air that gathers near the ceiling.
- Make sure not to put anything near outdoor units. They need good ventilation for maximum efficiency.

#### Fan Heater



- Set the temperature to 20°C.
- Clean the filter regularly to keep it running efficiently.
- Place it in front of a window to suck in the cold air that leaks through. It will blow it upward, creating natural convection and heating the air in the room evenly.
- Air out the room once or twice for one to two minutes every hour.

#### Electric Carpet



- Place a heat-resistant sheet under the carpet to avoid losing heat through the floor.
- Only turn on sections near people.
- Use in combination with a blanket.

#### Kotatsu

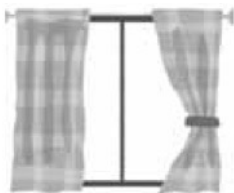


- Use a futon under the kotatsu in addition to the one on top.
- Place a heat-resistant sheet under the bottom futon.
- Put cardboard between the tabletop and the top futon.

### ■ Staying Warm Without Electricity



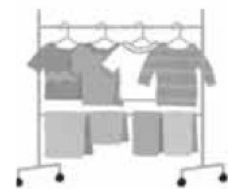
Heat up your wrists, neck, ankles, stomach, and back. It will increase blood flow and warm your body.



Hang thick, long curtains with lots of folds to keep the cold out and the heat in.



Use a hot water bottle to stay warm.



Hang laundry inside to keep the temperature in the room up.





## ネイサンの南房総滞在記⑥

南房総市国際交流員

文・訳 ネイサン・ブラックウェル

### アパートからの眺め

私はアメリカのオハイオ州出身ですが、今は、富浦に住んでいますので、前に住んだ場所と全く違う景色を楽しんでいます。アパートの辺りは、どこを見てもなだらかな山なみがあり、海岸には歩いて2分くらいしかかからないので、オハイオにはない素晴らしい景色をたくさん見ることが出来ます。

私の家のあるオハイオ州は景色が極めて退屈です。ほぼ平らな地形で、湖も少なく、海もありません。自然が綺麗で好きな公園もありますが、家からは他の家やトウモロコシ畑しか見えません。首都のコロンバスに住んでいた時にも、窓の外はビル以外に何も眺められませんでした。

そのため、南房総の海と山が美しいと思います。通勤や買い物に行く時など、日常的に山や海を見ることができて、晴れている日には雪をかぶった富士山を眺めることもあります。私は南房総の景色が爽快だと思います。私が住んでいたオハイオでは見たことのない綺麗なものを毎日見て、嬉しく思っています。



The shore by my apartment  
私のアパートに近い海岸

### The View from my Apartment

I am originally from Ohio, but now that I live in Tomiura, I can experience scenery unlike anywhere I have lived before. Everywhere I look there are rolling, tree-covered hills and the beach is just a couple of minutes from my apartment. I could never have experienced that in Ohio or Tokyo.

My home state of Ohio has the most boring scenery possible. It is almost entirely flat, has very few lakes, and is nowhere near the ocean. There are some pretty parks that I like to go to, but around my family's house all I can hope to see are corn fields. When I lived in the capital city of Columbus, I only saw buildings when I glanced out my window.

I much prefer the mountains and sea that I see living in Minamiboso. Whether I'm commuting to work or going shopping, I can always see the mountains and the sea. On a clear day I can even see a snow-capped Mt. Fuji. Maybe it's just because it's new to me, but I find the scenery in southern Chiba exciting. There's so much more beauty to see everyday here than anywhere I have lived before

※広報英語版や国際交流イベントの紹介を発信しています。ぜひアクセスしてください！  
南房総みんなネット「国際交流員:ネイサン」 <http://civil.mboso-etoko.jp/group/detail.asp?id=130>

## From the Consumer Consultation Center #30

### Avoid Falling for Reception Scams

There are many types of scams. Criminals may ask for money by impersonating the victim's child or grandchild, or may trick the victim into making payments under the pretenses of making a lucrative investment.

In the past, most scams were done by tricking the victim into transferring money into an account. Recently however, so called "reception scams," where the victim is made to bring cash to a location in person, are on the rise.

Thanks to the efforts of police and financial institutions' preventative programs, more and more people manage to avoid getting pulled into money transfer scams. However, reception scams involving cash or cash cards are much more difficult to intercept.

To avoid becoming a victim of one of these new types of scams, it is important that everyone is educated and prepared.

If you are in a situation that seems suspicious, always ask for advice from someone you trust. The Consumer Consultation Center is here to help.



#### Give us a call

The Consumer Consultation Service, City Expenditures and Lifestyle Consultation (TEL: 33-4300) 10:00 AM – 3:00 PM

\*We do in-person consultation twice a week. For details, check the Kouhou Announcements publication.

**For inquiries, contact the Division of Commerce and Industry (TEL: 33-1092) Or the Prefectural Consumer Center (TEL: 047-434-0999) 9:00 AM – 4:30 PM**

\*Not open on Sundays and Holidays

## Attend a Session of the City Council

The City Council deliberates issues that directly affect the citizens of Minamiboso. Sit in on a session and see the inner workings of the city.

### Registration:

Registration is simple; just write your name, address, and age in the reception book. The sessions are held at the City Office, Main Hall 2nd floor.

### March Sessions:

Opening - February 25

General Inquiry - February 27, March 2

### Internet Broadcast:

If you cannot make it to the session in person, you can watch a live stream online. Follow these links from the city home page: city council meeting (市議会) → meeting stream (市議会インターネット中継).

\*The schedule may change. Please inquire for details.

**Contact:** City Council Office (TEL: 33-1111)

## Kamogawa Sea World Minamiboso Resident Appreciation Month

March is Minamiboso Resident Appreciation Month at Kamogawa Sea World. Ticket prices will be reduced for anyone living in Minamiboso.

**Period of Discount:** March 1 through 31

**Discount:** Adult tickets (high school age and up) will be reduced from ¥2800 to ¥2000.

Children's tickets (4 years through middle school) will be reduced from ¥1400 to ¥1000.

Please show an ID that confirms Minamiboso residency (driver's license, health insurance card, student ID, etc.) at the ticket window.

This discount cannot be used with any other offers. It cannot be applied to the senior discount, coupons, groups, or tour groups.

**Contact:** Kamogawa Sea World

(TEL: 04-7093-4803)



## Talk of the Town

## Recent Events in Minamiboso

### ◆ New Year Firefighting Parade

The New Year Firefighter's Parade was held at the Chiba Central Sports Park on January 5. Led by Chief Shoichi Suzuki, 234 firefighters underwent uniforms checks and demonstrated the use of firetrucks and miniature water pumps. A crowd of spectators gathered in the cold to watch this show of hard training.



There was also an awards ceremony where various accomplishments were recognized.

### ◆ New Years Get-Together

On January 17 at the Tomiura Royal Hotel, a New Years Get-Together was held by the Uchibo Commerce and Industry association (President Zenku Izumi), the Asai Commerce and Industry Association (President Kouji Kawana), and three other city organizations.

There were 216 in attendance and Mayor Ishii spoke on behalf of the hosting organizations. This was his speech: "There were many disasters this past year. The 3-year project to transition from an analog to a digital wireless emergency information system will be completed this year as scheduled. We cannot know when a disaster will strike and we must be prepared. We must also make policy to combat the problems of falling population and employment rates, but I would like focus on increasing the non-resident population as well. We have also started projects at city hall that follow the national government's initiative promoting the production of local goods. Next year will mark 10 years since the merger that created Minamiboso City. From now on our national funding will be reduced, and we must



make further administrative and financial reform. In conclusion, we will continue to support our citizens and local industry, and make ongoing efforts to revitalize the city.” In addition, there was a ceremony to congratulate award-winning guests. DJ Kousaku, Minamiboso’s Tourism Ambassador, gave a speech.



MAYOR ISHII GIVING HIS SPEECH

### ◆ Awards for Contributions to Statistics

On January 22, the Awards for Contributions to Statistics Ceremony was held at the Aoba no Mori Park Arts Hall in Chiba City. Those who were honored have committed years of hard work and have made remarkable achievements in the field of statistics.

**Minister of General Affairs Award:**  
Setsuko Sakuma (Chikura)



**Chiba Prefecture Governor’s Award:**  
Tatsuo Kamata (Wada)



**Chiba Statistics Association President’s Award:**  
Kimiko Iriyama (Chikura)



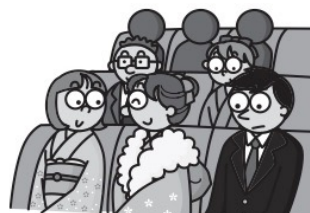
### ◆ New Year Tomiyama Road Race

On January 18, the 47th New Year Tomiyama Road Race was held at Tomiyama Elementary School with 711 participants in attendance. There were five divisions, from middle school to adult, courses from 3 to 10 kilometers, and individual as well as group races. The runners enjoyed the warmth of a new spring as they ran through the streets of Maruyama.



### ◆ Coming of Age Day Activities

The Coming of Age Ceremony was held at Shirahama Floral Hall on January 11. The new adults honored this year were born between April 2, 1994 and April 1, 1995 and graduated from a local middle school or currently reside in Minamiboso. There were 422 participants and an audience of 340.



At the ceremony there was a commemorative photo shoot, a dance performance by the Miyoshi Rekkatai, an Awa Hachimon taiko performance, and more. There was also a presentation showing the participants’ early lives, middle school years, and home towns. Kazuma Takahashi and Misa Murakami from Miyoshi gave a presentation called “Our Pledge,” in which they expressed their thankfulness that they have lived comfortable lives so far and passionately declared their dreams for the future.



2015年  
南房総市  
成人式

Pictures from each middle school group



Speakers from Miyoshi



Miyoshi Rekkatai Performance



## ❖ Official Liverpool Soccer and English School

The Liverpool Football Club, the famous English Premier League team, is sponsoring a school in Minamiboso. The soccer school opened on December 12 and the English school opened on January 20.

The soccer school, whose students range from 5 to 12 years old, teaches the Liverpool method. This method is not only for learning soccer, but also encourages personal growth. The English school, whose teacher has taught English in three other countries, takes students from elementary school children to adults. The curriculum is divided by age groups with a focus on pronunciation and reading.

Working from the “Basic Plan for Local Improvement through Sports” that the city drew up in June 2013, the school was opened at the preexisting Maruyama Sports Plaza to maintain low cost. The school will also cultivate an attitude of hospitality in preparation for the Tokyo Olympics.

Both the soccer school and English school are accepting students at any time. If you are interested, please visit the city website or call Sports International (TEL: 03-5789-5786).



クラブハウス (英語スクール実施場所)

*The Clubhouse where English Classes are Taught*



## ❖ Planting Seaweed

Tomiura Middle School students, along with the Tomiura Fishing Cooperative, grew and harvested “beefsteak seaweed,” a local specialty that is rare across Japan. Through the activity, students got to learn a lot about the marine food industry.

Shirahama Elementary School 5th graders planted seaweed with the help of the Shirahama Ama Liaison Council.

The children put name plates on their plants and waited three months to harvest them.



## Recruiting

### ❖ General Fitness Class

We will do a fitness check and determine an appropriate workout plan for each participant to get fit.

Feel free to attend even if you have limited mobility. There will be rehabilitation staff giving guidance and advice, making this class a safe and effective way to get in shape.

If you are interested in getting healthy, please come and try this class.

**When:** March 15, 9:00AM-12:00PM

**Where:** Awa Regional Health Center (Awa chiiki iryou center)

**Fee:** ¥500

**Registration Deadline:** February 27

\*Please ask for “minna no kenko kyoshitsu” when applying. If there are more applicants than spaces available, participants will be chosen by lottery and sent a class voucher.

**Contact:** Awa Regional Health Center (TEL: 25-5111) (Weekdays, 1-5 PM)

### ❖ Class at the Chiba Fishery Research Center

Have a look at the front lines of the fishing industry!

**When:** March 1, 1:00-4:00PM

**Where:** Chiba Fishery Research Center (Chikura, Hiraiso 2492)

**What:** -Research Report-

“Developing equipment that can easily measure fats in fish”

-Hands on Learning-

“Tour a fishing research boat”



**Capacity:** first 50 to apply (children 4th grade and below must be accompanied by an adult)

**Registration Deadline:** February 23

**To Apply:** Tell us your name, age and contact details by phone, fax or email.

\*For more details, check the city website.

**Contact:** Chiba Fishery Research Center  
(TEL: 43-1115, FAX: 43-1114 , Email: chiba-pfrc@mz.pref.chiba.lg.jp)

#### ❖ Seminar on Mineoka Pasture

Learn about discoveries made in recent research into the Mineoka pasture.

**When:** February 22, 1:30-3:00PM

**Where:** Rakuno no Sato, Dairy Farming Materials Building

**What:** Lecture- "Excavating the Mineoka Pasture"

**Capacity:** 50

**Fee:** ¥500

**Contact:** Rakuno no Sato (TEL: 46-8181)



#### Announcements

#### ❖ Kids and Parents' Art Exhibition

This exhibition will show works by children from age 2 to 4 and their parents. Even though the artists are very young, their pieces are rich with individuality. Won't you come and have a look at art that embodies childhood?

We will also be recruiting students for next year's class!

Entry to the exhibition is free.

**When:** March 7-10, 10:00AM-5:00PM

**Where:** Biwa Club Gallery

**Contact:** Child and Home Support Center "Orange" (TEL: 28-4288)



#### Consultation

#### ❖ Is Your Home Prepared for an Earthquake?

Talk to us about earthquake-proofing your home. Consultation is free. Appointment required.

**When:** March 4, 1:00-4:00PM

**Where:** Miyoshi Nouseon Center

**Apply to:** Management Division  
(TEL: 33-1102)

#### ❖ Individual Consultation on Nursing Care

Discuss anything related to nursing care and nursing insurance. Consultation is free.

Please call ahead if possible.

**Time:** 1:30-4:00PM

**Date and Location:**

March 5 - Tomiura Genki Club

March 15 - Tomiyama Community Center

March 25 - Miyoshi Nouseon Center

\*Please call ahead.

**Consultants:** Workers at the Regional Comprehensive Support Center

**Contact:** Regional Comprehensive Support Center (Uchibou Area) (TEL: 20-4060)  
Health Support Division (TEL: 36-1152)

### Minamiboso Folklore #106

On the border of Takeuchi and Machikura in Tomiyama, there is a mountain known as Meotoishi, or husband and wife rock.

To understand why the mountain is called this, you will have climb to the peak. There you will find 2 oblong rocks about 2 meters tall, called the wife and husband, as well as one smaller rock. The smaller, "child" rock is nestled between the "parents," which are just far enough apart for a person to pass through.

The mysterious thing is that there are no other similar rocks in the area and it is unknown how they got there. One can only imagine that the rocks were carried there by the god of the mountain, and that perhaps he used it as a gate while traveling through the mountains.

According to stories from the Edo and early Meiji periods, when the people of Takeuchi commuted to work, they always made sure to climb to the summit, pat the rocks and walk around them once. It was said that doing so when bring you a happy marriage and healthy children.



~Onuki Harunakai~

President: Shigeru Kawana Members: 24



*Kids from Chikura helping to plant Edible Nanohana seedlings in December*

Some of the land in Onuki that was cleared for the Green Line went unused after construction was finished. In April 2012, after getting permission from the Onuki Public Property Management Association, a group of local volunteers founded the Onuki Harunakai (spring nanohana club) using the land for their activities. The group cultivates edible nanohana rapeseed flowers on about 6700 square meters of the land. They open the garden from early February to the end of March to sell the flowers and let tourists pick them for free. This brings in many visitors each year.

The club held the Onuki Haruna Festival in March last year. There were samples of food made with nanohana, a hands on shiitake planting activity, plum tree planting, and more. This year they are preparing even more, including nanohana picking, rapeseed oil pressing, plum and sunflower planting to make year-round flower scenery, improvements to the viewing platform, cultivating and buying shiitake, and a market.



*Posing for the NHK program  
"Ohayo Nihon"  
(Good Morning Japan)*

Shigeru Kawana (TEL: 080-1016-7247)

This column spreads the word about Minamiboso's local community organizations. If you know of other groups that are doing great things, please let us know about them.

**Contact:** Civic Collaboration Division. Phone: 33-1005

Minamiboso MinMin Net address:

<http://civil.mboso-etoko.jp/>

<b>City Website:</b> <a href="http://www.city.minamiboso.chiba.jp">http://www.city.minamiboso.chiba.jp</a>	<b>Mobile Site</b> 	<b>Minamiboso Safety Alert</b> 
<b>Twitter:</b> <a href="http://twitter.com/minamiboso_koho">http://twitter.com/minamiboso_koho</a>		
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*English translation by Nathan Blackwell, Coordinator for International Relations*