



Though many of us were ready for things to start settling down after vaccine roll outs here in Fujiyoshida, in early September the prefecture imposed another “quasi-state of emergency” in response to the spread of the Delta variant. Cases hit a record high here as well as many other places within the prefecture. Though we still find ourselves not yet out from under the effect of the virus, we continue to cautiously move forward with plans for exchanges in the next year. Luckily, in Japan, autumn is a time to celebrate small pleasures. The best foods are in season, the brutal heat of Japanese summer is finally abating and autumn colors are beginning to peak out across the landscape. We’ve devoted much of this edition of the Reiho Fuji to exploring the various ways that the Japanese go about enjoying their autumn season through eating (*shoku*), reading (*dokusho*), and sports and exercise (*undou*) and how you can to! In a typical year, the International Affairs Desk would be preparing to visit local preschools and day cares for Halloween events, but under current circumstances we will be not be able to

make our rounds this year. The silver lining throughout the pandemic has been the increase in online workshops and trainings that under normal circumstances would have necessitated traveling to another prefecture, city or venue. The IAD team has been taking advantage of several such opportunities. This fall we focused on the theme of safety, and sat in on a virtual presentation on the various ways that different organizations across Japan try to ensure the safety of foreign residents during natural disasters, as well as a virtual presentation organized by the CLAIR Sydney office on the efforts that the New South Wales Fire Department take to ensure public safety in such a massively diverse jurisdiction. We are revamping the Japanese class so that we can add more classes to meet the growing demand. Autumn here is fleeting and soon enough there will be snow on Mt. Fuji and on the ground and we will be turning our attention toward winter and Christmas events. We hope that our readers can enjoy the remainder of this wonderful season to the fullest.

City News

▶ COVID VACCINES

Fujiyoshida City is offering its residents the Pfizer vaccine. Vaccine vouchers will be mailed to all residents including foreign residents. You will need to make a reservation with the information on your voucher.

VACCINE INFO



- ※PLEASE NOTE:
- Vouchers are being mailed by age group starting with seniors.
 - Online reservations are possible but the system is only in Japanese.
 - A PDF of English instructions is available on the top reservations page.

A multilingual hotline has been set up to provide support regarding vaccinations

☎ 092-687-5164 [HOURS 9:00~24:00]

[AVAILABLE LANGUAGES: English, 中文, 한국어, ngôn ngữ tiếng Việt, bahasa Indonesia, ไทย, नेपाली, Português, Español, Français, Deutsche, Italiano, Русский, Tagalog, Bahasa Melayu, မြန်မာနိုင်ငံသား, မြန်မာ, Монгол, བོད་སྐད་]

▶ VACCINATION VENUES :

FUJIYOSHIDA VACCINE CENTER



Newly built temporary facility located in the lot adjacent to the police station.

HOURS:

- Weekdays & Saturdays: 2PM ~ 4:30PM
- Sundays: 1:30PM ~ 4PM

CITY HOSPITAL WEST ANNEX



Located within the 2F daycare center "Nijihiro" across from the hospital

HOURS: (Saturday & Sunday only)

- Mornings: 9AM ~ 11:45AM
- Afternoons: 1PM ~ 3:45PM

CELEBRATING TEXTILES & AUTUMN

Fujiyoshida City has a rich history of textile production. The Hataorimachi (weaving city) Festival celebrates the craftsmen and women, and culture of the local textile industry. There will be workshops, exhibits, concerts, vendors and more! Make your way down to the Shimoyoshida this autumn and get to know the city in a new way.

October 30 (Sat) & 31 (Sun)

SATURDAY: 10AM - 5PM | SUNDAY: 10AM - 4PM



COVID-19 SAFETY MEASURES AT THE VENUE



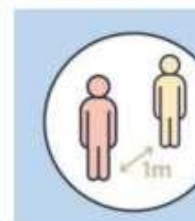
WEAR A MASK



SANITIZE HANDS



TEMP CHECKPOINTS



SOCIAL DISTANCE



DON'T EAT & WALK

Shokuyoku no Eki

Autumn, the season of harvest, is regarded in Japan as a time for enjoying delicious food. In light of this we have invited Erika Miyashita a fellow city hall employee to join us in this edition of the Reiho Fuji to talk about her love of cooking and dessert making. Not only does Erika have a certification as a food education and sports nutrition advisor, making house calls as a personal cooking instructor, she also has a healthy social media following for her vibrant bento box lunches prepared in traditional bamboo boxes called "wappako" as well as meticulously crafted, "kyaraben" character bento boxes. She's known for her attention to quality, and focusing on locally sourced organic ingredients. Erika has been featured in local news and has garnered popularity amongst French social media users thanks in large part to being featured on "Ichiban Japan" a YouTube channel run by French YouTuber Guillaume Jamar. Her daily posts feature daily bentos, while "kyaraben" are reserved for Sundays, and her desserts are shared intermittently throughout the month. Though social media is a relatively new venture she is no novice when it comes to making delicious, healthy, seasonal food and we are so grateful to have had the opportunity to speak with her and learn about her outlook on food, creative outlets, and her favorite seasonal ingredients.



Hi Erika

SEE MORE OF
ERIKA'S CONTENT
ON INSTAGRAM



You're certified in nutrition education, in what ways do you use this knowledge in your day to day life?

I became really aware of the importance of properly nourishing the body with good food when I became a mother. My kids have always been involved in sports so I decided to get certified as both a food education advisor and sports nutrition advisor. Equipped with this knowledge I'm able to advise the people I care about most about their daily nutrition.

What is your philosophy when it comes to your cooking?

Because our bodies are built with the foods that we eat, I am very committed to eating and cooking healthy food with the best possible ingredients (for instance, I focus on using non-GMO, local, organic produce). I also try not to use too much flavoring as to overpower the flavor of the ingredients themselves. Finally, I try to imagine the joy that the person eating my food will experience, and cook from the heart with them in mind.

What got you into making kyaraben?

As a mom, making bento has been a part of my daily life since my children were small. I used to make kyaraben for my kids but neither of my boys showed any particular interest in them so I eventually stopped. What got me back into it was a city promotion project where the city invited a French YouTuber to introduce the city on his channel. On one of the days he was visiting a high school and was going to join the students at lunch. We needed to provide a lunch for him so I figured it was as good a time as ever.

How do you choose which characters to model?

I've done some research on which characters have a large following abroad and try to create as many of those as I can. I make one kyaraben per week, so I have to come up with four to five different characters each month.

I'm inspired by how you manage to balance, work, parenting and creating content. What kind of advice do you have for those who want to pursue their hobbies and live a full life while simultaneously shouldering the pressures and stresses of daily life?

First and foremost, I think people should really try to live in the moment. There is no time like the present, and no one is promised tomorrow, so find what you love, go for it and don't worry about what others think. Also, particularly for parents, I think it's essential to carve out small moments for yourself throughout the day. Even if it's just 3-5 minutes. It's in those little moments that you can find inspiration and motivation.

I see that most of your 2,000+ followers on social media are from abroad. Do you view this as an opportunity to teach people abroad about Japanese culture? If so, what do you want to communicate to your followers about Japanese culture?

As I mentioned earlier, the French YouTuber had a big impact on my social media and most of my followers are French as a result. I started posting more because of COVID and I knew that a lot of people would be at home, maybe on their phones more than usual, and wanted to create something that would inspire or add a little joy to their lives. There's also something about the creative process, this painstaking process of putting lots of time and care into something that feels very uniquely Japanese and I wanted to convey that as well.

What advice would you give someone trying to get into making bento or Japanese food?

Think about what it is you want to make and put your heart into whatever it is. The secret ingredient in all of washoku is "heart" if you remember this you'll naturally be able to create whatever it is you're trying to make.

What's your favorite seasonal ingredient for fall?

Aki-shake. It's versatile, healthy and delicious. (Steal Erika's original recipes on the next page)





taste of autumn

秋鮭 *aki-shaké*



(CHUM SALMON)



► WHAT'S UNIQUE ABOUT "AKI-SHAKÉ"?

SOURCE: DELISH KITCHEN

There are 7 different types of Pacific salmon, from *beni-shaké* (sockeye salmon) to *gin-shaké* (silver salmon), but most of the salmon caught in Japan is *shiro-shaké* (chum salmon). *Shiro-shaké* has many different names but among them *aki-shaké* refers to the *shiro-shaké* who spend years migrating from the Sea of Okhotsk and return to the rivers of Japan during the fall season to lay their eggs. Because this family of salmon migrates, its seasonality slightly changes depending on the region in which it's caught. They are the most abundant between September and October, however depending on the region, they may be in season from September all the way through January. There are also instances when *aki-shake* can be found mistakenly migrating to the Japan coast out of season and are called "*toki-shirazu*", a play on the words which means "oblivious of time". These fish are known for having more fat because they have not yet laid their eggs and are a delicacy due to their rarity. Aki-shake may also be referred to as *aki-zaké*, *aki-saké*, *aki-jaké*, or *shiro-saké*.

✓ SHAKÉ, SALMON & "SALMON TROUT"

In Japanese grocery stores, trout is often mistaken as salmon. Though they're similar in color and flavor, the two are fundamentally different as salmon is a saltwater fish and trout is a freshwater fish. To be sure of what you're getting at the store, salmon is labeled as 鮭 "shake" or アトランティックサーモン "Atlantic Salmon" and trout is easily mistaken due to its being labeled as サーモントラウト "salmon trout"

Aki-Shaké & Pepper Stirfry

INGREDIENTS

- 3 cuts shake
- 2 cuts white fish
- 1/2 red pepper
- 1/2 yellow pepper
- 1/2 yellow onion
- 3 tbsp cornstarch (may sub regular flour)
- green leaf (for decoration)

- A**
- 3 tbsp soy sauce
 - 3 tbsp cooking sake
 - 2 tsp sugar
- B**
- 2 tbsp soy sauce
 - 1 tsp sugar



- ✓ cut veggies into thin slivers
- ✓ May add shimeji & enoki mushrooms

- ☐ Mix all of A until sugar melts (let cool)
- ☐ Place the fish in cooled A and marinate for 1 hour
- ☐ Cut fish into bite size pieces and dredge in cornstarch (do not throw out left over A, it will be used later)
- ☐ Lightly pan fry the thin vegetables slivers with A
- ☐ Fry the dredged fish in oil
- ☐ Heat B in a pan, add fish and simmer
- ☐ Add vegetables, turn off heat.
- ☐ Plate with green leaf and you're finished.

COOK TIME

1 hour prep
15 min cook

SERVINGS

3-4 people

Aki-Shaké & Spinach Oven Bake

INGREDIENTS

- 2 cuts shake
- 1 bunch spinach
- 200g-250g nagaimo
- cheese, black pepper, mayonnaise to taste
- dried parsley (for topping)

- ☐ Remove stems of spinach and cut into small pieces
- ☐ Grate the nagaimo into a paste
- ☐ Steam fish in a pan for 1 minute and cover
- ☐ Add spinach and quickly simmer
- ☐ Remove spinach from heat & drain water completely
- ☐ Arrange the steamed fish and spinach into an oven safe deep dish and season with black pepper
- ☐ Top with grated yamaimo, mayonnaise and cheese
- ☐ Bake in an oven toaster until golden brown


COOK TIME

20-30 minutes

SERVINGS

2 people





Dokusho no Eki



FUJIYOSHIDA CITY LIBRARY

- HOURS**

Tue & Thu 9:30AM – 7:00PM
Wed, Fri, Sat & Sun 9:30AM – 6:00PM
National Holidays 9:30AM – 6:00PM
- CLOSED**

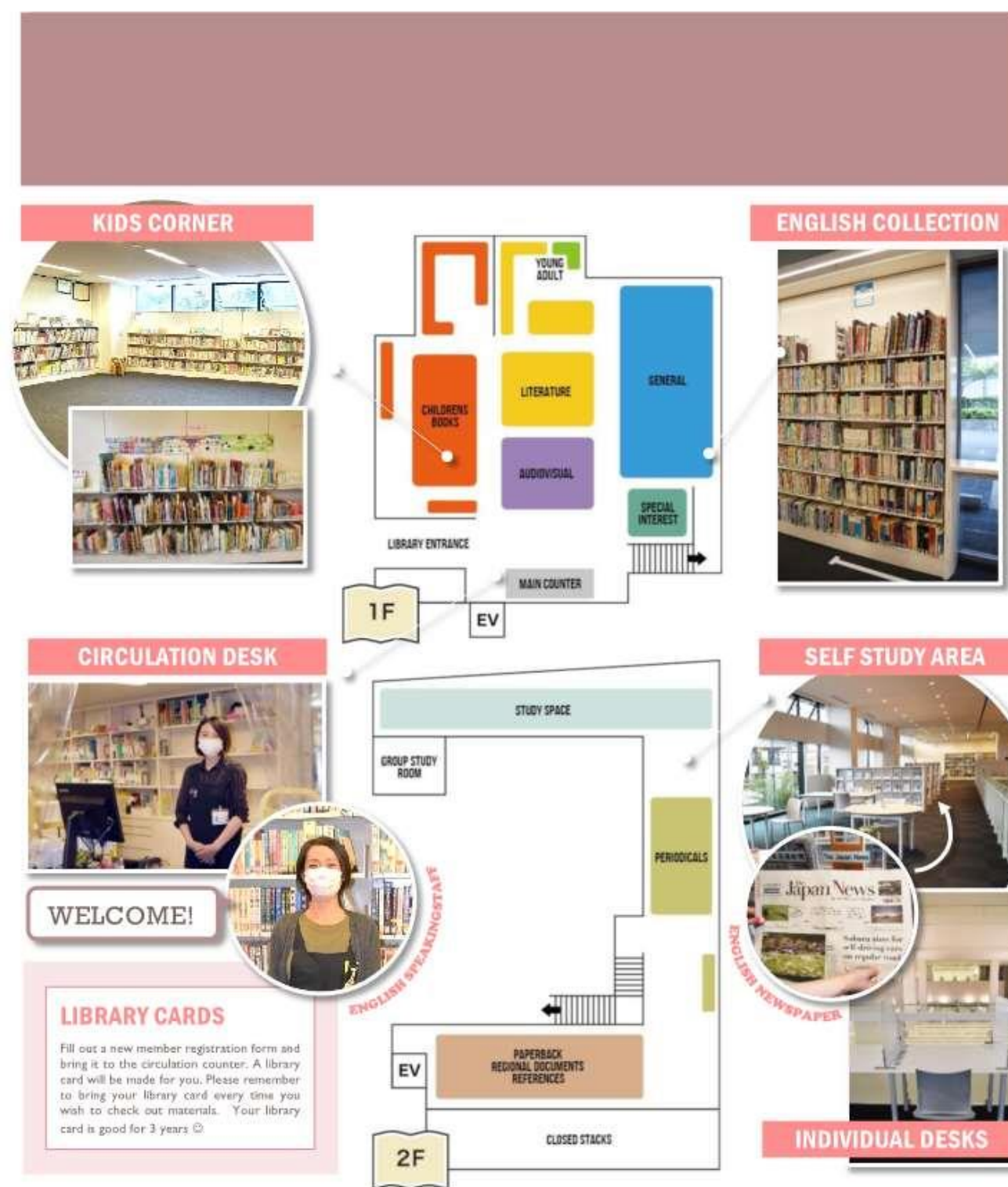
Mondays, the last day of each month, start of the year (Dec 28-Jan. 4), special reorganizing & cleaning days
- PHONE**

0555-22-0706
- EMAIL**

toshokan@city.fujiyoshida.lg.jp



The Fujiyoshida City Library is located on the first floor of the Fujiyoshida Shimin-kaikan Civic Center. Its eye-catching tagline: “*rashikunai toshokan*” meaning “not your average library” refers to the facility’s guiding philosophy: to create and implement as many original, crazy, fun and creative events as possible to set it apart from your average library. The library continued to come up with new events even during the pandemic when facilities were closed to the public. They currently have a running exhibit of pictograms that mimic those created for the Tokyo Olympics of library staff carrying out their daily tasks like organizing and stamping books. The exhibit can be seen on the first floor of the library. A virtual stamp rally is also underway through the end of October where participants can follow clues, collect virtual stamps and help the FUNKY SISTER detectives on their quest to rescue the mayor who’s been kidnapped (see the video and participate in the quest via QR code →) See last page for some fall events and don’t hesitate to join in on the fun! 📖



Checking out materials

TYPES OF MATERIALS	YOU MAY CHECK OUT	CHECK OUT PERIOD
Books & Picture Books	30 TOTAL	2 weeks
Magazines		1 week
CDs & Videos	5 TOTAL	1 week

RETURNING MATERIALS

Please bring all materials back to the circulation counter during the library's open hours (your library card is not necessary for returns). During closed hours, you may use the book drop next to the front entrance. Please return all videos and CDs directly to the circulation counter only.

Sports no Eki

2021 CHALLENGE DAY

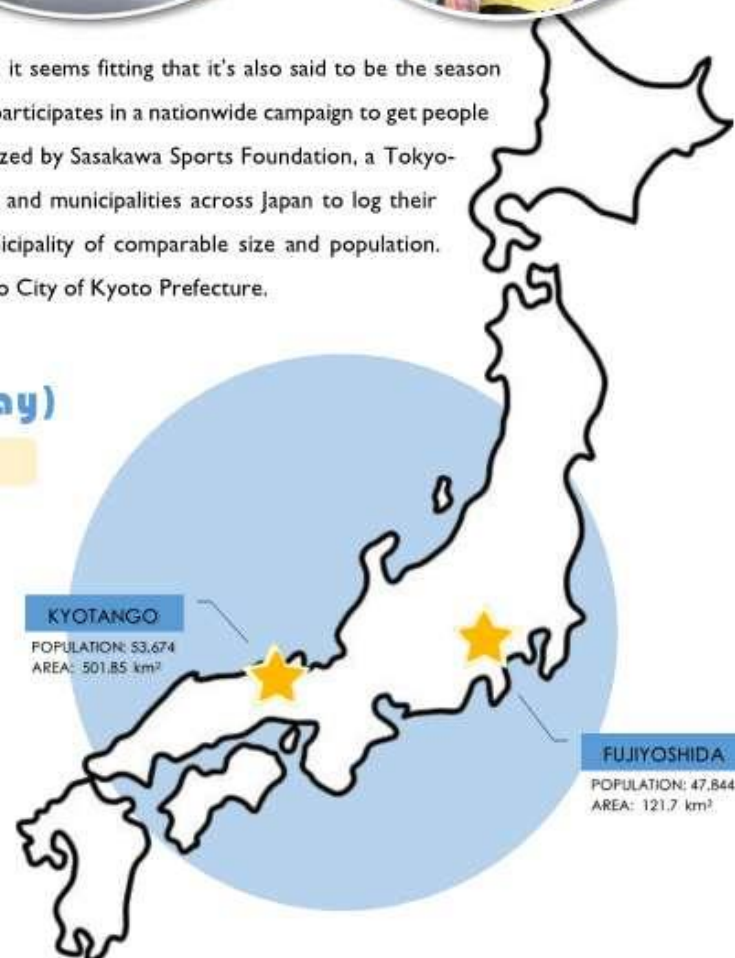


Since autumn in Japan is the season of delicious food, it seems fitting that it's also said to be the season for sports and exercise. Each year, Fujiyoshida City participates in a nationwide campaign to get people moving called "Challenge Day" sponsored and organized by Sasakawa Sports Foundation, a Tokyo-based think tank. The goal is for residents of cities and municipalities across Japan to log their exercise on a specific day and compete with a municipality of comparable size and population. This year Fujiyoshida City will compete with Kyotango City of Kyoto Prefecture.

OCTOBER 27 (Wednesday)

MIDNIGHT ~ 9:00PM

Once you've finished exercising please report and log your time on LINE:



City Wide

	TIME
Special free entry of Kaneyama training room / weight room	8:30 AM – 10:00 PM
Special free night access of Kaneyama sports center facilities (Gymnasium, Archery Room, Ground, Tennis Court)	5:00 PM – 10:00 PM
Morning walk at Arakurayama Sengen Park (Chureito Pagoda)	6:00 AM – 8:00 AM
Simple strength and endurance test at Fujiyoshida City Hall	1:00 PM – 3:00 PM
Enjoy Nordic Walking at Fuji Sansaku Koen Park	8:30 AM – 9:30 AM

Library

	TIME
BOOK YOGA – combine your love of books with your love of reading! In-person spaces limited, program available online.	9:20 AM – 9:50 AM
TOSHOLYMPICS – walk through the library and try your hand at an Olympic event! Learn fun facts about the Olympics while you're at it ☺	10:00 AM – 6:00 PM

Online & Virtual

	TIME
Enjoy a 30 minute low-intensity workout from the comfort of your own home	10:00 AM, 1:00 PM, 4:00 PM, 7:00 PM
Enjoy a 45 minute beginner-friendly yoga flow and learn some self-care tips	NOON, 3:00 PM, 6:00 PM
Exercise and play for 45 minutes in a fun parent-child program via ZOOM (call 0555-24-1236 for more information)	11:00 AM, 5:00 PM
Learn the 36 fundamental fitness moves by transforming into a ninja in this fun 45 minute family ZOOM program (call 0555-24-1236 for more information)	2:00 PM, 7:30 PM
Simple 15 minute aerobics program on CATV	8:45 AM, 11:45 AM, 2:45 PM, 4:45 PM, 6:45 PM