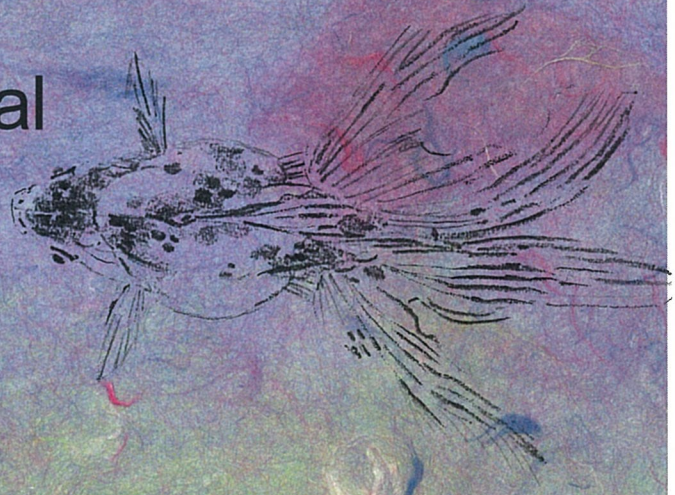


July August September, 2020

The Chiyoda International



RYO

Beat the heat in Edo Style

Japanese summers are as *hot and humid* now as they were then, and a timeless wisdom that can be appreciated with all five senses, *ryo* is still very much alive in the aesthetic of our modern days.

Ryo means the ways of mitigating the heat that are as much a frame of mind as an actual lowering of the ambient temperature.

For example, in the summer, it is cooling to take an occasional peek into the bowl and see your goldfish swaying there.

Brought to Japan from China in 1502, goldfish were domesticated from Prussian carp that had turned red through gene mutation. They were bred selectively for color and shape. Goldfish were a rare luxury at first, but we know from their frequent depiction in ukiyo-e prints that by the mid-Edo period (1603-1868) they had become popular pets kept with loving care within the house, in basins and bowls.

Nowadays, goldfish are more likely placed in well-equipped aqualiums, which force us to view their world from the side, people in Edo era, however, enjoyed watching their fish from above.----a fresh perspective that you may wish to try.



Edited by Chiyoda City, International Peace & Gender Equality Division

1-2-1 Kudan-minami, Chiyoda-ku, Tokyo, zip; 102-8688

URL; <http://www.city.chiyoda.lg.jp>

MY FAVORITE

I hope to use this column as a place to share with you any aspects of life in Chiyoda City that have caught my attention, as well as any interesting experiences I come across.

HIBIYA PARK

Location: Hibiya-koen 1, Chiyoda-ku, Tokyo

Administration Office: Tel 03-3501-6428 /URL: <http://www.tokyo-park.or.jp>



Situated in the central part of Tokyo, Chiyoda City is the only municipality with such capital functions in the heart of Tokyo, where His Majesty the Emperor's Palace, government offices and the headquarters of many large companies are located. And there is even plenty of greenery in the city. It is the ideal place to enjoy stylish life.

Why not take a walk in Hibiya Park, rich in nature?

[Area: 161.636.66m²]

Opened in 1903, Hibiya Park was the first park in Japan, which had Western gardening techniques. The park is filled with seasonal plants and flowers throughout the year. This season you will enjoy hibiscus, canna, rose of Sharon, crape myrtle, African lily, bletilla, etc. As one of the symbolic items, there is a big fountain.



Every year, Cherry blossoms are awesome in late March and in early April. Then, in early summer, you also have to be here for awesome blue flowerbed of Nemophila (baby blue eyes). Usually, various events like food festivals are held every weekend, offering another fun in the park. (There may be a change of their event schedule due to concerns of spreading the COVID-19. It is recommended to check Event Information before you go there.

URL; <https://www.hibiypark.info>

Manner Matters

Ordinarily, Extra-ordinary Clean!

We never get tired of hearing both tourists and newly arrived residents marvel at how clean, polite and well-functioning our city is. After all, living in one of the world's safest, the most convenient and fulfilled with sophisticated arts and culture is something to cherish. You know, this does not happen by accident. It takes constant efforts by us all to keep the city running smoothly. Good manners have been working together to highlight morals and manners that makes everyone's experience in the neighborhood a more pleasant one. Here is one of City's most notable initiatives.

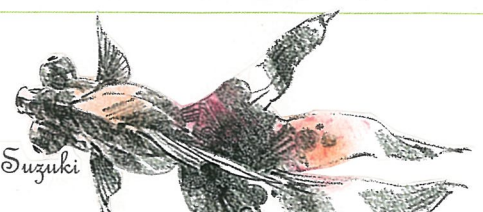


Smoking Ban in the streets

No Smoking on any streets in Chiyoda City

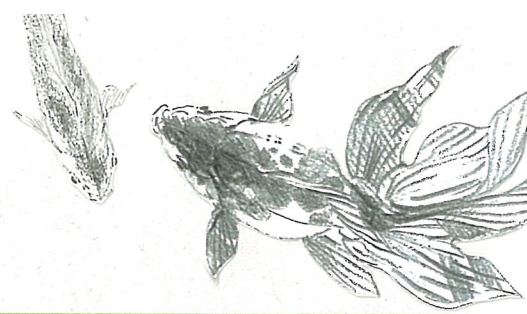
Those who smoke on the street are subject to fine of 2,000 yen. For the smokers, there are the designated smoking zones instead. Thank you for your understanding and cooperation. Inquiries; Chiyoda City Safe Life Division 03-5211-4251

Art by Masamitsu Suzuki





SIZZLING HOT



Please be aware of Heat stroke

Heat stroke is a form of hyperthermia in which the body temperature is elevated dramatically. When the body is overwhelmed by heat, it becomes unable to sweat to control its temperature in normal range.

Summer days in Japan are sometimes hotter than what we imagine. When the temperature becomes over 40 degrees Celsius, surrounding air is hotter than our body temperature. It is much worse than just uncomfortable. In fact, it is dangerous.

When we experience elevated body temperature and symptoms including nausea, thirst, dizziness, confusion or agitation, please take it seriously. Emergency measure is necessary. If you are with a person who is experiencing an elevated body temperature, strong rapid pulse, dry flushed skin, vomiting and feeling faint (or coma), please notify emergency services as soon as possible. Obviously, seniors, small children and people who work outside can be at higher risk for heat stroke. Moreover, people who do not get used to hot weather, or those who have Diabetes or Alcohol dependence syndrome are at higher risk. Many cases have been reported such as young people play sports outside and suddenly some of them become unconscious, which means to have got heatstroke. Be careful not to get overheated when you practice tennis, play baseball or soccer outside. Please decide on resting early and drink water frequently. Moreover, you may wear a surgical mask to prevent droplet infection. Cloth face coverings should not always be placed on when you are outside keeping at least 6 feet between yourself and others (physical distancing).

Emergency measure (As **Basic 3** follows)

- (1) Take rest. Find cool shelter immediately and lie down. To lose tight garments, cool your skin and neck with wet washcloth.
- (2) Cool down, using air conditioner, ice, in order to make body temperature proper. Apply icy towel around your neck, armpit for taking advantage of blood circulating system to quickly cool down body temperature.
- (3) Take plenty of fluid

Whenever there is at high risk of developing heat stroke, Chiyoda City Office will notify you by e-mail. Please register your e-mail address if you think this service helps. Send an e-mail to; p-anzen@bousai.city.chiyoda.lg.jp
Chiyoda Public Health Center, the Community Health Division, Health Planning Section: 03-5211-8163 in Japanese

Shake Out

Chiyoda City's Disaster Countermeasures

An earthquake is a sudden, rapid shaking of the Earth caused by the shifting of rock (plate) beneath our land. Earthquakes strike without warning, at any time of the year, day or night. Japan is at moderate to very high risk of earthquakes. Let's learn what to do to keep your loved ones safe. Be prepared and stay calm when a disaster strikes, so that we can minimize the amount of damage.

Five Rules to Keep in Mind If an Earthquake Strikes

1. **First of all, protect yourself. Protect your head from any kinds of falling objects, such as glass panes and signs, broken tiles, etc.** Cover your head with a pillow, or protect yourself under the table/desk.
2. **Turn off every source of heat.**
3. **Secure an exit by opening the door.** The buildings, particularly condominiums, tend to tilt, making it impossible to open the door.
4. **If a fire breaks out, try to extinguish it first.**
5. **Do not panic. Steady yourself when escaping outside.**



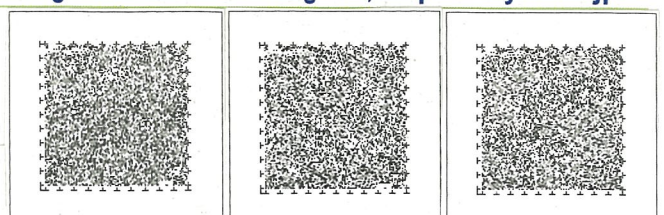
Information Resource (Multi-language Website)

Living information for Foreigners; <http://tokyo-icc.jp/>

Tokyo is becoming a destination for more and more foreign nationals every year. And the recent data on travelers to Japan as a whole is impressive. Those who have never experienced an earthquake yet, had better think about how to protect yourself.

Use the Uni-Voice Smartphone app to listen to the contents.

When evacuating/If you can't go home/Confirming safety of others



Miscellaneous

One Fine Day

Why don't you take a walk and discover your favorite place in Chiyoda?

Tokyo Daijingu Shrine [2-4-1 Fujimi, Chiyoda-ku]



In the Edo era (1603-1867), the greatest wish of the Japanese was to make a pilgrimage to the Grand Shrine of Ise (Ise Jingu), a Shinto Shrine where Amaterasu-Sume-Ohkami and other deities are enshrined. Tokyo Daijingu Shrine was built in 1880 to the deities enshrined in the Grand Shrine of Ise from afar for pilgrims who were not able to travel all the way to Mie Prefecture. It has been precious worshipped not only by the Tokyoites but also by people of entire Kanto area.

URL: <http://www.tokyodaijingu.or.jp/>

Walk in the direction of Nigohanzaka Slope from Tokyo Daijingu Shrine and you will come across a rare sight: a western architecture with a cross on it. Built in 1937 as the first seminary for Tokyo Lutheran Center Church, the building's significance lies in that it is the only western chapel in Japan before WW2.

Tsukudo Shrine [1-14-21 Kudan-kitai, Chiyoda-ku]

From Nigohanzaka Slope, it might be a little difficult to spot Tsukudo Shrine whose entrance is located next to a modern building called Kudan Ilex Bldg. Indeed, there is a sacred ilex tree in front of the shrine. The shrine is as cozy as a secret garden, tucked away from the bustles of the city. Two Guardian Lion-Dogs are sitting at both sides

of the shrine. These Lion-Dogs (Komainu) were dedicated by the people of Moto-iidamachi (current Fujimi 1-chome and Kudan 1-chome area), in 1780. They are the oldest Komainu in Chiyoda City. Therefore they have been designated as Chiyoda's Cultural Property.



This is the local Shinto deity of Kudan region including the Nippon Budo-kan Martial Hall. Therefore Tsukudo Shrine is especially revered by those who are trying to achieve martial arts. People believe that it gives you tremendous benefits for many things such as the competitions and the games.

URL: <http://english.tsukudo.jp/>

Free Consultation provided in Chiyoda City for Foreign Residents

Consultation available for a variety of issues

Professionals are expected to be available

Interpreters in various languages

Strict protection of confidentiality /Free of charge

Do you need legal counseling?

Date: Saturday, the 26th of September 2020

Time: from 1:00P.M. - 4:00P.M. on a first-come first-served basis, no phone reservation

Place: Bar Associations Building 3rd Floor, Kasumigaseki Legal Counseling Center, 1-1-3 Kasumigaseki, Chiyoda-ku (3minutes walk from Kasumigaseki Station (close from the Exit B1-b of Tokyo Metro Hibiya line/ Exit A1 of Marunouchi line)

Free advice is offered for legal problems including visa status, International family matters such as marriage, divorce and inheritance. Civil, commercial, labor and criminal matters, etc.

[Sponsor] Daiichi Tokyo Bar Associations Tel 03-3595-8575

[Cooperation] Tokyo International Communication Committee:

<http://www.tokyo-icc.jp>