

The 21st JCI Academy in TACHIKAWA

# DAILY KIZUNA 絆

駅前留学 NOVA  
お茶の間留学

Thursday, July 17, 2008

## KIZUNA Program II — in Showa Kinen Park Mention the Japanese culture and original scenery



The Snap shot in front of Bonsai which planted a bougainvillea.



もれびの里「日本庭園」へ行きました。「こもれびの里」では和紙作り、書道、ちぎり絵、竹とんぼ作りを「日本庭園」では茶道体験と盆栽の見学をしました。

We went to Showa Kinen Park though it became very hot because very fine. It moved from Palace Hotel to the park by bus, they walked in the park, and they went to Komorebi-no-Sato and Japanese traditional garden.

They are as for the Japanese paper making and calligraphy, *chigiri-e*, and

*take-tombo* making at Komorebi-no-sato. And they visited Bonsai-en and did the tea ceremony experience in Japanese traditional garden.

大変良い天気で非常に暑くなりましたが、国営昭和記念公園へ行きました。パレスホテルよりバスで移動し、公園内を歩き、「こ

### Calligraphy (*shodo*) experience

We had challenge that "Lets' draw a line"and we drew the straight line on Japanese writing paper the size of 180cm×45cm.It was difficult to draw a line on the long Japanese writing paper with one stroke.

However everyone drew nicely. According to the teacher, it is important to draw with sprits rather than drawing with strong power.

By the way, if we draw the line on sideway, it becomes "one" in Kanji, however, if we draw on vertical, it means "ten" in an old characteristic.

「線を1本書いてみて下さい」というチャレンジで、180cm×45cmの半紙に直線を1本書きました。長い半紙に一筆で書くのは難しいですが、皆、思い切りよく上手に書いていました。先生からは、書は強



Writing a line with *fude*(pen) and *sumi*(ink).

いカ(ストロングパワー)ではなく気持ち(スピリッツ)が大切だと説明がありました。ちなみに横向きに線を書くと漢字の「一」ですが、縦に書くと古い文字で「十」のことを意味するそうです。



Writing freely.

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## The tea ceremony experience

They performed a tea ceremony experience at Kanpu-tei in the Japanese traditional garden. They entered



the building and they seemed to be interesting and heard the story of master Senno Rikyu of the tea ceremony from a teacher. They had *Nadeshiko* (a traditional cake) and drank *matcha*—powdered green tea afterwards. In manners of the tea ceremony, they bow twice, they turned teacup twice, then they drink tea. I seemed to be enjoying the tea ceremony though they was puzzled to it.

日本庭園、観楓亭(かんふうてい)で茶道体験を行いました。

建物の中に入ると先生から、茶道の達人千利休の話があり、興味深そうに聞いていました。その後、「なでしこ」(という名のお菓子)をいただき、抹茶を飲みました。2回お辞儀をして茶碗を手前に2度回すと言う作法にちょっと戸惑いながらも、茶の湯を楽しんでいるように思えました。

## Chigiri-e, tears picture experience



They tears up the color Japanese paper, it put on the postcard with the paste, and the design was made.

Each person decided their favorite pattern from the fireworks and the flower of the season, and a beautiful CHIGIRI-E was made.

色和紙をちぎり、葉書に糊で張りつけ絵柄を作りました。各個人が花火や季節の花などから好きな模様を決めて、きれいなちぎり絵を作っていました。

## Experience in making *wa-shi* –Japanese Paper

1. Peel off *kouzo*.
2. When it peeled, boil it and soak in water.
3. Tap the fabric and break it up.
4. When it melts in water, it is called *shiryo*, and it places in the shape and thins out.
5. Put 4 out of the shape and squeeze out the water. When it dries out, then finish!

Everyone tried twice, then made 2 postcard size of *wa-shi*, and one B5 size of *wa-shi*.

Also everyone made big *wa-shi* together in the end.

「こうぞ」の皮をむき、これを煮て水にさらします。たたいて繊維をバラバラにしてほぐし、水に溶かしたもの(紙料)を型に入れてすきます。その後水をしぼり、乾燥させて完成です。

1人が2回の紙漉をし、葉書サイズの和紙を2枚とB5サイズの和紙を1枚作りました。全員が柄杓1杯ずつの紙料を型に流し、1枚の大きな和紙を作りました。



## “Fly high!” —Making *take-tombo*

1. Cut in the shape of the wing.
2. Insert the stick into the center of wings and make sure the balance of weight.
3. Rough the surface with sandpaper to be balanced.
4. Twist the wing with hot air.
5. Join with the wing and the stick.
6. Draw a pattern on the wing and finish!

Everyone made original *take-tombo*



with own flag or favorite pattern. When it flies, it flies well and it was enjoyable time.

羽根になる部分を形になるように切り、羽根の中心に棒を挿してから重さのバランスをとります。バランスがとれるまで重い方をヤスリで削り調整します。羽根に熱風をあてねじったのち、羽根と棒を接着します。最後に模様をつけて完成!

みんなで自分の国の国旗や好みの模様を描いてオリジナルの竹とんぼを作りました。実際に飛ばしてみると大変良く飛び、楽しい工作でした。

## Morning Session

# Zen sitting meditation experience



It was held at Rose room in Palace Hotel Tachikawa, which was same venue with all the modules. We invited Mr. Yukou Chiba who is the chief priest at Kougonji temple and he is also the chairman of JCI Japan Academy committee in 2005. He explained that we do not close our eyes completely, instead, we half-open our eyes and then we take our time to think quietly as we see around the knees of the person who sit in front of you. He also adds to his explanation that it is not the punishment to hit the shoulder, it just helps to concentrate. Mr. Mario Torres Herrera from Guatemala who was the volunteer to be hit said "I woke up and I felt I am getting more power by this."



(Left) Yukou Chiba, The chief priest of Kougonji temple.



16日朝、モーニングセッション「座禅体験」が行われました。講師には廣巖寺（神戸市）住職で2005年に国際アカデミー委員会委員長を務められた千葉悠晃先輩をお迎えしました。

目を完全に閉じるのではなく、半分くらい目を開き、向かいに座る相手の膝あたりを見る感じで静かに考える時間にする。肩を叩かれるのは罰ではなく、集中するための手助けであると説明がありました。叩かれ方のお手本をかってでたマリオ・トーレス君(グアテマラ)「目が覚め、パワーを得る感じだった」とコメントしていました。

## Module 5 — Leader's Nature

# Adjusting the vector to one

They talked in each way of thinking group about Leader's nature.

They thought about what kind of characteristic there was in four element ,Fire, Water, Air and Earth.

It thought about the character by four elements, and it thought how I and others were looking at each other.

They understood each characteristic and thought about the place where a good place was bad of each group and thought what they did to make a strong organization.

リーダーの資質について各グループで話し合いました。

4つのエレメント「火」「水」「空気」「土」にどのような特性があるのかを考えました。性格を4つのエレメントで考え、自分と他人がお互いをどのように見ているかを考えました。

それぞれの特性を理解し、それぞれのグループの良いところ悪いところを考え、強い組織を作るためにはどうしたら良いのかと考えました。



## TODAY'S SCHEDULE

July 17, Thursday

6:30 am	Wake-up Time
7:00– 7:30 am	Breakfast
	Break 15min
7:45– 10:00 am	<b>Module 7</b> "Our Commitment" Palace Hotel Tachikawa "Rose"
	Break 15min
10:15– 12:15 pm	<b>Module 8</b> "My Plan" Palace Hotel Tachikawa "Rose"
	Lunch 45min
	Transfer 30min
1:30– 5:30 pm	<b>KIZUNA Program 3</b> Tokyo Fire Department, 8th Fire Districts
	Transfer 30min
	Break 1hr
7:00– 8:30 pm	<b>Farewell Party</b> <b>Part 1</b> Palace Hotel Tachikawa
	Transfer 15min
8:45– 10:45 pm	<b>Farewell Party</b> <b>Part 2</b>
10:45– 11:45 pm	<b>Farewell Party</b> <b>Part 3</b>

July 18, Friday

6:30 am	Wake-up Time
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### Today's Words

## The Fire Rescue Task Forces

After the Great Hanshin Awaji Earthquake in 1995, the need was strongly recognized to set up units of advanced rescue personnel who can handle highly formidable disasters in a prompt and appropriate manner. Amid the demand for such services, the Tokyo Fire Department established the Fire



TFD

The Fire Rescue Task Forces of 8th Fire Districts.

## Module 6 — JCI Possibility Adjusting the vector to one



in Module 6, The words of the Mr. Lars are full of power.



Presentation from Mr. Lars.

He said that worldwide standard and the empowerment to region is necessary. He explained that LOM of all parts of the world shares the mission with the program and the necessity for adjusting the vector to one.

Afterwards, delegates separated into the team and discussed about target in 2009 and how transmit the mission of JCI.

ラスコーチからのプレゼンテーションで、世界的な基準と地方分権が必要であること、世界の LOM がミッションとプログラムを共有し、ベクトルを一つにする必要性を伝えました。

その後、チームに別れ、2009年の目標やどのように JCI のミッションを伝えていくかについてディスカッションが行われました。

Rescue Task Forces.

The specially trained members of the Fire Rescue Task Forces are provided with special equipment including heavy rescue apparatus, which enable them to conduct prompt and effective rescue operations.

The Fire Rescue Task Forces are deployed in the 2nd, 3rd (for NBC disasters), 6th and 8th Fire Districts in Tokyo Fire Department.

阪神・淡路大震災の教訓から、通常の消防力では対応が困難な救助事象に迅速に対応するための部隊の必要性が提起されました。このため創設されたのが、消防救助機動部隊（通称：ハイパーレスキュー）です。消防救助機動部隊は特殊な技術・能力を有する隊員と大型重機など特殊車両などを備え、多数の人命を早期に救助することを目的としたスペシャリスト部隊で、第二、第三（NBC 災害対応）、第六、第八消防方面本部に設置されています。