

We do hope The Bamboo Shoots born out of the soil of Yamato-Takada will grow up and act as a go-between for the citizens in Lismore and in Yamato-Takada.

'Washoku' registered in UNESCO Heritage List

UNESCO (United Nations Educational, Scientific and Cultural Organization) decided to add 'Washoku or Japanese cuisine' to its Intangible Cultural Heritage List in the Intergovernmental Committee held on December 4th in 2013, formally approving its traditional inheritance and social customs from generation to generation from old times.

In applying for the registration of traditional Japanese cuisine to be added to the World Intangible Cultural Heritage List, the Japanese Government emphasized the four following points as its characteristics.

1. Respect for various, fresh ingredients and their natural tastes to the full advantage



[Miso] [Soy sauce]

2. Healthy dietary habit along with well-balanced diet



[a bowl of soup and three dishes]



[Mediterranean Sea dishes]



[Mexican traditional dish]



[Turkish Kashkak dish]

3. Expression of natural beauty and seasonal changes on dishes



[Summer]



[Winter]

4. Close connection with annual events



[New year]



[Hina-matsuri, the Doll's Festival]

With regard to the field of "meal" in the Intangible Cultural Heritage the four following food cultures have been registered as well-fixed social practises, such as 'French art of recipe for dainty food,' 'the Mediterranean Sea dishes served by the four countries of Spain, Italy, Greece and Morocco,' 'Mexican traditional dish,' and 'Turkish Kashkak dish, or wheat or barley stew with meat.' 'Washoku' is the fifth case on the list.

Coming-of-Age Celebration Ceremony



"Coming-of-Age Day" is a national holiday which falls on the second Monday of January. On this day "Coming-of-Age Ceremonies" are held in many of the local cities and communities to celebrate the new adults. In Japan all the people over 20 are prescribed as "adults."

"Coming-of-Age Day" was created in 1948 and is described as the day when young people become aware of their achievement of adulthood and they formally pledge their determination to strive for their own life. By doing so the new adults are given a boost and are congratulated.

In Yamato Takada City, the celebration ceremony was held this day and the mayor gave the 796 new adults his congratulations and one of them spoke on behalf of the others their strong will to become good members of society..



Lismore Students to Takada

Five members made up of three high school students and two coordinators of the students exchange program, Colleen and Ric, visited Yamato Takada for 15 days from Sep. 22 until Oct. 6.

The program was cancelled due to the Great East Japan Disaster last year, so it was practiced after an interval of two years.

The group learned about peace in Hiroshima, experienced school life in elementary schools and junior high schools within the city as well as Takada city commercial high school and participated in the tree-planting ceremony held in the city

◎Exchange students from Lismore this year



Chelsea Mangan



Jemma Restall



Brook Restall

◎Schedule during their stay

• 1st day (Seps.21, Sat.)

Night Arrival at Yamato Takada City from Kansai Airport

• 2nd day and 3rd day (Sep.22, Sun and 23, Mon.)

Staying with each host family

• 4th day (Sep.24, Tue.)

Visiting Nara



• 5th day (Sep.25, Wed.)

Visiting Asuka



Paying a Courtesy Visit to Mayor of Takada city



• 6th day and 7th day (Sep.26, Thur. and 27, Fri.)

Visiting Hiroshima



• 8th day and 9th day (Sep.28, Sat. and 29, Sun.)

Staying with each host family

• 10th day (Sep.30, Mon.)

Visiting Kyoto



• 11th day (Oct.1, Tue.)

Visiting Okanishi Elementary School



• 12th day (Oct.2, Wed.)

Visiting Osaka



• 13th day (Oct.3, Thur.)

Visiting Takada Commercial Senior High School



• 14th day (Oct.4, Fri.)

Experience in Lismore members' English lesson
Attending "SAYONARA PARTY" in the evening



• 15th day (Oct.5, Sat.)

To KANSAI AIRPORT by limousine in the evening.
Departure for Lismore, Australia



The followings are the Lismore students' answers to the questionnaires before their departure.

1. What were your first impressions of Yamatotakada?

- The citizens of Yamato Takada were very inviting and friendly, and that's what made the city beautiful(as well as the scenery).
- It is a beautiful place and every one is lovely.
- There are many rice fields and the roads are very small.



2. What places were most favorite / impressive for sightseeing in Japan?

- One of them were the Todaiji Temple; where we learned about its significance to the history of Nara and the Virocana Buddha. The temples were interesting because of the historical wars restorations that had happened over the centuries.
- My favorite would have to be the big Buddha, as it has an interesting story behind it.
- The golden temple was amazing.

3. What differences were you surprised at in terms of culture/ manners and customs?

★About living:

- Removing your shoes at the front door and wearing slippers.
- Saying a prayer before eating the meal.
- Both the traditional Japanese and modern western toilets were interesting to use.
- Chop sticks were difficult.

★About school life:

- With the main exceptions being the subjects studied (e.g. calligraphy).
- Shoes having to be changed for inside and outside.
- Eating in class room for lunch.
- Also, in Japanese schools, the allocated cleaning time for the rooms, toilets, sinks and other places is different.
- Japanese students have more discipline and respect for fellow students, teachers and the public than Australian students.

4. What impressed you most with regard to your host family?

- I was surprised at their generosity for them showing us their culture and helping to understand it.
- My host family was so kind hearted and generous. They always wanted to make sure my sister and I were having a good time.
- How comfortable they made me feel and how easy it was to fit in. I will miss them.



Unforgettable Two Weeks with Chelsea

The two weeks during which I spent with Chelsea went by in a matter of seconds. I cannot forget every single day with her and the days were by far happiest for me.

She was a bit selfish, but very good-natured, so all of my family members soon became good friends with her. I felt as if she were my sister. As she stayed together with me in my room, we could enjoy talking about various topics till late every night.

I was surprised to know that she mistook the sounds of bike passing in front of our house for roars of cattle. Then I felt cute in herself and at the same time I realized the different living environment between in Australia and in Japan.

Chelsea seemed to be fond of shopping. She often went to what is called a 100-yen shop to do some shopping and bought a lot of articles every time.

The three exchange students, Chelsea, Jemma and Brooke, came to Takada Commercial Senior High School and it was great fun having with my classmates, taking pictures, absorbing ourselves in girls' talks and such.

I lived with Chelsea for two weeks watching TV together, so it seemed that I could have a real sister of mine. One day she said to me, "I don't want to go back. I'd like to live in Japan." Honestly speaking, I was very happy to hear her speak like this.

Lisa.M



What I felt through my precious experience as Host Family

In the year of the 50th anniversary of Sister City Relationship between Yamato Takada and Lismore my daughter could have a wonderful opportunity to visit Lismore city as an exchange student. Besides, we were very happy because we could welcome two sisters from Lismore to our home. They were very good Australian students, Jemma and Brooke. I deeply appreciate this precious experience as a host family still now.

We took a one-night trip to Awaji-shima Island with them the next morning just after Jemma and Brooke arrived at our house. Since I had thought about how to let them enjoy Japanese cuisine in the outing around the island, when we took a rest at a restaurant called 'Awaji-shima Highway Oasis, I recommended them to have traditional Japanese sea food because they came over to Japan. Abruptly I was shocked to know they hated sea food.

Regretting having chosen the island for a trip from among other places, we drove here and there to find something good for them to eat, until at last we found 'sandwiches of Starbucks,' which they were willing to eat saying they were good. Like this we started our life with them feeling anxious about their stay with us for two weeks ahead.

Showing us some brochures about koalas which they found at a hotel lobby, they told us proudly that koalas were typical Australian animals.

On the second day we went to see the whirling current at the Naruto Strait as a gateway to Shikoku Island. We were able to enjoy the famous sight at its best and before we knew it my watch told us the coming of lunch time. We drove and drove looking for 'Awaji-shima hamburger.' What a relief! We really felt very happy to see them smile at the burgers.

My daughter practiced calligraphy from the age of five under Mrs. Fujii, who took part in the event of Yamato Takada Day, so she took Jemma and Brooke to her private class in order to learn it from her. In advance Mrs. Fujii prepared large square cards on which deer and waves were painted. On the cards they wrote down the two words 'deer and wave' in Japanese. Their works became very good with practice many times. They looked very satisfied with their works and they put it into a frame to have their masterpieces shown in the living room. After a couple of days they laid their works in their suitcase for fear that they should be dirty.



Younger sister Brooke suddenly fell sick after dinner the night before we were planning to take an overnight trip to Hiroshima. What with her fast English and what with her gestures, we managed to understand that she had a sore throat and that she was choking with a runny nose. She had no medicine with her and we were flurried, but happily the medicine we bought at a drugstore cured her in the end.

We still had hot days though we were just in the midst of autumn, so I suggested the three girls, Jemma, Brooke and my daughter at ease after dinner, to visit one of our relatives in yukata, which made them feel cool. The two Australian students showed interest in transom windows in a Japanese house.

As the day for their returning home approached, we came to think that the days left for us were very valuable and that the time for conversation with them seemed to be precious all the more, so we talked to each other longer than before day by day. Japanese-English dictionaries, English-Japanese dictionaries, electronic dictionaries and a world atlas greatly helped us understand each other even little by little. All of us wished the time had stopped gliding by. I really felt happy because I could be a Japanese mother for the two Australian students during their short two-week-stay in Japan.

Long ago one of my friends, who had visited Lismore as an exchange student in her second grade of a senior high school, just as in the same grade as my daughter, told me about her memorials in Lismore, which recurred to my mind just now.

I saw her again for the first time in twenty years on the very day when I saw my two students off for their going back. That day she also came and see Colleen and Ric off, both of whom were exchange student coordinators. Not only I was very surprised at her, but also I was greatly moved to know that she has worked for Sister City Relationship as a host family.

I do hope that the two cities, Yamato Takada and Lismore, will develop their friendship as well as relationship into a larger scale.

From Colleen

On the 27th of July we welcomed the exchange student group from Yamato Takada, they stayed with host families until the 9th August.

We had a lot of fun showing them our beautiful area around Lismore as well as spending a day at Dreamworld on the Gold Coast. It was made all the more special this year with the 50th Anniversary of the Sister City Relationship with a wonderful delegation of staff and citizens arriving for a busy few days to amaze the locals in Lismore with a spectacular display at GSAC for Yamato Takada Day on the 8th August. The day was attended by many school children who enjoyed lots of Japanese culture, games, origami and kimono fitting. A fantastic day had by all!



The 21st September saw three local high school girls, Jemma and Brooke Restall and Chelsea Mangan joining Ric and myself for an amazing trip to Yamato Takada.

We had two weeks of surprises and experiences that we will treasure forever. We visited Nara, Asuka, Hiroshima, Kyoto and Osaka. We were dressed as Maiko and Geiko in Kyoto. The girls enjoyed a day at high school as well as being entertained at Elementary school. We cannot thank our host families enough for welcoming us into their homes and lives to experience Japanese food and culture. To our City Office chaperones a huge Thank You. The Student Cultural Exchange is so important to the Lismore-Yamato Takada Sister City Relationship and Ric and I are very proud to be involved and showing the young ones of each city the different cultures and ways of life.