

and mind. During the break, participants spoke each other about what they have done for good health like walking , cooking, field work, and even Shiko(Sumo wrestlers' feet stamping?) In August, we had another ZOOM session Tai Chi by the instructor Fumiko. Participants said, "I talked to someone other than my husband without a mask for the first time in a while!" , "I feel like I participated in society after so long" , "Tai Chi is for an aged people in China , but I (from Beijing) did it in Japan, Oh my goodness!"

Also we are planning the ZUMA dance in October following a strong wishes of more than 20 people who joined in July session. The navigator will be Michelle and no entry fee is necessary. For inquiries, please contact Murai .at email: miwa.5505murai@xrh.biglobe.ne.jp

We look forward to.

"Lake Toba" certified as a Global Geopark

On July 9, the Indonesian government announced that Lake Toba in North Sumatra has been certified as a "Global Geopark" by the United Nations Educational, Scientific and Cultural Organization (UNESCO). This is the 5th case in Indonesia.

Global Geoparks are areas designated by UNESCO to conserve areas with valuable geology and topography and utilize them as tourism resources. Lake Toba may have been visited by those who visited Medan City as a member of Ichikawa Citizens' Group or as a dispatched student on youth exchange program. It is the world's largest caldera lake created by a huge eruption about 74,000 years ago and located 4 to 5 hours by bus from Medan city area.

Learn more about the city of Rosenheim

Do you want to know more about our partner city, Rosenheim?

Rosenheim is located between Munich and Salzburg, Austria, and is surrounded by forests and lakes with a population of 63,000. Since Rosenheim is the nearest city from the border between Austria, 890,000 Syrian refugees crossed the border into Germany.

Typical Germans may think of Rosenheim that it is a small city in the southern part of Bavaria and famous for the birth place of Hermann Goöring, who was in a position next to Hitler during World War II, famous for Poltergeist, the psychic phenomenon became popular in 1967 and Rosenheim Cops (Detective Rosenheim), the popular TV show from 2002.

The exchange with Ichikawa City started in 2004, and the 15th anniversary magazine was published at that time. In Rosenheim City, there is a corner of the park named "Ichikawa Park", which is a place of relaxation for the citizens. Why don't you visit Rosenheim when you travel to Europe?

Guides for the coming events

Committee Meeting and French Language Course (Issy-les-Mullinault City Committee)

Date & time: October 17(Sat), 10: 00-12: 00

Place: Zennikkei Hall Please check the meeting room number at the reception on the day

Lecturer: Samuel Le Yudec

Fee: Free

Contact: Junji Nozawa ,Phone 090-8346-6408

Yoga class (Buddies)

On September 4th ,Buddies' members met again for the first time in a half year, and every one was happy to see the members again after a long absence of self-restraint period of the impacts of COVID-19. And we discussed on the contents of future activities that can avoid 3-C.

Our latest event is “Yoga Class”

Date & time: October 2(Fri), 10: 00-12: 00

Place: Ichikawa Ekinan Kominkan

What to bring: Drinks, towels, rugs ★ Wear clothes that are easy to exercise

Fee :Free

Contact: Sumiko Yamamoto, Phone 047- 332 -6570

Talk room salon start s(Foreigner Residents Committee)

Date & time: October 7 (Wed), November 4(Wed), December 2 (Wed) 13: 30-16: 30 each day

Place: Ichikawa Nihongo Gakuin (Ichikawa Japanese Language Institute) 2nd floor

Fee: Free

Contents: An exchange salon for foreigners.

Feel free to take a break and enjoy chatting, exchanging information, and mini-events.

It will be held on the first Wednesday of every month after October.

For more details, please see the pamphlet below.

<http://www.iaa21.jp/folder/salon.pdf>