

The UC Center NEWSLETTER

2012 winter



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Important Notifications during Winter Break

1. **Tokyo Study Center** Closure: **December 22, 2012 to January 6, 2013**. Will reopen on **January 7, 2013**.
2. **UCEAP** Office Closure: **December 22, 2012 to January 1, 2013**. Will reopen on **January 2, 2013**.
3. Most of the facilities such as bank (including ATM), clinic, hospital, city hall, and grocery stores will be closed during the winter break. Their break may vary, but usually starts from December 29 until January 3. Please make sure to have enough money withdrawn in advance to survive the break!!
FYI: ALL JP Post Bank will be closed from December 31 to January 3. Its ATMs will be also closed on Jan 1-3.
4. In case of emergency, please contact our emergency cell phone 090-9950-9411.
5. If you do need to see a doctor during the break, please refer to the medical info on our website.
<http://www.uctsc.org/pdf/medicalinfo-winter.pdf>



Tips for Winter Health – Dehydration in winter—



In addition to dehydration in summer, winter is also a season when you are likely to be dehydrated- because you do not feel very thirsty in winter! Lack of water in blood slows blood flow and increases blood viscosity contributing to the formation of blood clots. Excessive blood pressure change along with blot clots may lead to cerebral or cardiac infarction. Blood pressure is affected by the weather; it goes up at cold outside and goes down in a warm room. This kind of temperature change also occurs when you bathe.

So it becomes important to hydrate yourself in winter too. However, it is understandable that you do not feel like drinking water in winter. Try some warm fluids in the form of clear soups and herbal teas- If by dishes, Japanese Nabe would help too!

We have some more tips for winter season on our web page- <http://www.uctsc.org/medicalinfo.html>

(take a look at the bottom of the page)

Yearly Highlights- Marvelous Illuminations!!

Now that cities are covered with Christmas decorations along with colorful lights.

Here is the list of lighting events held until January. The oldest is Kobe Luminarie- started since 1995 as a requiem for the victims of the Great Hanshin Earthquake. Tokyo Michi Terrace is a new event starting this year and wonderful lights will cover the Marunouchi area, which was the center of attention for the re-opening of Tokyo Station in October 2012. If you are a Sanrio lover (especially Hello Kitty), you would love to see an illuminated Kitty at Tamacenter.

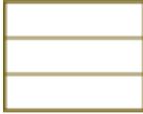
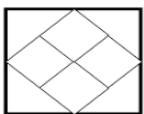
Events	Location / Nearest Station	When
<Tohoku Area>		
Sendai Pageant of Starlight	Jozenji Street (Between Sendai Civic Hall and Kotodai Koen Sta.)	Dec.7-31 / 17:30-22:00
<Kanto Area>		
Hikari's Niagra & Wave	Oishi Park, Kawaguchi Lake	Dec.1-Jan.31 / 17:00-20:00
Tokyo Michi Terrace	Marunouchi Ekimae Hiroba/ Marunouchi Central Exit, Tokyo Sta.	Dec.21-28 / 18:00-19:40
Tama-center Illumination	In front of Tama-center Sta. (Keio, Odakyu, Tama Monorail Line)	Nov.10-Dec.31 / 16:00-22:00
<Kansai Area>		
Osaka Hikari Renaissance	Nakanoshima Area/ Oebashi/Naniwabashi/Yodoyabashi Subway Sta.	Dec. 14-25 / 17:00-22:00
Kobe Luminarie	Former Foreign Settlement, Higashi-yuenchi / JR Motomachi Sta.	Dec.6-17 / M-F 18:00-21:00 (F till 22:00), SAT&SUN 17:00-22:00&21:30
Kyoto Arashiyama	Arashiyama/ Hankyu Arashiyama Sta.	Dec.8-17 / 17:00-20:30



Trivia of Osechi Boxes

Probably the most gorgeous and beautiful Japanese bento boxes that could be found are definitely Osechi. Osechi contains such dishes Japanese people eat in New Years.

It is not until we Japanese eat Osechi when we feel that a new year has come! By the way, did you know there were several types of layouts for Osechi boxes? (To be honest, I didn't know until I wrote this article!) You'll be able to see those Osechi boxes at the deli sections of department stores such as Mitsukoshi, Takashima-ya, Seibu etc. usually on December 31st or their first business day of the year, which usually is on January 2nd.

ICHIMATSU 市松		DANDORI 段取り	
			
Ichimatsu literally means checked patterns. Divide the box into 9 small squares.		Make 3 rows in the box.	
TAZUNA 手綱	SHIPPOU 七宝	SUMITORI 隅取り	
			
Divide the box into 4 parts with 3 slanting lines.	Put 4 dishes in the center making a rhombate and the rest is to be consisted of 4 triangles.	One rhombate in the center and 4 triangles on the corners.	

Might be a little bit difficult to identify the types, but here are the pictures of Osechi Boxes with the layouts shown above. From the upper left: Tazuna, Ichimatsu, Shippou / From the lower left: Dandori, Sumitori



Winter Japan with Snow

Many of you must be willing to see snowfalls in Japan. Usually it's in January or February when we experience heavy snowfalls in Tokyo. To help make your winter plans more attractive, here are some topics related to snow. Hopefully you will have a special winter experience!

<Benifuji>

The rising sunlight makes the snow-capped Mt. Fuji into red. This phenomenon is called "Benifuji".

Since Benifuji appears only for about a few minutes before dawn, it is considered to bring a good luck. On the contrary to Benifuji in winter, we have another red colored Mt. Fuji called Akafuji lighten with sunset in Summer.

[Benifuji no yu](#) provides early-morning onsen starting from 6AM to view Benifuji during December to March.



<Snowshoe>

Hiking on snowshoes is a new and fun way of experiencing the mountains. Snowshoeing enables you to reach panoramic sites that were usually inaccessible during the winter season. No particular skills are needed to walk on fresh snow and it's fairly easy to move around.

Within the silence of the winter mountains, a guide will accompany you to discover secret landscapes. Let's start out for a winter picnic!

[Ever Green Outdoor Center](#) offers snowshoe tours for a full day and afternoon half day starting from December 10th to the end of the season in Hakuba, Nagano.



<Yukimi Daifuku>

Have you ever tried "Yukimi Daifuku"? It literally means "Snow-viewing Daifuku". It consists of ball of ice cream wrapped in a thin layer of mochi, or rice cake. Yukimi is a seasonal activity in Japan, similar to Hanami, consisting of watching snow falling. "Yukimi Daifuku" can be found at major supermarkets or convenience stores in Japan.

The packages that contain two regular-sized "Yukimi Daifuku" are only sold in fall through winter.

So you can't miss purchasing it this winter!! Other than the regular vanilla flavor, strawberry and row chocolate versions are available too. Enjoy Yukimi with Yukimi Daifuku☺



ICU campus with snow in February 2012.
It was indeed a wonderful sight!!
Have a jolly winter holiday season and
wishing you the best for the coming New Year!



Happy Holidays!!