

HELLO, FRIENDS !!

Shimane Hello Friends

Vol.15
2021.10.01

Hello, everyone. Welcome to the world of “HELLO, FRIENDS!!”.

It's October, the midst of my favorite season, autumn. Getting through the torrential rains and extreme heat in summer, I can now fully enjoy the soothing moments while listening to the orchestra by crickets at night. Autumn is the perfect season to savor various foods including our staple food, rice, because it's the time of harvest. Some of us are very picky about the taste of rice. I'm not one of them but I surely believe Shinmai (新米: newly harvested rice) tastes different from Komai (古米: old rice). If you have a chance, please try!!



1. Let's meet today's guest !!



Today's guest is SUN RONG san from China. She is now in her 4th year of the Ph.D. course and belongs to the Department of Internal Medicine, Respiratory Medicine and Medical Oncology Unit. Since her enrollment into our graduate school, even including the period as an exchange student, I have never seen her not having a smile on her face. Why does she always look comfortable and satisfied? I wanted to find the secret!!

1. First, may I ask why you became interested in Shimane University to study as a Ph.D. student?

I had always wanted to study top-class medical science somewhere on the globe. Ningxia Medical University, where I studied as an undergraduate and master's student, has an agreement with Shimane University under which students can study in each other's university as an exchange student. Taking advantage of the program, I studied here in Shimane for one year and enjoyed the different living style and culture to the fullest. It was a fulfilling year, and therefore it was natural that I chose Shimane University to get into as a Ph.D. student. Luckily my professor, Isobe- sensei, agreed to continue to serve as my supervisor. After passing the entrance exam, I happily landed on the ground of Izumo in 2018.





2. What was your first impression when coming to Izumo?

It was December 1, 2016, when I came to Izumo for the first time. It was a bit exhausting to be on the bus from Osaka to Izumo for about 6 hours, but at the moment when I got off the bus and was exposed to the fresh air, I felt like all the tiredness had gone. The bus stopped in front of JR Izumo-shi station. I noticed the



station building has a unique structure, and later learned that it was modeled after Izumo Grand Shrine. This left a strong impression on me. The university staff was already there to pick me up. She is the first contact for me to connect with Shimane University. I remember she smelled good. So, my first impressions coming to Izumo were “the unique station building” and “the good smell”.

3. What has been your biggest culture shock since coming to Japan?

Not only a Ph.D. student here in Japan, I am an officially-licensed medical doctor in China. Thanks to the status, the professor and other staff members trust me a lot and give me opportunities where I can witness how the doctors treat their patients, especially cancer patients. It is very important to build a good relationship between a doctor and their patients in order to discuss the disease. Without it, the patient wouldn't face their disease or make efforts to overcome it. Sadly, that's often the case in China. Here in Japan, however, patients put tremendous faith in their doctors and even if it's a life-threatening illness, they would listen to the doctors' advice and take the positive attitude to fight the disease. Also in China, people first visit university hospitals. So, the doctors in China's universities are always busy. In Japan, they first visit local clinics. If they do the same thing as in China, they will have to pay the additional charge. I want to introduce this Japanese medical system after going back to China, and work on reforming the Chinese practice.



4. What's your favorite Japanese food or Japanese word?

I love sushi very much!! Since becoming a member of Isobe-sensei's department, I've participated in many parties including welcome ones, year-end ones, and good-bye ones. Japanese really love those kinds of parties, don't they? Sushi is one of the indispensable foods in such parties. We Chinese don't eat raw fish. So, at first, it took some courage to try but once I got used to it, sushi became my favorite Japanese food, and then, I became a big fan of revolving sushi bars, so much so that I went to one every week!! It is really a pity that the pandemic has halted the parties and my weekly pleasure. I also love Japanese soba noodles, especially Izumo soba.

- Sushi and Izumo soba are typical Japanese foods because they aren't oily at all and condiments, which we call “yakumi”, make them even more tasty.



Yes, I love Wasabi, Japanese horseradish. It usually comes with sushi and some of the international students don't accept its pungent taste but I love that pungency.

- Wow, you are a genuine sushi lover!!

5. What's your favorite sightseeing spot in Japan?

Well, there are many places I've been to so far but if I have to choose one place, I'd say it's Miyajima in Hiroshima prefecture. Miyajima is said to be one of the three most scenic spots of Japan. The bright red Shinto shrine called Itsukushima Jinja has a distinctive presence because it's floating in the sea (during high tide). Not only its architectural aesthetics but also the spiritual atmosphere impresses me a lot every time I visit there. It has something to motivate people to think positively to pursue their dreams and maybe I am one of them. Actually, I have been to Miyajima three times so far. I also love Miyajima's deer and fireworks festival. The deer there are just cute, and as for the fireworks festival, the beautiful, gorgeous show is beyond description. Just imagine how magnificent they are with their mirror images reflected on the surface of the water.

- Wow, you can almost work as a tourism ambassador of Miyajima!! I didn't know about the fireworks display. Maybe after the pandemic subsides, I will be heading to Miyajima and see the night spectacle with my own eyes. Of course, I won't forget to enjoy its popular sweet, "Momiji Manjyu (Maple-shaped bun with red bean paste) ~" ! !



6. What do you picture in your mind as a career path after graduation?

As a licensed physician, I want to devote myself to improving the medical system in China by introducing what I learned in Shimane University. I learned how important it is to engage in a dialogue with patients. Meanwhile, as a researcher, I want to join some team to develop a new drug, maybe for cancer patients. Lifestyle and dietary habits have been drastically changing in China recently and the number of cancer patients has been increasing in accordance. So I think there will be countless scenes where I can use my expertise. Also as an ex-international student, I want to take care of foreign students. I understand how they are anxious about everything until they get used to the new life. So, I want to help them ease their anxiety and absorb what China has to offer as much as possible.

Furthermore, I am considering attending some medical activities conducted by international medical organizations to take care of foreign patients who need greater assistance due to the language barrier or financial difficulties. By doing so, I think I will be able to return the favor I was given by Japanese people and other international students.

I hope I will ultimately work as a medical exchange bridge between Japan and China, and promote the international development in the world.



This corner, "Let's meet today's guest!!" is now recruiting volunteer interviewees.

Please contact me, Yuko Okada, at gakumh04@jn.shimane-u.ac.jp or come to my office if you can take time for the interview. If we have no volunteers, we will ask someone to be the next interviewee.





2. Let's try this Japanese recipe !!

Kaki no Shira-ae (柿の白和え)

Kaki Salad dressed with tofu and white sesame seeds

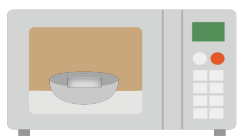
Do you know the fruit called “Kaki”? Its English translation is “persimmon”. It's the representative fruit of autumn in Japan, but it's not well-known around the world, and that's the reason I wanted to introduce the recipe this time. Easy, tasty, and economically-friendly... Why don't you try the perfect recipe?!

Ingredients -for 2 people-

	Kaki	1	
	Dressing			
	Momen (cotton) dofu or hard-type tofu	120 g	
	Sugar	1 tbsp	
	Ground white sesame seeds	1 tbsp	
	Soy sayce	1 tbsp	

How to make

① Peel the Kaki, remove its stem end, and cut it into 1cm pieces.



② Wrap the tofu with some paper towel, put it in a heat-resistant bowl, and heat it without plastic wrap in a 500w microwave for 1 min. Now the tofu is drained.

③ Take it out of the microwave, remove the paper towel, and make it creamy enough with a rubber spatula.



④ Put the ingredients of the dressing into ③ and mix them well with a wooden spatula.

⑤ Add ① to ④. Mix all together and enjoy the sweet autumn taste.

3. Let's learn about "Kaki"

-the ubiquitous autumn fruit in Japan-



I'm from Osaka. I started living in Shimane about 25 years ago and found a job at a nearby company. When I mentioned the Kaki I had bought at a supermarket to my colleague, he cried with a big surprise. "You bought Kaki?! You bought?!" I realized that in Shimane (or maybe in any

other countryside prefectures), Kaki was something they wouldn't buy because there were old Kaki trees handed down through generations in their yards. In Izumo, Hirata district is especially famous for its Kaki production.

There are two kinds of Kaki, Ama-gaki and Shibu-gaki. "Ama" means "sweet" and "Shibu" means astringent or bitter. You can eat Ama-gaki as it is. And as for Shibu gaki, you can eat it by removing its astringency. How? Well, you may have seen the scenery of "Hoshigaki (干し柿)" or drying Kakis hanging under the eaves. This is one way.



You can also make Shibu-gaki surprisingly sweet by using white liquor or dry ice. If you see Kaki labeled as "Saijyo-gaki (西条柿)" at a supermarket, I recommend you try it. You won't be able to believe it was originally Shibu-gaki because of its melting texture and super sweetness. Shimane boasts the largest production area of Saijyo-gaki in Japan.

4. Event & Gourmet spots

Pancakes as many as you like for 60 min.
at "New Welcity Izumo"



Address 〒693-0023 2-15-1, Enya-arihara-cho, Izumo-city
(出雲市塩冶有原町2-15-1)

Access Across from the Izumo Police Station and next to the Izumo Civic Hall
(not city hall!!)

Contact TEL : 0120-4106-55(toll-free) , 0853-23-7388 FAX : 0853-23-7389

Fee 1,500 yen/adult (junior high or older) 1,000 yen/elementary kids or younger

Time 60 min. during 2:00-5:00pm Reservation is recommended.

For more <https://nwci.jp/2021/03/31/%e3%83%91%e3%83%b3%e3%82%b1%e3%83%bc%e3%82%ad%e9%a3%9f%e3%81%b9%e6%94%be%e9%a1%8c%e3%81%ab%e3%81%a4%e3%81%84%e3%81%a6/>

Big Ginkgo tree in Okuizumo

If you love to see the changing colors of autumn leaves, this is the right place for you. Now, it's in the beginning of October, so it's too early but in about a month, ginkgo trees turn their light green leaves into yellow, and there will be a gold blanket of fallen leaves around the trees. My number one recommendation is definitely this one:

Place Kingen-temple (きんげんじ / 金言寺)

Address 〒699-1941 1060 OOmaki, Okuizumo-cho,
Nita-gun
(仁多郡奥出雲町大馬木1060)

Contact TEL : 0854-54-2260
(Okuizumo-town sightseeing association)

Admission Free

Photo & Map https://kankou.unnan.jp/tourist_spots/scenery/97

Parking ¥500 (only in the best season with the autumn foliage)



If it were not for the pandemic, the rice paddy next to the tree would be filled with water and you would be able to enjoy the magnificent mirror view of the Ginkgo tree appearing on the water surface. The view would be illuminated by the lights at night, which also may be subject to cancellation due to the pandemic as it was last year. Without water or lights, however, it is worth visiting, I bet!!



"HELLO,FRIENDS!!" is created by *The English Project Team*.
If you have any comments or questions, please contact us:
gakumh04@jn.shimane-u.ac.jp (addressed to Yuko Okada)
The English used on **"HELLO,FRIENDS!!"** is supervised
by our English teacher, *Ms. Murphy, Lynne*.

