

# HELLO, FRIENDS !!

Shimane University Hello Friends



Vol.13  
2021.06.01

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

Not only cherry blossoms but also the rainy season started far earlier this year. Speaking of the rainy season, hydrangea can be said to be the flower of the time. The scene of their standing quietly in the drizzling rain shows calm beauty and heals me even in the humid air of the rainy season. By the way, do you know the language of Hydrangea? It’s “fickle”. Do you know it blooms blue on acidic soil and pink on alkaline. Oh, sorry, again!! I cannot stop talking when it comes to flowers...



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



We have [Abul Kalam Azad](#) san from Bangladesh to join us this time. I can't think of anyone else who looks better with a cap on his head than Azad san. Maybe due to his own fashion style, he emits a distinctive noble aura which has prompted my interest to learn more about who he is. He is now in his 4th year of the Ph.D. course and belongs to the Department of Internal Medicine III.

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

First, Dr. Nagai sensei, professor of the Department of Internal Medicine III, asked Abdullah sensei, who is an assistant professor of the Department of Laboratory Medicine, about someone who would be interested in studying as a Ph.D. student under his supervision. Abdullah sensei asked his relative and his relative then asked another relative (actually he was my colleague) about the same thing and finally, it came to me. At that time, I was working as a lecturer in the Department of Microbiology, Jagannath University, Dhaka, Bangladesh. Two of my departmental senior colleagues completed their Ph.Ds from Japan. I heard many things about the Japanese culture and living conditions from them. I also tried to search out anyone of my acquaintances who knows about Shimane University. I found one who completed his Ph.D. degree from the Matsue campus of Shimane University. He highly praised the studying and living environment of this university and recommended me to follow suit.

I wanted to learn more about Shimane University and searched on the Internet. I found some compatriots who were studying here at that time. I contacted them on social media and all of them put great value on this university. This stimulated my interest and then I said to my colleague that I was really interested in doing my Ph.D in Shimane University. My colleague then introduced me through his relative to Abdullah sensei. After that, everything went very smoothly, and now I'm in the final year of my study as a Ph.D. student.

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

Truly speaking, my first impression was very good, and I enjoyed the whole journey comfortably. When I arrived in Izumo Airport, Abdullah sensei was there to pick me up. After arriving in Izumo campus, he introduced me to Haque san, who was my Ph.D. senior in the same department from the same country and got the same scholarship from the Japanese government. Abdullah sensei and Haque san did everything to help me set up the great environment so that I was able to start my new life in Japan comfortably from day one.

-How did you like living in the countryside like Izumo?

No problem, actually I and my family like this type of environment very much because I was born and spent most of my childhood growing up in a rural area in Bangladesh. I prefer places with abundant nature like here to urban cities such as Tokyo or Osaka.



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

Well, to tell you the truth, I'm still not good at using chopsticks while my wife and kids now know how to use them. So, I use my fingers to eat almost all food. If it's hot, I wait for it to cool down. We Muslims only use our right hands to eat because it's the rule of our religion. I had much information about Japan before coming here, so I think I was able to adapt to the environment very quickly and easily.

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

I don't know if it can be called Japanese food or not but it's certainly my favorite among all the other foods I've had for the first time since I came here. It's "Ebi furai" or deep-fried prawn. I have enjoyed it many times. Last spring vacation, I enjoyed home-made Ebi Furai with a Japanese family. It was at the picnic and we (my family and my son's friend's family) organized this at Tebikigaoka park in Taki town in the western part of Izumo city.



We parents, and the kids who graduated from Enya-yochien brought food and drinks. My son's friend's family brought it for us. The crunchy texture outside and the plump one inside made for a good combination and an unforgettable taste.

-Your son is now in his second year of the elementary school, right? So, you are still keeping in touch with them even two years after the graduation? Wow!! What a strong bond!! This kind of story makes me happy because it clearly shows our Izumo-city is an internationally friendly society.

Oh, and I also love and enjoy the Japanese fish found at the supermarkets around here such as Tai (sea bream), Suzuki (sea bass), or Buri (yellowtail). Sometimes I buy it as a whole and ask the shop clerk to cut it into slices. It's very convenient as they provide the service for the customers free of charge. We use these fish as an ingredient of Bangladeshi fish curry or other dishes.

-Wow, all the three are very popular as "Sushi topping". I didn't know about the service you mentioned. It's convenient, isn't it? Fish curry.... Yeah, I know you Bangladeshi people love fish curry. When I heard about it for the first time, I was really surprised because we Japanese hardly use fish for curry but maybe I should try it someday.

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

I've visited many places since I came to Japan in the autumn of 2017, including Mt. Daisen, Sakaiminato-city, Hinomisaki lighthouse, Himeji castle, Tokyo, Kobe port Island, Tottori, Matsue castle and, Vogel park, Izumo and the aquarium called "Aguas" in Hamada city etc.... Every place attracted me a lot. My current favorite place is the nearby river called "Kando-gawa". The reason is that I do fishing there. It all started when Hossain san, one of my senior fellow Ph.D. students, invited me to go fishing there.

I was literally "hooked" as soon as I caught my first fish. Fishing is common in villages in Bangladesh. I lived in the countryside until I moved to Dhaka for the higher education. My father had a fish pond on the premises and I often enjoyed fishing there. I remembered how fun fishing was and it didn't take a long time before I bought fishing tackle for myself. I'm now looking forward to going "Umi-zuri" or sea fishing.



- Wow, you seem to be fully enjoying life here in Izumo. Great!! Fishing is totally new to me, but I can easily imagine how refreshing it is to drop your line under the clear sunny day.

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

Actually, my current status is on study leave from my university in Dhaka. After the completion of my Ph.D degree, which is supposed to be conferred on me next spring, I will return to my country Insha Allah (If Allah/God wills it, in English) and will be able to get promoted in my working department in Bangladesh. I think my experiences from Japan will help my academic and research career go higher as well as contribute to the development of biological research sectors in Bangladesh.

Thank you, Azad san. The reason I asked him to be the interviewee this time is that he seemed to have many interesting stories behind his poker face. I'm glad the assumption was not wrong.



*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](mailto: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 !!

### Edamame Gohan



Due to the pandemic, we have been forced to keep out of “Izakaya” or Japanese-style pubs for more than one year and “Kangei-kai (welcome party)” or “Sobetsu-kai (farewell party)” has become almost a past thing because we have to avoid the “3Cs”.



Now, I miss boiled and salted Edamame (young green soybeans), which often comes as the first dish at Izakaya to go with beer. Edamame is in season in summer. We can buy frozen ones all year around but it's only in summer that we can get raw Edamames. Why don't you take a chance to taste the fresh young soybeans? Edamame can be used for a wide variety of dishes. This time, I want to introduce an easy but popular recipe among all generations.

#### Ingredients (for 4 people)

- Rice ..... 2 gou (1 gou is 180 cc.)
- Green soybeans in pods ..... 150g
- Salt ..... 1 teaspoon

edamame / えだまめ



#### How to make

① Rinse the rice in the inner bowl of a rice cooker. 

② Soak ① in about 360cc of water for about 1 hour.



③ Put the green soybeans in pods in a heat-resistant dish and microwave it at 600watts for 1 – 1.5 min. This makes it easy to take the beans out of the pods.



④ Mix well the salt in ②.

⑤ After the salt dissolves in the water, put ③ over the rice and start cooking.

⑥ After the rice is cooked, mix the rice and beans lightly from the bottom of the inner bowl and enjoy the seasonal flavors.





### 3 . Event information

## Blueberry picking at Ryuusei Blueberry Garden

This blueberry garden (the owner wants it to be called “garden” rather than “farm”) was introduced in a popular nationwide TV variety show in January this year. So he might experience a busy summer this year. The garden is located halfway up Mt. Taima, and you can see the sea of Japan below while enjoying the picking.



#### Address

〒699-3303 123 Murodani, Misumi-cho,  
Hamada-city, Shimane Pref.  
(〒699-3303 島根県浜田市三隅町室谷123)

#### Map

<https://www.ryuusei-bb.net/contact.html>  
(If you need translation, just let us know.)

#### Access

10 min. by car from Iwamimisumi IC.  
(By the way, “Murodani” district was selected as one of the 100 best terraced fields in Japan.)

#### Contact

TEL : 090-9738-3449 (The owner’s name is Sasaki san, )  
e-mail : [mail@ryuusei-bb.net](mailto:mail@ryuusei-bb.net)

#### Season

June 12 (Sat.) ~ Late August (Wednesdays are closed.)

#### Free

(up to 40 min.)

¥ 1,000/adult (Junior high student or older)  
¥ 500/elementary kid  
¥ 300/under elementary  
Free/under 4

If you present a “COCCOLO” card, which is given to a household with a younger kid, you can get 20% discounts.

#### Time

10:00-16:00 (Weekdays), 9:00-17:00 (Weekends)

#### Booking

Due to the pandemic, you need to book the time.  
Please use the website to get the application form  
<https://www.ryuusei-bb.net/gerden2021.html>.or call them directly.

※Depending on the situation of the pandemic, the schedule and other things might be subject to changes.



Blueberry Sweets



## 4. Let's learn about the seasonal tools of Japan

### Uchiwa (うちわ：団扇) & Sensu (せんす：扇子)

They are paper fans. Maybe you have seen at least one of them especially in summer. Their main function is to make a breeze to cool yourself down but do you know the differences between them?

- 1 Uchiwa can make a bigger wind and therefore can also be used to make a fire or dry something wet.
- 2 Uchiwa cannot be folded while Sensu can go into a small bag or a pocket in its folded position.
- 3 Uchiwa has an even surface so it's easy to print an advertisement on it. There are many companies which use Uchiwa as promotional items.
- 4 If you are in Yukata, a kind of kimono, please choose Uchiwa to bring with you, not Sensu.
- 5 Sensu has been used as a prop in traditional Japanese performing arts such as Rakugo (comical and classical storytelling) or Nihon-buyou (Japanese dance). Its bellows-like configuration can add to rich expressions of body movements by the performer, and the audience can expand their imagination while watching the performances.



Uchiwa / うちわ

Sensu / せんす



Lastly, be careful not to use Uchiwa or Sensu when the temperature is higher than the body temperature, i.e. more than 35°C because the air cooled by your sweat is to be heated by applying hotter air to your skin.

Now, I'm happy to learn new things about Uchiwa and Sensu after making this article. We tend to forget the greatness of simple things behind more advanced ones but if all the energy sources are cut and we can rely on only our physical strength, I think we will recognize the saying "Simple is best."



**"HELLO,FRIENDS!!"** is created by *The English Project Team*.  
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The English used on **"HELLO,FRIENDS!!"** is supervised  
by our English teacher, *Ms. Murphy, Lynne*.

