

HELLO, FRIENDS!!



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Hello, everyone. Welcome to the world of HELLO, FRIENDS!!
We say “Ichigatsu (January) wa iku (goes), Nigatsu (February) wa nigeru (flees), Sangatsu (March) wa saru (leaves)” to describe how busy we are from January through March. There are lots of things we have to do before the new academic or fiscal year begins on Apr.1. Actually, January has gone by in the blink of an eye. When turning my eyes to the cherry trees near my house, I can see they are surely preparing to bud. So, nature is also busy. The cherry blossom season seems to start earlier year by year because of global warming. Don't miss the precious chance to view the lovely flowers.



Let's meet today's guest!!



Today's guest is **NGO XUAN HUY** san from Vietnam. He is in his 3rd year in the Ph.D. program and belongs to the Department of Oral and Maxillofacial Surgery. He is one of the few Vietnamese students who have studied on Izumo campus thus far.

Even without any compatriots around him, he looks very content with the environment here and seems to enjoy his daily life to the fullest. He is going to complete the Ph.D. program one year earlier and go back to his country this spring. Prior to this, I wanted him to share his valuable experiences in Shimane with us.

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

About 4 years ago, I just started thinking about going abroad to study. I wanted to know more about my field of study. I remembered one of my friends, a dentist like me, was studying in Japan at that time. I contacted him to ask for some tips. I learned he was studying in Shimane University, and he enthusiastically told me how nice it was to study here. I was gradually inclined to follow in his footsteps and asked him to introduce me to his supervisor. After several online communications, the supervisor, Prof. Kanno, accepted me as his student. It was so kind of Prof. Kanno to take care of me as a researcher for 8 months prior to my enrollment into the Ph.D. course. So, I had enough time to get used to the surroundings before becoming a Ph.D. student.

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

My favorite Japanese food is yakiniku or BBQ. Actually, I went to a yakiniku restaurant near the campus just yesterday. I have tried several yakiniku restaurants in Izumo, and all of them served great yakiniku. I like the atmosphere where I can enjoy chatting with friends or fellow members while grilling the meat on an iron plate.

Yesterday, I was with doctors in my department and another department, Department of Anatomy (Neuroscience Unit). After having finished my Ph.D. paper far earlier, I have spent a lot of time in the department of anatomy in the past year because my supervisor,



Prof. Kanno, advised me to do so to hone my skills in basic research using animals and analyzing data in order to make the most of the time left before my graduation.

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

I have gained a lot during my stay as a Ph.D. student. I'm planning to go back to Vietnam after graduation and register as a lecturer with a medical university. The knowledge I have acquired here is really invaluable, including how to write academic papers and how to proceed with research effectively. I'd like to give such precious knowledge to as many students as possible, and if I find excellent students among them, I will recommend such students to study in Shimane University. Of course, I myself want to visit Japan someday with my family again.

Thank you, Huy san. I didn't know he had joined research in another department and expanded his horizon as a researcher and nurtured friendships with those other faculty members. During this interview, I sensed how much he loved Japan and the Japanese culture. At the same time, he seemed to respect the time he can spend with his family. As he mentioned at the end of this interview, he plans to re-visit Japan with his family. I look forward to seeing him then. Huy san's story has a lot more. If you would like to read more, please go to ["Students' Voices"](#).



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.



\\ Let's try this Japanese recipe!! //

Asukko



Have you heard of “asukko”? It’s a kind of vegetable which originated in Shimane. It was born in 2003 by crossbreeding broccoli and a kind of leafy vegetable called “Vitamin-na”, which also originated in Shimane. “Asu” in asukko is said to come from three sources, 1) the Japanese word “asu” meaning “tomorrow”, 2) ascorbic acid (Vitamin C), and 3) asparagus, because of the similarity in texture.



What asukko excels in is that all the parts, including the buds, stems, and leaves, can be eaten, no bitterness exists, and it is rich in Vitamin C even after it is boiled.

Asukko is trademarked and can be grown only in Shimane. Its season is mainly from December to April.

Today’s recipe uses asukko. Please enjoy its gentle sweetness.

Asukko seasoned with sesame sauce

Asukko no goma ae

* "Ae" is the noun form of the verb "aeru". "Aeru" means mixing vegetables or seafood or something like those with some seasoning such as vinegar, miso, or sesame.

INGREDIENTS

(for two persons)

- Asukko 1 bunch
 - Salt for boiling a little
 - Sugar 2/3 tbsps
 - Soy sauce 2/3 tbsps
 - Ground sesame seeds 2 tbsps
- A {

HOW TO MAKE

- ① Put the salt in a pan of boiled water and then the asukko. Boil it quickly.
- ② Squeeze ① hard and cut it into bitesize pieces.



- ③ Put A in a bowl and mix them together.
- ④ Put ② in ③ and mix all the ingredients.
- ⑤ Enjoy it right away.

(As time passes, water comes out of the vegetable and the taste gets thinner.)

\\ Event information //

Maybe some of you have already heard about it.
When I found it on the website, I thought, “It’s definitely for you.”

itoan いとあん

International Exchange Café



There is a lodging called “Itoan” , near JR Izumo-shi station. Its lounge, “RO” , offers opportunities for people from different countries to mingle with each other.

♡ Day & Time: Every 1st Friday, 19:00-21:00

♡ Admission fee: ¥ 1,000

♡ For details, click here. (Scroll down for the event.)

<https://guesthouse-itoan.com/>

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This segment temporarily replaces
“My Recommended Sightseeing Spot”.
We hope to renew this segment again
in the next edition.



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\\ Let's learn about the seasonal phenomenon in Japan. //

Even before COVID-19 broke out, lots of Japanese people were willing to cover their mouths and noses with masks, especially around this time of year. Why? It's because of cedar pollen. Some survey found that about one in four Japanese people are suffering from pollen allergy.

Is this phenomenon unique to Japan? Maybe, yes, as long as it's concerned with cedar. Why? After WW II, cedar trees, which grow fast, were planted on Japan's soil nationwide to fill the burnt-out woods or forests. The scale was enormous.



Then, in around 1970, when those trees bloomed all at once, pollen allergy spread among the public. The land of Japan is small and people live close to cedar trees. Paving the roads contributed to worsening the situation because pollen cannot be absorbed into the soil and flows in the air instead. In order to tackle the problems, some research has been done to develop new species of cedar with little or no pollen produced. Ideally, when all the current cedar trees are replaced with the new species, there would be no more pollen allergy.



Now, you might be worrying about what if it happens to you. Actually, there is such a possibility and it depends on each individual's allergy tolerance. So, don't let your guard down, and keep wearing a mask, to prevent infection as well.



“HELLO,FRIENDS!!” is created by **The English Project Team.**
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The English used on “HELLO,FRIENDS!!” is supervised
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