

# Survival Japanese Language and Japanese Food Cooking Class

Nov. 10 and 17

Dec. 1 (cooking class)

Saturdays, from 10 am - 12 noon

Fee for cooking class: ¥500

All classes held at the Misawa International Center!

Free childcare available

Contact: Miyuki Atkinson  
Misawa International Association  
Phone: 0176-51-1349  
E-mail: [kokusai@city.misawa.lg.jp](mailto:kokusai@city.misawa.lg.jp)

## International Friendship Group

The 1st Wednesday of the Month: 10:30 a.m. - 11:30 a.m.

Every Wednesday, thereafter: 7 pm start time

\*\*\*with a potluck party to be held on November 7, Wednesday.



For more information please contact the Misawa International Association.

phone: 0176-51-1349 fax: 0176-51-1211

email: [kokusai@city.misawa.lg.jp](mailto:kokusai@city.misawa.lg.jp)



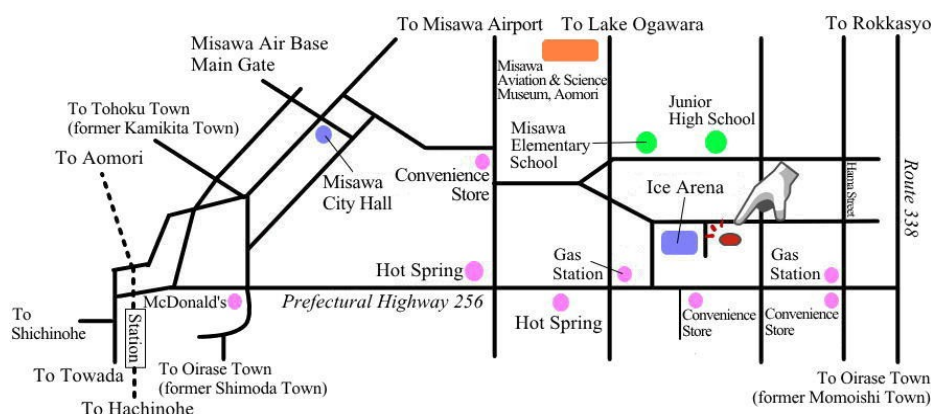
## Misawa International Center

TEL:0176-51-1255 FAX:0176-51-1211 Email: [kokusai@city.misawa.lg.jp](mailto:kokusai@city.misawa.lg.jp)

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Thank you for reading MISAWA CITY NEWS!

Misawa City International Relations publishes the monthly free paper, "Misawa City News". We keep you informed of what is happening in Misawa. We are also working on adding an "English Version" to the Misawa City websites. We appreciate your feedback!



# Misawa City News

霜月 November, 2012

No. 93



温泉へ行こう！

Let's go to the Hot Spa!

Have you ever tried the 温泉 *onsen* yet? An onsen is a public bath in Japan that is built over an underground hot water spring. These hot springs exist due to Japan being a stratovolcanic archipelago of islands.

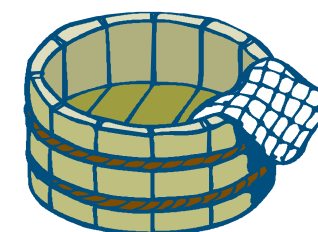
Going to the onsen is a very popular pastime for the Japanese. The volcanic waters contain many minerals which are not only therapeutic—for rheumatism, arthritis, and various atopic skin conditions—but also beautifies and softens your skin. It is also a good way to warm up during the long winter months. In and about Misawa, there are many *onsens* which are reasonably priced from ¥250 to ¥350.

### How to take the Onsen?

1. Go to the correct changing room. 女 for women (it's often red curtains) and 男 for men (it's often blue curtains).
2. In the changing room, take an empty basket (small laundry size; provided free by the onsen) and place it near you. Undress to the nude and place all your clothes in the onsen clothes basket.
3. Take your toiletries and/or washcloths with you and enter the washing area. This area has rows of showerheads at seated-level. Near the door to the wash area are usually plastic stools and wash basins. Take one of each and then walk to an empty showerhead and take a seat.
4. Shower and wash yourself, as you are seated. The soapier you can get, the better. The Japanese perceive you to be cleaner. You may also brush your teeth if you want.
5. After you wash, tidy up your space. You may leave your toiletries at your shower area. If it's crowded, it is good manners to move your toiletries to the shelf above your shower or near the door.
6. Now you are ready for the tubs. Most onsens have at least 2 but some have several. Dip your hand in the tub water to check if the temperature is to your liking. If not, try a hotter or cooler tub. Step in carefully so you don't slip and sit down and...
7. Relax!
8. When you are finished, you don't need to rewash but return to the changing room to dry off and change.

### Tips for the Onsen:

- \* Swimsuits are not allowed in most onsens.
- \* If you're uncomfortable with nudity, you may bring a small "US-size hand towel" into the tub area, to cover your privates.
- \* Coin lockers (usually ¥100 deposit) are available at most places, for your valuables. Many return your ¥100, when you re-open the locker.
- \* Some of the pricier onsens provide shampoo, conditioner, and body wash as part of the costs. But most places do not. In which case, you may want to make your own onsen basket set with your favorite toiletries.
- \* When you are done soaking, dry off as much as possible before re-entering the changing area or near its door, so you don't track water all over the changing area floor.
- \* Children are welcomed at the onsen and allowed to play with bath toys. However, splashing is not allowed and running should be avoided. Little boys up to kindergarten age are allowed in the women's section.



More information will be on next page!

## 温泉へ行こう！ Let's go to the Hot Spa! Part II

### 平畑温泉 Hirahata onsen

Direction: From Falcon Gate (the Back Gate), go straight and slow down after the 1st traffic light. Turn right at the 1st street on the right (with the orange "HAIR prism" sign on the corner). Follow this road until it ends in a T, with a stop sign (in front is a laundry mat and housing) and turn right. Go 1 block and turn right (on the right corner is the sign, 平畑温泉, and a convex mirror.

Hours	6:00 - 24:00
Days Closed	Open 7days a week
Pricing	Adult: ¥300. Children, 6-12 yrs: ¥150. Children, 5 and under: ¥50
Water Type	Sodium chloride spring
Bathing Amenities	Electric-pulse tub, outside tube, hot water, cold water, body shower, dry sauna.

### 桂温泉 Katsura onsen

Direction: From Falcon Gate (the Back Gate), go straight and slow down before reaching the 2nd traffic light. Before reaching the 2nd light, you'll see a red sign with 桂温泉 in white kanji. Turn right and go one block. The onsen is on the right.

Hours	5:00 - 23:00
Days Closed	Open 7days a week
Pricing	Adult: ¥300. Children, 6-12 yrs: ¥100. Children, 5 and under ¥50. Seniors, 70 and older: ¥200.
Water Type	Alkaline chloride spring
Bathing Amenities	Massaging waterfall, hiba wood tub, soft water bath, ice water, dry sauna.

### 岡三沢温泉 Okamisawa onsen

Direction: From Falcon Gate, go straight, until the 4th light. It is across from Korakuen Noodle Shop (yellow sign) and Docomo (cellphone shop).

Hours	6:00 - 23:00
Days Closed	Open 7days a week
Pricing	Adult: ¥280. Children, 6-12 yrs: ¥100. Children, 5 and under: ¥50.
Water Type	Common hot underground spring
Bathing Amenities	Electric-pulse tub, 2 temperatures of hot water, cold water, Jacuzzi soak, massaging waterfall, sauna

### 太郎温泉 Taro onsen

Direction: From the Universe-Homac corner, head east towards the Misawa Ice Arena. After you pass Pony Plaza, slow down and look for the 太郎温泉 sign (on the right) before you reach the traffic light with Eneos on the left corner. Turn right, into the onsen parking lot.

Hours	6:00 - 23:00
Days Closed	Open 7days a week
Pricing	Adult: ¥250. Children, 6-12 yrs: ¥120. Children, 5 and under: ¥50.
Water Type	Sodium chloride spring
Bathing Amenities	2 temperatures of hot water, cold water rinse, massaging waterfall, sauna

### 空港温泉 Kuko onsen (Airport)

Direction: If you are standing at the Misawa Airport traffic lights, with your back to the airport - it's diagonal-right in front of you.

Hours	6:00 - 24:00
Days Closed	Open 7days a week
Pricing	Adult: ¥300. Children, 6-12 yrs: ¥150. Children, 5 and under: ¥50.
Water Type	Alkaline chloride spring
Bathing Amenities	Hot water, cold water, electric-pulse tub, Jacuzzi soak, outdoor tub and outdoor massaging waterfall, steam sauna, dry sauna.

### 三陸温泉 Sanriku onsen

Direction: From the Universe-Homac corner, head east--past the Misawa Ice Arena -- towards Route 338. The road will end in a T, at Route 338: turn left. Drive about 3 blocks (passing 3 streets on the left) and slow down. The onsen is on the right, across the street from an elementary. Next to the onsen is a reasonably priced restaurant serving traditional Japanese comfort food!

Hours	8:00 - 22:00
Restaurant Hours	11:00 - 13:00 and 17:00 - 20:00
Days Closed	1st & 3rd Thursday of the month
Pricing	Adult: ¥250. Children, 6-12 yrs: ¥100. Children, 5 and under: ¥50.
Water Type	Sodium chloride spring (soft water)
Bathing Amenities	2 temperatures of hot water, massaging waterfall, sauna

There will be more on the next issue!

*Shichi-Go-San* literally translates as "Seven-Five-Three" and is a Japanese rite of passage holiday celebrated on November 15<sup>th</sup>. On this day—or on the closest weekend to this day—parents bring their sons who are 5 years old and their daughters who are 3 or 7 years old to a Shinto shrine. They give thanks for their children reaching a "good luck age" and pray for their children to continue in health and good fortune. If you add up 3, 5, and 7, it comes to 15; hence, the reason why this holiday falls on the 15<sup>th</sup>.

Children are dressed in either traditional Japanese kimono or current formal Western wear. They have a formal portrait taken at a photo studio, to commemorate the event. And often, they receive 千歳飴 *Chitose-ame*, a stick-type candy that's either pink or white. The children are presented the *chitose-ame* in a long bag that's decorated with a 鶴 *tsuru* (crane) and 亀 *kame* (turtle), both of which represent longevity in Japan.

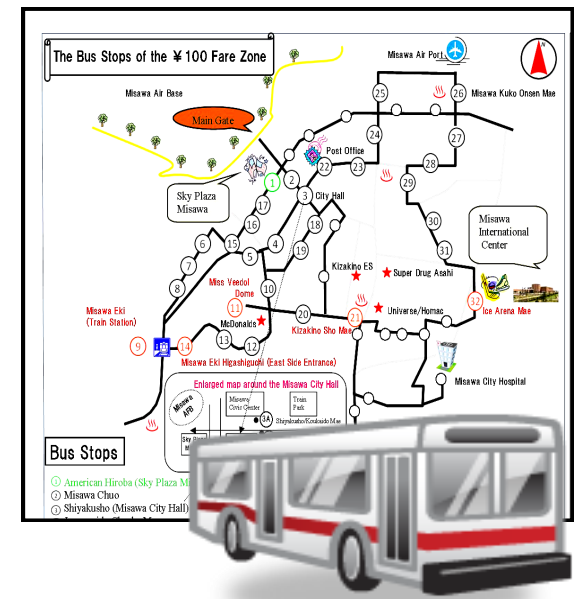


Shichi-Go-San

### The Misawa City Community Bus "Mi-Bus" English Map is Available Now!

This map show only the ¥100-zone fare areas. There are 4 major bus routes available, all served by the "Green Turtle" bus. We hope this map will help you get around Misawa!

Pick up copy at any of the locations below:  
Citizens Affairs Division of the Misawa City Hall  
(on the 1st floor)  
Misawa International Center  
Sky Plaza Misawa  
Airmen and Family Readiness Center



## Annual Thanksgiving Gala hosted by Misawa International Association

Let's enjoy Thanksgiving with our Japanese friends!  
November 25, Sunday from 4 pm to 6 pm  
At the Misawa International Center

MIA member ¥800 for adults and ¥500 for children, age 4-12  
Non-member ¥1200 for adults and ¥700 for children, age 4-12

You must sign-up and pay in advance by Nov 21, Wednesday.  
The payment is non-refundable.

For more information, Please call the Misawa International Association at (0176)51-1349