

# AJET CONNECT

September 2011



## WELCOME TO THE FIRST DIGITAL EDITION OF CONNECT

Welcome to Connect! A new monthly e-zine produced for JETs, by JETs, featuring the best news and articles from all over Japan. We are currently looking for writers, editors, photographers, and artists who want to create content for this national publication!

We need YOU, the JET community, to get involved.

Send us your short stories, news articles, photographs, comics...whatever it is that you do best...to [communications@ajet.net](mailto:communications@ajet.net).

We're waiting to see what you've got! Make your voice heard!

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# THE PREZ

## AJET CONNECT

Here it is. The moment you've been waiting for. In your hands is the debut issue of the Digital AJET Connect Magazine! (If you're reading it on an iPad or a smartphone, that is!)

In case you hadn't noticed, things have been a changin' round here! National AJET's got a new logo, and has come up with a variety of NEW ways for connecting you!

This BRAND NEW publication is part of a greater effort to get JETs more involved in what National AJET does. Over the past several months, we've created a user-friendly website that's super easy to navigate. We've collected lessons and curriculums, that we're constantly updating, which you can download off our website, and use in your classroom! We're also in the final stages of development of an iPhone app that's specifically developed FOR JETs to enhance your everyday lives!

In this magazine, you'll find all the news, info, event listings and fun articles that'll have you waiting on edge for next month's issue. But this publication isn't just us, it's you! Over the next year, we want YOU, the JET community, to get involved. If you are a writer or a photographer, and would like to be published in an internationally-read magazine, let us know!

We've been HARD at work and now it's time for the unveiling. So, go get your favorite, cold Japanese beverage. Kick back, and enjoy some of the best stuff that YOU and WE put together for all to enjoy!

Connect with you next month,

Matthew Cook

National AJET Chairman

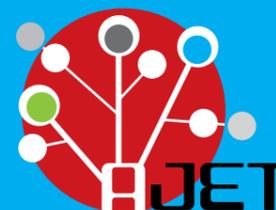


# ajet PEER SUPPORT (APS)

050-5534-5566, is an English listening & referral service which operates on the principles of confidentiality and anonymity. We are open to all JET Programme participants every night of the year, from 8PM to 7AM. Our volunteers are all current JET Programme participants, trained for APS.



Regardless of what's troubling you - whether you've had a bad day at work, need to see a doctor at 3AM or just want to speak English with someone - the volunteers at APS are available to listen.





## THE ASSOCIATION FOR JAPAN EXCHANGE AND TEACHING

National AJET is an association for JETs that has been around since the programme began, 25 years ago.

JETs elected by JETs for the 18 member national council of representatives work to provide you with a variety of Resources; including news, teaching tools, and ways to develop professionally. AJET connects you to a Community that you can take part in through events, contests, and communication with other JETs. On a professional level, the representatives conduct bi-annual research and Voice issues and concerns close to your lives to the highest levels of the Japanese ministries.

As you can see National AJET has something for everyone, no matter what it is you're looking for. Follow us on Facebook and Twitter to see our real-time updates and changes to the website at:



[twitter.com/nationalajet](https://twitter.com/nationalajet)



[facebook.com/ajetjapan](https://facebook.com/ajetjapan)



## COMMUNITY

### Local and National Connections

National AJET provides a wide variety of ways for JETs to interact with each other and creates a closely knit community, no matter the distance between them, across Japan. Through our website and your local prefectural AJET chapter, you'll find ways to connect and get involved.

### Special Interest Groups

Want to meet more like minded JETs with similar interests? Our website gives you access to a wide range of Special Interest Groups, forums, and other spaces for you to connect with the broader JET community.

### AJET Peer Support

Having trouble at work? Just need to vent those culture shock frustrations to someone that understands them first-hand, just like you? Need someone to talk to? AJET runs a free peer to peer phone line, open every night of the week, 8PM to 7AM. Give them a call at 050-5534-5544.

### Event Listings

There's so much to do in Japan that you'll never get to do it all. But with our All-Japan Event listings, you won't be able to say you didn't at least hear about them. From Japanese Festivals to AJET events, this is the one source that you'll want to turn to again and again.

### Volunteering and Charity

The JET Programme and community service go hand in hand. We're here to give internationalization to the communities we work in on a grassroots level. What better way to show the best side of your culture than giving to another? Through AJET, you'll find ways to volunteer and get involved as much as you want.



## RESOURCE

### Everything You Need

The invaluable resources that are found on [ajet.net](http://ajet.net) will give you all the tools you'll need as a JET Programme participant. Not only for your time on JET, but also for your career and your Life After JET.

We compile lesson plans, workplace tips, and publish several books that JETs have written to help perfect your existing lessons, or build them from the ground up.

Our professional development resources will put everything you need to become the best you can be in your workplace right at your fingertips!

Whether you want accreditation for teaching, or just want to find ways to develop your Japanese language skills, you'll find the key at [ajet.net](http://ajet.net).

### Deals and Connections

While you're there, check out deals for JETs from our corporate partners. There you will find information about organizations relevant to your life in a foreign country, as well as discounts and opportunities to make your experience in Japan even more rewarding.

### AJET Magazine

Got down-time at work? Read our AJET Magazine: CONNECT. It's got all the news, articles and listings that you'll be waiting on every month. Are you a writer or photographer? Get published in this magazine and get national recognition. Know a JET that exemplifies grassroots internationalization and excellence? Let us know for our monthly "JET Effect" article. Our other monthly article, "Life After JET" not only entertains, but lets you know what the world of possibilities are that you're now connected to from the JET Programme!



## VOICE

### Representation

AJET is you. Your voice is a call to action.

Twice a year, AJET conducts online surveys on issues important to JETs about your experience while in Japan. The national council then compiles that information into detailed reports to convey to the government ministries and CLAIR. The national council then meets with CLAIR, MEXT, MOFA, and MIC to discuss the reports and exchange opinions on the JET Programme's management. This is how we help to adjust the programme in the future to best fit the concerns and needs of all JETs. These meetings have had - and continue to have - a significant impact on the programme and, therefore, your life in Japan. So what's important to you? Let your voice be heard!

### Elections

Every February, AJET elections are your opportunity to vote for the AJET National Council that represent JETs, or even run to be a representative yourself! We're always looking for JETs that want to make a difference.

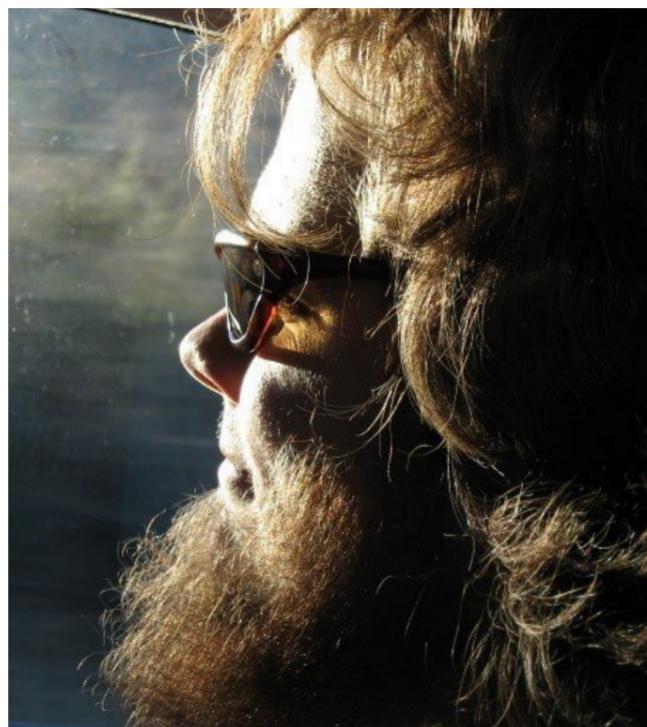
### AJET Voice

At [ajet.net](http://ajet.net), YOU get to write the content. AJET Voice is your space to promote your achievements and activities. Let Japan know what's happening in your world, post information about your events locally, and check out other prefectures.

**Check us out now, and check us out often at [ajet.net](http://ajet.net). You're sure to find it a useful page that will be at the top of your browser's bookmarks!**

# JET EFFECT





## JONATHAN 'FISH' FISHER

Jonathan Fisher states clearly, right off the bat, that everyone calls him Fish. Until recently, he was the ALT Prefectural Advisor for Hiroshima Prefecture, working as an ALT at Kure Miyahara High School in Kure City and putting in a day and a half every week at the Hiroshima Prefectural Board of Education in Hiroshima City. Now, however, after three years in the JET Programme, he has returned to North America to pursue a graduate degree in Education Studies at the University of British Columbia in Vancouver.

Fish has been an active member of JALT, the Japan Association for Language Teaching, since May 2009 – the spring of his first year as a JET. Locally, he has been involved with Hiroshima's JALT chapter, and on the national level, he has been a member of The Language Teacher editorial staff,

"I found out about JALT by accident, by filling out an information card that came with some ESL teaching materials I had purchased. After that, the Hiroshima chapter contacted me."

The Hiroshima JALT chapter holds monthly meetings in Hiroshima City, which is most often



comprised of academic-style presentations on the craft of teaching English as a second language. These presentations are sometimes led by participating members of the chapter, but more often guest experts from around Japan are invited to give lectures on broad-ranging topics in education theory and practice. Presentations are most often given in English with supporting materials in Japanese, though members of Hiroshima JALT are both native and non-native English speakers.

"Hiroshima's chapter of JALT is central to the English teaching community here. I feel very lucky to have tapped into this incredible resource."

In addition to these regular monthly meetings, the JALT chapters hold several annual social events, which are a fantastic way to network locally with professional teachers in the area. JALT also holds a national conference every year. "There are lectures on topics relevant to every JET from around the country and around the world. It's really surprising that more ALTs aren't getting involved with JALT," Fish says.

Fish hasn't had the opportunity to attend a national conference yet, but he sincerely hopes that JETs will take advantage of the opportunity and take part in one. (This year's conference, JALT2011: the 37th Annual International Conference on Language Teaching and Learning, will be held November 18-21 at the National Olympics Memorial Centre in Yoyogi, Tokyo. Keep it on your radar.)

Fish adds, "JALT is really an organization that is well worth the time of any JET who is serious about teaching as a career."

"My primary involvement in the national JALT organization has been as a member of the volunteer editorial staff of The Language Teacher, JALT's bi-monthly membership publication and one of the only fully peer-reviewed language education publications in the world. Recently I even had my own article approved for publication in JALT's semi-annual members' research journal, The JALT Journal. Staying involved in JALT has not only helped me keep my teaching methods fresh and up-to-date, it's also provided me with the opportunity to continue participating in an academic community-- a goal of particular importance to me as I've been applying to graduate school during the past six months."

Fish plans to continue contributing to The Language Teacher (as a matter of fact, this August he was at home in North Carolina proofreading the pre-conference special issue). He encourages anyone interested in a career in teaching to check out the JALT website: <http://jalt.org/>





## INSPIRATIONAL ISHINOMAKI

**I arrived in Japan three months after the tsunami, and knowing that Peace Boat was still sending volunteers to help in Ishinomaki, I signed up hoping that I could be of some use for a week. Having spent some time searching for information on the current situation in the north and finding nothing in the international press, I developed the naive notion that there was little left for the volunteers to do in this city which was one of the worst affected by the disaster.**

To say I was shocked when I arrived in Ishinomaki would be an understatement. Our bus drove past boats in the middle of roads, stacks of hundreds of crumpled cars and miles of rubble that used to be people's homes. When we pulled up to the empty clothes factory that we were going to be calling home for the following week, I was still trying to absorb the amount of devastation which was far beyond what I had envisaged.

The clothing factory was completely bare of furniture, but it had been divided into sections with an area for cooking and an area for sleeping. The sleeping area was essentially just a large floor space covered in tatami mats with a huge tarpaulin separating the male and female sections. Although to begin with, sharing a sleeping space with 150 other volunteers wasn't too appealing, after a hard day of physical labour I was able to sleep like a champion every night despite some of the world's loudest snorers snoozing just a few metres away.

Pulling on a Peace Boat bib, I was introduced to the other eight people in my international team. I struggled intensely to remember everyone's name on that first day, but spending a week with these eight incredible people, getting sweaty, muddy and emotional certainly forged some firm friendships. We soon got to know each other very well considering we'd wake up less than half a metre away from each other every morning, share cutlery and be able to smell each other's feet at the end of every day.

Each morning as we arrived on site we were directed which way to run if the tsunami alarm sounded and after revelling in breakfasts of pancakes and porridge at 6 o'clock every morning, these instructions never failed to bring me back to reality. Every time the people of this broken city go anywhere they have to keep a mental note of where the high ground is. I found this particularly haunting, considering all I have to think about when I leave home is whether I have time to get a coffee before the bus arrives.

My team's first task was clearing 15 tonnes of mud from one small garden. We picked up the shovels and got stuck in, stopping every hour to sit down, remove our sweaty helmets and have a drink of water. To begin with this was just a job that needed completing, but finding family photographs and children's toys buried deep in the mud kept making me stop in my tracks as I remembered that just a few months ago one of those photos would have been stood on someone's dresser and the doll with pink lipstick would have been sat at the end of a little girl's bed.

After clearing the garden, our team along with two other groups was set the challenge of clearing a printing factory. The owner hadn't been inside since the tsunami, as he understandably found the task of emptying his ruined business too daunting to begin. He expected that it would take us up to three weeks to finish the work, and three days later he was surprised and elated to discover that all that was left in the factory were the printing machines and a car that the tsunami had washed in. Being covered head to toe in horrific smelling mud was made absolutely worth it upon seeing the happiness on that man's face, and we all trundled back to the clothes factory exhausted, but pleased in the knowledge that our efforts had allowed this man to take the next step towards restarting his business.

The next day involved us clearing mud from sewers. Although this sounds like a repulsive job, we soon worked out a system where two people would lift the concrete slab, one would fill a bucket with the stinky goo that was blocking the water flow and another would empty the bucket. Being able to work so well as a team meant that we ended up clearing twice the amount of sewers that we were expected to and still finished early (and very smelly).

For our last couple of days in Ishinomaki we emptied an elderly couple's home of furniture, mud and all of their ruined possessions. When one of us would come across some small trinket that could be rescued, it was very humbling to return it to the couple and watch as they reminisced about how that item fitted into their lives. Yet despite the obvious trauma and huge sense of loss that this couple were experiencing, they were still able to laugh with us as some of us fell through floor boards and others ended up face down in the mud.

Each evening after our work was done we would head back to the clothes factory to power hose ourselves and the tools we had used for the day. The expressions on each of our faces as cold jets of water were pumping towards us never failed to generate a few giggles, and although we only got to have a proper wash once, a power hose shower is certainly an experience in itself. After removing our steaming boots and drying off, we would all filter into the kitchen area for dinner. Despite only having a camp stove, we always ate great meals as we took up the challenge to keep each other awake long enough to finish our food.

I was surprised at how much our small group was able to accomplish in just one week. The tsunami may have been forgotten about by the international press, but there is still so much to do and I would encourage anyone who has even a spare weekend to offer up their time. It's hard work and you will get smelly, but it is completely worth it to know that you are contributing towards allowing people to get on with their lives that have been on hold for so long.

This was originally posted on Alicia Sheridan Kidd's blog here: [Bite Cream and Bandages](#)

**FOR INFORMATION ABOUT HOW TO VOLUNTEER WITH PEACE BOAT PLEASE SEE [HTTP://PEACEBOAT.JP/RELIEF/VOLUNTEER/](http://peaceboat.jp/relief/volunteer/). WE KNOW MANY JETS LIVE FAR AWAY FROM TOKYO AND WILL NOT BE ABLE TO ATTEND THE ORIENTATION THE WEEK BEFORE. FOR JETS COMING FROM FURTHER AFIELD, PLEASE CONTACT ERICA NAKANISHI-STANIS AT [VOL.AID@JET.NET](mailto:VOL.AID@JET.NET) FOR MORE INFORMATION ABOUT OUR SPECIAL ORIENTATION ARRANGEMENTS FOR JETS.**

## VOLUNTEERING & AID UPDATE SEPTEMBER, 2011

So you've settled in to your new placements and are looking for a way to get involved in volunteering? National AJET has a variety of different options for you to help out in your community and beyond. IN particular, we are pleased to announce that VolunteerAKITA is working under the auspices of the Smiles and Dreams Project in Tohoku to help orphanages that are in the areas affected by the March 11 disasters. Even if you can't make it all the way to Tohoku, there are plenty of ways to help!

Erica  
Volunteering and Aid Director

Hi my name is Paul Yoo, Co-founder of volunteerAKITA and The Fruit Tree Project ([www.volunteerakita.org](http://www.volunteerakita.org)). Along with our on-going activities, we are also involved in the "Smiles & Dreams" project led by Living Dreams/Smile Kids Japan ([www.livingdreams.jp](http://www.livingdreams.jp) and [www.smilekidsjapan.org](http://www.smilekidsjapan.org)). Right now, we are working as Home Communication Managers (HCMs) to two orphanages in the Sendai area. Our role is to act as contacts for the orphanages, and relay any needs they may have.

What we need right now: A boy, in his 3rd year of high school (his final year), at one of the orphanages we are in contact with, has become the first orphan there to ever express interest in going to college. He wants to attend Yamaguchi Kokusai (international university) and study hoiku ka (child care). It is a four year program and the university will cover tuition for the first 2 years of the program, along with 50% of the 3rd and 4th years. Our goal is to raise ¥1,154,000 which includes ¥970,000 in tuition costs for the 3rd and 4th years, along with an ¥184,000 mandatory insurance cost over 4 years.

We are currently accepting PLEDGES to donate to this fund because he still needs to pass his college entrance exam. Once he does, we will move forward in collecting funds and transferring the money into an account that will be handled by the orphanage.

We welcome any grants, scholarships, or personal donations to get this young man to college, and most importantly doing it without leaving him in debt after he finishes school, since in most cases, once an orphan has finished high school, he is on his own.

It is truly inspiring that he plans to go to college and is the first from his orphanage to show interest in doing so. Successfully sending him to college would be such an amazing gift, and would inspire other orphans to follow in his footsteps, knowing that they too can receive a college education, and strive to become whatever they want to be in the future.

If you have any questions regarding this proposal or can help us out, please contact me.

Paul Yoo  
Co-Director  
VolunteerAKITA / The Fruit Tree Project  
phone: 080-3337-5436  
[www.volunteerakita.org](http://www.volunteerakita.org)



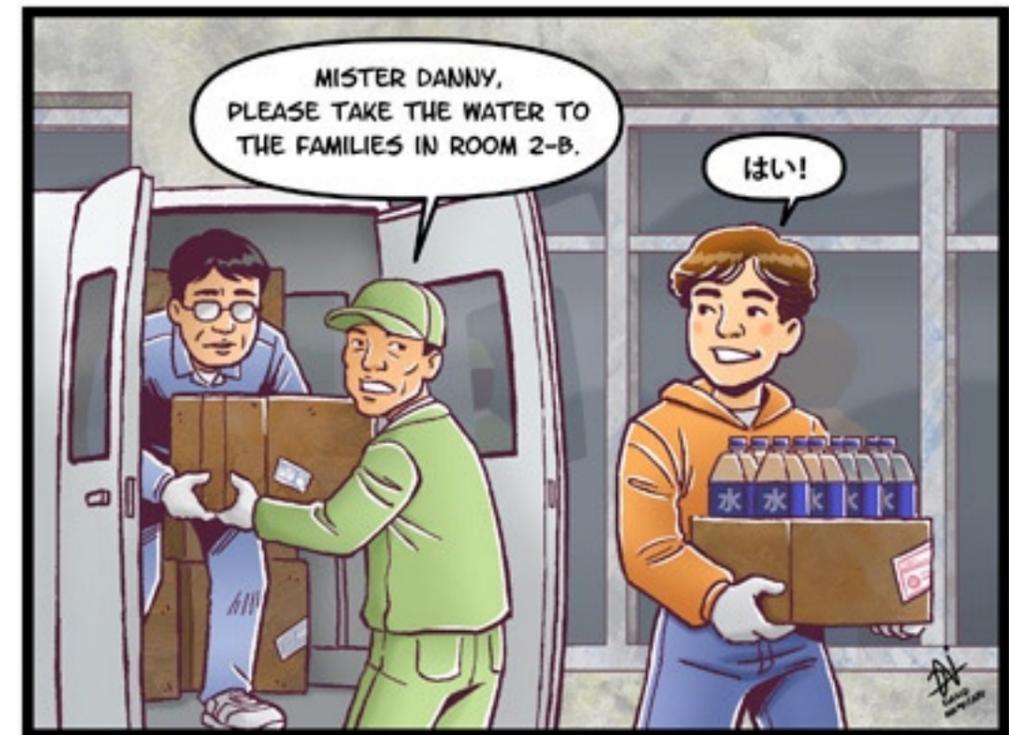
[volunteerakita.org](http://volunteerakita.org)



SMILE  
KIDS  
JAPAN.org

## Life After the B.O.E.

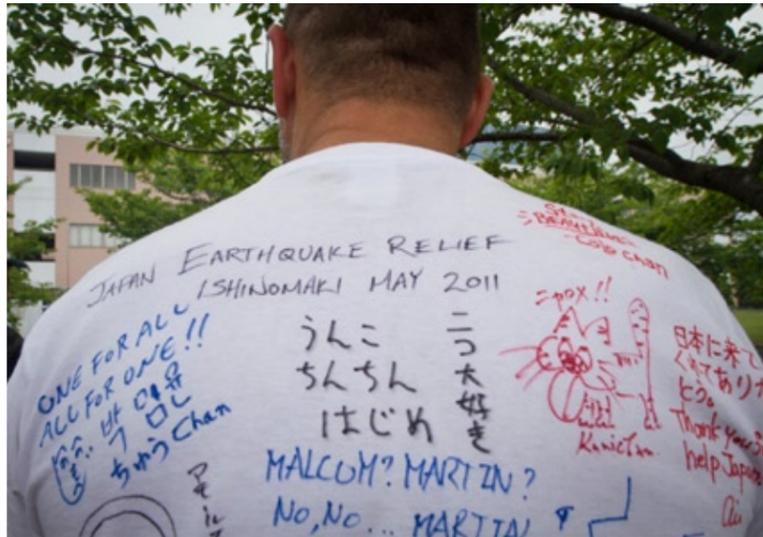
BY DAVID NAMISATO (AOMORI-KEN, CIR, 2002-04)



Often, it's what we do outside of class that makes a difference.



Y U NO VISIT 9GAG.COM



## AJET VOLUNTEER RELIEF

**During my one-year stay in Japan as an ALT for the JET program I had the remarkable opportunity to volunteer in Ishinomaki, one of the many hard hit areas devastated by the March 11th tsunami, on two separate occasions.**

My first journey up to the Tohoku region was actually made by "fateful accident." It was May 26th and I had taken two days of nenkyu to visit a friend who lived close to Fukuoaka city for a long weekend. I was living in Hyogo prefecture in a small and lovely beach town on the sea coast of Japan called Takeno. To make a very long story short, I ended up taking a series of trains that led me nowhere in the direction that I wanted to go but instead took me further north up to Ishikawa prefecture. At that point, I realized that attempting to reroute myself and head south again would cost me even more time and money and so I contemplated other options. I had always intended on volunteering with the relief effort and as I am a big believer in everything happens for a reason, I decided to take a chance and just travel up to Sendai from where I now was. Of course one can only imagine how anxious I was not only by the fact that I was all alone with no real plans, but also because I had no idea of how to go about volunteering once I arrived there.

After a long and exhausting train ride, I

reached Sendai station a nervous wreck and already second guessing my decision. I navigated my way through an overly crowded train station to the tourist information centre. The customer service lady there helped to ease my worries by providing me with a few people to contact. After getting in touch with the international centre in Sendai, I found out about a volunteer centre at IshinomakiSenshu University. The next day I hopped on a bus and made my way there along with many other groups of people eager to help out.

When I got there, I made my way to the sign up desk, filled out some forms, received a volunteer badge and was ready to go. The whole process was very fast and simple and I was not surprised because the place was filled with people, a good number of them being foreigners. In fact the University campus was covered with the tents of volunteers who had set up camp for days, weeks and even months at a time.

In no time I found myself making new friends and venturing out to the disaster zone to provide assistance with a variety of relief tasks ranging from cleaning up debris to cooking in a soup kitchen. Witnessing the devastation first hand was as could be expected both very shocking and depressing. It was really beyond any kind of description I can give you in words. As an aspiring filmmaker, I was thankful to have brought my camera along with me and so documented my time there, which I later turned into two separate music video projects. The first music video concentrates more on the sheer destruction in the area while the second one focuses more on the volunteer efforts. You can view both of them by following these links <http://vimeo.com/24718834> and <http://vimeo.com/27797977>.

Although the aid work itself could be hard at times given the humidity and hot temperatures, we were always given plenty of breaks and time to hydrate and refuel. We



were often even provided with food, snacks and beverages. I was lucky enough to have made many good friends who even offered me a place to sleep in their tents. At night we would gather around and have dinner together getting to know one another and reminiscing over the days events. Despite the dire physical environment we had found ourselves in, we were all very inspired and lifted by the spirits of the local Japanese people we had met. I spoke to several survivors many of whom had not only lost homes but also loved ones. One common thread that interweaved all their stories together was that of hope. It is sometimes said that a lot can be revealed about a person's character in their darkest moments and the Japanese character is truly made of strength, perseverance and goodwill.

My first visit to the area inevitably led to my second visit. However, the second time around I stayed with a host family in Ishinomaki who had generously opened their doors to us in spite of the fact that they were still rebuilding from the damage the tsunami had left on their home and personal business. Everyday we would wake up bright and early to go and volunteer with different projects we had heard about.

As is both unfortunate and normally expected, news and media coverage has died down significantly since the initial tragedy struck. Although Japan has generously received a lot of aid from across the world, the country still needs a lot of help to rebuild. There are many organizations that have set up base in various locations all over northeastern Japan with the aim of gathering volunteers together to assist with the relief process. Thus, there are many ways you can help. I highly recommend doing so. It was one of the best and most memorable experiences I had while in Japan. I have come to learn that volunteering is not only about helping others but also about helping yourself and growing as a person. In other words, volunteering has mutual benefits even though you may not always realize them right away. I am very grateful for the opportunity to have met and experienced everything I did. My blessings and prayers are with the people of Japan as they rebuild a future for themselves.

By Oana Dragan

# TRAVEL

## LIFE LESSONS VIA THE PHILIPPINES

Last year at the height of the Japanese winter, this Caribbean boy decided to take refuge in the beautiful islands of the Philippines. What had initially been planned to be vacation fully encompassing sun, sand and sea had somehow morphed into a journey of self (re)discovery.

### Life Lesson Number One **I am not Ian Thorpe!**

The Philippines is blessed with spectacular beaches and that's an understatement. When I first laid eyes on the powdery, white sandy beaches and the turquoise waters of Boracay, all I could say was an inarticulate, "Wow." So, beautiful beaches mean one thing, right? You just want to run, naked, and plunge into it. And that's exactly what I did. I ran, semi-nude, into the crystal waters of Boracay and nearly drowned...on the shallow end.

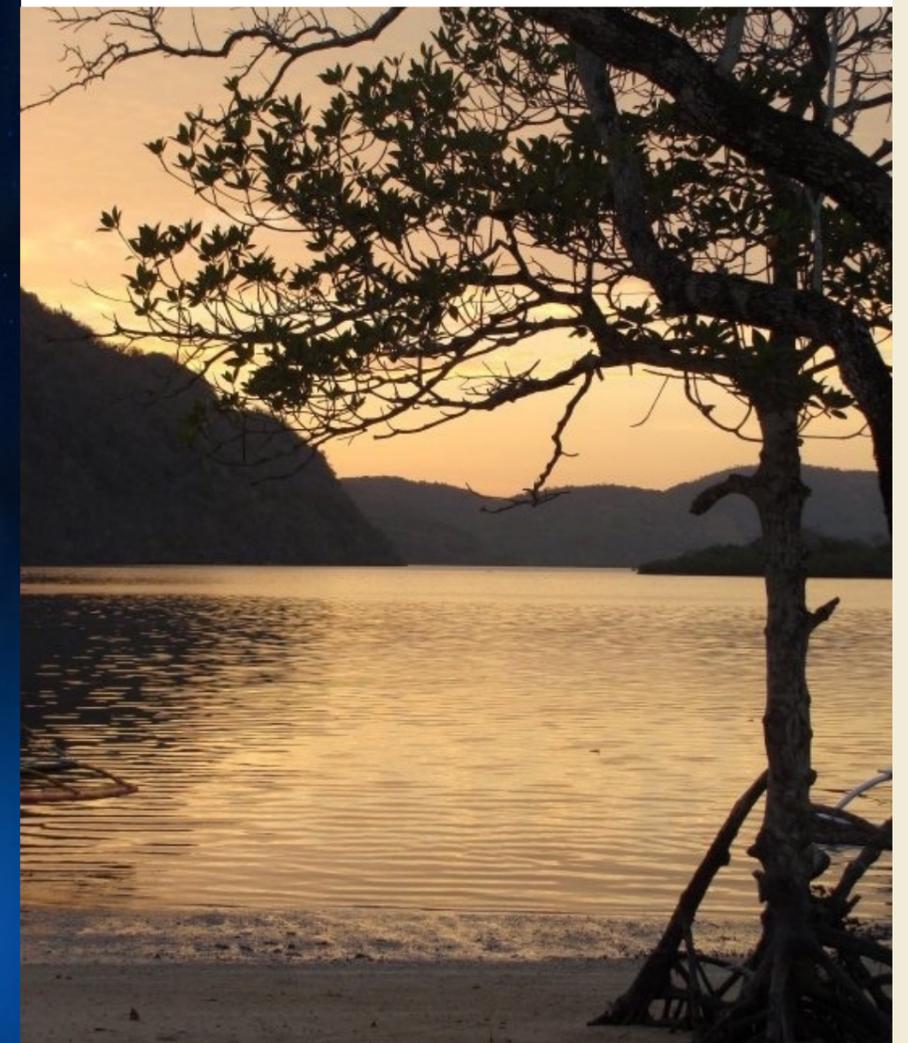


image from shutterstock.com

Somehow in my deluded mind I am always Mitch Buchanan in Baywatch. Of course in my version it's called "Babewatch" and I have a smooth chest but that's besides the point. The point is, I must, finally, admit to myself and realise the glaring fact that I was, am and never will be Ian 'Thunderbolt' Thorpe. I am Jenson 'Can't-swim-to-save-his-own-life' Deokiesingh and I need to love that.

### **Life Lesson Number Two** **I need to address my list of hobbies**

For as long as I could remember, I have had pretty much the same, not very exciting list. I often say, almost robotically, my hobbies include-reading, writing, snorkeling, hiking and travelling. Well, that list is full of horse crock. Snorkeling is not one of my hobbies. Neither is hiking.

Sailing the open ocean, having the sea breeze whip through my hair and the sun kiss my cheeks in Coron, Palawan, a breathtaking part of the Philippines, all I could think was, "This is paradise." The boat slowly stopped at the insanely gorgeous Twin Lagoons where we are supposed to go snorkeling. I am, of course, more than suitably dressed. I have this black diver's top that real divers wear and as I stood up, a kind Filipino woman, noticing my attire, innocently inquires, "Are you a diver?"

Before I could reply, my Jamaican friend, dying with laughter answers, "Diver? He can barely swim!" Hot with embarrassment I smiled politely and reluctantly admitted the truth, picked up my life jacket and took the stairs down to the snorkeling site. I can't dive. I wasn't exactly going to jump off like the others and possibly, die.

I am in the lagoon and start swallowing salt water by the buckets while holding on to the boat for dear life. Two Filipino girls in the boat are laughing uncontrollably at my near death experience. I exchanged my snorkeling mask, feeling more confident started drifting away.

I realised three things, one, the ocean, though an incredibly peaceful place, is equally scary; two, the ocean isn't like Finding Nemo; and three, some of these fishes are too big and have teeth, I need to get back on the boat.

My problem is I am in love with the idea of being this adventurous Crocodile Dundee kind of guy when in fact, I am not. Definitely not. But that being said, I do enjoy the stories that transpire from each of my little adventures and that's good enough for me.

### **Life Lesson Number Three** **No Woman No Cry**

Everyone has heard the old saying: The only constant in life is change. That maybe an ancient parable but I am going to change it, slightly- The only constant in life is change, and Bob Marley. In all my travels, everyone, regardless of creed and race, knows of Bob Marley. One of the memories which will stay with me until Alzheimers sets in is sitting on the beach my last night in Boracay and listening to a Filipino reggae band do impressive renditions of the great Bob Marley. There were people of all walks of life listening to the stirring words of this legend and I couldn't help as I sat in the sand thinking to myself, "A rasta man has temporarily united the world for a few honest minutes."

Of course, after hearing this song for twenty something years, I still do not know the words. When the bridge and verses strum along, I mumble under my breath, moving my lips, deceptively, pretending I know the song and when the chorus comes on, I shout to ensure everyone knows I "know" the song:

NO WOMAN NO CRY

NO WO-MAN NO CRY

Needless to say, I did the same thing to every song that came on.

### **Life Lesson Number Four** **Burn baby, burn**

Regardless of how much sun block I put on, I will burn badly and morph into a different race. I am so burnt right now I am going by the new name, Jamal. Not putting sunblock on increases the likelihood of skin cancer and worse, premature wrinkling. So, I make sure I dabble my SPF minimum 50 every time I go to the beach.

Yet in spite of applying the precautionary principle, I always, always seem to burn. So henceforth, I will continue to use my sunblock, lie back, warmly welcome the sunny rays and the burns they bring.

#### **Jenson Deokiesingh, 3rd year ALT in Toyama**

*Jamal recommends: Visiting the Philippines, or anywhere for that matter and rediscovering yourself. Jamal, the writer formerly known as Jenson Deokiesingh*



## SOLO TRAVELING

**“Isn’t it dangerous?”**

**“Don’t you get lonely?”**

**“What if something goes wrong?”**

The list goes on and on against solo traveling. The funny thing is, though, many of the people who are against solo traveling have never tried it. Most have never taken a trip alone for longer than a day. Even fewer have done it in a foreign country. And some never will their entire life.

I had never done a solo trip longer than a few days before my time here in Vietnam. Having reached the conclusion of two weeks on the road, I am reflecting on my experiences and whether or not it has been worth traveling by myself.

**So is it dangerous?**

Well, yeah, if you’re stupid. However, the same can be said of any activity. I would argue that it is more dangerous to travel in a small group—you stand out more as tourists and become more likely to be the target of a scam or bag snatching. If you’re by yourself, as long as you hide your Lonely Planet, learn a few phrases, and respect normal customs, locals may mistake you for one of them. After I got a Vietnamese haircut to blend in better, I paid local prices at attractions when I asked for a ticket, “Cho toi mot ve.” Even if you don’t blend in as well (apparently I look Vietnamese), you may at least be mistaken for an expat.

**Do I get lonely?**

Sure, at times. This has been my first Christmas away from my family. Instead of moping around and feeling lonely, I went out and met new people. I had to. When you travel by yourself, you instantly become more outgoing. You have to talk to people in everyday situations—there’s no one else to do it for you. And if you make the extra effort to get to know them beyond that, you’ll realize just how quickly strangers can become friends.

On Christmas Day, I took a walking tour in Hanoi. My tour guides mentioned that they were university students, and since our tour ended next to their campus, they asked if I wanted to see it. If I wasn’t by myself, I probably would not have gone (or even have been invited). I agreed, and after showing me off to their roommates (a cozy dorm room of 10 girls!), we went for dinner in their school cafeteria.

When I returned to my hostel, it was still early so I went to the lounge. The great thing about hostels is that it’s so easy to meet people. You have a guaranteed common interest—traveling. Grab a beer (or in my case on Christmas, there were free bottles of wine in my hostel) and just start talking. Ask where they’re from, where they visited, and where’s next. Chances are, your fellow travelers will have a good story or two. And the more you travel, it may be you who has the interesting story. This leads to our last question:

**“What if something goes wrong?”**

Well, sometimes the best stories are when something goes wrong. Or at least, when things don’t go according to plan. When you travel in a group, unplanned hiccups can be disastrous. More often than not, you already planned where you’re staying and where you’re going since it’s harder to book as a group. When it’s just you, though, you decide where and when to go. If you want to do something, your vote is the only one that matters.

When I travel, I have an checklist for things I want to do in places I want to visit. However, the more I talk to people and hear their stories, the longer my list becomes. Even then, some of the best experiences have still deviated from said list. I ate the heart, blood, and venom of a cobra in Hanoi; turned a day-trip to the DMV into a three day motorcycle tour of Ho Chi Minh Trail; and decided to go scuba diving earlier today in Nha Trang... and I could. I didn’t plan on any of these activities, but because I wasn’t in a group, I was much more open to random opportunities. In a group, you lose that flexibility to do something on a whim.

Of course there are benefits to traveling with other people. I’ll save those arguments for someone else. For my time in Vietnam, I would not have spent it any other way.

**Justin Endo, 2nd year ALT in Fukuoka**



# autumn in Japan

## AUTUMNAL EQUINOX DAY, OR SHUBUN NO HI 秋分の日

*"Gone, gone, gone beyond, everyone gone beyond [to the Other Shore]"*

*"...when the night and day are equally divided, Buddha appears on earth for a week to save stray souls and lead them to Nirvana."*

With the advent of September in Japan, we breathlessly await the end of summer's convection oven heat. Last August, as I sat in a car with a Japanese friend's mother, I complained bitterly about the heat, the sweat, and the hot, clinging dampness. "When will it end?" I wailed. She listened to my terrible Japanese with a smile, then said with utter certainty, "Shubun no hi. September 23rd." I doubted the heat could last that long – over a month? But last it did, that excruciating heat, until the day of the autumnal equinox, when a soft cool breeze signified the blessed approach of fall. (Which goes to show, never argue with an obasan. You'll never win.)

The spring and autumn equinoxes mark the changing seasons. In Japan, the change is like clockwork. On this day, the day and night are the same length. After the autumnal equinox, the days will become shorter than the nights. This change is less dramatic in Japan than it is in my native Canada, when darkness falls around 4pm on those winter nights, but still noticeable.

The other significance of shubun no hi is a semi-religious one. From the Meiji era until 1947, it was a Shinto holiday called shuki koreisai, when the Imperial family, widely believed to be descended from gods, was honoured. After World War Two, the holiday was 're-branded' as a non-religious holiday when church and state were firmly separated in the postwar constitution.

The equinoxes were also a time for honouring the ancestors in ancient China, a custom adopted in Japan as far back as the 8th century. The period of one week – the three days before shubun no hi and the three days after it – is called O-higan. The same seven-day period around the spring equinox, shunbun no hi (春分の日) bears the same name and is marked the same way.

In Buddhism, O-higan is a time to focus on the Six Perfections: generosity, virtue, patience, effort, meditation and wisdom. Buddhists believe that the Six Perfections form a bridge or boat that enables humans to cross over to the other shore, where Enlightenment awaits. The name higan literally means "the other shore" and is short for tohigan - to arrive at the other shore. On this side of the river is our everyday world, and on the far side is the land where the souls of the departed live.

The difference between O-higan and O-bon, as best as I can tell, is this: O-bon is the time when the ancestors return to their former homes and visit their living descendents. O-higan is the time when people visit their ancestors. In Japan, paying respect to the family's ancestors is very important. After they die, they become family deities, watching over the family and interceding on their behalf in the great beyond. I'm a little worried if this is indeed true; with a shudder, I picture my deceased grandmother visiting my little apartment and running a phantom finger

over my dusty shelves. She was always a tidy woman. Imagine, instead of Santa Claus 'seeing you when you're sleeping, knowing when you're awake, and knowing if you've been bad or good', a huge host of your ancestors crowding in to watch your every move.

Flip comments aside, I think this is a beautiful and comforting belief. Wherever you go, you are protected by these little family gods. And in the grief that follows death, isn't it comforting to know your lost one is still with you, actively trying to help you and guide you in life?

Shubun no hi is a public holiday, which this year falls on a holiday. Three-day weekend! However, the more traditional of your Japanese friends may not be planning a weekend getaway. They might pass up that weekend camping trip in order to scrub the

family tombstones, offer flowers and food, burn incense and pray for the repose of the deceased. The types of food offered range from the traditional, such as o-hagi (soft rice wrapped in bean paste), sushi and fruit, to the favourite snacks of the deceased, which might include candy and beer or sake.

#### Etiquette note

*Should you happen to be in a cemetery, and see that can of sake on the tombstone, it's very bad form to drink it. Plus, ick!!*

Nature seems to mark the holiday as well, for the autumnal equinox is distinguished by the blooming of the higanbana, known in the west as hurricane lilies or cluster amaryllis. These brilliant scarlet flowers like damp, open spaces, and can be seen near rice fields and riverbanks, along country roads and in cemeteries. The bulb of the higanbana is poisonous, so some farmers plant them near rice fields to protect them from vermin. Because they bloom at this time, they are associated with death and 'the other shore' and people of the older generation consider it unlucky. A common superstition warns us not to bring higanbana into our houses, because they may cause a fire (*a superstition possibly based on the bright red colour of the flower*).

Shubun no hi is not our only three-day weekend this September. The week before it is also a three-day weekend, as Monday will be Respect for the Aged Day, or keiro no Hi (敬老の日). On this day, elderly citizens are honoured. I remember a member of my adult language class, a very cantankerous retired gentleman in his seventies, coming to class grumbling because the neighbourhood children had presented him with a beautiful fan on keiro no hi. He complained that he wasn't old enough to be receiving presents. I wisely said nothing.

So please enjoy your long weekends this month, and I hope I have given you some insight into the holidays we'll be celebrating. Thank you!

以上です

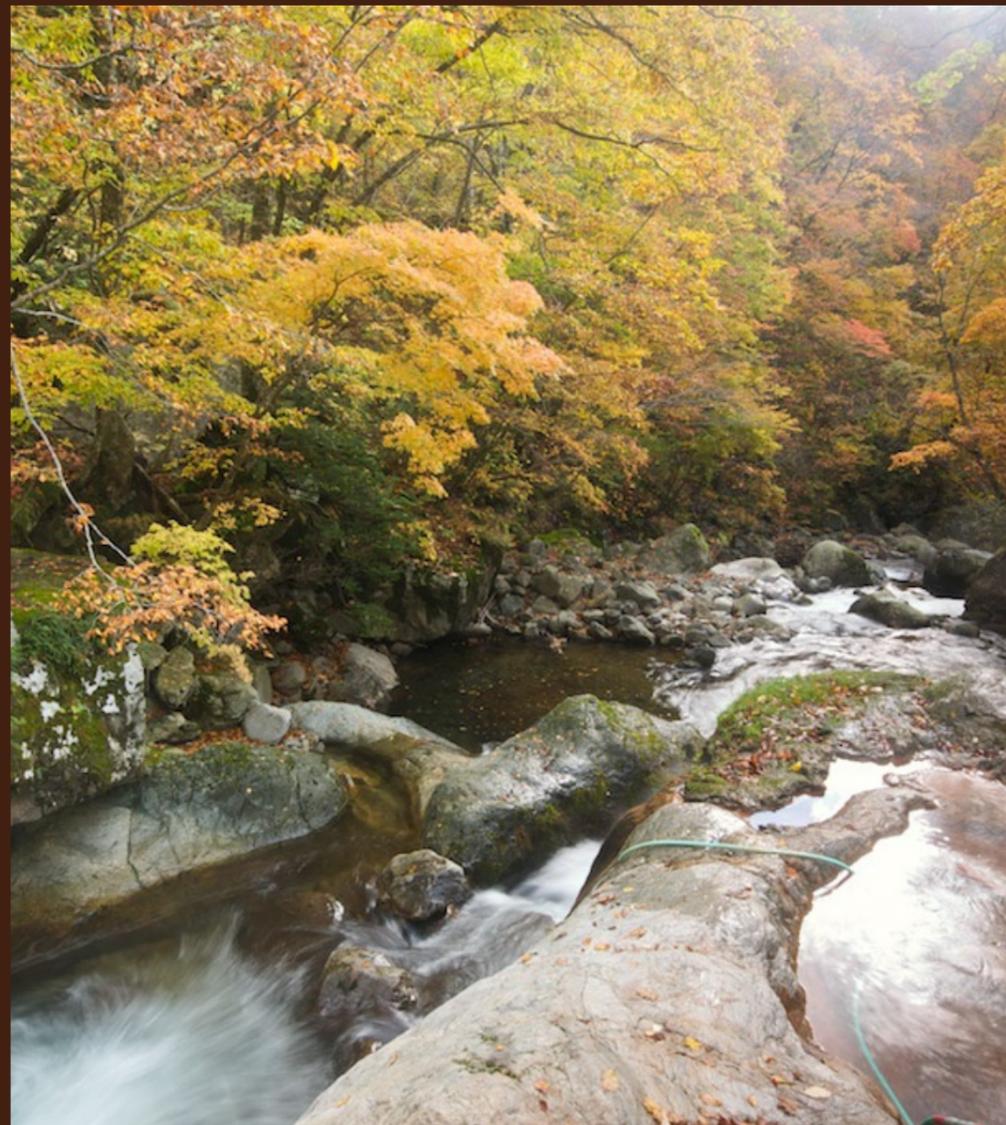


photo by Ross Cole-Hunter

# autumn in japan

Block	Location	Start Date
<b>Block 1</b>		
Hokkaido	Daisetsuzan Park	mid September
	Shiretoko Park	late September
	Lake Akan	early October
	Sounkyo Gorge	early October
Aomori	Lake Towada	mid October
	Oirase Stream	late October

Block 2		
Fukushima	Bandai-kogen	mid October
Miyagi	Narugo-kyo	late October

Block 3		
Tochigi	Shiobara-keikoku	mid October
	Oku-Nikko	early October
Ibaraki	Fukuroda Falls	late October
Gunma	Usui pass	mid October
	Mount Myogi	late October
Nagano	Kamikochi	early October

Block 4		
Yamanashi	Shosen-kyo	late October
Shizuoka	Sumata-kyo	late October

Block 5		
Toyama	Kurobe-keikoku	mid October
Ishikawa	Komatsu	late October
Gifu	Nakayama-Shichiri	late October

Block 6		
Kyoto	Tofukuji	mid November
	Arashiyama	mid November
	Kiyomizudera	mid November
	Eikando	mid November

Block 7		
Nara	Nara prefecture	late October
	Tonomine	early November
Mie	Akame-Shijuhachi Falls	late October
Osaka	Mino-o (park)	mid November

Block 8		
Ehime	Omogo-kei	late October
Kagawa	Kanka-kei	early November

Block 9		
Tottori	Mount daisen	late October
Yamaguchi	Nagato-kyo	early October
Hiroshima	Butsuji	mid November
	Miyajima	mid November

Block 10		
Oita	Yaba kei	early November

Block 11		
Miyazaki	Takachiho-kyo	late October

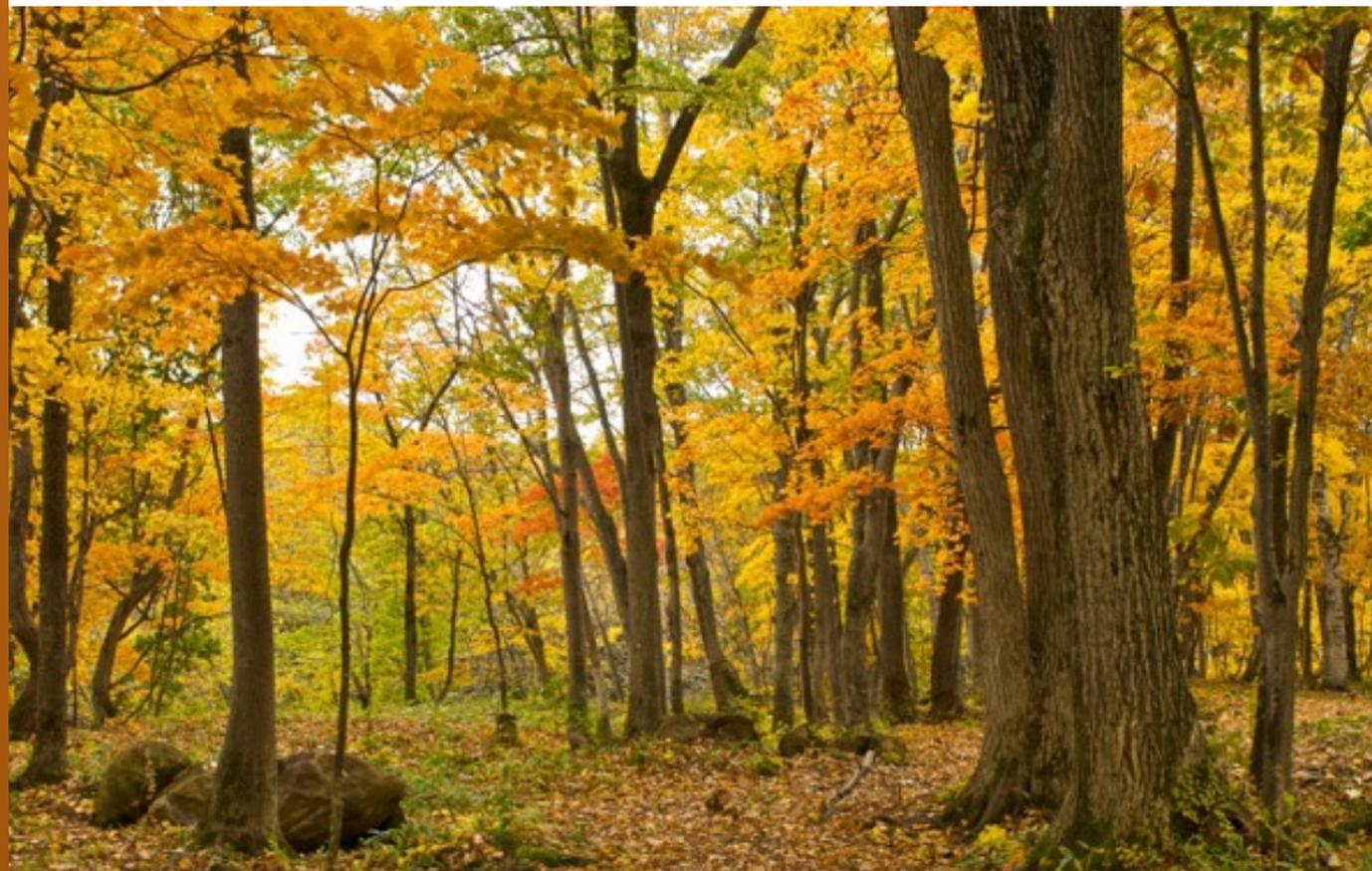
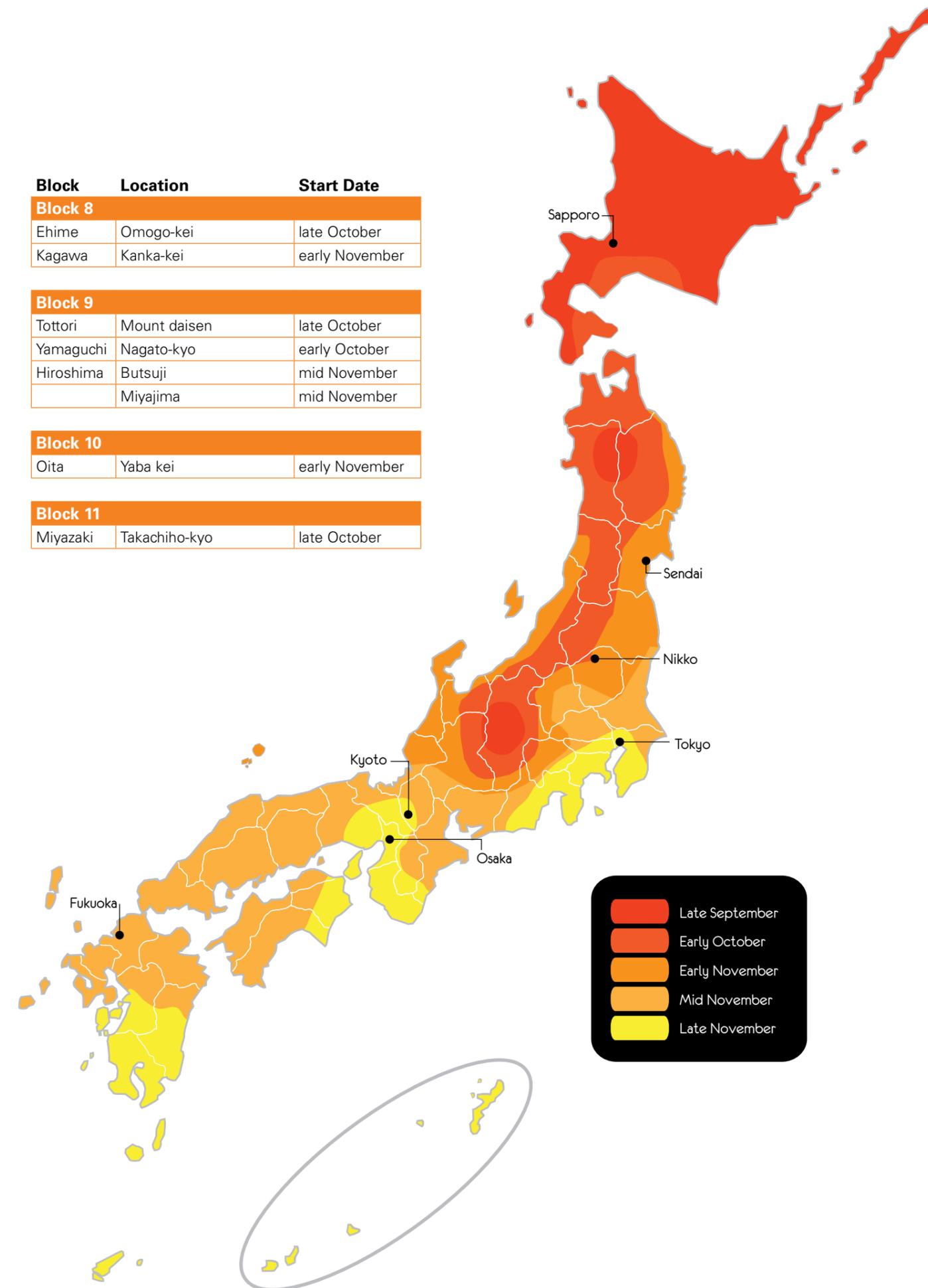


photo by Ross Cole-Hunter

The **GOOD** thing  
**ABOUT** SCIENCE  
IS that, **IT'S** TRUE  
whether or not  
**YOU** BELIEVE  
**IN IT.** NEIL  
DE GRASSE  
TYSON

## AJET FUN AND FUNDAMENTALS FROM FUKUOKA

You may be a JET fresh to Japan looking for a way to get involved in your community. You may be a seasoned JET searching for a new challenge. AJET can fortunately appeal to a plethora of JETs hoping to make a positive difference around their home away from home. Local AJET chapters vary in their events and projects. However, there are always opportunities to create or improve initiatives. Fukuoka AJET is a prime example.

Just three years ago, Fukuoka AJET was getting back on its feet again after a hiatus. With the help of a couple Prefectural Advisors, a small group of Fukuoka JETs gathered information about AJET workings and successfully organized five events during the 2008-2009 JET year. Having gone from zero to five events in only one year, this effort won Fukuoka AJET the National AJET Award for Most Improved Chapter. Since then, Fukuoka AJET has continued to produce quality social events to welcome new JETs, to showcase the prefecture, to foster a spirit of community around Fukuoka prefecture, and to say goodbye to returning JETs.

In the wake of these social events and individually-organized volunteer projects, in 2009, another handful of Fukuoka JETs saw a chance to give back to the Fukuoka environs that have given them so much. Their objective was to raise money to donate to charity. A year later, this group joined the National AJET umbrella and became the Fukuoka AJET Charity Committee. Now, the Charity Committee has solidified two annual events, the Songs of Summer concert along with routine bake sales and clothing drives. It also partners with a total of four local and international charities.

Currently, Fukuoka AJET has swelled to eight representatives filling a variety of positions. With the creation of an official Fukuoka AJET Handbook, representatives are working to strengthen already popular events, such as the Kyushu Basho Sumo Trip and Softbank Hawks baseball game, and develop new projects. Simultaneously, the Fukuoka AJET Charity Committee has established itself as an integral part of the Fukuoka JET community. Fukuoka AJET and the Fukuoka AJET Charity Committee even have brand-new corresponding logos!

For more information about generally getting involved with AJET and how to improve your chapter, check out the Prefectural AJET Resources page in the Voice section of the National AJET website - <http://ajet.net/prefectural-ajet-resources/>



# AJET PHOTOGRAPHY CONTEST!

**ENTRIES CLOSE 25 SEPTEMBER 2011**

Starting with this, our first online issue, AJET Connect is launching our monthly photography contest! Submissions relevant to the JET experience are welcomed from current JET Programme participants. Your submission will be featured in the October issue, where our readers can vote on their choice for the best photograph. The winning entries will be entered in the yearly AJET Photography Contest.

## **TO ENTER**

- 1\_ your name**
- 2\_ your mailing address**  
(this will not be published)
- 3\_ your JET number**  
(this will not be published)
- 4\_ a title and brief caption**  
describing the scene

Submissions should be original, high quality JPG files. Contestants may submit one photo each month. This contest is for JET participants only. Send your entries to [contest@ajet.net](mailto:contest@ajet.net), Current National AJET council members are not eligible to enter. In the case that you submit photographs where people are clearly featured, you must get permission from those featured before you submit their image.

### **Ownership/ Use Rights**

Photographers retain the rights to their photograph. By entering the contest, photographers agree to have their submitted photograph published in the AJET Connect magazine, displayed on the AJET website and posted on AJET Facebook sites. Photos will be credited to the author named in the entry form.



1ST PLACE

## CONTEST WINNERS

### The Riders

by Mark Fujishige

"On the way back from a weekend road trip, some friends and I happened to be in Tsuwano during the annual yabusame competition. Despite the rain and cool temperatures it turned out to be one of the most memorable weekends of my time in Japan."

### The Color of Determination

by Nadia Sobehart



3RD PLACE

### Planting

by Joshua Del Pino



2ND PLACE

# BLOOD TYPE IN JAPAN

## Do you know your blood type?

Discussion of blood types is widely popular in women's magazines as a way of gauging relationship compatibility with a potential or current partner. Morning television shows feature blood type horoscopes, and similar horoscopes are published daily in newspapers. On Japanese Wikipedia, blood type is among the first attributes listed in the info boxes for celebrities, frequently between birthdate and birthplace. A series of four books that describe people's character by blood type ranked third, fourth, fifth and ninth on a list of best selling books in Japan in 2008 compiled by Tohan Corporation.

Although there is no proven correlation between blood type and personality, it remains popular with the many matchmaking services that cater to blood type. In this way, it is similar to the use of astrological signs, which is also popular in Japan. Asking one's blood type is common in Japan, and people are often surprised when a non-Japanese does not know his or her own blood type.

It is common among anime and manga authors to mention their character's blood types, and to give their characters corresponding blood types to match their personalities. Some video game characters also have known blood types. In addition, it is common for video game series to allow for blood type as an option in their creation modes.

Blood type harassment, called "bura-hara" (wasei-eigo-a portmanteau of "blood" and "harassment"), has been blamed for bullying of children in playgrounds, loss of job opportunities, and ending of happy relationships.

Facebook in many Asian countries also allow users to include their blood type in their profile.

[http://en.wikipedia.org/wiki/Blood\\_types\\_in\\_Japanese\\_culture/](http://en.wikipedia.org/wiki/Blood_types_in_Japanese_culture/)

# do you know your blood type?

## YOU ARE WHAT YOU BLEED JAPANESE BLOOD TYPING

### THE HISTORY OF JAPANESE BLOOD TYPING

- 1900:** Austrian biologist Karl Landsteiner first identifies blood types.
- 1916:** Japanese doctor Kimata Hara writes a paper on the link between blood types and character.
- 1927:** Takeji Furukawa, publishes "The Study of Temperament Through Blood Type." While the research is not statistically sound, it becomes popular in Japan.
- 1930:** The theory of personality related to blood type is adopted by the militarist government who attempts to breed better soldiers based on blood type.
- Late 1930s:** The fad fades as its lack of scientific evidence becomes apparent.
- 1970:** The trend is revived by journalist Masahiko Nomi who has no medical or scientific background.

### THE BLOOD TYPING CRAZE

- Daytime TV shows often offer "blood horoscopes."
- More than 90% of Japanese people know their blood type.
- The Japanese women's softball team used blood type theory to customize each player's training. They won gold at the Olympics in Beijing.
- Japanese baseball cards list each of the player's blood type.

### Four books about blood types reached Japan's top 10 best seller list in 2008.

"Instruction Manual for People with Type B Blood", "Instruction Manual for People with Type A Blood", "Instruction Manual for People with Type O Blood", and "Instruction Manual for People with Type AB Blood". The books sold more than five million copies.

### Blood type soft drinks are very popular and are purchased mostly by school girls.

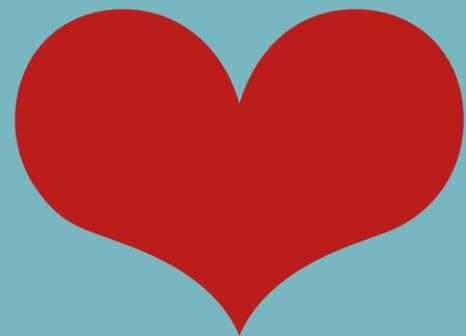
- Type B** soda reportedly increases the "mental stamina" of people who "use a lot of brainpower because they are always curious."
- Banana-flavored type soda for **AB** blood types has extra magnesium to reduce stress, while lemon-flavored soda for **type A** blood contains vitamin C and calcium to calm tense nerves.
- Apple-flavored **type O** soda has multi-vitamins to help "burn energy more efficiently."

### The Japanese purchase almost 2 billion blood type condoms every year.

- Type A** condoms are pink and thin.
  - Type B** condoms are ribbed.
  - Type AB** condoms are covered with diamond-shaped studs.
- The condoms are often accompanied with advice on getting along with partners of various blood types.
- Purchasers of **type O** condoms are told that woman with AB blood are "a hot love" and adds "the key is how tolerant you can be of her selfishness."

### THE 4 BLOOD TYPE PERSONALITIES

- TYPE A // THE FARMER**
  - BEST TRAITS:** Conservative, calm, responsible, introverted, reserved, patient, punctual, perfectionist.
  - WORST TRAITS:** Obsessive, overcautious, sensitive, stubborn, self-conscious, uptight.
  - FAMOUS PEOPLE:** George H. W. Bush, O.J. Simpson, Britney Spears, Alan Alda, Adolf Hitler, Lyndon B. Johnson, Richard Nixon, Jet Li, Maki Nomiya, Rick James.
  - % OF PEOPLE IN THE U.S.:** 40%
  - % OF PEOPLE IN JAPAN:** 38%
  - BEST COMPATIBLE WITH:** A & AB
- TYPE B // THE HUNTER**
  - BEST TRAITS:** Creative, flexible, impulsive, free-spirited, passionate, loving, optimistic, unpredictable.
  - WORST TRAITS:** Forgetful, irresponsible, self-centered.
  - FAMOUS PEOPLE:** Jack Nicholson, Akira Kurosawa, Luciano Pavarotti, Tom Selleck, Mia Farrow, Paul McCartney, Leonardo DiCaprio.
  - % OF PEOPLE IN THE U.S.:** 10%
  - % OF PEOPLE IN JAPAN:** 22%
  - BEST COMPATIBLE WITH:** B & AB
- TYPE AB // THE HUMANIST**
  - BEST TRAITS:** Cool, rational, highly organized, empathic.
  - WORST TRAITS:** Aloof, critical, indecisive, unforgiving.
  - FAMOUS PEOPLE:** Mao Zedong, John F. Kennedy, Marilyn Monroe, Mick Jagger, Thomas Edison, Bob Sapp, Jackie Chan, Ken Kitamura.
  - % OF PEOPLE IN THE U.S.:** 5%
  - % OF PEOPLE IN JAPAN:** 10%
  - BEST COMPATIBLE WITH:** O & AB
- TYPE O // THE WARRIOR**
  - BEST TRAITS:** Outgoing, social, self-confident, ambitious, passionate, goal-oriented, natural leader.
  - WORST TRAITS:** Arrogant, vain, insensitive, ruthless, jealous.
  - FAMOUS PEOPLE:** Ronald Reagan, Queen Elizabeth, John Lennon, Paul Newman, Elvis Presley, Gerald Ford, Mikhail Gorbachev, Al Capone, Crystal Kay.
  - % OF PEOPLE IN THE U.S.:** 45%
  - % OF PEOPLE IN JAPAN:** 30%
  - BEST COMPATIBLE WITH:** ALL TYPES



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# FIDEL'S FAVOURITE RAMEN

"Fusion cooking" is probably one of those terms that you have heard so often that the meaning has ceased to register. I will admit it is used too often, however sometimes it is unavoidable. Ramen often gets a bad wrap in teaching circles as the post-drinking sponge meal of choice. Soba on the other hand with its austere aesthetics is oftentimes seen as more refined. I for one do not think this has to be the case. Food is what you make it and good quality fresh ingredients will always shine through.

Over the cooler months I love to use my slow cooker. The prices of meat in Japan are almost inverse to what I know from at home in New Zealand with cheap cuts of beef and lamb being used for braising and stewing. In my time here I have come to love meals of a large chunk of pork simmered to tender perfection pulled apart with forks and served with fresh seasonal vegetables. In warmer weather I love iced soba and ramen and Japanese style noodle salads. It hit me one day recently that these two meals would be ideal combined.

The thing is, hardly anyone else I know has a slow cooker. I actually have two for when I entertain, but I digress. So instead of pork I have chosen to use chicken breasts, which as alluded to earlier, and counter to what I expected, are often cheaper than legs or

wings in Japan. If you have access to nice chunks of pork and a slow cooker I advise you to incorporate it into this recipe, but I will forge ahead with fowl.

In not using a slow cooker I have done away with one uncommon piece of kitchen equipment, but in the same breath I am going to suggest using another. For this recipe I am going to heavily rely on a julienne peeler. Not that you can do it by hand, but boy they are handy. Thin strips of vegetable to mirror the shape of the noodles are what you ideally want and why waste and hour chopping vegetables when you don't need to? This is not meant to be an infomercial, however if you were in the market for an upmarket version of this device the "rotary peeler" (which is a peeler, serrated peeler and julienne peeler in one by British company Joseph Joseph is a very pretty example and available at Tokyu Hands. Alternately any good kitchen store should stock them (also check your local Daiso). The one pictured is Tupperware.

## About the author

Simon Daly is a third year ALT in Engaru, Hokkaido where he lives with his wife and children. Simon attended culinary school and has worked in hotels and restaurants in his home country of New Zealand as well as in the UK. He is the former president of the Hokkaido chapter of AJET.

**Chicken and ramen salad with fat-free Cuban spiced sushi vinaigrette**  
(serves 4)

**For the Cuban spiced Sushi vinaigrette:**

- 120mls pre-seasoned sushi vinegar
- 120mls orange juice
- 1tsp ground allspice
- 1tsp ground cumin
- 1tsp crushed garlic

In a small bowl mix all ingredients together making sure to whisk out any lumps that may form in the dry ingredients when they hit the liquid. Cover and refrigerate.

**For the salad**

- 2 chicken breasts
- salt and pepper
- 1tsp canola oil
- 2 portions of fresh ramen egg noodles
- optional ice for cooling
- 2 carrots peeled
- 2 cucumbers
- 1 onion peeled
- 4 Japanese green peppers or two bell peppers

Over a moderate flame preheat a small heavy based fry pan and add the oil. Place seasoned chicken breasts skin side down and fry till rich brown (probably 5 minutes). With tongs turn the chicken and fry for a further 5 minutes till firm when pressed. Set aside on a plate to rest and cool. If you wanted to make this recipe even lower in fat you could remove the skin of the chicken and poach it, but it is pretty healthy anyway and I like how it tastes fried.

In a large pot bring at least two litres of water to hard boil for your ramen. Remove the ramen from their pack and blanch for one minute. Pour into a colander and run

cold water over them till cool. Alternately if you are using the optional ice, place drained ramen in a bowl with iced water and then once chilled drain again.

With a julienne peeler (or a knife if you are old fashioned) cut the carrot and cucumber into the longest thinnest strips you can. The cores of cucumbers do not tend to work very well for this and so I eat them as I go. With a knife halve and deseed the green peppers and cut into strips. Cut the onion also into long thin strips. For this recipe I have left the onion raw. I personally like the slight spiciness of raw onion. If you do not it can either be omitted or alternately it can be blanched with your ramen.

If you have time you can pull apart the chicken by hand (that you of course washed) following the grain of the chicken. Alternately cut the chicken with a knife into as long and fine strips as you can manage without is falling apart. Place prepared vegetables, cooled noodles and chicken onto a serving platter and toss together. There should be about the same volume of vegetables as noodles. Give you dressing one last mix and spoon it over the salad. You may think that for four portions I have suggested a lot of dressing, but as it is fat free there is no need to be miserly. The end product is a refreshing cool citrus and spice scented salad that should tingle you tastebuds and encourage interesting mealtime conversation.

If noodles are not your thing the remaining ingredients of this recipe make a delicious sandwich filling. In both cases I encourage you to spice things up by adding your favourite hot sauce, any fresh herbs or other greens you may have at hand. As a last note, I found using seasoned sushi vinegar I did not need to add more salt to the salad, but by all means season it to your own tastes. Ciao for now.



## TOP 10 REASONS A JAPANESE GIRLFRIEND WON'T HELP YOUR JAPANESE



Japanese girls are great for a lot of reasons, I mean, get real, they're loved world wide because they're small, cute, wear tiny skirts, and sometimes dress up in school uniforms (even if they're not in school anymore). It seems to be a rite of passage for every male exchange student, every JET, and everyone visiting Japan to try to find a Japanese girlfriend when they visit.

Many people even say that "the best way to learn a language is to date someone who speaks it!" Sorry, but for the sake of your Japanese language skills flirting DOESN'T CUT IT!

I assure you, the longer you date a Japanese girl, the less likely you will be able read the rude t-shirt you started wearing to find one! Why you might ask? It only makes sense that the more you speak Japanese, the better you get, right? Right? RIGHT?!

Wrong, and here's why:

### 1. You are lazy

Sure. At first you might say, "Oh man, I'm going to get so good at kanji, and grammar, and all that stuff now!" and you might even convince your girlfriend to tutor you everyday, but that won't last. It NEVER does. There are exceptions to the rule, but most of the time you've got a lot more "fun and important" things to do with your girlfriend than talk about freaking kanji radicals and grammar points (...at least I HOPE you do). You'll also have a lot more "unfun" things to talk about like when her mom is coming to visit or how bad you made the bathroom smell. In any case, there will be times when you'll get lazy and just use the easiest words you can think of, even if it's just English that sounds kind of like Japanese.

### 2. You will mix English & Japanese

There are lots of terms for this phenomenon, and it is not limited to just speakers of English and Japanese, but it is the DEVIL!!! This stupid practice, mostly caused by laziness will literally ruin your chances of speaking intelligible Japanese, and probably your girlfriend's chances of remembering English. You will create your own little language that no one else really understands, not even you, and that makes for absolutely terrible communication.

Here is a sample conversation that doesn't make sense:

- A When do you think the 図書館 is open?  
 B さあ、I don't know, after dinner you should チェック。  
 A めんどくさいな。  
 B Don't be a バカ。ほら見て、このサイトで it's written right here!  
 A そうか。Fine, 夕飯を食べたら I'm gonna go return these 本。

See? This conversation is wrong in too many ways to "counto."

### 3. Getting made fun of sucks

No matter how good at speaking Japanese you get, there will always be ways to get made fun of by your girlfriend. Some are simply called "cute" for speaking with an



accent, while others get called out on their weird grammar or pronunciation. No matter what, most guys HATE criticism, even backhanded statements about how cute you are! It makes you feel stupid, like you are being treated like a small child, and it's easy to get defensive. Even people who speak really awesome Japanese get made fun of because they speak better Japanese than normal people! It's frustrating! It's only fair though, because I'm sure not many of you can honestly say you've never made fun of Japanese English or "カタカナ イングリーシュ." It's just so cute and funny. アイ ライク ユー! カン ウイ ハング アウト ツモーロ? "I like you! Can we hang out tomorrow?" Awwwwwww....okay, fair is fair.

### 4. あなたの彼女とばかり話していると、かわいい女の子みたいに話しちゃうわよ!笑

This title means, if you talk with your girlfriend all the time, you might end up sounding like our friend above:

「あたし美しいね〜!」 "I'm sooo beautiful!"  
 (said very cutely)

This is probably not desirable, and believe me, everyone will let you know how girly you sound. This unfortunate scenario also occurs a lot because a huge portion of Japanese instructors are women, and most foreign guys don't spend their time looking for manly sounding Japanese dudes to chase around. If you are just starting your language learning experience, you won't be able to help but talk like girl. On the flip side, if you over compensate, and try to talk like a Japanese THUG, then your friends, girlfriend, their friends friends, will think you've lost your mind and will all laugh until they turn blue.

### 5. Your girlfriend wants to learn English

I know Koichi hates this with a passion, but most guys learning Japanese are going to try to get girlfriends in Japan by becoming language partners. Sorry Koichi, but it's the birds and the bees, and it's the way it will always be. Men, chances are your future girlfriend isn't going to date you because she's really pumped about teaching someone basic Japanese over and over again. If anything, she'll agree to hang out with you because she wants to learn English, at least as one of the perks. If that is the case, you will probably spend a lot more time explaining things in English rather than learning Japanese.

## 6. No keigo or kanji with your girlfriend

Maybe I have exaggerated a smidge in the above parts, and there are significant linguistic improvements that can be made in your life by chasing Japanese girls. Keigo (formal language) and Kanji skills are probably not included in this theoretical list of benefits. Unless you want your conversations with your girlfriend to sound like two bankers who aren't quite sure which of them is 先輩「せんぱい」 "senior," you won't be getting a lot of time practicing keigo. Even Japanese people have trouble learning keigo because no one uses it with anyone close to them. Using keigo with people you like makes you sound like you are being especially cold and probably mad at them. It's like when your parents were driving the car on a road trip when you were a little kid, and your dad is super lost and your mom asks overly kindly "Honey, would it be at all possible if we could stop and ask for directions?" to which your dad replies very politely and forcefully restrained "Darling, if we can just find the freeway, there will be no need to stop and bother the gas station attendant..." It's a little different in Japanese, but it's the same concept that something isn't right if you're suddenly being very formal. It sounds weird to the point where a lot of girls really don't like to practice it with their boyfriends. Sorry guys.

For kanji, unless your girlfriend is really into calligraphy and wants to practice together everyday, she probably won't be a big resource for helping you there. Some people try to hand write letters, but most would rather be doing other things, like eating nachos. A popular solution is email, but I can assure you, everyone can type a ZILLION more kanji than they can actually write! You, me, and most Japanese people under 30 included. Now there's even 191 more kanji we're all supposed to know...so better start writing some really complex love letters!

## 7. Jesus that's fast! Can't you speak slowly?! Oh wait...you are?

It may seem like your girlfriend is talking like a machine gun to you, but wait until she gets around her friends...it's a blur of giggling lightning! For a lot of us, the only real part we participate in once they get going is listening to how silly or cute we sound if we try to say anything. That means that most of the time she's going easy on you. It's nice and practical for mutual understanding, but really it's like using training wheels all the time. Once you take them off, you'll crash and burn in real conversations. An obvious solution is to tell her to speak normally to you, but that often doesn't last long. If she tells you at lightning speed to "Bring the chopsticks" はしを



持って来てね「hashiwomottekitene」 and you hear "Go to the bridge and back" 橋に行って来てね「hashiniittekitene」 she's probably going to get tired of you fast if you're gone for an hour while she's waiting for chopsticks!

## 8. Your conversation topics will be limited

Some of you might be dating Japanese bioethics experts who take time and care to explain each vocabulary to you to ensure that you understand every word, but most of you will be repeating the following conversation far more often:

- A 今日何食べよう? 「kyounanitabeyou?」  
"What should we eat today?"
- B さあ、なにがいい? 「saa, nanigaii?」  
"Uhh, well what do you want?"
- A 分からない。冷蔵庫に何が入っている?  
「wakaranai. reizokoninaganigahaitteiru?」  
"I don't know. What's in the fridge?"
- B あまり何も無いよ 「amarinanimonaiyo」  
"There's not much."

On the edge of your seat yet?? It's like repeating basic Japanese class over and over again. Some of you will get to delve into deeper topics from time to time, but it's not like you're going to be seriously practicing Japanese all the time with every conversation. It gets tiring to have real deep conversations all the time, so it's really easy to be lazy and stick to the mundane stuff, and mix in some English when you don't know the right word and hope she understands. BAD BAD BAD!

## 9. Your girlfriend probably doesn't know Japanese very well

I hate to criticize your girlfriend without having met her, but her Japanese is probably not perfect. Unless she's used to teaching foreigners all the time, it's likely that she won't be able to tell you much about how to learn Japanese. She learned it a loooong time ago, and way differently than you're going to have to do. It's not going to help you that much to go sit in on an elementary school Japanese language class in Japan. Too much worrying about protecting your anus from mean children to focus anyway.

The Japanese your girlfriend uses isn't even exactly the same thing you'll be learning. Her kanji's probably off some of the time, and

the grammar she uses sometimes won't be found in your textbook. That's okay for basic practice, and it's great to learn theoretical and practical use of Japanese, but this isn't Japanese class it's your GIRLFRIEND.

## 10. Just kidding!

Getting a Japanese girlfriend really can improve your Japanese. A lot. Please don't run away from Japanese girls screaming that you need to protect your language skills. Please. A lot of them are nice, fun, and might actually speak to you in Japanese. If you practice with real people, then maybe you won't sound like a conversation from Nakama or Genki, which will make people laugh way more than if you actually try. Hopefully you'll learn lots of cool things about culture, dating style, a new world view, and if you're lucky, find more meaningful things to talk about than kanji radicals. Just keep in mind the frustrations and pitfalls along the road, don't give up, and don't stop actually studying. みんな頑張れ!

P.S. All this probably applies to Japanese boyfriends, too, for all of you that like boys and not girls.

*This was written by Nick W., who has traveled throughout many regions of Japan in search of unique cultural gems. He is currently earning his MBA and has researched topics like folk music in WWII Japan and Ainu cultural revival through music. His favorite Japanese musician is the late Nujabes. He does have a nice Japanese girlfriend, but is too lazy to learn much Japanese from her. (via tofugu.com)*





# WORKPLACE TIPS

## LEARNING YOUR STUDENTS' NAMES

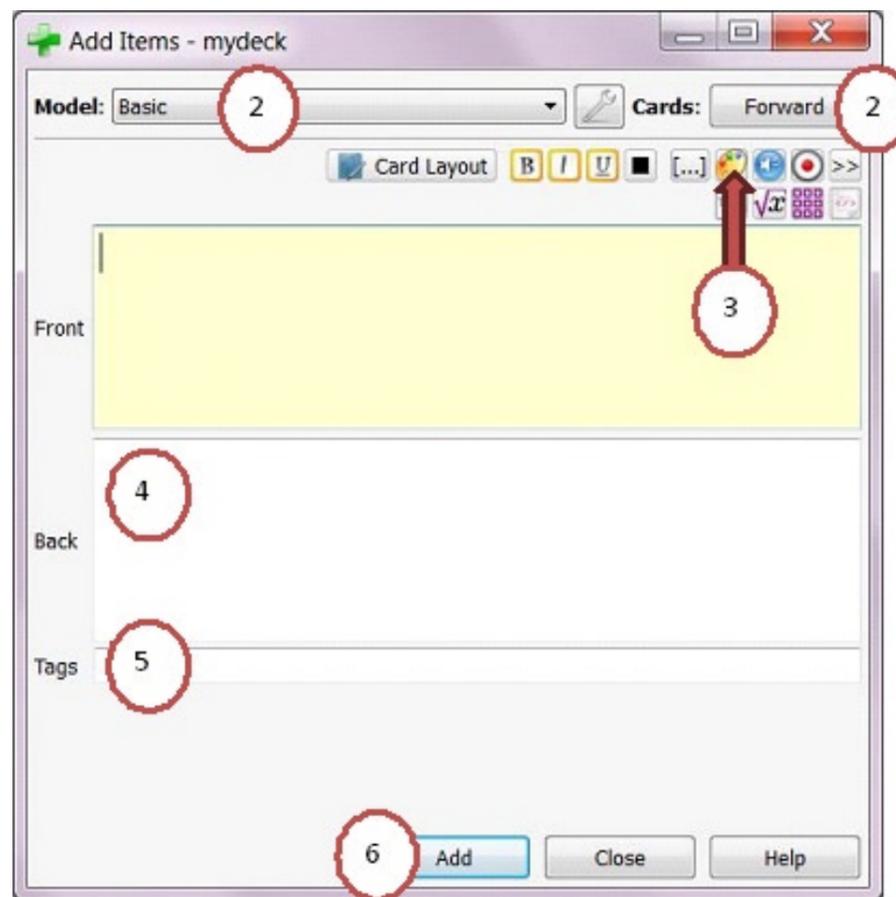
Remembering someone's name tells them that they are special and have made an impression on you. It also makes them feel at ease and comfortable. As Dale Carnegie said, "a person's name is to him or her the sweetest and most important sound in any language." If you are teaching classes where you meet the same students at least once each week, there is no excuse to not know their names – no matter how many you have to remember. It will improve your student's responsiveness, make your classroom management smoother, and make you feel more comfortable as a teacher. And if you are in a situation where you meet over 300 students each week, *がんばって!*

There are many ways to remember names (for even more, take a look at <http://artofmanliness.com/2011/06/15/how-to-remember-a-persons-name-and-what-to-do-when-you-cant/>). For remembering long lists of names, such as your students, there is a free tool available online that you may already have. Anki ([www.ankisrs.net](http://www.ankisrs.net)) is a useful flash card creation tool for learning Japanese (or anything else you want to review). You can make and synchronize flash card decks across many platforms, including your home computer, smart phone, and any computer with an internet browser. Anki also provides another powerful service for teachers – the ability to add pictures to flash cards, and thus learn your students' names efficiently.

The following are tutorials for creating basic picture flash card decks, picture flash card decks with kanji and furigana, and how to synchronize them to devices other than your home computer.

### Reviewing Cards on Other Computers

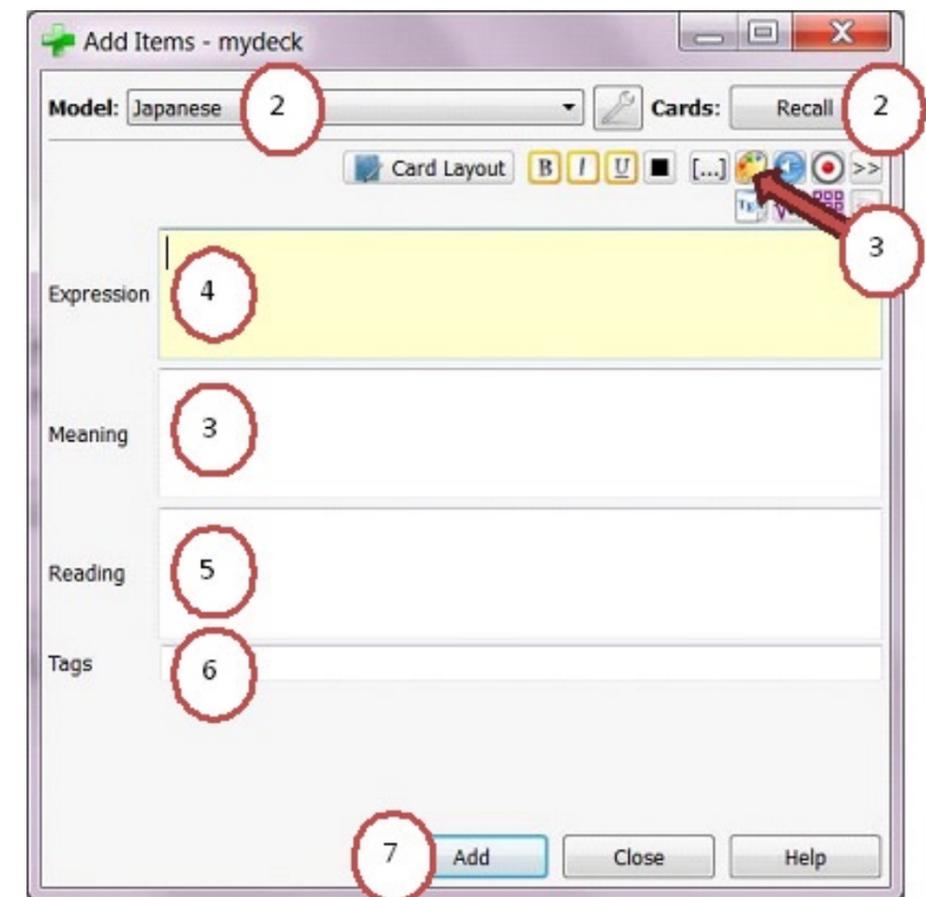
If you would like to review your cards on a computer other than the one on which the deck was created, see <http://ankisrs.net/docs/SyncingMedia.html> for information on synchronizing the picture files across multiple platforms using DropBox (for free).



### Creating Basic Flash Cards with Anki

- 1\_ Create a new deck (File > New).
- 2\_ Select "Add Material".  
Make sure you are using the "Basic" Model and creating "Forward" Cards
- 3\_ Click on the paint palette icon to add your student's picture to the "Front" field.
- 4\_ Type your student's name in the "Back" field.
- 5\_ Add any tags you would like, separated by commas (e.g. KitaHS, 1-2, OC)
- 6\_ Click "Add".
- 7\_ Continue adding the rest of your students.
- 8\_ Remember to review every day.

If you would like to review from the name instead of the picture, create "Back" cards instead, or in addition to, your "Forward" cards. You can also do this later by using the "generate cards" function in the Deck Browser window.



### Creating Flashcards with Furigana

You can also use Anki's Japanese language support plugin to add furigana to your students' Kanji. See <http://ankisrs.net/docs/JapaneseSupport.html> for information on installing the plugin.

- 1\_ Create a new deck (File > New).
- 2\_ Select "Add Material". Make sure you are using the "Japanese" Model and creating "Recall" Cards.
- 3\_ Click on the meaning field, then on the paint palette icon add your student's picture to the "Meaning" field.
- 4\_ Type your student's name in the "Expression" field.
- 5\_ Confirm that the correct furigana appeared in the "Reading" field. This is particularly important for students' first names. The format is Kanji[Furigana].
- 6\_ Add any tags you would like, separated by commas (e.g. KitaHS, 1-2, OC)
- 7\_ Click "Add".
- 8\_ Continue adding the rest of your students.
- 9\_ Remember to review every day.

# ajet haiku contest

furu ike ya  
kawazu tobikomu  
mizu no oto

an ancient pond  
a frog jumps in  
the splash of water

– Matsuo Basho, 1686

Haiku are a very short form of poetry. Originally they were the opening stanza of a longer collaborative poem, written by two or more people, called renga, and they were called hokku. In the seventeenth century, however, the haiku acquired a life of its own at the hands of haiku masters like Matsuo Basho. Its modern name, haiku, was given to it by Masaoka Shiki in the late 1800's.

A Japanese haiku has 17 on, roughly corresponding to syllables, in a pattern of three lines of 5, 7, and 5 on. The haiku should contain a seasonal word (kigo), and also a 'cutting word' (kireji) which separates the different images in the poem. English haiku generally follow the same pattern, but are sometimes shorter than their Japanese cousins.

Jane Reichhold, on her informative website devoted to haiku (<http://www.ahapoetry.com/haiku.htm>), says that although haiku have an 'astounding' number of rules, you can pick and choose which rules you will follow. In fact, you have to, since some rules contradict each other. Even Basho was known to break the rules of haiku when it suited him. Techniques such as comparison, contrast, association,

riddles, metaphor (a hotly-contested technique, one not permitted by haiku purists), simile and double entendres and word-plays are all used in haiku.

Starting with this, our first online issue, AJET Connect is launching our monthly Haiku contest! Submissions relevant to the JET experience are welcomed from current JET Programme participants. There are two categories: English Haiku and Japanese Haiku. Your submission will be featured in the October issue, where our readers can vote on their choice for the best haiku. The winning entries will be entered in the yearly AJET Haiku Contest. We encourage you to start counting out the words and composing!

#### Ownership/ Use Rights:

*Haiku authors retain the rights to their haiku. By entering the contest, the authors agree to have their submitted haiku published in the AJET Connect magazine, displayed on the AJET website and posted on AJET Facebook sites. Haiku will be credited to the author named in the entry form.*

## TO ENTER

### Submissions should be original haiku accompanied by:

- 1\_ your name
- 2\_ your mailing address (this will not be published)
- 3\_ your JET number (ditto)
- 4\_ written in English or Japanese (if written in Japanese, your haiku must be accompanied by furigana and an English translation)

Contestants may submit one haiku (per category) each month. This contest is for JET participants only. Send your entries to [contest@ajet.net](mailto:contest@ajet.net), Current National AJET council members are not eligible to enter.



## ENGLISH HAIKU

### First Place

Oceans filled with tears  
A single cherry blossom  
A Nation of hope

By Tesia Smith

## JAPANESE HAIKU

### First Place

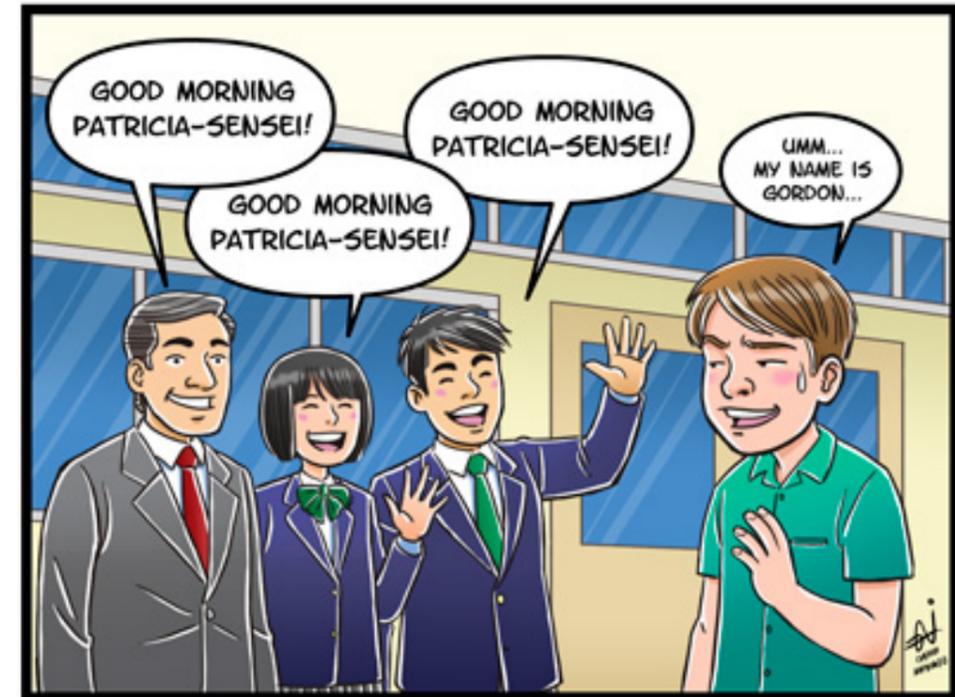
悲劇から ひげきから  
人の心が ひとのところが  
蘇る よみがえる

From the tragedy  
The hearts of the people  
are reborn

By Jonathan Liang

## Life After the B.O.E.

BY DAVID NAMISATO (AOMORI-KEN, CIR, 2002-04)



**Don't worry.  
They'll stop calling you by your  
predecessor's name in a month or two.**



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# FASHION & BEAUTY





## FIRST IMPRESSIONS

Helena Rubenstein famously remarked, 'There are no ugly women, only lazy ones.' It could be said that fashion and beauty is largely to do with impossible standards, with unobtainable illusion and fantasy. Take a look at anything Galliano sent out on the catwalk, for example. Style can seem a little superfluous if you've been placed in – say – the inaka: what do fur shrugs gone psychedelic or embroidered riding jackets even matter when half your class is asleep and you have to cycle in relentless heat for thirty minutes just to get home? However, on a practical level, fashion and beauty is also about how to present the best possible version of yourself, as Rubenstein well knew.

Your performance on JET isn't judged on how you look at eight in the morning, but it can help create that good first impression. If you know you look glowing, healthy and alert (basically: low-maintenance-fabulous), you're going to feel much more confident and this can only aid you in your placement. Putting in the effort is worth it, particularly when you're in an unfamiliar



### Shiseido Tsubaku Hair Mask ¥798

This has been packed full of red camellia oil and is absolutely delectable: use for a glossy weekly indulgence. The presentation is simple and sleek (even if the pot itself is a tad annoying to actually get open...). Your hair should feel dramatically softer and smoother after use.

environment where much of your job consists of smiling as sweetly as possible and attempting elaborate hand gestures. And besides, it's just plain fun to move abroad and get acquainted with a whole new cosmetic spectrum. This is a prime opportunity to branch out of any safety zones you might have been languishing in back home: you can (and will!) embrace a shocking shade of lipstick.

I'm sure I wasn't the only JET who spent time researching Japanese fashion, make-up and hair products before flying out here (and now I'm currently obsessed with BB cream...). Unless you're particularly attached to one brand, there's no need to import: in Japan, we've hit gold. The low to mid-range cosmetics are likely to outperform the same bracket back home, and if you're willing to splurge and go high-end, the proverbial counter is your oyster. Iconic brands like Shiseido, Shu Uemura and SKII are renowned worldwide and for good reason. Whatever your budget, though, there'll be exciting and rewarding territory to explore.

However, it can be daunting to wade your way through such a huge amount of products and names you may not recognise. This section of the magazine plans to help you out with this. In the upcoming columns, we'll be going into much more detail about specific Japanese brands and cosmetics. And of course, designers (see Duncan Marsden on Issey Miyake in this issue). Fashion and beauty is a huge, varied facet of Japanese society and culture: this is evident just from standing still in Tokyo for five seconds or scanning the magazine rack in your local 7-Eleven. Stay tuned for more next month.



### DHC Deep Cleansing Oil ¥1300 for 100ml

This gorgeous cleanser removes all make-up without irritating or leaving any residue. Putting oil on your face may seem a little counter-intuitive, but it emulsifies and washes off beautifully without any fuss. It's saturated with vitamin E and smells of herbs and olive oil. Use sparingly (two pumps), massage for thirty to sixty seconds and rinse.

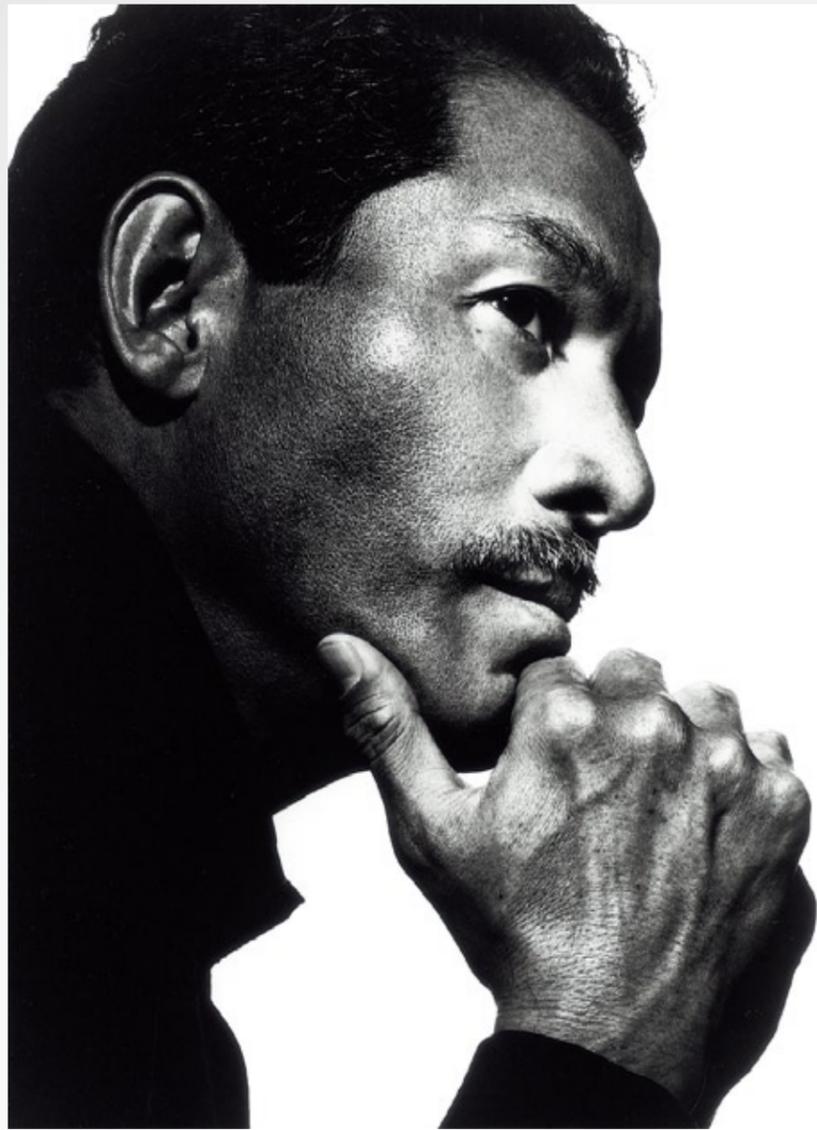
## JAPANESE BEAUTY MUST-HAVES



### Imju Fiberwig Mascara ¥1575

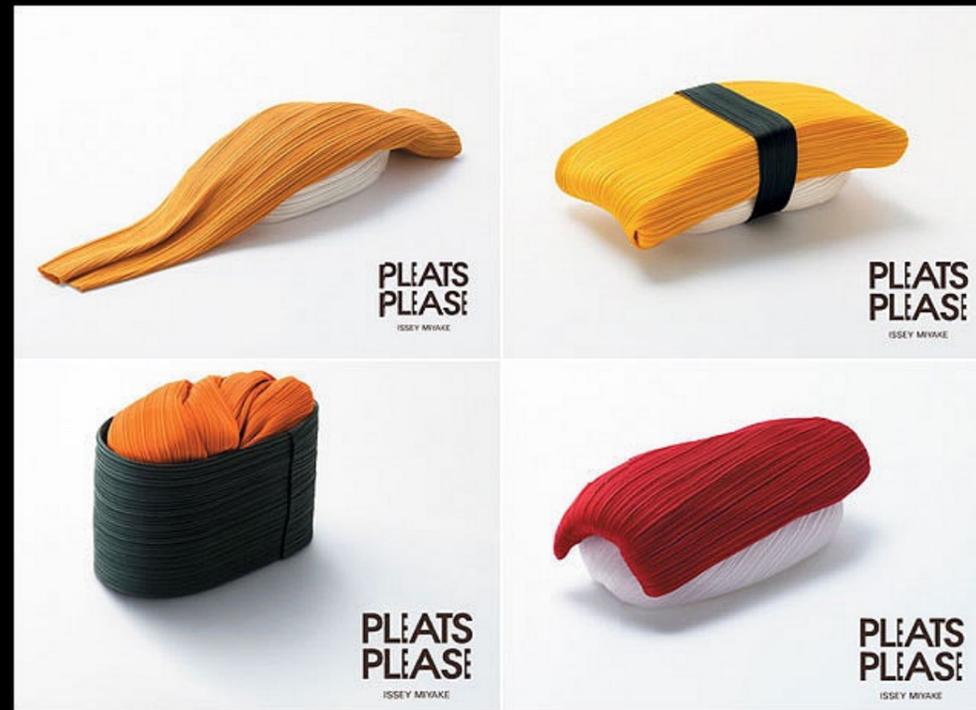
So I was initially skeptical (a fibrous wig? For my eyes? ...really?), but it's the best-selling mascara in Japan and it lives up to the hype. This separates your lashes without clumps and lengthens like a smudge-free dream. Layer it up for different intensities. If you want more volume, however, try the equally acclaimed (and again, dubiously titled) Fairydrops Scandal Queen Mascara (¥ 1575).





## ISSEY MIYAKE

For someone who supposedly retired in 1999, Issey Miyake is still keeping himself very busy. The so-called father of Japanese fashion may be 73 years old, but he still pursues his wide-ranging interests with the enthusiasm of someone half that age. Retirement for Miyake was not an excuse to stop working, but an excuse to direct his focus on what interests him the most: research and collaboration. He has maintained creative control of the company, the fruits of his research feeding back into his studio's design work. This means that, for a fashion company, progress is slow, with only minor changes season to season. However, it gives Miyake's work a richness and timelessness that is intellectually satisfying, even if it doesn't jump out at you in the way that much contemporary fashion does. Also absent from Miyake is the diva-like arrogance of many fashion designers. He does not presume



divine inspiration but is instead refreshingly humble and always eager to learn. Design for Miyake is about collaboration and it is in this context that his "retirement" as head of design has to be understood.

It is easy to talk about the "Japanese" in this, the importance of humbleness and the idea of the group. Although there might be some truth in this, Miyake's work is more complicated than that. It is filled with contradictions and juxtapositions that bridge between east and west, tradition and innovation, comfort and high-fashion. Miyake has undoubtedly been influenced by the west, having trained in some of the great fashion houses of Europe, but he found the fustiness of the European fashion elite stifling and returned to Japan in 1970. He has always been open in his desire to create a Japanese aesthetic and has been influenced by traditional Japanese folkware. However, he looks to the ubiquitous western model of jeans and a t-shirt in a bid to make high-fashion easy to wear and maintain. Miyake mourns the demise of traditional Japanese construction techniques and visits factories to learn from how garments are constructed, and yet, he often invents new high-tech techniques to create his designs.

It was his 1994 collection, Pleats Please, that really brought Miyake into the world of the fashion elite. All these contradictions manifest themselves in this particular design. Pleats Please was the result of experimenting with new ways of pleating – the folds created by doubling a fabric back upon itself. Miyake devised a new industrial way of creating pleats where the garment would be cut, sewn and then pleated, rather than the other way round, as is traditional.

A permanent interest of Miyake's has been making a garment from one piece of cloth and trying to limit the number of seams. In Pleats Please he used single pieces of high quality 100% polyester fabric, initially around three times larger than the finished product. They are then individually placed between sheets of paper and fed into a heat press. The garment emerges from its paper cocoon shrunk down to size with permanent pleats.

Pleating is used both horizontally, vertically and in zig-zags to create sculptural and textured pieces, and yet, unlike much contemporary fashion, the garment works with the wearer's body and not against it. In principal, Pleats Please can fit anyone, adjusting entirely to the wearer's body in both revealing and concealing

ways. Although his work is often described as sculptural (or even architectural), there is a lightness and freedom to Miyake's designs. It is the wearer's body, not the clothes themselves, that create the sculptural quality. This lightness and ephemerality constantly reoccurs throughout Japanese design – just look at the work of Saana, the Pritzker-prize winner architects.

Pleats Please is also incredibly durable and easy to maintain. The garments do not need to be ironed and can be both machine-washed and dried. Indeed, they can be left crumpled in a ball on the floor and still look precise when worn. Miyake played on this in the Pleats Please advertising campaign. The garments are presented, unworn, in the shapes of oversized sushi. And again, for his most recent collection, 132 5., the unworn garment is presented as a piece of art in its own right, folded like flattened origami on the ground. Pulling the edge allows the garment to unfold into a completely new shape.

While the idea of presenting fashion as oversized sushi and wearable origami might seem too obvious a reference to Japanese culture, it is a testament to Miyake's genius that they don't come across as kitsch. Furthermore, it is (if I might say so) very "Japanese" to take such an interest in the presentation of an item, even when not in use.



Pleats Please has proved so successful (selling in excess of 2.5 million) that it has slightly overshadowed Miyake's later work. His most recent collection, 132 5, has been criticised for being too "clumsy", the permanent and rigid origami folds revealing less of the body than his earlier work. While this is a fair criticism, the fact that the design concept was sparked by a computer programmer's blog and uses a mathematical logarithm to create 3D shapes out of flat sheets of cloth shows that Miyake's creativity is far from drying up.

Although Miyake will undoubtedly be remembered for his contribution to style – for putting Japan on the fashion map after years of obscurity – he still has bigger aims: aims which his retirement has also allowed him to pursue. "Being a designer of fashion is such a short destiny," he said in a recent interview, "I want to last longer". It was with this in mind that he, together with product designer Naoto Fukasawa, graphic designer Taku Satoh and writer Noriko Kawakami, set up 21\_21 Design Sight in 2007. It remains the only museum in Japan devoted to design and is housed in a building conceived by the revered Japanese architect (and long term friend of Miyake) Tadao Ando. In September, an exhibition on Miyake's collaborations with the late American photographer Irving Penn will open.

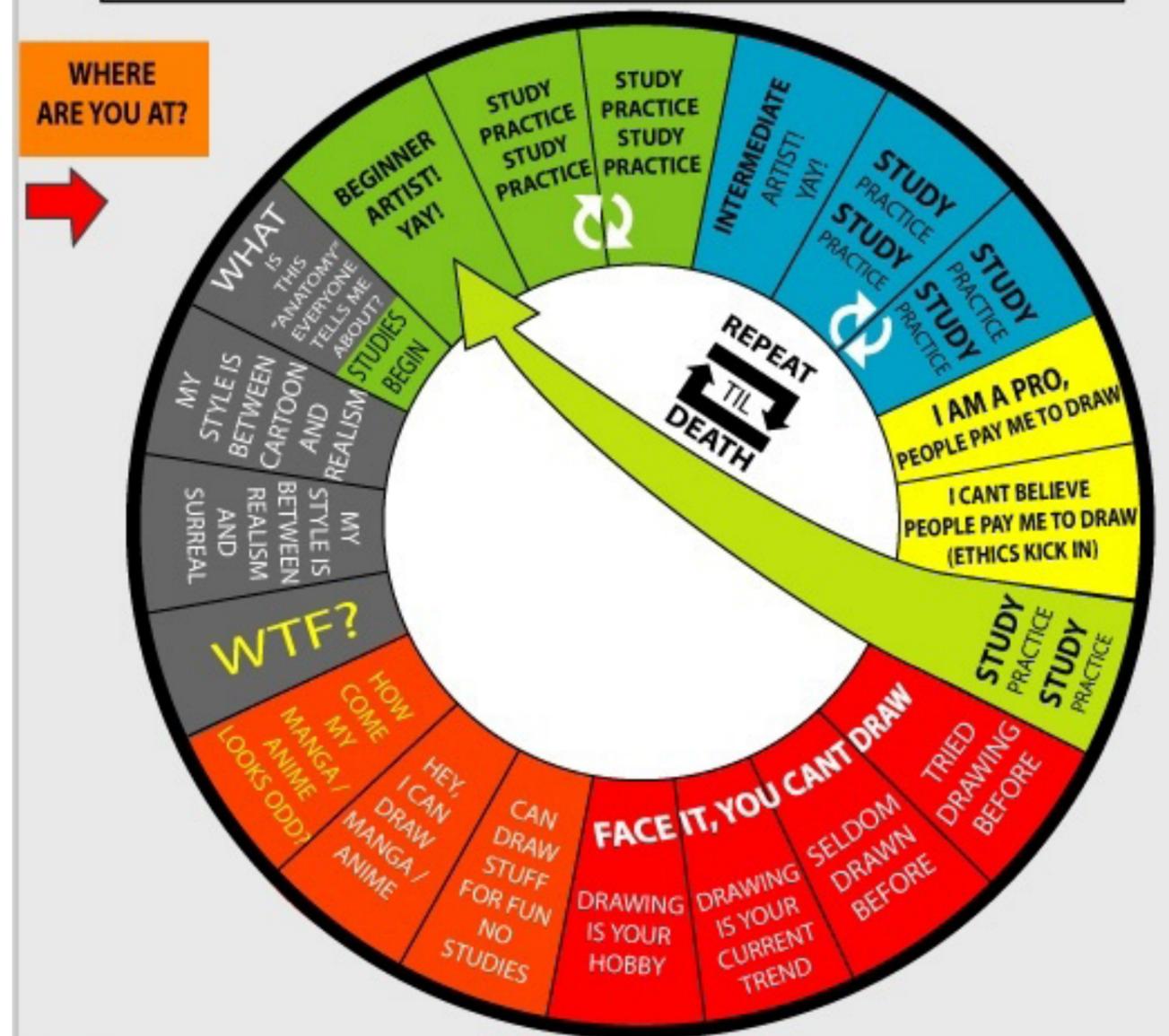
It is no coincidence that Miyake considers such a wide range of people from various design disciplines as close friends. Miyake feeds off all fields of design and designers return the compliment, often approaching him for collaborations. While fashion may often be looked down on by other designers, Miyake is always held in high regard: he doesn't just lead the Japanese fashion world, but the Japanese design world in general. He is not only inspired by other designers, but he inspires them too. His influence on all fields of Japanese design has been profound. Ando even claims that the 21\_21 Design Sight museum, with its large folded aluminium roof, was based on a Miyake skirt. It is a fitting tribute to a man who has arguably done more than anyone to give Japanese design the high-standing it enjoys today.

Irving Penn and Issey Miyake: Visual Dialogue will open at 21\_21 Design Sight in Tokyo on September 16th and will run until March 8th 2012.



**PLEATS PLEASE**  
ISSEY MIYAKE

## STAGES OF ARTISTIC MASTERY CHART



- **STAGE 1.** The "hey, I could draw that if I wanted to" Stage

---

- **STAGE 2.** I draw what I see on TV, my friends say I'm good. At the end of this stage, you realize something is wrong, dissatisfaction.

---

- **STAGE 3.** I will explain my mistakes as my own personal style and revolutionize the artworld by creating a new style of art.

---

- **STAGE 4.** Finally realizes that good artwork comes through study, practice and perseverance. The studies begin.

---

- **STAGE 5.** I can draw stuff and it actually looks like the stuff I meant to draw. Constant revisions and excessive self criticism.

---

- **STAGE 6.** Your good enough to get paid! or are you? are you giving your customers the best you can do? are you? Returns to STAGE 4.

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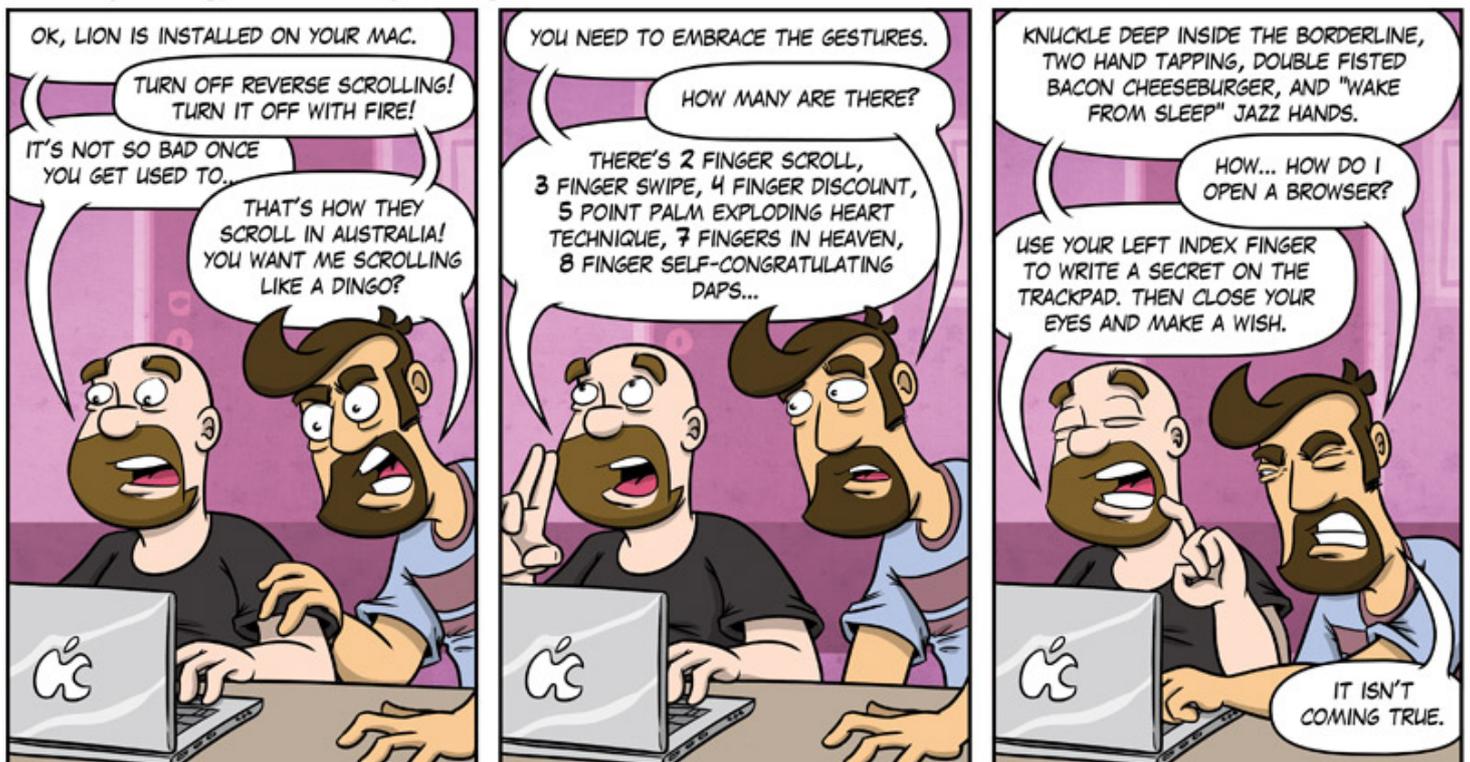
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## "Hush My Darling, Don't Fear My Darling"



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