

Youth Sister Cities Delegation Newsletter

April 2016

Assembled By: Julia Peck

2015 Idaho Visit - Elizabeth Lee



Last summer it was the Idaho Falls Sister City Youth Delegation's pleasure to host fifteen teenagers and their chaperones from Tokai-mura, Japan. They were able to experience some of our culture, try new foods, see the American West, and meet new people.

As soon as their airplane had landed, and we had picked up their luggage, we took them to the friendship garden for a welcome dinner. There was a lot of food, and it was delicious! They received a welcome bag with some things that might come in handy during their visit with us. It was fun talking with them; their English was so much better than my Japanese.

Two of the girls, Aiko and Aoi, stayed with us. They were very polite and brought many gifts from their hometown. We attended many planned activities together as a group. On one of the days we went to Yellowstone. They were impressed with Old Faithful, and they couldn't believe we actually got to see a bear! Another day we went to Lagoon and had fun on the rides and the swim park. We went rafting and

took them to a rodeo. We had a western cookout (complete with a fiddler). It was a lot of fun – and not just for our guests, but for all of us.

We had some family days where we did some things just with Aiko and Aoi. We took them to EBR-1 and then to Craters of the moon. It was fun climbing the black hills of lava rocks. At the top it was super windy, but exhilarating! We got some great pictures. We roasted marshmallows and made s'mores. They took a lot of pictures of the food we ate. We learned that they don't make peanut butter sandwiches in Japan. That was a very foreign concept to them. We went horseback riding in the Tetons and fed the bears at Bear World. They really enjoyed doing things outdoors.

Being a part of the Idaho Falls Sister Cities Youth Delegation gives us the opportunity to experience new cultures and meet new people. I look forward, with great anticipation, to traveling this summer to Tokai-mura and possibly seeing Aiko and Aoi again. I know I will learn a lot and have a good time too.

Sister Cities Student Meetings - Tate Corbridge

Student meetings for the youth delegation are held on the second Monday of every month. The general meetings are held on the first Wednesday of every month.

At the youth meetings we discuss fundraising ideas, plan activities and organize fundraising projects. Sometimes at the end of the youth meeting we have lessons about Japanese culture, including holidays, and useful Japanese phrases. Around the holidays such as Christmas or Valentine's Day we make cards for the Tokai-mura Youth Delegation. They have also sent us cards and information about holidays such as New Year's, Setsubun, White Day, and their version of Valentine's Day. The Sister Cities program is a culture exchange. On the odd-numbered years the Tokai-mura youth delegation comes to visit for about ten days and on the even numbered-years the Idaho Fall's group visits. The youth delegation raises money for the Japanese group to come. The money is spent for trips and activities. Some of the activities we have done are taking them to Yellowstone, Lagoon, a rafting trip, and an overnight stay at Harriman State Park. We also have a welcoming picnic and a good-bye party for the Japanese students.



Sushi Making - Rachel Lee



Last October the JACL (Japanese American Citizens League) showed the Sister City Youth Delegation how to make sushi. It was delicious and educational. The demonstrations made it look much simpler than many thought it would be, and it was a lot of fun. After making a variety of sushi there was a potluck with lots of good food and great company. Members of the JACL were more than willing to share their recipes and techniques.

We would like to thank the JACL for providing the sushi ingredients and teaching us how to make sushi!

Sushi Rice Seasoning (Su)

(6 different Su recipes)

Ingredients:

1 C. Rice Vinegar

1 C. Sugar

1 T. Salt

3/4 C. Rice Vinegar

1/2 C. Sugar

1t. Salt

Junko's Recipe

5½ T. Rice Vinegar
5 T. Sugar
2 t. Salt
Awase-Su

1 C. White Vinegar
1 C. Sugar
2 T. Salt

Taka's Recipe

1 C. Sugar
1 C. White Vinegar
Just under 1 T. salt
2-3 drops of lemon juice.

This works for about 12 cups of cooked rice
(about 1 cup su to 6 cups cooked rice).

Directions:

Combine ingredients in saucepan and gently cook till sugar is dissolved. Drizzle onto hot cooked rice at the same time fanning to cool and evaporate excess moisture.

Maki-zushi

(Sushi Roll)

Fill Sushi Rolls with the following ingredients. Using only odd numbers of ingredients (3, 5, 7, or 9) per roll.

Shiitake (Dried Mushrooms) – Soak the mushrooms in warm water for 25-30 minutes. Cut stems off, and boil in the same water until soft, about 20 minutes. Add 2 Tbsps. Soy sauce and 4 Tbsps. Sugar. Cook gently until ½ of the liquid is gone. Then add 2 Tbsps. Mirin and continue cooking until most of the liquid is gone. Cool and slice into ¼ inch slices, set aside.

Kampyo (Dried Gourd) – Use about ½ of a 1½ oz. package. Place the kampyo in a bowl with cold water and add 1 Tbsp. Salt Rub and massage salt in into the kampyo until it softens. Rinse in fresh, cold water then boil gently for 15 minutes. Drain and squeeze out excess water. Simmer in 1 cup dashi, 1/3 cup sugar, and ¼ cup soy sauce. Cook until the kampyo can be cut by your fingernail. Drain and set aside.

Spinach – Wash well in warm water to remove all sand. Place in skillet covered and cook until wilted only. Cool then squeeze water out. Cut off the roots and set aside.

Egg – Beat the eggs well then add 1 tsp. sugar, and ¼ tsp. soy sauce. Pour into a hot, greased skillet and make a thin omelet. Turn and cook on the other side. Cool, then roll it up and slice into ½ inch strips. Set aside.

Obora (Dried colored, shredded shrimp) Use 1 small store bought bag, OR make your own: Use 1 small can of shrimp. Drain, then grind the shrimp in a suribachi (Japanese mortar and pestle) or a bowl with wooden spoon. Place in a small pan add a few drops of red coloring and 3 Tbsps. Sugar. Place over very low heat and stirring constantly dry the shrimp. Set aside.

Variations:

String beans- boiled and left long with ends removed.

Celery- sliced long and thin. Comes in a can, ready to use.

Kamaboko (fish cake) – sliced long and thin.

*Nori (Dried Seaweed sheets) Toast the nori sheets over a low heat to freshen it. Set aside.

Japanese Friendship Garden - Benjamin Lee



The Japanese Friendship Garden is nestled on a small island in the middle of the Snake River just south of the Broadway Bridge. Entrances to the garden can be found on either side (Marriot or Key Bank's parking lots) by a footbridge. The garden was created to celebrate a thirty-year relationship between Idaho Falls and her Japanese sister city, Tokai-mura. There are several water features, paths, and ponds. The garden continues to flourish as volunteers from the Bonneville County Master Gardeners, Idaho Falls Civitans, Sister City Association, and others continue to add and expand the landscapes. They are in the process of building a Japanese pavilion on the upper level of the garden. The Sister City Youth Delegation organized several work days last spring, summer, and fall to help rake, weed, prune, and clean the Japanese garden. One of the days was spent measuring, drilling, and attaching bamboo fencing to help create an authentic feel to the Japanese Friendship Garden. We look forward to volunteering again this year!

Contact Judy Seydel (jcsy@cablone.net) for donation or volunteer information.

Cherry Blossom Festival Celebration - Bryna Haile



On April 28th, we will be holding our cherry blossom dinner and raffle. The cherry blossom festival is a fundraiser held at the Snow Eagle Grill and Brewery/Wasabi Sushi Bar yearly to help prepare for the upcoming youth delegations. Every year the youth delegation decorates the loft area of the restaurant with origami cherry blossoms, and multiple items from Japan. The restaurant owners donate a

percentage of the cost of all meals purchased on the 28th, and the fundraiser also includes a raffle with items donated by Idaho Falls businesses. To view the raffle items go to our website <http://youth.if-sc.org/> and click the "View Raffle Items" button. Just like the decorations, the youth delegation help find the raffle donations. This is a huge fundraiser for Sister Cities, and we would like to thank all of the supporters of this fundraiser.

Garage Sale - Karina Permann

Is it time for spring cleaning? Let us help you get rid of those items you no longer use. We will be having our annual garage sale at 961 Pescadero, next to the Shamrock Park subdivision on May 21st. If you have items you would like to donate to our sale, please call Kendra Peck at 208-524-4813 or email kdpeck7@gmail.com, and she will arrange for someone to come and pick them up.

Royal Theater Discount Card Fundraiser



The Royal Theater offered our group the opportunity to sell discount cards. The discount cards had buy one get one free offers for the Paramount and Centre theaters and discounts for over a hundred other businesses in town. The Paramount Theater let the students sell the discount cards several days over spring break. The cards sold for \$20 and our group received \$10 from each sale. We would like to thank Brandon Lott at the Paramount Theater for giving our group this opportunity.

Town & Country Gardens - Karina Permann

Spring is here! Are you planning on heading to the nursery soon? The Idaho Falls Sister Cities Youth Delegation is selling Town and Country gift cards to help raise money to cover a portion of the Idaho Falls students' airfare to Tokai-mura this summer. If you are already planning on purchasing plants or garden supplies, please consider buying a Town & Country gift certificate from the youth delegation. It won't cost you any extra money to help support our group.

You can buy a gift card from any Sister Cities Youth Delegation member or contact May Chaffin at 521- 7518, may.chaffin@gmail.com. Choose any amount, from \$5 to \$500, and make the check out to Idaho Falls Sister Cities.



4th of July - Karina Permann

The IFSC Youth Group will be helping the city with the Fourth of July Parade again this year. We will paint lines the day before and show up early on the 4th to judge the floats before the parade starts at 9am. This year six of our members will be carrying the parade banners at the beginning of the parade. We'd like to thank Chamber of Commerce for helping us raise money to go to Japan this year!

Tokai Drumming - Rachel Cebull

Janet Youngblood, leader of the Idaho Falls City Parks and Recreation Taiko drumming group hosted a Taiko drumming workshop for members of the Sister Cities Youth. She taught us about the spirituality of the Taiko, and showed us how a dojo ran. Then she taught us exercises to help us better play Taiko. These exercises were in the Suwa, or down, drumming style. We even were able to compose a bit of our own piece! Everyone who went had an amazing time becoming one with the meditation of Taiko. We would like to thank Janet for providing this class for our group!

Janet and her Taiko group are scheduled to perform at many upcoming community events. They are planning to perform at Earth Day and the Roaring Youth Jam. They even will be visited by professional Taiko player, Kenny Endo, sometime next fall!

The Parks and Recreation Taiko group holds classes every Saturday. Beginner classes begin at 10 and advanced classes begin at 12:30. If you are interested, go to the City of Idaho Falls website and register! <http://www.idahofallsidaho.gov/city/city-departments/parks-recreation/taiko.html>



Upcoming visit to Japan & Calendar of Events - Hannah Lords

Order your passports and pay your dues, the biannual visit to Tokai Mura is coming up. Traditionally occurring in late July and early August, the journey offers a world of exciting adventure for this year's travelers—everything from exotic cuisine and Asian architecture to the preparation for Tokai Mura's festival. Students could experience any number of exciting adventures—from touring Shinto temples to using strange

toilets, and the thought fills us with excited and nervous energy. Some of us have gone before—others are in for a completely new adventure. Whether a seasoned traveler or a novice adventurer, everyone is anxious for their chance to represent Idaho Falls, expand their horizons and enjoy themselves on a summer trip. Pack your bags, exchange your coins and prepare to go.

2016 Itinerary

March 18 & 19 - Paramount Theater Value Card Sales

March 30 - Sister Cities Paramount Movie Night

April 28 – Cherry Blossom Raffle and Dinner

May 21 - Garage Sale

July 3 - Paint lines for parade floats

July 4 - Judge floats for parade

July 23 - Sister Cities 35th Anniversary Celebration

July 28 - Leave for Japan

August 8 - Return from Japan

August 27 - Help with JACL booth at CommUNITY Fest

October 2-10 - The Japanese Adult Sister Cities Group will visit Idaho.

October 15 - Help with JACL Bento Box Fundraiser.

*Every month from April to September is a Friendship Garden Work Day (usually on Saturday Morning, but exact dates are still undecided.)

Meetings

Adult Meetings are the First Wednesdays of the Month

April 6th

May 4th

June 1st

July 6th

No meetings in August

September 7th

October 5th

November 2nd

No meetings in December.

Student Meetings are the Second Monday after the Adult Meeting

April 18th

May 16th

June 13th

July 18th

No meetings in August

September 19th

October 17th

November 14th

No meetings in December

JACL - Garrett Corbridge



The Japanese American Citizens League was founded in 1929 making it the largest and oldest Asian-American civil rights group in the U.S. The JACL is an organization that is very involved with the community, not just Japanese-Americans. Led by Lisa Olsen the group does fundraisers and community work. The group's main goal is to benefit the community. Our group will help the JACL teach origami at CommUNITY Fest in August, and we will help with their Bento box fundraiser in October. The JACL taught our group how to make sushi last fall and helped

provide side dishes for our welcome dinner during the Japanese student visit. We appreciate their support! For more information about JACL contact Lisa Olsen at lolsen@nnu.edu.

Idaho Falls Sister Cities Adult Delegation - Garrett Corbridge

The Idaho Falls Adult Sister Cities Delegation is the adult counterpart to our youth organization. It is composed of about forty adult members. Last November twenty-five adult delegation members went to Japan as part of a cultural exchange with Idaho Falls' Sister City, Tokai-mura. This summer they will be hosting twenty Japanese adults here in Idaho Falls. The Adult Delegation organizes activities and events for the Japanese adults who visit. Some activities include riding on a Fourth of July float, biplane rides, golfing, Yellowstone tours and many

other activities. The youth organization would like to thank the adult delegation for also hosting the chaperones and some of the Japanese youth when the Japanese student delegation has come to visit us. The Adult Delegation members have kindly hosted a dinner during the Japanese students' visit and have participated in our fundraising activities. For more information about the adult delegation, please contact Carole Walters 208-521-4163 or majestictrl@hotmail.com. We would like to thank everyone for their support!

ISU Japan Club

This fall our Sister Cities group was invited to attend ISU Japan Club meetings. The ISU Japan club has meetings on Fridays during the school year to help members learn about Japan. Some of the activities at meetings included sushi making, calligraphy, Japanese dance, and Japanese cultural videos or presentations. The club also provides different Japanese foods for members to try.

Each fall the ISU Japan club organizes a Japan Day including dinner and entertainment. Last fall the dinner included: Oyako-Don (chicken & egg bowl), Inari-Zushi, Japanese Potato Salad, Miso Soup, O-dango Dessert, and Fruits & beverages (barley tea/green tea/water). The performances included: Pocatello J-Choir, ISU Karate Club, Owara-Bushi, ISU Kendo Club, Soran Dance, and Taiko Drumming. The food was delicious, and it was fun to see the different Japanese groups.

ISU Japan Club meetings are at 5:30 pm on Fridays at ISU Student Union Building, 3rd floor—Clearwater room. Anyone can join! If students are under 18 years old, please have their guardian or parents sign for the liability release. The fee for the whole semester is \$15. If you only want to attend a few times, the cost is \$5.00 per each activity. Contact Sanae Johnsen at johnsana@isu.edu for more information on the club.

