

Kikan Kochi



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KIKAN KOCHI

Think & Action Magazine,
Kochi. Spring 2016 No.60

Giant Interview

Kochi Fighting Dogs COACH
Norihiro Komada



Features

The taste of handmade happiness,
a Masterpiece

春
Spring



Kenzo Nakajima

Born in 1959 in Kochi City. Lives and works from Misono Town in Kochi City. He is a Photographer for Tourism Posters and Various Advertisements. He lectures a Photography course and conducts overseas photography seminars. He is a graduate of the Photography Department of Osaka University of Arts. A member of the Japanese Advertising Photographer's Association (APA) and The Japanese Society for Arts and History of Photography. http://blogs.yahoo.co.jp/japan_kenzo

Ken-chan's fanciful photo diary No.43

FukuJu-so

(Adonis ramosa)

Picture:
Minami-Daioh Otoyoh Town, Kochi Prefecture

As the moon passes on the Lunisolar New Year (Chinese New Year)
A little flower pops out from the ground and shows its face
Also called the "New Year's Leaf" or "the First Day Leaf"
It has been loved since ancient times
Although it carries no sweet nectar
It opens its lovely petals as wide as can be and bathes in the light and heat from the sun.
Raising the temperature of its petals
The helpful insects come and take its pollen
With snow covering all around, the FukuJu-so's beauty stands out
With its warmth and colour it melts the cold winter snow away
The Great Sun, is this little flowers switch to shine bright.



*This is the English Version of KIKAN KOCHI.
It is revised in order to shorten its length.
We do hope many people will read
this free online magazine.*

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STAFF

Publisher	Yoshihiro Nonami / Cricket Junichi Kusunoki / Koubun
Advertising	Takayuki Mimoto / Koubun
Editor in Chief	Yoshihiro Nonami / Cricket
Editor	Sachihiko Oouchi / Cricket Midori Ueta / Cricket
Ttranslation Advisor	Jeremy Edward Tan
Proofreader	Matthew Lester
Design	Yumi Ito / Cricket
Cover	Hiroshi Kawauchi / Plane
Cover Art	Keiko Shibata
Photographer	Mikiya Kadota

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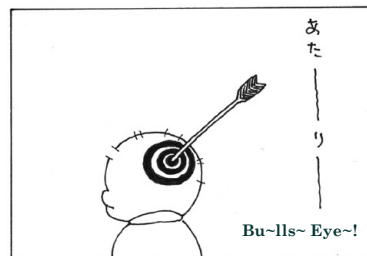
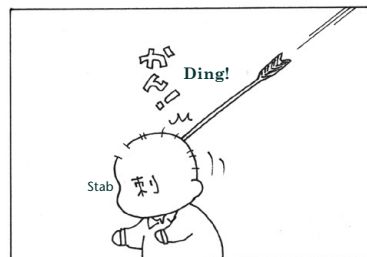
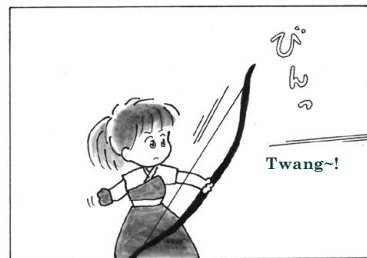
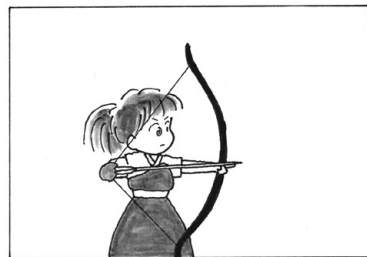
"DOKU-SO-GAN" 独走篇

Volume.043 art by HIDEKI TAIKE

Something is happening all the time, people are going every which-a-way. No matter which way you look, up or down, somebody is always headed somewhere. Something is happening, That's something I hope you never lose

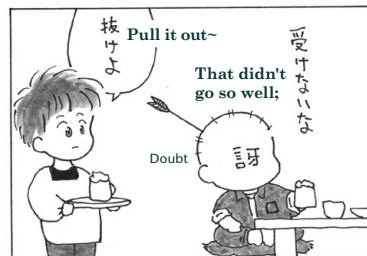
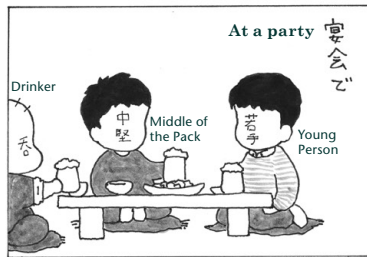
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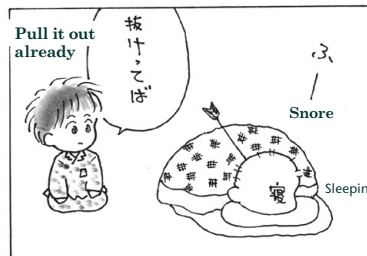
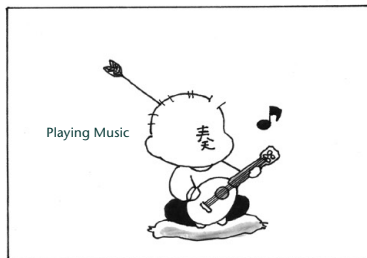
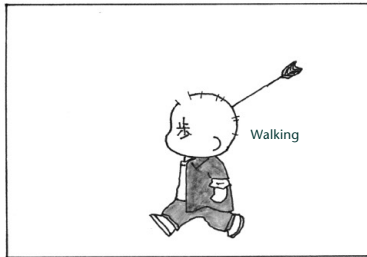
[Climax of the Story]

文藝駄洒落



[Returning Home]

帰宅



The taste of handmade happiness,
a Masterpiece





Chapter 1 Kochi City

フルヤジ オーガニックス
Furuyaji organics

The taste of handmade happiness,
a Masterpiece

Not a single additive in every bread and cake
Handmade, and baked with organic, pesti-
cide-free flour.

[Hatake-no-Ra-Yu] (Seasoning Oil) and
[Pakuchi-Oil] (Coriander Oil)

All made without a single additive.

Every single ingredient home grown and
mixed using only tried and tested spices.

Each label for each jar is carefully drawn and placed by hand.

Furuyaji organics

As we talk to Mr. and Mrs. Omiya we can taste the happiness
packed into every single word.



From a Lily Farmer to a Vegetable farmer. A life changing decision made with conviction.

Tomo and Masayo Omiya, both born and raised in Kochi, met unexpectedly in Tokyo and would later marry. After living together in Kanagawa prefecture in 2007, they came back to Kochi to takeover Masayo's family business of cultivating lilies. Due to the economic downturn in 2008, the price of lilies took a dramatic turn for the worse. As a result, and in order to survive, in 2009 they started to self-teach themselves how to grow home-grown, pesticide free vegetables and wheat on their spare land, whilst also continuing a small business in selling lilies. Additionally, Masayo wanted to give her daughter, who suffers atopic eczema or AD, safe handmade bread and cakes. Her skills in the kitchen and her cooking are highly praised by her family and friends.

A few years later, the Tohoku Earthquake and Tsunami caused the cost of fuel and raw materials to increase in price and further push down the price of lilies. In 2011, rather



North 5-chome of the Sunday Markets. You will find their stand just a short walk east from Hirome-Ichiba. Look for the Furuyaji sign. In front of boxes with lovely bread and cakes, the lovely products and ingredients are lined up next to each other with quaint handwritten signs.



In front of Furuyaji, ready to tread the wheat plants

Sowing wheat in the new year, the plants will start growing at the end of February. Tomo treading the wheat plants with his feet. Due to being sown by hand, the wheat plants are slightly curved in a not unpleasant manner. Teaching the next generation, they have brought children from the local nursery to help tread the soil.

than continuing to grow lilies, they decided to make cultivating and processing organic and pesticide-free vegetables their main business.

Tomo reflects on the events of the time; “We decided from the beginning that if we were to choose vegetables as our main source of income they would be free of pesticides and organic. We knew however, that if we went ahead our vegetables would be susceptible to disease and insect harm making them less beautiful and harder to compete with produce from farmers growing with the usual processes. Consumers are influenced by the appearance of vegetables. It would be difficult to compete on just selling fresh vegetables, so we decided our main focus to be processed and packaged products. Another reason for this decision was that Masayo enjoyed making these products. With the support from others, we started by setting up a stall at an organic market and sold Masayo’s popular and tasty bread. This was the start of 「フルヤジ」(Furuyaji)”.

The word “Yaji” is a colloquial and loved term amongst the local farmers for the land and farmhouse. When a new owner arrives and builds a new house, the older land and house is called “Furuyaji” this is where the name 「フルヤジ」(Furuyaji) comes from. We interviewed the couple amongst the Furuyaji.



6 month-only limited, [Pakuchi-Oil] (Coriander Oil).

They have now set up stalls at Sunday Markets (from Hirome Ichiba , westward) in Kochi City and various other events, where they sell 8 different varieties of cake as well as bread, all made with their home grown pesticide and herbicide-free wheat. They also sell pizza made with great seasonal vegetables [Hatake-no-Ra-Yu] (Seasoning Oil) and [Pakuchi-Oil] (Coriander Oil) homemade oils produced by using their home grown vegetables, as well as jams made from seasonal fruits and other great products. They have several returning customers as well as those who come from outside of the prefecture and have been introduced by their friends, just for the Sunday Markets. “I had to come here if I visited Kochi!” and “I’ve come again to buy this!” are all said. Tomo and Masayo smile and giggle as they serve their customers. “In summer, the bread doesn’t sell as well, so we also sell shaved ice (kaki-gori). Our flavours are all homemade syrups using our home grown fruit such as Yuzu and Naoshichi (citrus fruits) that are not colourful. We’ve had customers ask, ‘do you have strawberry flavour?’ But customers who buy the Yuzu and Naoshichi always tell us how delicious it is” giggles Masayo.

We just look slightly fresh... .

[Pakuchi-Oil] (Coriander Oil) is one the main products of 「フルヤジ」(Furuyaji). It is made with select ingredients, pakuchi(Japanese for coriander) and garlic from their own fields, salt from Kochi, Fresh Olive Oil from Italy. Taking 3 years to grow before their first harvest, the pakuchi shook their taste buds more than expected. The couple thought, “Why don’t we make this into a product?” and so it was born. Freshly picked pakuchi is washed with mountain water and is loosely cut. Next they fill a jar full with cut pakuchi leaves, salt, chopped up garlic and pour in the fresh olive oil, then mix the ingredients equally around with extreme care, as the most important process. Finally, slowly and firmly close the lid to keep the flavour in, place a label and complete the product. “We make each one by hand. The labels are also placed on the jars by hand. Sometimes they look awkwardly sideways. (Laughs)” Tomo mentions of their bottling. This method really brings out the flavour of the pakuchi. Just by lightly coating on fresh bread, dadding it on freshly steam vegetables, dripping a few drops on your tofu with the [Pakuchi-Oil] (Coriander Oil) each main ingredient is pulled to the next level. Fresh



Only need what is needed,
And make only
as much as the scope allows.



pakuchi with roots can be bought from the [Tosa-no-Sato] foods market. The pakuchi is only available from the end of November till late May, so is a limited 6 month only product.

“How we choose what to plant, is important for what Masayo will be producing. We also plant chestnuts and fruit. We think 「フルヤジ」(Furuyaji) should continue like this. We are really happy that our customers have come to love the taste of our Chilli and Coriander Oils, but we don't intend to build our own market or place our products in department stores. We also don't plan to sell our bread wholesale. We think it is alright to supply the scope that we can guarantee to provide for.”

We started of our own will to go organic, to tend to pesticide-free fields, and harvest the best seasonal fruits to make great products. An abundant lifestyle is right in front of us. Masayo smiles, giggles and expresses her lifestyle, “Isn't it quite usual to hear farmers and their wives who live in the mountains and would make their own mocha (rice-cake) from their own mochi-gome (Glutinous rice)? It's just that normal. The difference is that we aren't making mochi but baking bread and packaged products, so we just look slightly fresh...”



Their popular product, [Hatake-no-Ra-Yu] (Seasoning Oil) (60g/684 JPY, 120g/1728 JPY) is made from home-grown ginger, garlic, and herbs and uses Kochi-made Japanese pepper, salt, canola oil, sesame oil, fresh chillies and sesame. Not actually hot or spicy, and child friendly, there are entire families that are fans of the oil. [Pakuchi-Oil] (Coriander Oil) .60g for 864 JPY.

Furuyaji organics

<https://www.instagram.com/furuyajiorganics>

The[Hatake-no-Ra-Yu] (Seasoning Oil) and other products can be found in select places such as [kruh] Café in Harimaya Town, Kochi City, at [Hakuza] Kochi Store in Obiyamachi and several other places. Some select stores outside the prefecture also stock their products; please check their instagram and website.



Chapter 2 Shimanto City

まあ坊豆腐店

MaaBOUDOUFU-Ten

The taste of handmade happiness,
a Masterpiece



The Tofu sold in supermarkets is also Tofu.
Differing varieties of Tofu make Tofu interesting.
Instead of being made the same way, it's better with different
ways to make it.
I have my own style. I only know this style.
States Masanori, as he gently places soybeans into the mill-
stone and turns it slowly.
As the soybeans turn into paste he puts them into a linen
pouch and hand presses it.
まあ坊豆腐店[MaaBOUDOUFU-Ten]'s tofu making process
has a rule that each and every step is to be done by hand.



Masanori enters his workspace at 4 AM to begin making tofu. It takes roughly 2 hours for each mill and press. He will complete 2 mills from the morning. After that he will work on processing the tofu, but on busy days he would do another 2 mills.



From Soybean to Tofu, the flow of nature.

In November 2015, together with a café まあ坊豆腐店[MaaBOUDOUFU-Ten] opened its doors at 6-chome Ohashi Dori, Nakamura, Shimanto City. With glass windows all around, customers can see tofu making happening inside. The store is run and owned by a lovely couple, Masanori and Tomoko Shiji. An interestingly long story for the couple to reach this far; let's continue the story here.

At the age of 19, Masanori left his hometown of Osaka by invitation of an acquaintance that he had previously helped. Arriving in Kochi time he started working at a Yakiniku (BBQ Meat) restaurant. Eventually, he started to strongly think about going into agriculture. He left his job and started growing rice and soybeans. 8 years later he started making tofu in his own style and ever since has been stuck and engrossed in tofu making.

“To go full scale into farming, one needs to have a vast amount of land and facilities. I found this did not fit my personality or ideas. Also, to sell your own produce it also takes a lot of work as it is, so I thought I would process my produce into goods and sell it myself. After reading a book about farming, I found out that soybeans could be grown on neglected or wild lands. If I was going to grow the beans and process them, it would have to be miso or tofu. I thought it would be interesting to try at least once to make tofu. I was surprised to find out tofu making is so much fun!”

Normally, Tofu is made at home, using Japanese grown soybeans and on special occasions use home-grown soybeans. Selling to order, his current style of using a millstone and hand pressing the paste was something he put into practice after wanting to try it after reading an article. He mentions, “I don't exactly have a teacher, I can only learn and remember through trial and error.” This is the result of his continuous effort and trials, which became his obsession to do every single step of the process by hand.



Hand milled, hand pressed.
That's why it's great.

After starting this store, Masanori has turned to only Tofu making. He uses soybeans from Mie and Hokkaido prefectures. Soybeans are delicate and are sensitive to temperature. Masanori mentions how in summer he has to pay special care when working to drastic changes in the temperature. Difficult times abound during the change of seasons.

Milling and pressing are all reliant on the touch of the hand.

The lower the temperature of the weather, the slower the water permeates through the soy. Then, after the water bath it is usually left in a fridge for roughly 2 days. Because tofu contains protein, the main point in tofu making is to bring out the flavour from the tofu, mentions Masanori. Softly place the soybeans and the water that the soybeans were sitting in into the millstone and turn, this crushes the soybeans and mixes them into a paste. Collect the paste into a cloth pouch and then wring and press the pouch. Repeat several times. Here you are separating the fresh tofu and the lees. Next you boil the fresh tofu and then cool it down to 70 , before mixing with [Tosi-no-Shiokara] brine and shaping the tofu. At this stage you also get Yosetofu or fresh tofu.

During the interview, Masanori was just constantly milling with the millstone, crumpling and squeezing the pouches. "I'm quite bad with machines; this type of hard hand-work really suits me. It's because it's done by hand, I can really focus on the detailed parts. It feels like I only make each day's worth of tofu. I think by using machines, you've got 100 more steps to deal with. Yet, this is the only way I know how to do it. I trust and believe in myself and my hands" he says as he constantly repeats each step.

We ask Masanori about what taste is he aiming for, "I am not aiming to make a tofu that fits everyone's taste buds, but rather I want to make a tofu I think is the best. I have an ideal image of my tofu. It is soft and smooth, really kind on the throat as it goes down, and has a firm flavour."

The glimmering Tofu-don.

まあ坊豆腐店 [MaaBOUDOUFU-Ten] is a place for coffee, tea, rice, snacks, and of course, Tofu. Everything apart from making the Tofu, Masanori's wife Tomoko covers with her amazing skills. The daily lunch is a deal with its great volume but its healthy focus on vegetables is kind on the ladies as well. Fresh Tofu, dried sea lettuce and tofu soup, and the rice dishes are part of the 9 dishes on the menu. Tomoko created each and every dish. The glimmering Tofu-don was so popular that our team did not get a chance to try. "We will be sure to come back and eat it" was the occurring thought after.





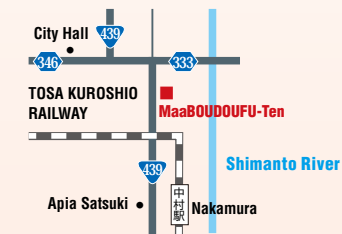
The delicious and scrumptious food continues on to their cakes, such as the Soy Gateau Chocolate made with tofu and the Matcha and Dainagon Azuki Cake. Their sweets are also interesting and smart that change with the seasons, such as the Tofu and Tapioca Ozenzai. Once again all these are handmade by Tomoko. “The lunch menu is really dependent on the vegetable season. I think about it at the time. Living in Kochi is interesting as everything is a challenge. We’ve put our livelihood into this store (laugh) .We think that if our job can help other people, that is all that matters. We want to make まあ坊豆腐 [MaaBOUDOUFU-Ten] into a store that those living in Nakamura would appreciate and enjoy” Tomoko says as smiles and serves customers.

As lunchtime arrives, the store fills up with people in a blink of an eye. Who can doubt? With fresh tofu and such great food, it’s natural. We found another taste of handmade happiness.

MaaBOUDOUFU-Ten

<https://www.facebook.com/maboudofu/>

6-6-25 Ohashi Dori, Nakamura, Shimanto City, Kochi Prefecture.
 TEL: 0880-34-8202
 Open from 10 AM to 5 PM
 Lunch available from 11:30 AM to 2 PM. (Closed if sold out)
 Closed on Sundays
 Parking Available (4 slots)



Menu

Fresh Tofu/150 JPY, Firm Tofu/300 JPY
 Matcha and Dainagon Azuki Cake/300JPY
 Soy Gateau Chocolate/300 JPY
 Soybean Lees/50 JPY
 Today's Lunch/900 JPY
 Tofu-don/600 JPY



Chapter 3 Kochi City

ひもの
干魚のやまさき

Himono-no-Yamasaki

The taste of handmade happiness,
a Masterpiece



Lovingly prepared Oki-Urume fish, carefully placed side-by-side
Spread out along the nets by hand
Mesmerised by the soft and careful handling
With Mimase fishing harbour nearby,
Along the road the Oki-Urume nets are spread next to each other
With fish glistening to the morning sun
Such a sublime moment to encounter
Fish, Salt, Water and the blessings of the Sun and Wind
People and nature together, as the dawn breaks
Welcome to the beautiful gems of Himono (Dried Fish).



Delicious and full of great essential oils of the Me-hikari, you can easily fry or grill it and the taste is sublime.



Hiromasa Yamasaki preparing Fuka (Shark) for a Mirin-Boshi in the back room. He has great knife skills.

Never did I think I would have to prepare fish.

Mimase, Kochi City, a fishing town famous for Himono or dried fish. Hiromasa Yamasaki started [Himono-no-Yamasaki], a store for dried fish. Whilst his father was a fisherman from Mimase, Hiromasa left for a technical college in another prefecture after graduating from high school. After graduating he joined a travel company in Kochi Prefecture, for whom he worked for about 10 years. However, when his father became too busy with work and called, “Come over and help with the family business” Hiromasa could not refuse. Until that time he had no connection to the sea.

“I was on the fishing boat for 2 years. One time, the cruise liner that I used to travel on [the Asuka], came into Tosa bay. It came right next to my boat and passed right by. At that moment, I thought ‘Whoa~!’ Fishing is always decided as a result of many different factors such as the currents, weather etc. From then I knew, no matter how much I tried I was not going to be able to change anything. I was confident that I was not suited to this job. After I stopped working on the boat, I started helping with the fishery

cooperative selecting fish. It was at this time I felt troubled, “Should I continue doing this?” I thought. By chance, I was invited to visit a local dried fish store.”

After the visit, and after seeing how the store was run, Hiromasa deeply considered the fact that it was not his job to raise the price of his catch and made a decision to start his own dried fish store. He trained for 2 years and in 2013, he started his own store. Every morning at 3 AM he wakes up and makes deliveries to the markets and starts preparations for the day’s drying and marinating of the fish in sea salt. He has two young members of staff working with him and they both start at 4 AM.

Spread and stretch each fish’s backbone.

Primarily the veteran ladies, who have been doing the job for years, are the ones who hang the fish for drying. They are greatly skilled so that there is no waste in their beautiful movements. Sometimes, you will see buckets underneath the nets with Oki Urume set aside, unwanted. This is actually for arranging the sizes. They set aside fish that



The Blessed Sun is power to the flavours of the Himono.



Oki-Urume glistening while drying in the Sun, beautifully spread and arranged along the roadside. The Sun's rays and wind are indispensable to great Himino.

are different in size. These sizes are so minute that it would be hard to notice even if you were to stare at all the fish arranged, yet these women make that decision in a split second. Further, they ever so slightly pull on the backbone of the fish to stretch them and arrange them neatly on the nets. This is to make the completed project look nice. “If you just place them and arrange them on the nets some will be curved and it will look bad. We do our utmost to carefully handle the fish, to make them look their best. There is no real knack or secret to doing it. You have to get used to it” states Hiromasa.

Oki-Urume dried fish are dried from first light and taken in after sunset. At night they are dried with a blowing fan and, by next morning, they are ready.

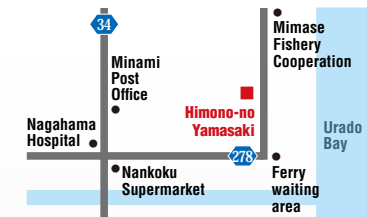
“Because the boats arrive back here in Mimase in the evening, we start washing the fish straight off the boat. Next we soak the fish in salt water, but depending on the season for the fish, the species of fish, their size and condition, the duration of the soak will change. Next we wash and dry the fish again. The delicious taste of the dried fish is thanks to the blessing and power of the Sun. [Sun-drying] is our store’s specialty. We decide the duration to dry the fish based on the humidity and temperature. In sum-

mer the humidity is high whilst in winter it is very low, so we will monitor the drying conditions of the fish all day and adjust as needed. It’s experience rather than sense or intuition.”

Himono-no-Yamasaki dries, Oki-urume, Mehikari (Round greeneyes) and Surume-ika (Japanese common squid) all year round. They also dry other seasonal varieties of fish. Often found drying in winter are Yakedo (Darkblue headlightfish), Aji (Japanese horse-mackerel), different types of Karei (Right-eye flounders) and other great winter fish.

**Everything is a masterpiece,
Especially delectable are the 1-day dried squids.**

Frankly, amongst the [Himono-no-Yamasaki] selection of fish, the Surume-ika and Mehikari taste the greatest. The Surume-ika is cooked and smoked over a flame until it resonates a salivating smell. It is meaty and tender to the bite. As I talk about it, Hiro-



masa teaches me about the trick, “We dry Surume-ika for roughly 3 hours. If we completely dry it, the squid becomes crunchy and cracks and with that the meat wears thin. We dry it just enough to be dry and finish it whilst it is a bit soft.” The Mehikari is also meaty and the meat just crumbles in the mouth. An elegant flavour and delectable oil fills the mouth. One would love a great drink to have this as an accompaniment with. His brother is now in charge of the boat. When his stocks are gone or if there are any special orders to fill, he would request his brother, “Can you catch this fish for me?” It is a tag team. Additionally, by locally hiring 2 young men as permanent employees, Hiromasa has brought energy to the Mimase fishery area. “I want to keep the fire strong for Mimase as a town renowned for its Himono” mentions Hiromasa as he speaks with fervour.



Himono-no-Yamasaki

Mimase, Kochi City (In front of Mimase Fisheries)
 TEL: 088-855-4173
 Open from 8 AM to 3 PM
 Days Off: Irregular, closed during bad weather

Oki-Urume: 1200 JPY/Kilo (Mid-size around 30-40 fish,
 Large-size around 20-25 fish)
 1-day dried Squid: 300 JPY/squid
 Mehikari: 2500 JPY/Kilo (Mid-size around 60-70 fish)

*Please mention your price and we will match the amount and volume to your price.

*Depending on the season, stocks of fish may change and products may vary, so please check beforehand.



“Salt making is dependent on the sun, the wind and the sea. We have a natural sense of being helped by mother-nature” states Takumaru Yoshida. He looks at the condition of the salt and so adjusts his stirring and mixing.

Chapter 4 Kuroshio Town, Hata-gun

ソルティープ 土佐の塩丸

Salteve Tosa-no-Shiomaru

The taste of handmade happiness,
a Masterpiece

The skin on his palms is unusually thick.

With 2 salt works to manage he has over 190 crystal boxes.

With care and love he mixes each and every box with his hands.

In summer, he each would need 4 mixes.

He laughs as he says, “It is as if I am using my hands to grind sandpaper.”

Through time, his fingerprints start to fade away.

Yet he loves his work too much to quit

This is the story of the salt made by the Sea, Wind, Sun and one man’s hands.



There are samples of the crystal sizes of the salt at the salt works. Here you can also compare the taste of each salt.

I've been watching salt making since I was a child.

Saga, Kuroshio Town, is famous for a unique style of fishing Katsuo (Bonito Tuna) with a single pole. After deciding to move from Osaka to Kuroshio, Takeshi and Kazumi Yoshida became salt artisans [100% Sundried Salt, Tosa-no-Shiomaru] with a commitment to make organic, natural salt with only the power of the sun, wind and the power of nature. The next generation, and to continue the art, is their son Takumaru. In his youth, Takumaru witnessed his parents receiving a letter of gratitude from a customer. Together inside the package were cakes and snacks using Shiomaru salt made by the customer. He saw his parents very happy and talking, "Making salt is truly a wonderful job!" and it encouraged him to pursue salt making. Each time he graduated from Middle School and High School, he told his parents, "I want to make salt" but they refused to let him and said, "You better go to university." Reluctantly, he continued on towards university. Following that, at university and right before he was to graduate, doubts started arising, "Can I make a living from going back to Kochi and making salt and in this condition without major skills?" After careful deliberation, he applied to work for a diving company. As a diving instructor, Takumaru dived the world's ocean and gained confidence from working for 5 years. "If I ever need to I can make a living through





Tosa-no-Shiomaru (Salt)
650 JPY for 200g
1620 JPY for 500g

Seawater Brine
540 JPY for 360ml

“Tosa-no-Shiomaru” is sold all around the Hata-gun area at; Michi-no-Eki, Nabura Tosa-Saga, Michi-no-Eki Biosu Ogata, Sun-river Shimanto etc. It can also be found in Japanese Sundries stores in Kochi City, Honiya, Kida Alcohol Store, Jyosei-Market, etc.

diving” Takumaru remembers. In 2009, at the age of 27, he returned to his father Takeshi’s side as his apprentice. During this his apprenticeship, he developed another separate salt works in Kuroshio Town, along route 56. He developed this salt works with the concept of allowing the public to gain access to the products and to learn and experience the skills of salt making.

Making the effort, spending the time.

In winter, Takumaru’s day starts at 7 AM. He travels between the two salt works, mixing and stirring the crystal boxes, harvesting and bagging the salt, and preparing the packages for shipping. When he returns home, it is straight to checking e-mails for orders or sending out estimates, it is administrative duties. You might think, “That should be it” but in the 2 salt works there are around 190 boxes. It is very laborious to ensure the consistent growth of all the salt and to stir it carefully. He has to tend to them twice a day, this raise to four times a day in summer.

“We let the seawater flowing from the ceiling, thanks to the Sun and Wind, evaporate the water and raise the salt level. Then we place the water in the crystallization boxes and sit them inside the salt works house covered in F-Clean film (a thin membrane used for greenhouses). It is still in a liquid form at this stage. Inside the house there are wooden pillars and crates, and due to the shade, to control the humidity inside each of the boxes it is important to stir them. After a while, a powdery substance or the infant stage of salt appears. In this stage it can also be called calcium. If left alone the salt will stick to the boxes and it would be difficult to remove, so the mixing technique is important, so you must carefully scoop the salt up while mixing to manipulate the powder inside. Strangely, the salt starts to grow and expand; even in areas of the box where I have set aside the salt there will be new salt growing. That’s why I do my best to move the already dried salt into the middle and make a little mountain. As quickly as possible, I try to maintain and control the younger crystals in their growth. If I don’t pay attention and quickly move the salt around in the earlier stages, as the salt begins to grow and dry the sodium chloride levels begin to rise and the batch is wasted.

I always try to keep an eye out on daily changes in the growth of the salt and so can control the situation. As I work I often talk to the salt, ‘Ah, only this much has changed and grown’ or ‘this is different from yesterday.’ By growing and experiencing, through



The shape, the size and the exposure to the sun, affects the finished salt. "If the house is too big, it is hard to raise the humidity inside. Once it is warm it is hard to lower the temperature. Vice versa, if the house is too small it heats up and cools down too fast and the change is too severe. The efficiency is not as comparable, but I think I prefer to use bigger houses" mentions Takumaru about his salt works.

my palms and touch I can feel 'I should do this' as I hear what the salt is trying to tell me."

At the time of the interview in winter, the change in the salt was very slow and little. Depending on the weather each year conditions do change but in general, in winter the salt sits in the salt works for about 1 month whereas in summer it would only take 10 days. Those 10 days in summer require a high level of concentration every day. Additionally, the heat in the salt works is about 50 to 60 degrees Celsius. Such is the heat that Takumaru has to step outside the house every 15 minutes to catch his breath, lick some salt and rehydrate during the mixing and stirring. Takumaru explains the working conditions of his job, "The mixing and stirring of the salt is similar to using your hands as a file to grind, after a while your fingerprints disappear. (Bitter laugh) Also, even if I wore sunglasses during the summer months, the reflection of the sun from the crystals would still negatively affect my eyes." We wonder what Takumaru thinks is the ideal salt.

"I think a great salt does not start with the saltiness instantly coming, rather a slow delivery of sweetness, then a mild saltiness as it further melts within your mouth. Next comes a hint of bitterness and finally ending with some umami. I learnt that a person's taste lasts for about 4 seconds from first taste, so

I believe 'Sweet, Savoury, Bitter and Sweet' are the best steps to taste. I strive to consistently make this kind of salt."

Salt for Onigiri, the same through 3 generations.

Currently, 80% of Tosa-no-Shiomaru's customers are direct private clients from across the nation. In addition, there is a long run of periodic orders from over 3000 restaurants. Takumaru mentions that he had declined limited offers from several big wholesale companies. There is a big hit to the business with losing just 1 customer.

Takumaru recalls a story about a customer saying, "I have always used salt from Shiomaru. I passed it on to my daughter to use as well. Further my grandchild said, 'I want Shiomaru Onigiri.' The entire family uses it." Takumaru mentions how proud he is, "I am extremely happy to hear that 3 generations are using our salt and I hope it passes on to the next generation." He also mentions customers that would visit Saga from outside the prefecture for the salt. He is always bubbling with joy on those days.

"When people talk about Kochi prefecture, Sakamoto Ryoma, Bonito Tuna and Katsuo Tataki come to mind. I hope that it would be nice for people think of Shiomaru salt when they next think of Kochi" as Takumaru visualises his dream for Kochi.



Salteve Tosa-no-Shiomaru

49 Saga, Kuroshio-cho, Hata-gun, Kochi Prefecture
TEL: 0880-55-3226



Chapter 5 Tosa Town, Tosa Gun

いく農園

IKU FARM PICKLE

The taste of handmade happiness,
a Masterpiece



All done by one person, from cultivating the land
No pesticides, no fertilizers, a no-till farming approach
Selecting the best vegetables for the weather and area, softly and caringly.
Freshly harvested vegetables in the morning
Straight into salt to be pickled that day.
The lifestyle and philosophy of the Kawatani couple is elegant.
For the taste and to raise the quality of pickles
They strive to raise the quality and level of the vegetables so they're indispensable
The couple smiles.



All grown on open fields. Soil made with the local grass and trees.

Next to the fields where soil is prepared, assorted small trees and timber has been stacked together for 6 years. For these trees and timber to go into the soil, they are left to sleep on their sides until they are in the perfect condition. Piling and spreading mowed grass across the field, there are a variety of methods to prepare the land.



Plant, Raise, Harvest and package

One, I bit into a delectable and exquisite fruit of perilla, [Hojiso no Pickles] that was tightly packed into a lovely jar. Biting into the head of the seed, the feeling of my teeth popping it open is satisfying. It is said that to bring out this food texture, the fruit and seed must be harvested in just 3 to 4 days a year. I visit Ikumi and Miki Kawatani to learn more as they share about their “IKU FARM PICKLE” and about their pickles.

Ikumi Kawatani was interested in agriculture from his younger days. During his first year of high school, he worked part time for 2 months at a farm in Hokkaido during his summer holiday. This is where he thought; “I want to make a living from agriculture in the future”. He saw his own future and proceeded down his path. Whilst studying in humanities at university, he started a new adventure working in agriculture. To learn about running a farm, in his fourth year, he participated in an internship with an ag-

ricultural co-op in Gunma and Nagano. “I cherish seeing the reality and the charm by talking directly to managers and owners” As Ikumi reflects on his past.

After graduating, Ikumi worked under Kazuho Yamashita and helped on his organic farm “Yamashita Plantation” for 6 years. In 2008 he started his own plantation. He had a concept that, “produce is to be raised not to be made.” With that conviction he committed to have a no pesticide, no fertilizer, and non-tilling farm. Soil preparation would be with no extra effort and use mowed grass, fallen leaves, pruned twigs, bamboo and other organic methods. Ikumi mentioned that he needed 5 years from when he started preparing the soil until he was able to collect his first vegetables.

Ikumi started with leasing a farm plot in Motoyama Town and an old Japanese styled house in Tosa Town in the Reihoku area. Whilst working on the side, he started growing and pickling his vegetables. He would later marry his wife Miki. Working diligently and selling at organic food markets eventually his pickles started picking up attention.



These pickles are from land where they worked hard to prepare the soil, grow, harvest, and with their own two hands package and pickle the produce. Why did this couple look towards pickles? By talking to the couple, we find the union between Ikumi and Miki and the beauty they see in their work together.

“Home grown vegetables, by fermenting and ripening through pickling, hold a greater and richer flavour. A major reason that I picked pickles was because the initial investment is very little. We can use household fridges and don’t need special fridges to store vegetables. Additionally, these are processed goods that have value added to them and that can also be stored at normal temperatures. Pickling is a simple cooking method that also keeps vegetables fresh for a long period of time” mentions Ikumi about his reasons. Miki then chimes in with additional reasons, “Because it stores well at room temperatures, restaurants, cafes, department stores, and shops easily take our products and the market for our products widen. Even when we ship our products, we don’t need to use refrigerated shipping which helps us in lowering our costs.”

Raising the quality of the vegetables is everything.

Because they grow their own vegetables and pickle them direct, they can come up with ingenious plans to bring the best flavour out of the vegetables for their customers. First, by harvesting fresh vegetables, they can instantly prepare them for pickling and within the same day salt and pickle. They are also ingenious in their bottling. Each and every product has its own shape. As such, whatever the size of the harvest, however big a bottle or jar, they think of the most efficient and beautiful way to fit it perfectly. It looks beautiful. Not only that, because they consider the process of the pickling and bottling, they can focus on limiting the amount of pickling solution needed to ensure it does not go sour and the vegetables true flavour can be preserved. The key to presentation and beauty of the pickling solution is Mirin (Hon-mirin) states Ikumi, “By using Mirin (Hon-mirin), the pickles fit very easily with many dishes. In a year, we harvest 25 different species of vegetables to pickle. Amongst all that, we only use salt in 2 of our



The true taste of the vegetables, Is the way of great tasting pickles.

To ensure the freshness of the vegetables, during summer they bring cooler boxes to the fields; ensuring freshly harvested vegetables are kept at a cool temperature. Then they are quickly brought to the preparation room to prepare for pickling.

ginger variants of pickles. We try to not use any salt to ensure the vegetable’s natural sweetness can be tasted by everyone.”

Making a living by growing their own vegetables, processing them and then selling them. Aren’t there many people who would admire such a lifestyle? Ikumi says, “I cut down trees from the forest behind the house to make firewood, we use it for our wood fired stove, heater and for our wood-fired bath. This house gives us a fulfilling lifestyle.” Miki continues, “How you choose where to live, the lifestyle you wish to live affect the money required to live. We make our living from vegetables and pickling, but even then we have a limit to what we can grow. It is vital when we price our pickles. It affects where our products are sold. When we have to decide a new product’s price, we agonise a lot before deciding. Yet, we need only very little for this lifestyle. For now, we don’t need a lot to live and we like that.” (Smiles)

When we asked the couple about their future plans, Ikumi gallantly smiles and replies, “We will continue to care and do our best for the fields, and to continue this lifestyle in



From Hokkaido to Kyushu, IKU FARM Pickles are sold all around the country in restaurants and shops. Hoping that people who run their own shops will come to love their pickles and want to sell them at their own shops, gradually growing widespread.

this house. For our pickles to have the best taste, we will grow and watch carefully over our ingredients, the vegetables. I believe that this way of thinking is extremely crucial to the creation of pickles at IKU FARM Pickles. We will raise our agricultural skills continuously and focus on celebrating the best vegetables, simple.”

The couple radiate a strong will to live and continue their lifestyle here. They gave us an abundant and plentiful time for such a great interview.

IKU FARM

<http://ikufarm.com/>

Within Kochi Prefecture, you can purchase IKU FARM Pickles at, JOKI COFFEE, Otoguchi Café, Oyama-no-Yado Michi-tsuji, terzo tempo, Amekaze Shokudou, kruh, Tosa-Washi Kougei-mura QRAUD(Tosa Washi Paper art village QRAUD), Blossom (Inside Hotel Nikko Kochi Asahi Royal), mama marche and various places; all sold in limited numbers. Online purchases are available and please check the website for stores outside Kochi prefecture.

Special Feature Spin Off
The taste of handmade happiness,
a Masterpiece
One man who connects them all

Chapter 6 Kochi City

株式会社ローカルズ
市吉秀一さん

Locals & Co. K.K.
Shuichi Ichiyoshi



Working for a publisher in Kansai

To pursue his surfing hobby, Shuichi Ichiyoshi would travel down to Kochi's beaches almost every week.

At this time he became obsessed with the charm of the local agriculture and its produce.

Through his publishing work, and by luck of an acquaintance, he met an agricultural producer and, before long, he would be living in Kochi.

Discovering the high quality of Kochi's ingredients, and wanting to produce them.

Thus now, politely sharing the story of each product.

Within Shuichi Ichiyoshi's smile lies a power to bring happiness to everyone.



From a trend setting company to the charms of the earth and land.

Shuichi Ichiyoshi worked at a famous trend-setting publishing company in the Kansai region of Japan that covered travel, gourmet food, fashion and lifestyle. However, he would almost every week visit the Toyo-cho and Hata-gun areas to go surfing. In those days, he just went back and forth from Kansai and Kochi's beaches.

Before long, whilst working on a project for the [Meets Regional] magazine, he started discussions to have a feature for, "The Delectable Vegetable Restaurants." The project started with an innocent remark from Shuichi, "Let's get everyone growing vegetables." It started the ball rolling for a continuous feature with

the team growing a small field to begin research for the project.

Shuichi remembers the start of the project; "Firstly, we bought a book on how to raise vegetables. We then borrowed a power shovel and started cultivating the land with ridges to grow the vegetables. Every action was just watching and copying. I think, at the time, I never went to the office and was stuck in the fields. (Laughs) I was hooked. I think I was hungry to touch the field and soil again and again."

He shares how he felt inspired about buying the seedlings at a local hardware shop and how delicious the taste of the vegetables from his first harvest was. "Aa... to eat vegetables in season, it feels as if you are one with nature. It was labelled as working although I was

Eating with the season is living together with nature.

Told, each poster or pamphlet is carefully drawn and created by Shuichi Ichiyoshi.



eating delicious food all year long. Embarrassingly, I only understood that eating food fresh in the correct season is best at the ripe age of 40." This experiment of growing their food was a chance to rethink the concept of eating. When a farmer read the articles, he contacted them, "Your methods in the fields are a complete mess. Come over and I'll teach you," he said. Shuichi then visited the man and followed him as he taught Shuichi in various fields across Kansai. Eventually, he found out that growing delicious vegetables is a journey with nature. Thanks to the priceless encounters and experiences, Shuichi's interest into agriculture deepened and grew.

After that experience, Shuichi met with a rice farmer who was of a similar age to him in Shiga prefecture. The man had been farm-

ing on a large scale using pesticides and was always worried, "Is this really the farming that I want to do?" Shuichi proposed a plan, "Why don't we invite our readers and, for a trial, grow and plant some rice fields without any pesticides?" The two completely hit it off and worked closely together. With their readers, they harvested the rice, cooked it in a stone pot and made Onigiri (rice ball). The atmosphere was electric, with participants all smiling and laughing. Shuichi really treasured this moment and discovered what, he felt, was a most important experience for people.

In 2011, due to the Great Tohoku Earthquake and Tsunami, the world changed radically. Shuichi left the publishing company that year. Relying only on a network of people

who he'd been introduced to, one by one he visited farmers' fields and worked to bring the vegetables and products to sell in Osaka. Thanks to that, these farmers also connected to each other. Shuichi started to return to visit Kochi again, but this time not for the beaches but for the farmers and their fields.

An important role in connecting Kochi's great agriculture.

"I had previously met Reiko Yokoyama and her Kusaya farm when I had interviewed her for an article, and from her I was introduced to Masayo Nagasaki of Farm Vejico. I visited Farm Vejico and met with Masayo. Their main produce is cucumbers. I don't actually like eating cucumbers, but her cucumbers are different. I could eat a whole cucumber by myself." From Masayo Nagasaki, he was introduced to the next farmer and then the next as he went back and forth from Kochi and Osaka over the period of a year.

At the time, with his network of farmers in Kansai, he would periodically set up market events, so he started introducing Kochi's vegetables. Before long, he met his now wife and whilst visiting his friend, he mentioned about, "My next life would be nice in Kochi." As such he came to start living in Kochi. He shares a story of his travels amongst

the farmers, about wasted vegetables they couldn't sell, "The vegetables were no different in taste. The only difference was their shape and looks. Some were bent or grew differently and some had slight bruises. That's all. It was regrettable to see these vegetables that people put their blood and sweat in to growing being thrown away," Shuichi remembers. He mentioned his idea, "Wouldn't it be interesting to use them to make dried vegetables?" By drying the vegetables, the nutrition of the vegetables would still be present. Also, it brings forth easy storage. "We had to do a lot of trial and error to get the drying process right before we were pleased with the results. A food director from the "eatrip" film, Yuri Nomura, discovered our project and invited us to, 'make an event using these ingredients from Kochi.' I really enjoy the opportunity to share Kochi's great food with people of other prefectures. I am always consciously thinking about my role to be the bridge and connect people with Kochi."

Politely sharing the artisan's story and background.

The "KOCHI natural MARKET @ OSAKA" is also one of his projects. Every 3 months, fresh vegetables, fruit and other products are sold to the public and farm producers are invited

Shuichi Ichiyoshi : Profile

Born in Osaka. He relocated to Kochi in May 2013 and set up [KOCHI GOOD FOODS] as a bridge for various events to connect Kochi's farmers and consumers, and introduce Kochi's vegetables, fresh fruits and citrus, and other selected products and ingredients.

From April 25th for 1 month, he is promoting "Kochi Fair" to various restaurants and various select shops in Tokyo. June 4th, "KOCHI natural MARKET vol.7" will be opened in Osaka.

Kochi Prefecture Special Tourism Ambassador.



to be guests to introduce the shows. Current schedules are in February to have the Sundried salt makers Tanoya-Enjirou from Tano-Town as guests and in June to have Japanese Sake "Bunkajin" makers Arisawa Distillery as guests. (Arisawa Distillery was featured in Kikan Kochi 56 in our special feature.) His daily activities and projects revolve around travelling between restaurants in Osaka, Tokyo and agricultural producers in Kochi to connect them and at times assist farmers develop products and goods. "After the earthquake, a lot of friends who were cooks and chefs were worried about the quality of the ingredients. They were really pleased and impressed with the quality and taste of Kochi's ingredients and used them right away. I am really blessed

to have friends who have given me so many various ideas and hints. It took us 1 full year to help Kusa-ya develop their "Kusa-ya Original Anchovy" and finally put it to market. I think an interesting part of my job is to discover great ingredients and make them into a product" smiles Shuichi as he shares his experiences."

"I aim to politely share and spread the story to, convince the buyer who made the product, how safe the product is to purchase, the relationship, and the behind the scenes production of each product. It is not about simply getting a product from one place to another, and passing it from right to left. A vital part of my job is to ensure that the market, chefs and cooks, truly understand the background



of those making the ingredients and products. The people I connect with have the same thoughts. Of course it is a truly different taste of joy from when I was working as a Salary-man. I've made connections with people who can share our hard times together. I am thankful everyday to have come to Kochi. (Laugh)"

Finally, how does Kochi look to your eyes, Shuichi ?

"In Kochi with the beaches and plentiful nature, it's truly interesting to see how people's connections get deeper every day. Warm and kind, they have their own culture. If you visit Takamatsu and Matsuyama, cities on the same island, they look similar to Tokyo. Boutiques, fashion, and stores are all the same. As if they were just a 'mini-Tokyo.' Because it's Kochi, its self-help and self-reliant. There is so much originality and they don't heed Tokyo. I think that mindset is really great to feel. When I had my first, 'Dai-Okyaku' in Kochi, I thought to myself, 'is this really Japan?' It has a Latin vibe as if it is in southern Italy or Spain. I think it matches my lifestyle. 'Rather than focusing and worrying about everything, people who enjoy and take care of each day as they come are the winners,' is one way to put it."

We know happiness will continue to shine, wherever Shuichi is with his smile.



Kochi is self-reliant and self-help,
That unsullied pride is great.

Open every 3 months in Osaka city is the "KOCHI natural MARKET @ OSAKA." Each year bringing in bigger crowds, Shuichi selects each year's products and items with the farmers to share the charm and story behind.

Locals & Co. K.K.

<http://www.kochigoodfoods.com/>



Kochi Fighting Dogs COACH

Norihiro Komada

Norihiro Komada was asked to join the Kochi Fighting Dogs, by Head Coach - Takenori Emoto, “Why don’t you try coaching here in Kochi?”

As a professional player, his record is impressive with careers at both the Yomiuri Giants and Yokohama Baystars.

The man heralded as, “Grand Slam Man” is standing on Kochi grounds in 2016.

Giant Interview 0043



A truly captivating interview that captures his care for the players, capturing his keen eye on each of them, you can hear it in his voice. Coach Komada is truly a sincere person, as he smiles, “That was a lot of heavy discussion today.”

*Interview was conducted on February 26, 2016 at the Kochi Fighting Dogs, Baseball team office.

Norihiro Komada : Profile

Born in 1962, Nara Prefecture. Graduated Nara Prefectural Nara Informational and Commercial High School in 1980. Second draft of Yomiuri Giants. In 1994 he moved to the Yokohama Baystars. In 2000, he became the 29th person to hit 2000 hits and 2000 games. He retired in the same year. In 2005, he became coach for the Tohoku Golden Eagles through baseball commenting. In the 2009 season, became batting coach for the Yokohama Baystars. In 2016, he became coach for Kochi Fighting Dogs.

Changing myself. That's the starting point.

When Coach Emoto invited you to come to the Kochi Fighting Dogs (FD), what did you think?

“To be honest, I was quite surprised, but I saw it as a chance. Yet, I knew if I was to take this job, my yearly income would greatly decrease and my lifestyle would change. Basically, I rarely turn down requests of help from other people. On this occasion, I was struggling really hard to make a decision about this job as it was not as good as what I already had.” (Smile)

Yet, was there a reason that brought forth the change in decision?

“First, I talked to my wife and she replied, ‘Shouldn’t you give this a try?’ A senior announcer at my workplace Nippon Cultural Broadcasting also mentioned, ‘This work and being a coach for FD, why can’t you continue both?’ Everyone around me had agreed to the position. After hearing all the support, I made up my mind. I thought to myself, ‘I should be able to make do for a living.’” (Laugh)

Since the end of training Camp, from February 1st you began fully taking over. How are you training your players?

“I think the best method is to ‘try your utmost at every step.’ I know it’s easier said than done, it’s not easy to be always working with all one’s might in life. For example running for 10m, at 9.5m doesn’t let your energy fail you! Push with every drop of life with full strength. I won’t forgive any irresponsible behaviour and I don’t need unserious players.”

Is it a condition that can be understood just by looking at practice times?

“We’ve always looked at practice attentively. I know players are now all tense and nervous by the warm-up stages before practice. From that, just by walking by the players, each player starts to judge themselves for ways to improve.”

The players understand the coaching policy quite well.

“At the first press conference, I stated specifically to the players, ‘You are free to try and do it your own way.’ To be free is actually to be thrown into the deep end and is very harsh. You cannot lose concentration on anything, even one ball. This becomes the catalyst to improving skills, to be conscious of one’s own thoughts, and a chance to change their own self. It brings out the player, to question why they aren’t in professional baseball and that they are in this position because they haven’t changed themselves. For example, they were great batters during their high school days and proved very well,

yet when it came to high level games they couldn't get a hit. On the other hand, players who can hit, start to be mindful and start to wonder if their current condition is a waste of time. These players, who join this unique league with Kochi FD, at most stay for 2 to 3 years. Can you change yourself in such a short period of time? That's the problem to tackle. I think the first step is to start by not allowing one's self to compromise."

The player's personal feelings are important there.

"Not exactly. If there is no support and backing to their skills, even if they have the feelings it's worthless. A professional isn't weak to be batting a ball with his feelings. So even if he has skills to bat, if he has no support, it is impossible to bring out the results. So it's tackling the stage before the support, the step before that. It's an awareness that they need to have a conviction and be pitting their best to new challenges. I think that with this change it connects with improving their own skills, don't you agree?"

It isn't easy to improve one's skills in such a short time. What are your thoughts?

"I think there are extremely easy parts and extremely difficult parts. I believe that if the players change their mindset and their methods in doing things, it can be a catalyst for change. I know it is possible to hop and fly to many steps from their current level in skills. For that catalyst, all I can do is keep hitting them straight on. For example, you come and ask advice from the coach, 'That's strange; I think I was told the same advice two years ago.' If they feel that, it is proof that the person has not improved in the past 2 years. Yet, if their mindset is 'Alright, let's try this from now on' and they execute the action to improve, their skills will suddenly feel as if they have improved. The best opportunity is when the players have done their best and cash into the chance to change. I'm not afraid to say that there are people who will or have never cashed in to their opportunity."

So it could be reliant on the instructor at the time, perhaps.

"It is up to the players and what words they react to. On the opposite side, even if they don't ask there are things that must be said, 'Alright, how about trying to do it this way?' We can just mutter along and the words might just pass their ears. Things that must be said, even if it enters the players head or even if it just ends up being misheard. The players that I am instructing now, all these words I tell them today, it's impossible for us to ask them to do it correctly today. They won't go any higher than they are at the moment. Even if I tell a player 'Try this from today' and they reply, 'Yes, sir.' After 10 minutes, they'll stop when they reach a bump and think 'maybe I should stop, since I'm not getting it right', 'I can't throw the ball correctly, and I'll just stop.' At the end of the day every player has their own original style that they are most comfortable with, so it is understandable when they don't want to change. But, if they don't change, their skills won't get better

and after a year they maybe would be looking at leaving or retiring. It's important for them to feel the sense of urgency in their own skin."

You seem to be a harsh coach.

"Behind me saying, 'Give it your best shot,' there are parts that I know cannot be fixed by just glossing over." (Strained laugh)

That's right. In any event, there is no point if they don't become a professional player. Isn't that the point of Kochi FD?

"Winning is also very important. However, if we think individually amongst the players, if there are players with even the slightest possibility to enter the professional game, I want to create as many chances as possible. Most often, those players are the ones that don't put in the miles for practice. Talented players tend not to put in the effort. For those players to reach the next level they need to feel sub-par and only when they start to realise, 'This is not good' they put the effort in, and then they succeed. The reason I yell, 'Concentrate!' is because I aim it specifically at those players, to keep them putting in their best effort."

The team and local people working together.

How about yourself, during your days as a player, you must have received a lot of instruction for coaches. Are you applying principles that you have learnt from those days to your coaching and instruction?

"Yes. Ever since I entered into professional baseball, I've been blessed with an instructor each and every step of the way. For example, when I entered into the Giants squad, for 4 years Sadaharu Ou was the head coach. I am extremely grateful for his harsh instruction and training, especially as this is the most important time in a player's career. Following that, Motoshi Fujita became coach. He accepted all my trials and errors and made me forget my own style of baseball, although he did not reject my ideas. He used my abilities within the team to best bring out the possibilities. Mr. Fujita gave me the opportunity to be free yet guided me."

Is freedom, when you don't cut corners?

"Completely not letting your guard down. In the severe and harsh practice Mr. Ou gave to us, even when the instructor changed, and until I retired from the professional league, I was not allowed to cut corners. We had John Turney as our training coach. When he was training us at the Giants, he would watch all the young players practising. He had

talked about me to other coaches, 'Norihiro doesn't cut corners one bit. Once he sets a line or a cone, he won't let himself slip even one bit before the end.' After I heard that, I was really happy and thought, 'someone is really looking at me and in detail at how I am doing things.' My training style is not really instruction. [To look harshly, specifically, at one's skills to continue to get better towards the next step]. Perhaps practice towards creating a habit for self-improvement."

Just from this season, and looking at their practice sessions, do you see any promising players?

"Of course there are. From the pitchers, Taira's balls have his own style and charm attached to every ball. From the fielders, Kawada has the makings of a great player and I am paying close attention. Yet, those players are still naive. (Bitter smile) They are still not good enough. Why? Players who enter into Nippon Professional Baseball (NPB) practice day and night. So what are the chances of these players entering the NPB without that much practice and entering the regular squad? That's why they need to practice more. Even when we aren't pushing them to practice, mind you."

The Kochi FD are very closely involved with the people and participate in events and open baseball classes, and many more events.

"Professional baseball is similar. There are franchised teams and they are loved by the locals, they come to watch the games and help the business to operate. The teams compromise with that and meet the locals and I think it's a given to help the people who take care of them."

We come and watch the games, deeply moved and get really excited.

"The players in the match don't have any intention to impress and excite. But they put their utmost effort to practice and become professional baseball players. These players are also extremely happy to be inspiring young children that look at them, 'Baseball is cool. I want to be in that world.' "

To raise and care for the skills and the stars of tomorrow.

What do you think of your life so far, living together with the players in Sakawa Town, Kochi Prefecture?

"I was born into a rural part of Nara Prefecture, It's just perfect."

What do you think of the food?



"There are times that I prepare my own food and also times where I go out and eat. Our team also grows their own vegetables, Kochi Vegetables are great."

Whilst instructing the Kochi FD, are you still continuing your baseball commentating and lecture activities?

"This was one of my conditions when I joined the team. To only focus on coaching, I cannot escape life's struggles. (Laugh) I do not want my children and wife to financially suffer. The team understands my conditions. However, my job as a Coach is my first priority. So we've come to an agreement that once or twice a month I head to Tokyo to do all my work in one fell swoop and rush back to Kochi."

Finally, can you provide the fans of the Kochi FD a message?

"There is no doubt; we want to win our matches. However, we don't know what will happen. I want the fans to realise, 'The Kochi FD players are doing their utmost to play the best they can. They are enjoying it. They do it because they love it.' It is because the players love doing what they are doing, we want to give our best in matches to let everyone watching enjoy the game as well. To do that, our daily practice has to be disciplined and harsh."

The team seems to be on the offensive.

"That's right. If we lose by one point, 'Stupid, we could have won by 2 points!' or 'Boys! GO practice more!' (Laugh) Not a 'defensive baseball' that regrets by 1 point, but an 'offensive baseball' that goes for that 2 extra points."

The spectators will also feel excited and have fun!



“That’s right; I believe it will be fun to watch. At this stage, I am sure that the players have the ability but I want to polish the stars from their own rough. It’s because apart from being a sport, Professional Baseball, is also a form of entertainment. So it is extremely important to raise both their skills and their star chances.”

Can you raise and grow their chances?

“I believe it is possible. The environment is what best affects the star power. More strength can be brought from the players that have their star chances as they become more positive and try to do their best. At this stage it’s probably impossible to say. We can’t raise any stars without those qualities, players who become brave and not afraid of punishment when we yell at them for slacking off. Players who are able to stand at the front of the pack and eat in the middle of the table. Not players who eat at the corner of the dining table and hurry home.”

(Pats the chest) Players with a heart right?

(Pats the chest) “That is because this is where it all starts.”

Thank you so much for today!



Koshi Fighting Dogs. Match Schedule (May, within Koshi Prefecture.)

- 13 May, 18:00 PM/ Koshi Baseball Stadium / VS Tokushima Indigo Socks
- 14 May, 13:00 PM/ Ogata Baseball Stadium / VS Tokushima Indigo Socks
- 26 May, 18:00 PM/ Koshi Baseball Stadium / VS Kagawa Olive Guyners
- 29 May, 18:00 PM/ Koshi Baseball Stadium / VS Tokushima Indigo Socks

*Schedule as of March 2016. Dates and times may change, please check Koshi Fighting Dogs Home page.

<http://www.fighting-dogs.jp/>

考え方を
デザインする

A Message from a Man Living in the 47th prefecture
Designing Your Way of Thinking

Makoto Umebara

Designer
Musashino Art University, Visiting Lecturer

Episode 14:

[Hachiyon Kanbatsu Karigakoi (84 Felled Tree Fencing)] Product

第14回 「84カンバツ仮囲い」のプロジェクト

Giant CO2 absorption machine.

To protect the forests and woods and help them grow, thinning and felling of trees is indispensable. Tree thinning costs money. Ten years ago, the prefectural government started calling companies to work together to provide this service. I was called by the prefectural governor to assist and be part of the [Unity Forest Nursing Project].

During those days the majority of people did not see a need or the importance of thinning and felling. As a result, many of the companies we designated to provide the operations did not come together to meet with us due to disagreements. Their position was that “It is not good to cut down trees.”

As a result, the Kochi Prefectural government created a CO2 Absorption Certificate. These were then awarded to the companies that cooperated. For example, on the certificate it would state, [Thank you for helping absorb 80 Tons of CO2]. The certificate would have a specific numeric value printed upon it. In short, the Company's Corporate Social Responsibility (CSR) would be made “visible” through a

※Forestry Co-operation CO2 Absorption Certification System; Companies that participate in the [Environmentally conscious companies and forest Nursing Project] Will be assessed by the prefectural government and be awarded official CO2 Absorption Certification.



certificate. Thanks to this, over 60 companies are now working together in co-operation.

As a matter of fact, during this period, I learned a very interesting fact, [84% of Kochi is covered in forest and this is the highest percentage in all of Japan.] From an agricultural perspective, mountains are often impractical and have a tendency to be seen negatively. But, if you consider that these forests are “Giant CO2 absorption machines” then they are Kochi's treasure.

Let's all name these forests of Kochi “84 Hachiyon Zai (84wood)”. Let's laugh away all the troublesome things. The governments, companies and people should just be amused with the 84 (Hachiyon).

Let's use these woods, Japan.

The [84木づかいサイン (84 Hachiyon wood consider sign)] was my idea.

The idea is to use wood on parts of metal signage. Parts where it has to be visible to the public, such as text, would still make use of metal however other parts would be made using wood.

By combining the metal and wood, the signs bring out a softer and warmer look. By re-using the wood from felling and thinning of the forests for these signs, the forests can have some space to grow and be strong. The landscape of Japan will change. Using the [84木づかいサイン (84 Hachiyon wood consider sign)] as a base, I proposed another, [84カンバツ仮囲い (84 Hachiyon Felled Tree Fencing)] product.

I was really impressed and surprised when I went to France as I knew that wood was used for the fencing while they were repairing the Arc de Triomphe. It is not uncommon to see wooden fencing in France.



A new city and prefectural public hall. Just behind these signs, the new government hall for Kochi prefecture and city is being built. Would it be nice to see [84 Kanbatsu Karigakoi] fencing cover all around just like the moat of Kochi Castle.....

To the French, their artistic sense would not allow for quick, easy metal fencing for areas that many tourists would be passing by and seeing, even for a short period of time. Yet, in Japan, in places like Ginza, near the imperial palace, in Kyoto of all places and all around the country all the fencing would be metal.

Shouldn't Japan, compared to France, "the country with vast forests" hold more relevance and importance for our artistic sense towards our forests and environment? And by chance and timing, we had a visit from GeoSystems, a company in Osaka whose designs use cultivated and recycled wood from forests for the greater good of people. It seems my original plan and book for [84木づかいサイン (84 Hachiyon wood consider sign)] caught their attention.

However, to the company my concept for signs was a small idea. But, what about fencing?

"Nice Idea!" with black.

Thus the [84カンバツ仮囲い (84 Hachiyon Felled Tree Fencing)] product started to move. With assistance from the prefectural government, last year on December 25, the first one was set up around the building of the new prefectural public hall near 4-chome Honmachi Kochi City. There are also expectations to use the fencing in Mie and Hiroshima Prefectures. But, Kochi is the first project. No.1. Kochi prefecture is 84% covered in trees. As such it was named, [84 Kanbatsu Karigakoi].

I believe it is an internal message to the Japanese people, "A building site by the country of forests, Japan." I want them to think, "Japan has a great artistic sense" to spread the image to be further "Ki-zukai", or wood conscious, towards their environment.

For example, I would encourage people to write "Like" on the surface after looking at a [84 Kanbatsu Karigakoi] fence. I would not get angry or think, "What is this Graffiti?!" but rather I'd be happy. "If you are going to draw on this, use big black colors so people can see!" (Laugh)

I want it to be a free board of expression. To enable another person to see the message and think, "I want to draw here too" and share the great experience. One day, just thinking how these fences will be completely covered in messages from black markers, makes me excited. Everything starts from a daydream.

Extra by Yukinori Dehara

デハラユキノリのおまけ〜



Episode 7. [Oh~ Hangovers]

Let's talk hangovers.

Firstly, hangovers are a road that must be passed by anyone who is a "drinker". The person I specifically describe as being a "drinker" is a person who does not stop drinking when others are drinking. These people are trustworthy. Obviously, it would be for the best for them to know their own limits and have a reasonable pace. Nevertheless, it is difficult to predict how much to drink and when to finish at drinking parties. Further, often it is at the after party and after-after party that partygoers are more frank towards one another, discover new things and make new friends. These people who know the joy of the connection between people and alcohol inevitably hit the wall of the hangover. There is just no other way. The acetaldehyde that stays within the body makes it painful even when you are lying on your side, and makes it impossible for a person to work. The person starts to be sensitive to odours, such as perfume and tobacco, and will feel sick just by looking at an advertisement of beer or alcohol. Nausea, headaches, stomach-aches, and fatigue disable the person from bodily control, as if genuinely ill. Regret overtakes the person, "Why did I end up drinking that much...?" With horrendous shame they even think, "I won't drink ever again." However, since the beginning of mankind, there has not been one person who has not recovered from a hangover. Yes. No matter how tough or painful one suffers there is no endless night. Also, days when they laugh and smile while drinking will surely come again. It just seems, for Kochi people at least, that could be the same day as the hangove...

I always think like this; a hangover is a story of destruction and regeneration. It is because it is painful that one thinks, "Let's stand up. Let's move on." One recalls, "This pain right here is proof of the fun times I had yesterday. Why? Because it was fun, I forgot the time and I drank." This is the divine revelation that the Gods have given me through the hangover.



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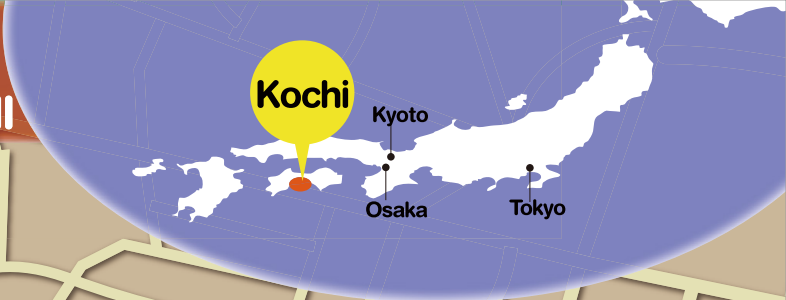
Yukinori Dehara

Born in 1974 eating bonitos in Kochi and raised with beer. Yearly consumption of beer = 300 Liters. Designed 「きの山さん」(Kinoyama-san) of popular Japanese candy, 「きのこの山」(Kinoko-no-yama), as well as various others for Nike, NEC, Tower Records Asics Europe etc. Creates about 300 figurines a year and is a Tourism Ambassador for Kochi Prefecture.



Kochi Central City Map

by KIKAN KOCHI



information

Currency ¥ Exchange

Kind of a currency handling

Shikoku Bank : USD, CAD, GBP, HHH, AUD, NZD, HKD, DKK, NOK, SEK, SGD, EUR, KRW
 Kochi Bank : USD
 Ehime Bank : USD
 Mizuho Bank : USD, CAD, GBP, AUD, EUR, SGD, HKD

International ATM Service

Japan Post Bank can use various cards

In Japan, there're more than 26,000 Japan Post Bank ATMs available in local Post Office, shopping center and station. You can draw Japanese Yen in cash by a card published abroad.

"VISA, VISA ELECTRON, PLUS, MasterCard, Maestro, Cirrus, American Express, Diners Club, JCB, China Unionpay, DISCOVER"

http://www.jp-bank.jp/en/ias/en_ias_index.html
 (link at International ATM Service-JAPAN POST BANK)

You can also use any of several Japan bank cards which have partnerships with Japan Post Bank.

http://www.jp-bank.jp/access/access_atmcd.html
 (link at Japan bank institution of partnership POST BANK)

Notice

Some Maestro cards with IC chips are temporarily unable to make withdrawals at all ATMs located in Japan.

Free Wi-fi Spot

How to use it

1. access "DoSPOT-FREE" on device
2. open browser
3. accept "use policy"
4. input your mail-address
5. receive a message
6. input "authentication code"
7. it's available!

Notice
 15 min / once, 4th / day
 Network: IEEE 802.11 a/b/g/n

Rental Car Shop

Requirements

1. Over 18 years old
2. Japanese Driver's License or
3. International Driving Permit (IDP)

Payment
 can be made by credit card or sometimes by cash

