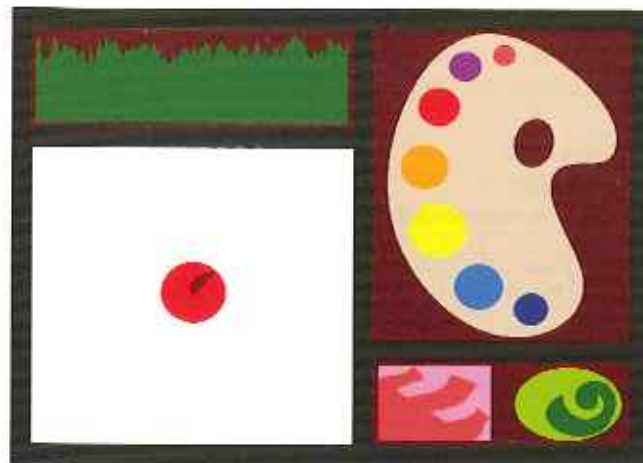


7th ANNUAL ART SHOW



ART 1 BENTO

MAJET ALT ART AND CULTURE SHOW
ALTアート文化交流会 2009.04.10 - 04.12

Holding Trust, Miyagi Association of JET / SRA (Sendai International Exhibitions Association)
The Ishuku Exposition Memorial International Exchange Fund
共催: MAJET, 財団法人仙台国際文化交流基金, 財団法人東北国際博覧会記念国際交流基金

オープニング・イベント(前夜祭)

4月10日(金) 18:30~21:00

入場無料 対象:どなたでも

ALTたちが出身国の音楽や踊りを披露します!ギャフリに展示している作品を制作したALTたちも参加しますので、アートに限らず、出身国についてなど、どんなことでもお気軽に話しかけてみてください!

主催:ALTアート文化交流会事務局

HP: <http://artshow.ajetmiyagi.com> E-MAIL: miyagi.art@gmail.com
*Info in English and Japanese

参加型ワークショップ 予約不要です。直接会場にお越しください。

4月11日(土)

- 11:00~11:30 ーヒー飲みたいくない?
(アメリカ出身ALTによるコート・ワークショップ)
ポップアップカード(飛び出すカード)を作ろう!
- 12:00~12:30 アフリカン・ヘア・ラッピング(布を使った
髪の巻き方を覚えよう!)
- 13:00~13:30 ペリーダンス・ワークショップ
- 14:00~14:30 ヘナ・アート(シンガポール出身ALTによる
ボディ・ペインティング)
- 15:00~15:30 まるごとスコットランド(スコットランド
の食べ物やダンス等の紹介)
- 16:00~16:30 ロトスコップを使って、アニメと写真を合
体してみよう!
- 17:00~17:30 ALTとしゃべらないと! (ALTとのおしゃべ
りタイム)

4月12日(日)

- 11:00~11:30 イースターエッグ(復活祭の
卵)を探せ!
- 12:00~12:30 浴衣分かったよかった!
(アメリカ出身ALTによる着付けと浴衣の着付け)
- 13:00~13:30 ジャマイカ出身ALTによるカ
リビアン・ダンス・ワークショップ
- 14:00~14:30 誰でもできる!簡単!ステン
シル版画
- 15:00~15:30 スウィング・タイム(スウィ
ングダンス・ワークショップ)
- 16:00~16:30 ハワイ出身ALTによるフダ
ンス・ワークショップ



展示発表

4月11日(土) 10:00~20:00

4月12日(日) 10:00~17:00

写真や絵画、イラストなど、ALTたちの個性的なアートを是非ご覧ください!

2009 April

TAKE ONE Free!

SENDAI INFO BOARD

vol.02



English guide of the downtown Sendai & other fun tips...

FOR MORE LATEST NEWS, YOU MAY ALSO CHECK...

SENDAIINFOBOARD.COM

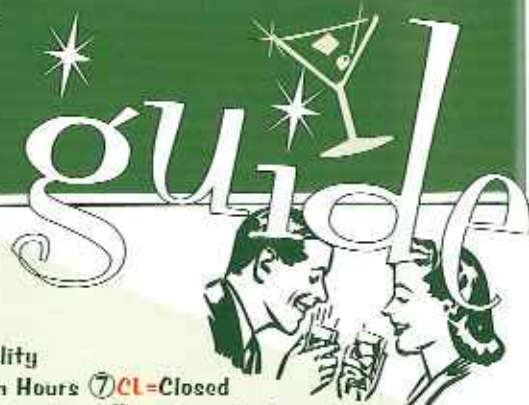
Sendai Downtown Map

- Entertainment Venue
- See pick up events

- Japanese Cuisine
- Chinese Cuisine
- Izakaya Style
- Western Cuisine
- Other Cuisine
- Pub & Bar
- Cafe
- Other Service
- Starbucks Coffee
- Department Store



RESTAURANT & BAR



Abbreviation List

- ①SP=Sample Menu & Price ②CG=Charge
③VM=If they have Vegetarians' Menu
④EN=Level of the staff's English speaking ability
⑤EM=If they have an English Menu ⑥OH=Open Hours ⑦CL=Closed
⑧AP=Appealing Points and the message from the shop ⑨BI=Basic Information

An "IZAKAYA" is a type of Japanese drinking establishment which also serves food to accompany the drinks. The food is usually more substantial than those offered in other types of drinking establishments in Japan. Most izakaya and some restaurants that serve alcoholic beverages give an automatic extra charge, often with an small appetizer. There may be a service charge also. I know that's not your style, but please don't offend when you see the extra charge on your check at the end of the night. Because that's our style!



ALLA GRIGLIA

- ①SP=Homemade pasta...1,300-1,500yen ②CG=500yen ③VM=yes ④EN=no ⑤EM=no ⑥OH=6pm-1am ⑦CL=Sundays ⑧AP=We mainly use the high quality ingredients from Miyagi area. We try to cherish the original flavor of the ingredients.
⑨BI=Aoba-ku, Kokubuncho 3-9-2
Dai5 Sakakiya build. 81F

map
1

(Italian)



ODEN SANKICHI (おでん三吉)

- ①SP=Udon...120yen to 330yen/Instant Udon...650yen/Shabu Shabu (meat pork udon broth)...1,200yen/Tempura combo...650yen/Beef tongue...1,100yen ②CG=non ③VM=yes ④EN=no ⑤EM=no ⑥OH=11:30am-1:15pm, 5pm-11pm ⑦CL=Sun ⑧AP=Besides 30 different kinds of Oden, we have Sukiyaki, Tempura and many other seasonal cuisines.
⑨BI=Aoba-ku, Ichibancho 4-10-8
TEL 022-222-3830 www.oden-sankichi.com

map
2

(Japanese/Oden)



YOGORO ZUSHI, HONTEN (与五郎寿司本店)

- ①SP=Nigiri combo (Hana)...1,260yen/Nigiri combo (Matsu)...1,570yen/Nigiri combo (Iku)...2,100yen/Nigiri combo (Umi)...3,150yen/Yogoro Bento...1,000yen (lunch time only) ②CG=700yen w/small plate ③VM=yes ④EN=no ⑤EM=no ⑥OH=5am-11am 11:30am-1:30pm (Lunch time)
⑦CL=Sun & Holidays
⑧AP=You can taste the sushi of fresh seafood that is from the Sanriku coast area. We have been in business since 1921.
⑨BI=Aoba-ku, Kokubuncho 2-15-20 Yogorou Build.1F
TEL 022-215-4224

map
3

(Japanese/Sushi)



SANTAKE (さん竹)

- ①SP-Zaru soba...650yen/Zaru soba+tempura...1,350yen/Tendon...1,200yen/Beer 500ml...650yen ②CG=non ③VM=yes ④EN=no ⑤EM=yes ⑥OH=11am-8pm (Mondays 11:30am-6pm) ⑦CL=non (several time in the year)
⑧AP=We use only the high quality udon flour and we are also proud of our offer glow rich-flavored seasoning dashi broth. We recommend our Tempura Soba that we used the seasonal Sando local ingredients.
⑨BI=Aoba-ku, Ichibancho 4-9-24
TEL 022-263-2515 e-mail: info@santake.com http://www.santake.com

map
4

(Japanese/Soba)



YOGOROU ZUSHI, KOKUBUNCHOHITEN (与五郎寿司 国分町店)

- ①SP=Same as YOGORO ZUSHI, HONTEN ②CG=700yen ③VM=Yes ④EN=Depends on the day ⑤EM=no ⑥OH=5pm-1:30am ⑦CL=Sun & Holidays
⑧BI=Aoba-ku, Kokubuncho 2-11-8 MSC build.1F
TEL 022-265-4506

map
5

(Japanese/Sushi)



TIMELESS FLAVOR

- ①SP=Beer (Ebisu)...500yen/Ume-shu...500yen+up/Fuuda...300yen+up (daily special Japanese vegetable stew etc.) ②CG=non ③VM=non ④EN=depends on the day ⑤EM=non ⑥OH=6pm-11:30pm ⑦CL=Sun+Mon ⑧AP=We are proud of our largest number of Ume-shu (plum liquor) selection in Sendai. We regularly carry more than 60 kinds of Ume-shu.
⑨BI=Aoba-ku, Ichibancho 4-5-11 2F
TEL 070-5058-0814 e-mail: timeless.flavor@di.pdx.ne.jp

map
6

(Bar)



FUMO 14 BANCHO

- ①SP=Beer...500yen/Tapas...300yen+up/Charcoal grilled original sausage 750yen ②CG=non ③VM=non ④EN=moderate ⑤EM=non ⑥OH=11am-2pm/5pm-24am ⑦CL=Sundays
⑧AP=You can casually enjoy wines with our tasty open charcoal grilled foods.
⑨BI=Aoba-ku, Hunchi 2-14-9 1F
TEL 022-714-5720

map
7

(Bar)



OYUKI (おゆき)

- ①SP=Gyoza (10 pieces)...500yen/Oden...100yen+up/Beer (Ebisu)...500yen ②CG=non ③VM=non ④EN=depends on the day ⑤EM=non ⑥OH=5pm-11pm (closed when we're sold out) ⑦CL=Sun & Holiday ⑧AP=We are in business for over 60 years. We are proud of our traditional and the historical recipe, so please taste one of the best Gyoza in Japan.
⑨BI=Aoba-ku, Kokubuncho 2-1-26
TEL 022-225-2893

map
8

(Chinese/Gyoza)



(Italian/Izakaya)

BISQUE ORANGE

①SP=Beer (Edelpils)...600yen ②CG=500yen (w/ small plate) ③VM=yes ④EN=depends ⑤FM=non ⑥OH=6pm-1am ⑦CL=non
⑧AP=We have a big variety of vegetable entree (480yentup). You can enjoy several different kinds of organic wines with the glass.
⑨BI=Aoba-ku, Ichibanchu
TEL 022-716-8630 e-mail: bisque@orange.plala.or.jp

map
9



(Japanese / Sashimi&Chanko)

MIYANOBORI (宮野)

①SP=-Chanko Pot...1780yentup/Sashimi...600yentup/Beer (M)...530yen
②CG=500yen (w/ small plate) ③VM=N/A ④FN=Relatively OK ⑤EM=non ⑥OH=11:30am-2pm, 4pm-10pm ⑦CL=Sun & Holidays (may change during consecutive holidays)
⑧AP=Chanko is the typical cuisine of Sumo, which is Japan's national sport. We have been here for 50 years, loved by Sendai citizen. We attack with the Sendai local and seasonal ingredients.
⑨BI=Aoba-ku, Ichibanchu 2-6-26
TEL 022-227-4527

map
12



(N.Y. style diner)

MEALS

①BP=Drink...500yentup, Omelette Rice...1000yen, Chicken with gorgonzola cheese...1250yen, LUNCH (mon-fri) 800yentup, BLUNCH (sat sun holiday) 890yentup
②CG=non ③FM=yes
④OH=11:30am-10:30am ⑦CL=non
⑧AP=You can enjoy our big meal, sweets and many variety of drinks anytime.
⑨BI=Anbaku Katsura 1-11-1F
http://meals-enjoy.com/

map
18



(Spanish/Italian)

RIGOLETTO TAPAS LOUNGE

①SP=Jamon Iberico ham...800yen/Ragna Cauda with the vegetables/grown in Minnato, Zou...1000yen ②CG=non ③VM=yes ④EN=yes ⑤FM=yes ⑥OH=11:30am-4am ⑦CL=non ⑧AP=Our concept is to serve locally grown ingredients in the local consumers. Taste our 500yen "tapas" foods which is made with fresh Tohoku grown vegetables and seafoods, special wood fire oven baked pizza and handmade pasta. All bottled wines are flat rate of 2,500yen. ⑨BI=Chu-ku 1-6-1 Harb Sendai 1F 2F
e-mail: rigoletto.tapas@hugob.jp

map
18



(Mexican)

CASA DEL SOL

①SP=Tacos...420yen(1p)/Burrito...880yentup/Quecadillas...680yentup Enchiladas...780yen/Guacamole...780yen/Chili con Carne...780yen/Mexican beer...650yen/lequils (1shot)...500yen/Cocktail...600yentup ②CG=non ③VM=yes ④EN=depends on the day ⑤FM=yes ⑥OH=5pm-1am ⑦CL=Sun&Mon(except consecutive holidays) ⑧AP=Enriched Mexican dishes, we serve 7 kinds of Mexican beers, 40 kinds of tequila and many other alcoholic beverages. We have many foreign employees.
⑨BI=Aoba-ku, Chuuo 1-7-40 Oono detechi bldg. 5F TEL 022-265-7633

map
19

Restaurant Bar&Live Music 仙臺ZA south ave'new SENDAI ZA



Sendai ZA is the live music restaurant located near the Sendai station. You can enjoy the tasty dinner and drinks with the variety of music in live everyday!!

Music Charge: 1500yen (except special events)
English: yes
English Menu: no

MAP
16

TEL: 022-225-0525
OPEN: 18:00-23:00
CLOSED: Sundays
Aobaku, Chuuo 3-5-14



Club House Sandwich 1200yen
Tandori Chicken 1200yen

Music Time: 1st 19:00-
2nd 20:20-, 3rd 21:40-

<http://www.sendaiza.com>

Send your feedback of these restaurants and bars to us! studiowave@hotmail.co.jp

Also, if you have your favorite restaurants or hangout bars to introduce to others, please let us know. We would like to know, you know ?? *grin*



(Bar)

OGGI DOMANI

①SP=Beer...500yen/Ginnyer...600yen/Small food plate...250yentup
②CG=non ③VM=non ④FN=depends on the day ⑤EM=non ⑥OH=2pm-2am
⑦CL=non
⑧AP=Standing bar. Very international atmosphere.
⑨BI=Aoba-ku, Chuuo 1-8-33
TEL 022-214-6380
<http://www.emception-jp.com/oggi/index.html>

map
20



(Japanese/Steak)

STEAK HOUSE ISEYA (ステーキハウス伊勢屋)

①SP=Sendai beef (Strinin) steak 150g...7,500yen/Sendai beef (Filet) steak 150g...8,000yen/Sashimi combo (for 2 to 3 persons)...3,500yentup
②CG=non (we serve small plate by request) ③VM=non ④FN=depends ⑤EM=non
⑥OH=11am-11pm ⑦CL=non ⑧AP=We have been in business since 1968, serving the original grilled steak (which was very rare back then) and the Japanese cuisine. Our theme is the "tasty local food." We attack with the Sendai beef, Miyagi rice "Hitomobore" and the Sendai miso for our cooking. ⑨BI= Aoba-ku, Chuuo 1-1-1 JR Sendai station 5-PAL BIF

21



WINE HOUSE BOUCHON

①SP=Glass wine...550yen+up/Cheese...840yen+up/Wine beef cheek
stew...1,680yen/Quiche...550yen ②CG=500yen (with beer) ③VM=non ④
EN=depends on the day ⑤TM=non ⑥OH=6pm-Dam(mon-sat) 6pm-9pm(holiday)
⑦CL=Sundays ⑧AP=We have our own fully equipped wine cellar in the
basement, regularly stock 1,000 kinds, 15,000 bottles.
⑨BI=Miyajima-ku, Motodarakujii 210
TEL 022-257-2331 / FAX 022-293-4065
http://www.bouchon.jp e-mail: wine_house@bouchon.jp

map

22

(Wine Bar)



IONIA

①SP=Pizza...1,700yen+up/Pasta...1,000yen+up/Beer...450yen+up
②CG=non ③VM=yes ④TN=yes ⑤FM=yes ⑥OH=11:30am-3:30pm(lunch) 5:30pm-
11:30pm(dinner) ⑦CL=Monday ⑧AP=Wood-fired oven pizza(Napolitan), live
events, original Turkish and Italian food.
⑨BI=Miyajima-ku, Tezutsujigoka 2-1-25 BIVI 4F
022-742-5321

map

23

(Italian / Turkish)



THE HA'PENNY BRIDGE

map

24

①SP=Guinness Beer 1pint...900yen, 6pint...600yen,
1/2pint...500yen/Fish&Chips...500yen(S) 700yen(M)
1,000yen(L)/Irish Plate...850yen ②CG=non ③VM=yes ④EN=yes
⑤EM=yes (no translation for the descriptions)
⑥OH=Mon-Sat 6pm-2am Lunch Mon-Fri 11:30-14:00, Sun 17:00-
22:30 ⑦CL=Sat. 3rd, 5th Sundays ⑧BI= Roudel-est Miyajima-ku,
Tezutsujigoka 4-5-1
TEL 022-250-6881 www.k2.tfn.ne.jp/~hapenny



(Bar/Irish Pub)



JAZZ ME BLUES

①SP=Beer...500yen/Scotch, Bourbon, Irish whiskey...500yen+up
/Rum...400yen+up ②CG=non ③VM=non ④EN=depends on the day ⑤TM=non
⑥OH=5pm-11pm ⑦CL=Sundays & Holidays ⑧AP=You can enjoy single
malt/Scotch/whiskey at an inexpensive price in the relaxing atmosphere, listening to
the black American roots music such as jazz and blues.
⑨BI=Miyajima-ku, Tezutsujigoka 1-7-6 AD bldg.2F
TEL 022-2797-8033
jmb@kfh.biglobe.ne.jp http://jmb.at.wabry.info/

map

25

(Cafe Bar)

あなたのお店を載せませんか？

右の事項をメールで送ってください。
日本語でも結構です。

店舗写真、チラシ、英語メニューや
HP作成等のご相談も受付ます。

info@bbi-sendai.com

- ①SP=目安となるメニューやサービスの値段
- ②CG=チャージの有無と値段(飲食店)
- ③VM=ベジタリアンメニューの有無(飲食店)
- ④EN=どのくらい英語対応できるか
- ⑤EM=英語のメニューがあるか(飲食店)
- ⑥OH=営業時間
- ⑦CL=定休日
- ⑧AP=店のアピールポイントやメッセージ
- ⑨BI=住所・電話番号・Eメール・ウェブサイトなど

SHOP & SERVICE guide



FELICE

(Hair Beauty)

-cut... 4000yen, perm... 8000yen, color... 5800yen,
-cut&color... 8000yen, hair relax... 13000yen
Open>> 11:00-20:00 (weekdays) 10:00-18:00 (sun&holidays)
Closed>> Non
English>> No
Message>> We are happy to give you advice for your hair problem.
Basic Info>> Aoba-ku, Ichibancho 3-4-23 Kanetsu bld.4F
Tel 022-261-8525

map

10



DISKNOTE (NEW&USED VINYL&CD)

Open>> 12noon-9pm (mon-fri), 11am-8pm(sat,sun,holiday)
Closed>> 12/31/1
English>> yes
Message>> We buy CDs with the high price, 50's to 60's modern jazz,
vocal, 90's Hip Hop/R&B, Club Jazz. We always have more than
5000 LP jazz records in stock. We sell Hip Hop to Cross Over, Rare
Groove Soul etc.
Basic Info>> Aohaku Ichibancho 3-1-15 4F
022-222-2837
www.disknote.com

map

11



WINNER

(Pool Bar)

Adult : 480yen/hour
Student : 300yen/hour
Soft drink...200yen (all you can drink)/Beer, Zima...300yen
Open>> 2pm-
Closed>> Mondays
English>> Yes
Message>> Honey atmosphere. We also have darts and games.
Basic Info>> Aohaku Ichibancho 1-6-21 2F TH
022-264-1466

map

14



LOUD MUSEUM (Clothing)

T-shirts...5,040yen+
Silver Accessory...10,290yen+
Cap...3,990yen+
Open>> 12pm-9pm
Closed>> Wednesdays
English>> N/A
Message>> We sell the products of the Souda's original fashion brand
"JOHNNYSPADE." It's popular among the rock culture.
Basic Info>> Aohaku Ichibancho 11-12 1F
022-214-5658

map

15

Restaurant Review

BOW-WOW

by T.Seki

Is spaghetti a kind of Italian food? The Wow. Ever ask for you have "squid How about "luna and mayonnaise spaghetti"? Ask for any one of that!" at the Bow Wow. Their simply "Italian" -- they have versions. They can serve many doing so in the same place it where "soup spaghetti" was spaghetti" is spaghetti...served Wow use a special broth instead of a unique coupling of pasta noodles in a broth full of flavor. Above all, there is the special "Bow Wow style" dish, which is the most popular entree and which really impressed one of the famous guitarists Eric Clapton when he dined here. Bow Wow serves a variety of soup spaghetti, including mushroom, clam, and even haito soup spaghetti. Of course, they also serve up a traditional tomato sauce, too, and it's almost as popular as the Bow Wow-style soup spaghetti. Bow Wow has continued to use natural ingredients with its original recipes for 30 years. If you're looking for some good, special (and safe) food, try the Bow Wow -- you won't regret it!



answer is "No!" here at Bow and eod spawn spaghetti? spaghetti? Or even "hallo these and get a "Yes, we have spaghetti can't be described as Chinese, French and even Japanese varieties of sauces and have been was founded in Sendai since 1978 - first introduced in Sendai. "Soup in soup. That means the people at Bow simple sauce so we can really enjoy the



Spaghetti... 700-1300yen
Beer... 400-500yen
Glass of Wine... 400yen
Soft Drink... 400-500yen
Handmade Cake... 350yen
Recommended Set Dinner... 3,500yen+
Vegetarian menu>>nan
English>>dupende
English menu>>nan



Open>>11:00-21:00(lunch 11:30-15:00)
Closed>>Wednesday
Basic Info>>Aoba-ku Chuo 2-10-8
TEL 022-223-8434

map
17



reported by Rochelle

In the famous words of the Bangles, "Heaven is a place on earth". Lucky for us that place is right here in Sendai. However, I doubt you'll be hearing any bands doing covers of Bangles songs there (sigh of relief). Blues Heaven has become my little Heaven in Sendai. If you want to come to relax or enjoy some good live music then Heaven is a place for you too. I discovered Heaven about three years ago when I went to see a friend's band play there. Since then I've seen countless live shows and spent many evenings having some drinks.

While the name of the venue is Blues Heaven, you can enjoy more than just Blues music. I've seen bands of all sorts of genre playing at Heaven. However, if you want to see Blues music Heaven is the place to go in Sendai. Often Blues musicians come from all over, sometimes even from other countries. Every month there is a Blues session where anyone who wants to have a Blues Jam session with other random customers can do so. You put your name on a list with the instrument(s) you play and the staff put you together with other musicians. It's a great deal of fun and a good chance to practice and have fun in a relaxed environment. You can meet other people interested in music and specifically Blues music or possibly even start a band.

Why have I grown to like Heaven so much you might ask? Well, there are many reasons, but one important point to me is the system they have for bands to play. Throughout most of Japan bands have to pay to play a show. If you're from the US like me you might be a little shocked by this. It's not just a small amount of money here. We're talking an average of ¥30,000 for a band to play a show. Often bands are given tickets to sell and if they can't sell the tickets they have to pay for them. That's on top of what most bands usually pay to practice in a studio or make CDs or other promotion items. I can tell you from personal experience that having a band in Japan isn't cheap. In the US bands usually get paid or at least they don't have to pay to play. I think most Americans feel like the band is the entertainment and they should get paid for providing the venue with entertainment. At Heaven bands can either play at a Heaven sponsored event for free or they can rent the venue for several hours and have potential of making money if enough people come to their show. I find the system at Heaven to be very supportive of bands and very fair compared to other venues.

Another reason to come to Heaven is that it's usually pretty cheap. Heaven sponsored shows are often ¥1,000 or ¥1,500 with one free drink VS ¥2,000 or ¥2,500 at most other venues. Standard drinks are very reasonably priced at ¥500. They also offer other snacks and food items at certain times for a comparable price as well. Recently they have started a "Happy Hour" from 6pm to 8pm on evenings where there is no event. Beer, bourbon, scotch, shochu, and are only ¥350 if you buy a snack item for ¥500 (some items cost more). If you like billiards you can play pool for free during Happy Hour or for ¥300 when there isn't an event. You should check the schedule on their website to see if there is an event.

The staff at Heaven are also nice and very accepting of gaikokujin. One staff member can speak a little English (although he won't admit it). If you're totally stuck trying to order in Japanese, try English and they can probably help you. Heaven is conveniently located near Kotodai Koen. Although it's on a back road it's not hard to find.

You can check out www.blues-heaven.com for more details. I wanted to share a little piece of my heaven with all of you and I hope to see you there!

PICK UP & events

4/18(sat) & 4/19(sun) 11:00~16:00 Free Event

"2009 Historic & Classic Car Meeting in Sendai"
at Citizen Park (Shimin Hiroba, in front of City Hall)
<http://www.hccs.jp/>

One of the biggest classic car & super car events in East Japan. There will be over 100 historic vintage cars from all over the Tohoku area. Our theme is "Energetic SENDAI Anti aging Vehicle!"

-Live Stage Program-

4/18(sat)

14:00 Caramel Caravan (Japanese Enka Pops & JAZZ)

15:00 ELDORADO (ELVIS PRESLEY tribute band)

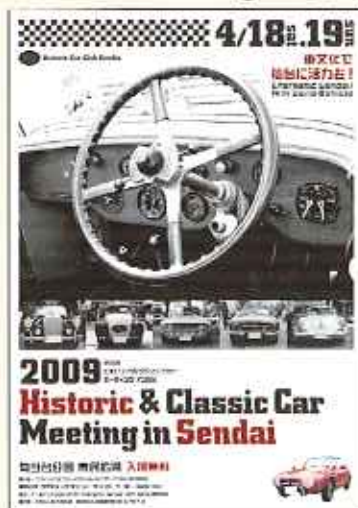
4/19(sun)

12:00 THE MADISON TIMES (60'S R&B, SOUL)

13:00 Sledge Hammer (80'S J-POP)

14:00 KUMAS (JAZZ & ORIGINAL POPS)

15:00 GRAD'Z (50'S R&R)



4/10-4/12 MAJET ALT ART & CULTURE SHOW

"ART (イ)BENTO"

at Tokyo Electron Hall Miyagi 5F



The ALT Art Show is an exchange event organized by ALTs (Assistant Language Teachers) to showcase their countries and cultures to the citizens of Sendai and Miyagi Prefecture. ALTs come from a wide range of countries which include America, Australia, New Zealand, Jamaica, England, Scotland, Ireland, Singapore and South Africa. This year marks the 7th ALT Art Show and with it the new theme of "ART (イ)BENTO". Come join us at the Opening Gala held on April 10 (Friday) and also participate in the interactive workshops and view the art pieces made by the ALTs on April 11 (Saturday) and 12 (Sunday). You are most welcome to come by yourself or bring your family and friends along to join in the fun! On behalf of the ALTs who have helped with this year's ALT Art Show, we look forward to seeing you!

Opening Gala : April 10 (Fri) 18:30-21:00

The Opening Gala will be held on the first night to showcase ALT's countries and cultures! ALTs that have provided art for the gallery will also be present, so this a great chance to meet new people, learn about different cultures, and help internationalize Sendai!

Gallery Hours : April 11 (Saturday) 10:00-20:00, April 12 (Sunday) 10:00-17:00

Photos, pictures, drawings etc by ALTs will be on show for the public to see!

Workshops As there is no need to apply for workshops, please come straight to the venue.

ALTs will present various workshops about their countries/cultures in simple English and Japanese, so even if you only understand a small amount of English, you can still participate! All workshops are for both children and adults!

*****Sat April 11*****

11:00 - 11:30 American Coffee Workshop

See photographs of different latte art and American Cafes. Experience the differences in coffees and in roasting styles. Taste biscottis and scones.

Pop-up cards (For Kid's)

This workshop is for children to get creative with paper. While using templates, they will make pop-up cards. Sure to be fun for kids (up to 12 years old).

12:00 - 12:30 African Hair Wrap

An expansion of last year's knock-out presentation, participants will have the opportunity to learn how to tie head wraps using materials imported from Africa and the Middle East.

13:00 - 13:13 Belly Dance: A Glimpse Behind the Veil

Learn the real story of the belly dance. It's more than a seductive dance that involves shaking your hips - there's a rich history behind it. If you are lucky, you might be able to go home with some of your own moves.

14:00 - 14:30 Mendhi: Henna Hand Art

This ancient art-form used to decorate and beautify women in various Asian, African and Middle Eastern Countries has recently become popular in Western countries as body art. It's fun and something new.

15:00 - 15:30 Be a Scottish Person for a day

What's up with those kilts? Come to find out about Scottish life and the cuisine of Scotland. It'll sure be a great time!

16:00 - 16:30 An Animated Day: Roto-scoping

A fun exploration of the uses of roto-scoping as well as the blending of illustrated elements with real-life photographs and footage.

17:00 - 17:30 A talking party with a Twist

Interested in what foreigners do in Sendai? Come to this talking party with a twist. Participants will each sit in a chair across from another person. They will have about 5-6 minutes to discuss whatever they want: interests, things to see in Japan, etc. in any language they choose.

*****Sun April 12*****

11:00 - 11:30 Easter egg hunt

12:00 - 12:30 How to tie a Kimono and Yukata

Do you know how to tie a kimono? Learn the differences between styles of kimono and yukata. Afterward, you can choose one you would like to wear and be dressed in it for a photo if you'd like!

13:00 - 13:30 Caribbean Dance

It's time to get jiggy. Learn about Caribbean culture and come try out the latest Jamaican dances!

14:00 - 14:30 ANYONE-CAN-DO-IT STENCIL PRINTMAKING

Stencil printmaking is one of the easiest forms of printmaking. This workshop will demonstrate the stencil printmaking technique.

15:00 - 15:30 Swing Dance

This workshop will be an introduction to East Coast swing dance and lindy hop-- a social dance dating back to the 1920s. Swing dance, one of the first dance forms native to America, has recently gained popularity all over the world.

16:00 - 16:30 Shake your Hawaiian Hula hips

We will be learning basic hula steps and dancing to a short piece choreographed by Hawaii's own artists. No experience needed!

5/9(sat) Music Event "TOP TEN TWIST in enn"

at LIVEHOUSE enn

TEL : 022-212-2678 (Aobaku Honcho 2-14-15 B1F)

-BANDS

Hanari Kyoko & The Snipers (Tokyo)

Kinoko Hotel (Tokyo)

ingri & the mommies

THE MADISON TIMES etc...

-DJ

Shon (Cabaret)

map 

4/3(fri), 4/17(fri), 5/15(fri) & 5/29 (fri) 20:00- Starbucks Free live music

at Starbucks at CLISBOARD

Live jazz every other Fridays (usually 1st&3rd except in May) from 20:00 to 21:15. You can check the details on the communication board at the Starbucks.

map 

4/12(sun) 21:00- PSYTRANCE PARTY [[Dimlight]]

at Club ADD

TEL : 022-263-1185 (Aoba-ku Tachimachi 14-3 Paris bld. B1F)

MAIL : webmaster@clubadd.com

URL: <http://www.clubadd.com>

door charge: 2000yen w/2drinks

GUEST DJ

WING(The organizer/resident DJ of the underground party "KAMIKAKUSHI.")

Dj.s

yuji(dimlight,sora)

kenzi (dimlight,sora,micro.com)

micro panda (micro.com)

DECO

micro.com

Club ADD

map 

6/14(sun) 21:00- PSYTRANCE PARTY [[Dimlight]]

at Club ADD

TEL : 022-263-1185 (Aoba-ku Tachimachi 14-3 Paris bld. B1F)

MAIL : webmaster@clubadd.com

URL: <http://www.clubadd.com>

door charge: 2000yen w/2drinks

map 

Travel Agencies

- IACE TRAVEL

<http://www.iace.co.jp/english/sendai/index.html>

- KINKI NIPPON TOURIST CO.,LTD.

<http://www.knt.co.jp/kokusai/index.html>

- JTB

<http://www.jtbgmt.com/index.html>

- HIS

<http://www.his-j.com/index.html>



Movie Theaters

- Central Hall

[ADDRESS] Aoba-ku, Chuou 2-5-10-3F

[TEL] 022-263-7868

<http://www.sakura-centralhall.jp>

- Cine La Vita

[ADDRESS] Miyagino-ku, Tsutsujigaoka1-2-15-2F

[TEL] 022-299-5555

<http://www.forum-movie.net/sendai/>

- Sendai Forum

[ADDRESS] Aoba-ku Kimachidori 2-1-33

[TEL] 022-728-7866

<http://www.forum-movie.net/sendai/>

- MOVIX

[ADDRESS] Taihaku-ku Nagamachi7-20-15

[TEL & FAX] 022-304-3700

<http://www.movix.co.jp>



Other Night Spots

Clubs - ADD, SHAFT, Club SQUALL, yankee court, Bar isn't it?

Multi-event club - Caffe Gallery PANGAEA

Club w/live music (known as "LIVE HOUSE") - HEAVEN, enn, PARK SQUARE, RED HOUSE, MACANA, CLUB JUNK BOX, Zepp Sendai

Club w/jazz - Sendai ZA, VILEVAN, Crosby, KABO, RELAXIN', Satin Doll, ADLIB



CLASSIFIED

SIB has no responsibility for each ad. Contact with the person on your own.

For Sale

A very beautiful red IH BRAND-NEW frying pan, red & shiny! and a gorgeous glass cap for it. Was bought at Nitori for ~1600円, but I will sell it for 1500yen together with the cap!

Anna
anna@m.tains.tohoku.ac.jp
090.1399.6410



AOKI GARDEN REAL ESTATE

1K ¥25,000/Month/Nankodai
Built in 1991. Kyoekihi ¥1000

1K ¥30,000/Month/Nankodai
Built in 1991. K1000. Pet OK!

2K ¥30,000/Month/Nankodai
Built in 1979. P ¥3000

NO AGENCY FEE Above list

1LDK ¥53,000/Month/Matsumori
Built in 2004. K ¥2000, P ¥5000

2DK ¥42,000/Month/Nankodai
Built in 1993. K ¥2000, P ¥4000

2LDK ¥65,000/Month/Matsumori
Built in 2004. K ¥2000, P ¥4000

We have a staff who can speak English!

TEL: 022-251-8086

www.aoki-garden.co.jp

aoki@aoki-garden.co.jp



IMMIGRATION, LEGAL CONSULTATION

Procedures To Immigration Office

入国管理局への手続

- ①- Visa Change & Visa Extension ビザの変更と更新
- ②- Certificate-of-employment 就労資格証明
- ③- Permanent-Residence 永住許可
- ④- Re-entry 再入国許可

Procedures To Other Government Office

他の官公署への手続

- ①- Naturalization 帰化
- ②- Inheritance 相続
- ③- Marriage 結婚
- ④- Business-License 営業許可
- ⑤- Copyright 著作権
- ⑥- Company-Establish 会社設立
- ⑦- Management & Marketing Consultation 経営相談

We protect the confidentiality of personal information.

HASHIMOTO OFFICE

Sendai, Aoba-ku, Honcho 1-4-8-304

Tel: 022.213.2627 Fax: 022.213.9357

E-mail: fwgd3049@nifty.com

http://homepage2.nifty.com/cocoon-tail/

橋本総合事務所

(はしもとそうごうじむしょ)

仙台市青葉区本町 1-4-8-304

Looking for friends, language exchange partner etc...

Hello!!

I'm Yuki Tiba.

I want to learn foreign country culture. And I want to tell Japanese culture. First of all, let's have a chat. I look forward to your favorable reply!

Yuki Tiba

latimeria-c30.100@ezweb.ne.jp

Hi! My name is Shingo Tsuda, Yumi Tsuda (couple)

We are looking for someone who teach us English and make friend. We live in Sendai. Please contact!

Amoyumi7@yahoo.co.jp

I'm looking for a female English teacher for my 8-year-old son who can come to my house to teach. He passed the 4th level of the English efficiency test but I'd like somebody to give him the conversation lesson. Since we sometimes go to England, I prefer British person if possible. I don't care about the age. I live in Izumi. I can come to pick up at the station near by if you don't drive. I(mother) speak English, so if you are student of Japanese or Japanese culture, we can possibly exchange teaching. If you are interested, please contact me.

Murakami

spt989h9@fuga.ocn.ne.jp

Service

I am looking for people who are interested in forming a kids' club in Sendai for kids who speak English. I have a Japanese wife and 5 year old daughter. She speaks English but gets little chance to do so. I would like to find other parents with small children who can speak English, and who

want their kids to play with other English speaking children.

The aim of this is to give English speaking children a chance to play with other English speakers. It is not meant to be an English class for children who can't speak English.

If possible I would like to set up a group where parents take turns in looking after the kids' group at their own homes, say for a couple of hours every Saturday or Sunday. However I am willing to do so if nobody else can.

If you are interested please contact me.

Dennis Heazle

infinisys_emergency@yahoo.co.jp

JAPANESE TRADITION

to see the light

Japanese is difficult & you must be having a hard time learning. There are roughly two kinds of Japanese characters: "KANJI" and "KANA." KANJI can simply make some sense by itself. On the other hand, KANA is made from distorting KANJI, and each KANA character shows its own sound. Therefore, once you learn the 48 KANA characters, you can transcribe them just from hearing the sound.

So, the topic that I'd like to bring up today is the Japan-born "HARAGANA."

I've been learning Shodo ("calligraphy") for many years and specialize in KANA currently. One of the fascinations of KANA is the beauty of its curved line. The well-fed KANA is reminiscent of the softness and the tenderness of women. Yes, the KANA was the character made for women.

About 1300 years ago, education was different for men and women. Women were given a Japanese style education, so the Chinese traditional character KANJI was used only among men. However, it was inconvenient for women not to have characters. Then, HIRAGANA was invented by distorting the shape of KANJI. Even if somebody writes a love letter, there is no reason to send it when men can't read or can't write back. Love can make people learn faster. Thus HIRAGANA spread in Japan widely.

At that time, it was popular to express thought in poetry. (I make my Shodo pieces writing this poetry.) When somebody was walking down the street, he heard the beautiful poetry coming from somebody's house. He was impressed by its words and fell in love with the lady whom he had never met so that he read poetry back to her. After a while, their poetry exchange made their relationship deeper and deeper & how romantic!

The Internet, that anonymous place where people can talk & doesn't it sound familiar? I heard that there were cases where people met through the Internet and got married. It is communication that involves fantasizing about the person to whom you are talking. Don't you think there is not much difference between now and the past?

MADOKA Born in Sendai. She started Shodo when she was age 10 and has won many prizes at contests. She recently quit her long career at a TV company and started her new career as a care worker.

Check the link below to find the Shodo lessons in Sendai.

http://www.nhk-cul.co.jp/categorys/category_541.html

http://www.s-ling.com/search/03_11.html

<http://www.culture.gr.jp/sendai/SHODOU.HTM>

目からウロコの 伝統文化

第二回

日本語は難しい。皆さんはさぞかし苦労していることでしょう。

日本語を表現する文字は大きく分けて「漢字」「仮名」の2種類。漢字は1文字で意味を成す便利な文字。対して仮名は漢字を變形させた1音1字。48字を覚えれば日本語を字に表すことができます。

今回は日本で生まれた「ひらがな」の話。

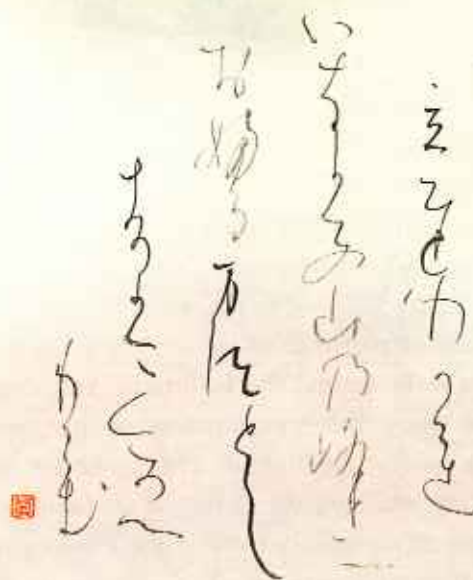
私は書道を長年習っていますが今は仮名が専門です。曲線の流れの美しさが魅力です。女性のように柔らかで優しさをイメージする、丸みを帯びたひらがな。実は女性のための文字だったんです。

今から約1300年前の時代、男女に違う教育が行なわれました。女性には日本式の女性教育をと、中国伝来の漢字は男性だけのものとなりました。でも文字がなければ不便。そこで漢字を崩して独白にのみ出したのがひらがななのです。ラブレターを出した方がいいが、男性も読めないうまい意味ないし、言えないうまい返事も出せない。悪のためなら書く身につくというもので、こうしてひらがなは広く普及しました。

当時は気持ちを歌にして書き送りました(私はその歌を作品にしています)。道を歩いていると家から美しい歌が聞こえてくる。その詞に感動し、顔も見えない女性に恋心を伝えお返しを歌を返す。二人のやりとりは深まって……。ああ、なんてロマンティック。

顔もわからぬ人と意気投合できるインターネット。何だか似ていませんか?中にはそれがきっかけで結婚した人もいますとか。相手を想像して「コミコメーション」形は違えどいつも昔も変わりませんね。

MADOKA……仙台市出身。10歳から書道を始め、これまで書道展での入選多数。長年勤めたTV業界を辞め高齢者の相談に乗る異色の社会福祉士。



(C)MADOKA



CK'S C·O·L·U·M·N VOL.3

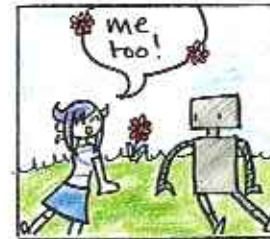
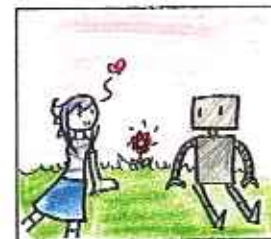
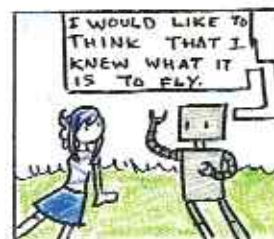
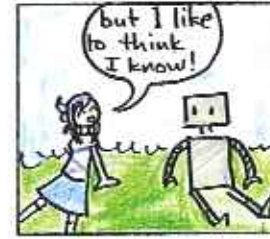
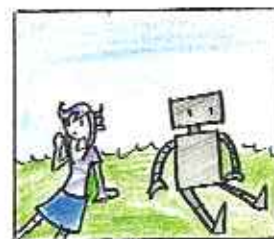
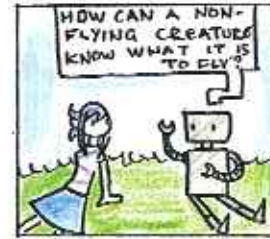
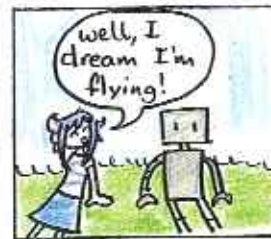
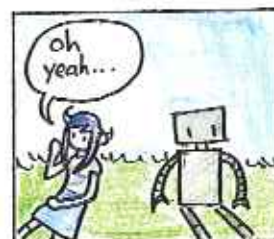
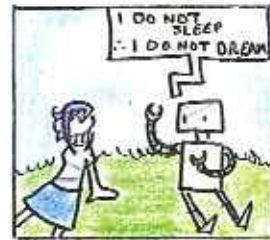
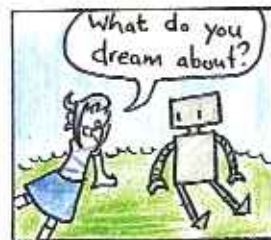
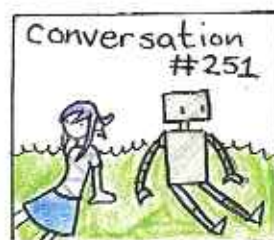
Onsen

Hi, I am CK, a Japanese working woman that makes the most of her life in Sendai. I love to live in this city because I enjoy "onsen" or hot springs on weekends. Today I will show you the ropes on how to maximize your spa relaxation.

There are several famous hot-spring resorts in and around Sendai. Akiu Onsen and Sakunami Onsen in the city are well-known areas among them. They are accessible by bus or train from JR Sendai Station. Most of the inns let you soak in bathtubs even though you are not over-night guests. At Naruko Onsen in Osaki and Zao Onsen in Yamagata, you can take a bath in public bathhouses at a reasonable price.

Most Japanese people are strict about manners and rules in the bathroom. I think that's because we don't want to be bothered by bad manners when we relax. The way back when we didn't live in a house with a private bathroom a few decades ago, it was usual to see a bad-tempered old man or woman intimidate ill-mannered kids. Children used to learn social rules in the public bathhouse. The big no-no is jumping in the tub without washing your body. Instead you should spill hot water on your body until you get used to the water temperature. Then clean up yourself especially your private part with soap. Don't forget to hide your private part by a towel when you walk around the bathroom. You might want to show off your nicely-developed body, however, Japanese people prefer humble behaviors. Also you cannot soak the towel in the tub. That is another bad bad thing to do. Place the towel on your head instead while you are bathing. Lastly, wipe your body off any single drop of water with the wet towel before you leave the bathroom. In this way, the floor of the undressing room won't get drenched.

So much for such a lecture...? Onsen is a best place not only to feel refreshed but also to communicate with Japanese people, I believe. You can have an open relationship with them without a stitch of clothing. I would like you to enjoy a dip in an onsen as often as possible during your stay in Sendai. Manners are grease for good communication.



(c)needeplexagon

EDITOR'S Mono-b-log

This is the first issue of the Sendai Info Board this year! It seems that the recession won't get better even though we opened up this year with being the witness of the first African American President in the history while the movie clip of our prime minister's microreading of KAMU being popular on Youtube. I don't want to be sarcastic but...you know. Our change? Yes, our prime ministers change so quickly. It's ridiculous. So, the supporting rate of the Liberal Democratic Party/administration party is falling. However, the Democratic party/opposition party had illicit donation scandal recently. Gosh, what can I do. I hope politicians stop picking holes in others and make some real change!

TRAVEL LINKS

JR Train from Sendai
www.jreast-timetable.jp/timetable/list0913.html

JR Bus Tohoku
http://www.jrbustohoku.co.jp/

Tohoku Kyukou Bus
http://www.tohoku-express.co.jp/

Sakura Express Bus
(to Tokyo, Kyoto & Osaka)
http://www.489.fm/

ANA Sky Web
http://www.ana.co.jp/asw/index.jsp?type=e

JAL
http://www.jal.co.jp/en/

SKYMARK(limited, low fare)
http://www.skymark.co.jp/en/

MEMO

SENDAI AIRPORT ACCESS LINE (Sendai-Airport) SCHEDULE

Sendai	Nagamachi	Taishido	MinamiSendai	Natori	Morisekino	Mitazono	Airport
5:35	5:40	5:42	5:45	5:49	5:52	5:56	6:00
6:26	6:31	6:33	6:36	6:40	6:43	6:46	6:50
7:06	7:11	7:13	7:16	7:20	7:23	7:26	7:30
7:35	7:40	7:42	7:46	7:50	7:53	7:56	8:00
8:18	8:23	8:25	8:28	8:32	8:35	8:38	8:42
8:45	8:50	8:52	8:55	8:59	9:02	9:05	9:09
9:01	9:06	9:08	9:11	9:15	9:18	9:21	9:25
9:30	9:35	9:37	9:40	9:44	9:47	9:50	9:54
9:53	9:58	10:00	10:03	10:08	10:11	10:14	10:19
10:10	10:15	10:17	10:20	10:24	10:27	10:30	10:34
10:32(快)	→	→	10:42	→	→	10:49	
10:55	11:00	11:02	11:05	11:09	11:12	11:15	11:19
11:24	11:29	11:31	11:34	11:38	11:41	11:47	11:52
11:42(快)	→	→	11:52	→	→	11:59	
12:04	12:09	12:11	12:14	12:18	12:21	12:24	12:28
12:27	12:32	12:34	12:37	12:41	12:44	12:47	12:51
12:40	12:45	12:47	12:50	12:54	12:57	13:00	13:04
13:11	13:16	13:18	13:21	13:25	13:28	13:35	13:39
13:35	13:40	13:42	13:45	13:49	13:52	13:59	14:03
13:52	13:57	13:59	14:02	14:06	14:09	14:12	14:16
14:19	14:24	14:26	14:29	14:33	14:36	14:39	14:43
14:36(快)	→	→	14:46	→	→	14:53	
14:53	14:58	15:00	15:03	15:07	15:10	15:13	15:17
15:07	15:12	15:14	15:17	15:21	15:24	15:27	15:31
15:38	15:43	15:45	15:48	15:52	15:55	15:59	16:03
16:09	16:14	16:16	16:19	16:23	16:26	16:29	16:33
16:22(快)	→	→	16:32	→	→	16:39	
16:50	16:55	16:57	17:00	17:04	17:07	17:10	17:14
17:28	17:34	17:36	17:39	17:43	17:46	17:48	17:52
17:57	18:02	18:04	18:07	18:11	18:14	18:17	18:21
18:09	18:14	18:16	18:19	18:23	18:26	18:33	18:37
18:34	18:39	18:41	18:44	18:48	18:51	18:58	19:02
19:00	19:05	19:07	19:10	19:14	19:17	19:21	19:25
19:34	19:39	19:41	19:44	19:48	19:51	19:54	19:58
19:51	19:56	19:58	20:01	20:05	20:08	20:14	20:18
20:25	20:30	20:32	20:35	20:39	20:42	20:46	20:50
20:48	20:53	20:55	20:58	21:02	21:05	21:08	21:12
21:13	21:18	21:20	21:23	21:27	21:30	21:37	21:41
21:50	21:55	21:57	22:00	22:04	22:07	22:11	22:15
22:51	22:56	22:58	23:01	23:05	23:08	23:11	23:15

Do you want to post your personal ads?

Sale, buy, giveaway, roommate wanted, accommodation, sale wanted, lesson, personal friendship and non-commercial event ads are free to post in the SIB. You can simply go to

www.sendaiinfoboard.com

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Publisher: BBI Co., Ltd.

Editing: Nammy Ogata

Publish Date: 2009 April

Art Design: Swing Renaissance Co., Ltd.

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Special Support:

Sendai International Center, Sendai City

Sendai Chamber of Commerce and Industry

Sendai Tourism & Convention Bureau

発行元: 株式会社BBI

編集長: 尾形金美

発行日: 2009年4月10日

制作・デザイン: 株式会社スイング・レナISSANCE

協力: 仙台国際センター

後援:

仙台商工会議所

仙台観光コンベンション協会

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