

An Inter-Local Magazine connecting us from place to place

五島と鎌倉

GOTO&KAMAKURA

November 2016 | FREE ISSUE



Photo:Hiroyuki Otaki (Brightlogg,Inc.)

Goto and Kamakura. What draws these two distant and different places together? What do they have in common? Both places are similarly blessed by being so close to nature and its surrounding beauty, but they also have temples and churches that represent their independent and unique history and culture. Find out how Goto and Kamakura collaborate together to share and exchange their culture and history at the Goto Fair “tabitsubaki” later this month in Kamakura.

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From Goto to Kamakura: Connecting the Past and the Future with the Tsubaki

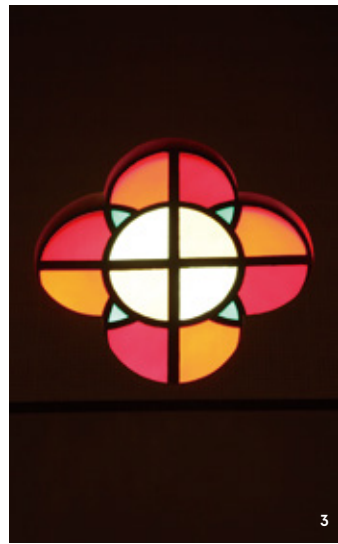
Although Goto is well-known for its famous Goto noodle (The noodle has a firm and smooth texture and the dashi (broth) is made from flying fish), now the Tsubaki oil is drawing more attention, especially to women for its effect on attaining beautiful skin and maintaining gorgeous hair. One can argue now, that the Tsubaki is representative of Goto's history and culture due to its increasing popularity. In this issue, we introduce the history of Tsubaki in Goto and how it was brought to Kamakura. This is the story of Goto Tsubaki's past, present and future.



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Tsubaki is linked closely to the life in Goto.

The Goto Islands is a place where many Christians moved in order to seek religious freedom and there are many beautiful churches, which were built after the ban on Christianity was lifted. Many of the churches have the Tsubaki flower motif on its decorations, including Kashiragashima Cathedral and Douzaki Cathedral designed by the local architect, Yosuke Tetsukawa. Churches in Europe often have rose motifs on their decorations, but in Goto, the Tsubaki flower motif is most often used on their stained glass and its petals are 4 instead of 5 which indicates an image of the cross.

In Goto, the Tsubaki was not only something that the Christians relied on during the time of religious persecution, but it was always closely linked to the people of Goto. Tsubaki flowers grew in the wild and were even grown in people's backyards. They were often used in various ways, such as for cooking, lantern oils, facial and hair creams, and even for medical purposes. Now many of the large cosmetic companies use the Goto Tsubaki for their beauty products and is widely known for its cosmetic effects.

In Goto, there are approximately 9 million wild Tsubaki's growing, which is the most in Japan. For example "Tamanoura" is a world-renowned variety of Tsubaki, and there are more than 200 kinds of Tsubaki varieties on the island. This is great for the tourists to see the diversity and beauty of the Tsubaki, but for the locals it was never special. The Tsubaki has always been in their life as something very ordinary.

Recently the wild Tsubaki fields are declining and getting depleted. This may be because they are not tended to enough than in the past. The population decrease and the increase of the elderly population may also be a factor to the decline.



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1. There are 9 million wild Tsubaki flowers growing on the Goto Islands.

2-3. Tsubaki motifs are often used in many churches in Goto.

4. Tsubaki seeds are harvested in September each year.

5. Tsubaki seeds are dried in the sun to open the skin.

6. There are a few black seeds inside of hard shells of the Tsubaki.

7. Tsubaki seeds are sorted by Doaji

Reviewing the Quality of Life: See What's Taken for Granted?

After seeing the dire situation of the Tsubaki, Mr. Mitsunori Tateishi, the chairman of Goto chamber of commerce, decided to take immediate action. He stated "We started with getting the word out about the Tsubaki and the power it brings to the public. Gradually the local people started to reconsider the value and the potential of it."

"Goto-Tsubaki natural yeast has great potential when compared to other kinds of natural yeasts. For example to make bread, it only takes half the amount of time during the fermentation process using Tsubaki yeast. Tsubaki yeast does not leave a strong flavor, so it brings out the best flavor profile, while preserving the natural flavor of the bread. Now the texture is exquisite! The bread has a fine chewy texture that makes it so satisfying after every bite. Besides bread, even sake and wine can be made using the yeast. Reviews have been highly positive and the reception has been great!"

It's becoming a trend among the younger genera-

tion to incorporate the Tsubaki into their artisan handiwork. The common focus is crafting goods inspired by Goto's tradition and lifestyle. Atsumi Nakamura who makes household items, is one of the younger generations who discovered an idea through Goto's traditional lifestyle.

I like the touch of Natural ash glaze, but its process of getting ash is complicated because you need to have a lot of wood and plants. When I saw Goto people throwing away the leftover Tsubaki seed shells after extracting the Tsubaki oils, I thought we could reuse the shells for this somehow!

Haruki Miyazaki is a knifsmith who makes the "Tsubaki houcho," a knife with a handle made entirely of Tsubaki wood. Miyazaki-san also makes other kinds of knives and also specializes in repairing knives, but he says that the Tsubaki is something very special. To him, the Tsubaki symbolizes the nature of Goto. What makes it special is its soft, beautiful and unique shiny texture that is not present in other types of

wood. He plans to merchandise Tsubaki Oil Care set of knives, and also try to make new products using Goto's local materials, while incorporating traditional techniques.

Using the quality of hard and shiny characteristics of the Tsubaki, GOTO WOOD makes butter knives and baby teething toys. They are seeking an opportunity in the wood crafting industry which was not practiced much in Goto. "We need to begin maintaining the wild Tsubaki fields in order to have stable resources. I keep on making Tsubaki wood crafts and workshops to create new jobs for Goto."

By passing down Goto's tradition and past knowledge down to the future generations on the island, the younger generation are now finding new ways and changing how they view Goto and the Tsubaki. Now they are rediscovering the potential of the Tsubaki and are rethinking of what they believed was very "ordinary" to them.



Pottery / Onkama



Tsubakihoucho / miyazakikajiya



Butter knife / GOTO WOOD



The meeting for this project. From left, Kakuro Sugimoto, Naoki Fujimoto Aya Fujimoto, Michi Komano.



The ash of Tsubaki is used as a mordant, and the cloth of the chopsticks bag dyed in yellow and red is overlapped with the autumnal leaves of Kamakura and the Tsubaki of Goto, and can be used in reversible specifications. In addition, the Tsubaki of Goto is used for the material of chopsticks.

New journey is made by Kamakura artisans.

Goto Tsubaki travelling outside of the island is creating new stories. Now the destination is Kamakura, located in the Kanagawa Prefecture with its longstanding history and great nature. In Nov 26th & 27th, the Goto fair is held in Kamakura and Tokyo. Young Kamakura artisans join the project of new merchandising and development using the Goto Tsubaki. The four young artisans joining the project are, Michi Komano, wood craftsman from Comayose, Kakuro Sugimoto from a pharmacy in Ofuna, Kamakura, and Naoki Fujimoto, Aya Fujimoto from Unit KULUSKA. "I would like to make something with a story," says Kakuro Sugimoto. He is an expert with plants and makes fabrics dyed with natural ink. He also sells Chinese medicine at a pharmacy. Mr. Sugimoto set the concept for using ash from Goto Tsubaki for dyes, and to express and represent the feeling of Kamakura's "color." Ms. Komano's products are popular for wooden mosaic work and says, "I want to make something to be used in everyday life and to

be enjoyed for its beautiful smooth texture and hard wood quality." "It might be good for cutlery because of the smooth texture" a suggestion by Mr. Sugimoto. The Fujimotos travel often. They pretty much go almost everywhere in Japan and make products using local materials from where they visit. In Kamakura, people tend to care more about the environment and nature, so we often see people bringing their own chopsticks or cups. According to the Fujimotos, "We want to make something that a customer will use for a very long time. Not something that is simply disposable. These 3 different ideas and wishes come together as a chopstick made with Tsubaki wood, and a chopstick case made with Tsubaki ash used in the dyeing process. These items can be used at home, but can also be taken anywhere because of its portable size. "My Chopsticks and the Case" is one of the first steps and concepts of bringing the Goto Tsubaki and Kamakura Lifestyle together to offer a new lifestyle.

The Amazing Power of the Goto Tsubaki!



花 Flower

Although the Goto Tsubaki is famous for its beauty, it is also recently getting more attention for Tsubaki natural yeast that is extracted from the flower. Touraku, Saki made with the Yeast was sold for a limited time in the island and was sold out immediately after the release. More items such as wine, bread, fish sauce and miso using the yeast are coming soon.



実 Seed

The oil extracted from the Yabu Tsubaki seed is already very popular for its many uses and applications. It contains oleic acid, which inhibits bad cholesterol, and make it perfect for healthy cooking oil. Ashes from burning the shells of the seed, Katashi, is used for glaze on ceramics.



葉 Leaves

The leaves have anti-bacterial properties and they have been used as a hemostatic for a very long time. Recently the Goto Tsubaki Tea, a blended tea with Tsubaki leaves, is getting popular because it has positive health effects. The tea helps preventing diabetes and also reduces triglycerides/neutral fat and body fat.



枝・幹 Branches

The branches have a hard and smooth surface and considered a luxury product, due to its limited supply. On the island, the branches are used for making Inkan (stamps), knife handles and teething toys for babies. Ash from burning the branches are used as a mordant for dyeing.

Illustration/ Saki Nagahashi

Event Information

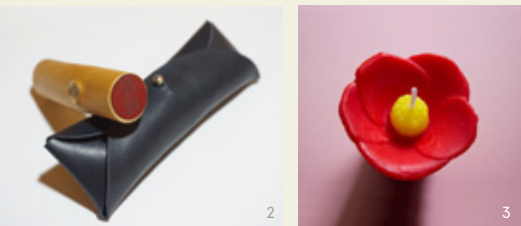
2 Days to enjoy Goto in Kamakura!

11November 26 (Sat), 27 (Sun), there are lots of events related to Goto in Kamakura. Please come to Kamakura.

"TabiTsubaki" is a project of Goto Tsubaki going various places in Japan. The first place is to be Kamakura. It will be held at Life style + café, Kamakura Miyaji which just opened this October. An exclusive item that Kamakura craftsman made using Goto Tsubaki oil, and Tsubaki oil cosmetics, candles, and many more items of Tsubaki oil are available. Please check our facebook page of "〇〇&Kamakura" and Tabitsubaki for more details!

Event info: andakamakura.net

Kamakura Miyaji Lifestyle+café
Address: M's Ark KAMAKURA 2F 1-12-5
Yukinoshita Kamakura-shi Kanagawa
PHONE: 0467-38-4315



1.My Chopsticks and the Case (Tabitsubaki collaboration)
2.Seal made by Tsubaki and leather case(Tabitsubaki collaboration)
3.Tsubaki candle(Candle SUZU)
4.Tsubaki oil(Tateishi)



| OTHER EVENT

In November, the Goto event "Tokyo Goto Plan 2016" will be held in Tokyo.

- Taste the delicious Goto! "Nagasaki Goto Tour" Restaurant Fair November 18 (Fri)-27 (Sun) www.gotozine.net
- Delivered fresh vegetables from goto! Vegetail @ Aoyama Farmers ' Market, November 26 (Sat), 27th (Sun), December 3 (Sat), 4 (Sun) farmersmarkets.jp
- Goto City full of special products!"Nihonbashi Nagasaki Pavilion Goto Fair" November 22 (Tue)-27 (Sun), www.nagasakikan.jp

A lot of people visit Goto and Kamakura to enjoy the great nature, unique history, and local culture. While these local diners always welcome tourists, Kamakura Diner, Cobakaba, and the Goto Community Café, Sotonoma, are actually daily hang out spots for the locals to dine casually. We asked both of the workers to talk with us via Skype to share their experiences at these diners.

Dinner in Kamakura

Keisuke Uchibori

(the owner of Cobakaba)

×

Community Café in Goto

Tomoko Arikawa

(Sotonoma)

Miku, Emi Nagahashi

(Sotonoma Server)

It's not home or work,
but it's definitely
somewhere in between
where we belong to.



Cobakaba

On the way to the Kamakura station, there is a log cabin style diner. The origin of the name "Kobayashi Bag Shop" comes from the family who ran the shop until 2006. The theme of the diner is simple "home-style cooking." Here people, both young and old, can share "meals" with everyone in the community. The concept of sharing is almost like a Sento (public bath). It's a place for both "those that eat" and "for those that cook" can gather and connect.

ADDRESS: 1-13-15 Komachi Kamakura-shi Kanagawa
PHONE: 0467-22-6131
STORE HOURS: 8:00-10:00 11:00-17:00 [Also open for dinner on Saturdays and Sundays] -21:00
SHOP HOLIDAY: Wednesday



Sotonoma

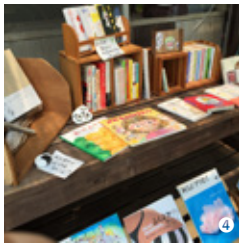
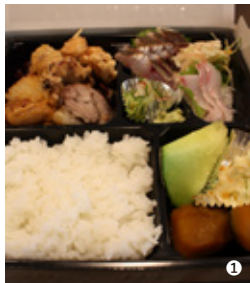
Opened in 2013, is a communication café on the island of Fukuejima, which is the biggest island of the Goto Islands. A place where both locals and tourists can relax as if they are in their own living room. Life-style goods and vegetables can also be purchased at the store.

ADDRESS: 1348-1 Tsutsumicho Goto-shi Nagasaki
PHONE : 0959-88-9081
STORE HOURS: 9:00 ~ 21:00
SHOP HOLIDAY: Tuesday

What role do local diners have?



1. In Cobakaba. Various events held occasionally.
2. The staff who make the Cobakaba food. The menu changes daily.
3. The simple "home style cooking" of Cobakaba.
4. On the third Sunday of every month, the Music and Food community event "Green Morning Kamakura" is held at the neighbor store of Cobakaba.
5. Kamakura Agricultural Office is walking distance from Cobakaba. They sell Kamakura's local fresh vegetables.
6. Art exhibit inside of Cobakaba. Local Artwork made in Kamakura is also sold here.



① At Sotonoma, we deliver lunch every day to the homes.
② Various visitors come from inside and outside the island.
③ Sotonoma located in front of the elementary school.
④ Various pop up events like book shop and workshop held occasionally.
⑤ Menu using local food is very popular
⑥ Tipping live held at Sotonoma.

Uchibori: It's been 10 years since Cobakaba opened. My parents used to run a bag shop called the "Kobayashi Kaban (bag)" here. They ran it for about 60 years, and the shop was a place for the locals to just stop by casually to gather around and chat with their friends and neighbors. I wanted to keep it that way, and also wanted to make it a "third place" for my customers, meaning it is not home or work, but something in between where they feel a sense of belonging to. So I started a diner with home-style cooking in 2006. It became more like an open kitchen for housewives who fell in love with Kamakura and moved here with their family, while bringing their own recipes to share with everyone. Now we serve "ichishiru-sansei" style, a traditional method of Japanese home-style cooking, where there is one soup and three kinds of dishes. The menu is changed daily.

Arikawa: I have been working in the community development industry for 6 years in Osaka and I always wanted to do the same work for my home town. Living in places like Goto, the lifestyle often becomes repetitive, going back and forth to work, to the farm, and back home. So I thought somewhere like Goto is the kind of place that needs a "third place" for the locals. It's not exactly like your living room, school or work, but it's definitely a place where people can relax. So I opened this store with my mother 6 years after I moved back here. The concept is that I wanted a place that people can come and relax outside of their daily lives.

Our main customers are usually local residents with a very wide age range, from mothers with their babies to even the elderly come here. We also have tourists come in on a daily basis and actually in the summertime we probably have more tourists than local customers.

Uchibori: Our customers are also both locals and tourists, but I personally would like Cobakaba to be a place where the local elderly and young travelers can talk casually and become

friends. Having a meal together in the same place has a big power to connect people, and sometimes a conversation with strangers begin by small things no matter their background. I suppose something similar also happens at Sotonoma as well.

Miku: Kazuko, who is the owner and also Arikawa's mother, often starts chatting with the customers here, as do the other servers too, and this prompts the customers to start new conversations with each other. Sometimes they will meet up the next day to go on an excursion together.

Before my wife and I moved here, we actually came to Sotonoma as customers and told Kazuko about our plan about moving here. She gave us a lot of advice and she was a great help to us.

Going with the local lifestyles

Uchibori: Many people are moving into Kamakura with their families or just by themselves. I want them to all have a happy life in Kamakura. Sometimes we have guests who are trying to open their own store and for some reason the Kamakura Chamber of Commerce will tell them to visit us. We are actually too generous to our customers, but at the same time, we make sure to offer space for the customers to enjoy alone. We are not open for dinner, but for breakfast and lunch, people usually don't complain if someone leave before them. It's the same feeling for going to the Sento (public bath) or markets. I like this kind of atmosphere, so I don't really talk to the customer too much, but I keep free magazines and arts to offer the customers a topic to start a conversation if they want to.

Nagahashi: We have events about three times a month at Sotonoma. There was one time where people came for driving school training in Goto from Tokyo. They visited Sotonoma and we started chatting and somehow decided to have a

tipping live together the very next day.

Uchibori: I play music too and I used to have live performances at my store a lot, but recently I am thinking that running a store is like performing on live. For example, cooking a meal with vegetables from the fresh market next door is similar to having a live music performance.

Miku: When I am working at Sotonoma, I sometimes have a moment when I feel a close connection with my customers. For example, when I find out that a customer actually came from my hometown, we share an instant connection. This is the type of joy that I get since I am working at a place with "real" and "live" conversations.

Uchibori: We are very fortunate to be able to live in the moment and share our experiences with our customers. I hope Cobakaba is a place where our customers can meet new people with different backgrounds and connect with each other. It is pretty hard running a shop for a long time, but at the same time, it's a lot of fun. I think that's what keeps us going.

Arikawa: I guess it's important to just keep on doing the simple things in life. You begin to appreciate the ordinary things in everyday life, such as making coffee and meals every day. It's not easy to keep on doing the same thing because it gets tedious, but I feel happy being able to welcome guests getting a cup of coffee in the morning or having a bite to eat for dinner. It makes me feel like I am a part of people's lives on this island.

Uchibori: Since we talked about time, I want Cobakaba to be like the city's clock tower. I want it to symbolize and convey the flow of time and the seasonal changes that can only be experienced in Kamakura.

Arikawa: I want to fully understand Goto and share it with others outside of the island. We want to create a place where the locals can relax, and at the same time, we want to also have outsiders stop by for souvenir items and have local Goto meals. Having both kinds of customers turns out very well for Sotonoma.



The Power of Music delivers local appeal outside

Although Goto and Kamakura are far apart from each other, they surprisingly have a lot in common. In both places, there are local musicians who play local music to show the appeal of their hometown.

The local songs are making people to connect. —— Kota Ogawa & Tomason(Kamakura)

Kota Ogawa and Tomason, are local musicians in Kamakura. Their original songs are based on the local lifestyle, for example there's a song about all the 15 train stations on the ENODEN, a local train line that starts from Kamakura to Enoshima. Enoden, Enoshima Dentetsu, is often used by the locals and popular among tourists too.

It's been six years since I moved to Kamakura, and I always wanted to live here. I met Tomason who is a Kamakura native, and was invited to perform at a local event. That's what started my music career and since then I started to write songs of places in Kamakura.

Their plan was pretty simple. They just wanted to have a live concert locally and their activities started to spread out and expand to other cities. Recently many places request to write a song for them. Their lyrics often contain the historical background of Kamakura. They also refer to the name of the places which are not always listed on tourist guidebooks, which only the local people know.

According to Tomason, "When we sing our songs at local festivals, our neighbors, all the way from kids to the elderly, are all are happy to listen to them. We realized that the most natural way for doing music is when we mention about people's lives in the songs, so people could feel it and sympathize with it. Also, the songs become more relatable if we talk about what's happening in real life, for example like the owner from the local store on the corner, rather than talking about nice tourist spots."

Their songs do not just focus on local people only. They are also trying to make it so anyone can casually join their music activities. Various people, all the way from the locals to just music fans can attend the activities.

"Kamakura is a very relaxed and quiet town, where people are calm and friendly. I want to make a song expressing how it's like to live in Kamakura, and represent the people of Kamaku-

ra. I don't want to say it is better than other places, but I want to show how wonderful Kamakura is." – Tomason.

"When I visited Niigata Prefecture, I went to a local bar and heard the customers singing a song made by Saburo. It was about places he visited during his tour across the country. I did not know anything about the places, but just by listening to the songs, it somehow made me feel a sense nostalgia. This is probably similar to what I am trying to do. By singing about Kamakura, I want people to know more and what is good about the place. I also want people to realize that they can all do something like this with their hometowns. (Kota Ogawa)

Ogawa says that someday they would like to have a live concert festival with other musicians who sing about their hometowns. They want the musicians to sing about not only the famous tourist attraction spots, but also of the local places that represent the richness of Kamakura.

Kota Ogawa & Tomason

Kota Ogawa & Tomason are both Ukulele players who write songs about Kamakura. Both live in Kamakura now. Ogawa and Tomason met each other in 2010 at a local bar in Omachi, Kamakura, and started to write and play music together. Their music activities include a "Monthly Live Event" Mangetsu Caravan, where the location changes every month. They also have live concert events, where they closely work together with the local media. Sometimes they even offer their songs to be used in the Enoshima Electric Railway commercial videos. Their work consists of a wide range of activities that are now being developed mainly in the Kamakura area.

An interview with the local musicians

Representing friends that left the island —— Bebenkobich(Goto)

With a modern, contemporary and melodious tune, it certainly has a western influence, but the lyrics are consistent with the Goto dialect. For example, the "Mijyorashika" and "Zamanabishsha" are part of the native Goto vernacular.

"The Goto Dialect is extremely simple and that is why it is somehow goes well together with rock music" says Bebenkobich.

Bebenkobich was working as a civil servant for the government and started the Bebenkobich Orchestra (now called Bebenkobich). He created a new concept for Goto, referring to "Goto's Local Band with the Goto dialect." Actually the name "Bebenko" means calves in Goto dialect, and also is the origin for his stage name too.

Many people in Goto leave when they finish high school since there is no University or any job opportunities on the island. After we left home, many of us felt insecure about coming from the country side. We began to hide our Goto dialect and speak only in the standard Japanese dialect. I felt that I wanted to let people know that our language/dialect is part of our great culture and often times, what you feel insecure about now, later becomes one of your most valuable assets in life.

Bebenkobich says having to move out from his

hometown for work made him realize many things. Having an experience of making a music as an amateur for some time, he formed a band and his target audience was the people who also lived away from their home of Goto.

"I wanted people from Goto to be more confident by singing what I experienced throughout 18 years of my childhood years in Goto and in the Goto dialect. After moving to new places, we all think of home sometimes, but it is really difficult to express verbally. If there is a song, it makes it easier for them to feel it and it reminds them about home. For me, the more I tried to express myself, I realized how important the time I spent in Goto was. It helped me understand what I should talk about in my songs."

Bebenkobich's music activities spread through YouTube and Ustream outside of Goto, making him the voice of Goto Island. His music represents the people who live away from their hometown of Goto. His fans started to spread his work and made him represent and become the voice of Goto nationally.

In 2016, he opened a guest house, "Ojikanooto" in Konega shima, the northernmost island of the Goto islands. Live concerts are held upon request from the guests sometimes.



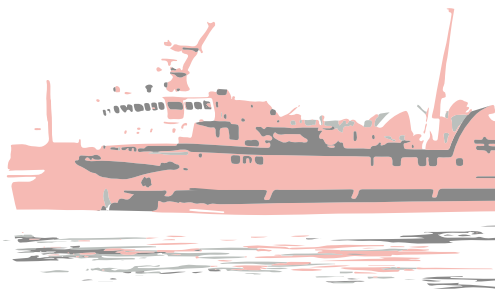
Compared to when I first started performing music, now SNS is a huge and much easier way to connect and create communities besides just music. I would like to keep introducing Goto not only through music, but also using other tools as well. From People from Goto and People to Goto. His activities keep on moving forward and his passion for Goto will always be there.

Bebenkobich

Goto's local singer/songwriter, who uses represents the Goto dialect in his music. He began his career in 2009. The following year, he formed a band with local members and won the 2nd National Grand Prix of the Japan Broadcasting Festival. He has been active in a wide range of activities, including live concerts across the country, TV, providing music to commercials, as well as planning and holding other events. In the summer of 2016, Ojika Island opened a single-day guest house "Ojikanooto" with a nice ocean view, limited to only 1 group per day.

Experience “Goto in Kamakura!?” —— A “Goto” trip

Actually, there are some restaurants that serve local Goto dishes in Kamakura. We introduce some of them along with the owner’s comments. Please take this issue with you and have fun at the Goto tour in Kamakura! Enjoy!



Fresh Seafood from Goto Bistro OSHINO



Goto's Flying Fish marinated with Oranges

SHOP DATA | Bistro Oshino
Address: 1-8-6 Ogigayatsu
Kamakura Kanagawa
TEL: 0467-55-5327
Store Hours: 11:30-14:00(Lunch),
18:00-22:00(Dinner)
Open Everyday



The owner
Yusuke Hoshino

Comment: The seafood that I get comes directly from the local fishermen. I love how they handle the fish with the utmost care and precision. It's remarkable what they do. Goto is a fisherman's paradise! It's a great place!

Fresh Seafood from Goto Ristorante La Luce



Goto amberjack carpaccio marinated with vegetables

SHOP DATA | Ristorante La Luce
Address: 1-7-6 Yukinoshita
Kamakura Kanagawa
TEL: 0467-23-2352
Store Hours : 11:30-14:00(L.O),
17:30-21:00(L.O)
Closed: Wednesday
(sometimes open)



The owner
Makoto Ogawa

Comment: Goto has various species of fish and the fisherman are exceptionally skilled at handling all of them so we can keep them fresh longer. Even though we might have to wait a few days for the fish to get delivered to us, it's definitely worth it.

Dryfood from Goto Mitome Shop



Goto Sansai, great with Nimono.

SHOP DATA | Mitome Shop
Address: 15-21 Sakanoshita
Kamakura Kanagawa
TEL: 0467-22-0045
Store Hours: 9:00-19:00
Closed: Every Tuesday,
Every Third Wednesday



The owner
Akiyo Mitome

Comment: We have been selling the Goto Sansai for more than 30 years, and some customers even make bulk purchases as a gift for when they travel overseas. Goto has a lot of great food, so I would love to go there some time.

Goto Udon Komame



Goto's Flying Fish marinated with Oranges

SHOP DATA | Komame
Address: 1-13-1 Sasuke
Kamakura Kanagawa
TEL: 0467-23-8334
Store Hours: 11:00-17:45(L.O)
Closed: Tuesdays,
Every third Mondays



The owner
Kae Ishizaka

Comment: During the fair, we serve Goto Udon during lunch. (Weekdays only). Please enjoy the smooth texture of the Goto Udon noodle paired with delicious Ago dashi!

Goto-Tsubaki natural yeast bread mbs46.7



Goto amberjack carpaccio marinated with vegetables

SHOP DATA | mbs46.7
Address: 1-1-13 Omachi
Kamakura-shi
TEL: 0467-81-5541
Store Hours: 11:00-18:00
Closed: Monday, Tuesday (some-times open)(Please check with our website or phone)
※Open on holidays



The owner
Saeko Kishimoto

Comment: We will be selling breads using Goto-Tsubaki natural yeast on November 26th and 27th. Goto udon place, SARAH, was located in front of us until a few years ago, so I used to go there every morning to enjoy the delicious soup!

Goto-Tsubaki Oil Head massage KAFKA



Goto Sansai, great with Nimono.

SHOP DATA | KAFKA
Address: Nobata Bldg 1F
3-5-23 Zaimokuza Kamakura-shi
TEL: 0467-60-5330
Store Hours: 10:00-19:00(Tue-Sat)
10:00-18:00(Sun)
Closed: Monday, 1st and 3rd Tuesday



The owner
Takahiro Shohbu

Comment: We will start Tsubaki- Oil Head Massage Menu (4320 yen / 30min) this November. I knew Tsubaki-oil was good for the hair, but I was amazed how it makes the hair so shiny.

[Recipe]

Bharat's Amazing Goto Udon made with local Kamakura spice!

Mehta Bharat, is called “the king of Tokyo spice”, at Gokurakuji, Kamakura, and he made a new recipe of Goto Udon using his own spices.



Mehta Bharat

Born in Kamakura in 1984. He is now the 2nd owner of Anan Co., Ltd, which was originally founded by his father in Gujarat, India. The company imports Indian food and creates new recipes. In 2011, they started the “Onagawa Curry Project,” and opened a curry and spice shop called “Bharat! Spice Labo” in Minami Aoyama in 2014. He published “Bharat Style! Exquisite Spice Curry” in 2016.

Since Goto Udon is chewy with thin and firm noodles, it pairs well with curry soup. The Madai (Sea Bream) Miso was so delicious that I wanted to put more of it into the soup. Next time, I want to cook fresh fish that is caught by the Goto fishermen.

1



2



3



1.Baramon Age (Hamaguchi Suisan/ TEL.0959-86-0032)
2.Goto Tenobe Udon (Nagasaki Goto Udon/TEL. 0120-451-560)
Coriander Cumin 55g (Anan/- TEL.0467-25-6416)
3.Mehta Bharat “Bharat Style! Exquisite Spice Curry” (Natumesha CO.,LTD.)

Mushroom Goto Curry Udon

Ingredients (serving of 4 people)

1 pack Maitake mushrooms
1 pack Shiitake mushrooms
1 tablespoon Anan Kuradashi Kobo
Chutney Basic (if you have)
2 tablespoon Sesame oil
1 tablespoon garlic, finely chopped
1 tablespoon ginger, finely chopped
1 onion, chopped
1 tomato, chopped
1 tablespoon “Madai Miso” (regular miso is also fine)
1 tablespoon Soy Sauce
1L Hamaguchi dashi with Ago fish (regular Dashi is also fine)
400g Goto Tenabe Udon noodle

For Toppings/Garnish
Sliced Green Onion
Sliced Ginger
Sliced Kamaboko

<Whole Spice>
2 Red chili Peppers

<Spices (powdered)>
1/2 teaspoon of Turmeric
1/2 teaspoon of Coriander
1 teaspoon of Cumin
1/2 teaspoon of Red Pepper



- Cut the mushrooms to smaller bite sizes.
- Heat sesame oil in the pot and add red chili peppers.
- Add garlic and ginger. Stir fry, but make sure not to burn them.
- Add onions and stir until it caramelizes (turns brown), and add tomato to stir well.
- Add powdered spices, Madai Miso, soy sauce and let it simmer a little.
- Add and stir seasoned meat.
- When the surface of the meat turn white, add mushrooms. Pour Dashi little by little and simmer for 10 minutes.
- Boil udon and drain udon into a colander and wash the noodles by hand under running water
- Serve udon and soup into a bowl. Garnish with ginger, green onions, and Kamaboko as you wish.

Moving to the island.

Kuwata from SUKI→JAPAN tells you
how it is to live in Goto.

2 months ago, I quitted a large resell company where I was working in Tokyo, and moved to Goto to work for Toyota Tsusho which is doing Bluefin tuna firming business in Fukue-jima, Goto ,and also for a venture company, Tuna Dream Goto, of Kinki University. It was not like I was unsatisfied with my life in Tokyo, but I just felt like something was missing just like in the movie, Shall we dance?, the main character acted by Koji Yakusho was looking out from the window of chuo line train to wonder what was missing in his life.

'Am I missing something in my life ... ?' I asked, and then there I met a girl in a dance school who was Tamiyo Kusakari("the actress in Shall we dance?"). No I'm kidding. In fact, I found the bluefin tuna firming business in Goto. "This is it!" somehow it downed on me, probably it is what is called inspiration. Then I started to look for companies to work for in Goto, and it went smoothly well. However, just like Yuriko Koike, the govener of Tokyo, getting arraignments for Tsukiji moving issue, I also got arraignments from my lovely wife. I almost gave up and was ready to post pone my moving plan once, but somehow my wife gave me an understanding, then I became a business bachelor for the first time in my life in Goto.

Thanks to my friend, Tomoko Arikawa a designer based in Goto, she introduced me to 8LDK house on a great deal for 20,000 yen per month. That is how my sudden Tuna dream life in Goto began. What surprised me the most was to know that people in Goto "work hard and drink hard". Especially the people from agricultural and marine industry usually work for 6 days a week from the time as sun rises, and start drinking as sun goes down. They have a unique drinking style, too. After the toast, they drink up to empty their own glass, and then pass the glass to the companion and fill up. They say a man with cash and a great digestive system will be the man of the island since not many stores take credit cards.

Enough with the drinking story, since I started to live here, I am truly amazed by Goto with its beautiful ocean and mountains, delicious seafoods, and the unique history and culture of hidden Christians in the past. You can enjoy four seasons in Goto and still feel like you are in tropi-



cal resorts. I would say that it is the best island which has a good balance of everything. People are open and kind to a new face like me, since Goto is welcoming the most number of emigrant in Nagasaki prefecture. I feel that Goto has a mysterious power to attract people and bring them in somehow.

The life in small islands was in no one's interest before, but now it became one of the trendy lifestyle that medias are introducing more and more with the rapid changes in our society. I believe people experiencing the island life will not only enjoy the slow life and the nature, but also will introduce its local attraction globally. I dream the kind of glocal world to come true with singing the song of 「kuchibiru ni maguro wo」 "Bluefin tuna for your lips".



Ryusuke Kuwata

Born in 1979. Previously worked for a large retail company, and now lives in Fukue-jima of Goto in Nagasaki prefecture. A member of SUKI→JAPAN in which introduce the island life to women in the city. Also a sales manager of Tuna Dream Goto, and he also writes, "Kuchibiru ni Maguro wo", a blog of a tuna firming person in Goto moved from Tokyo.

"SARA" the Udon Restaurant Connecting Goto and Kamakura.

Heading out of the east exit of the Kamakura station, I went toward Yuigahama on Wakamiya Oji Street. Right after crossing the Nameri River, there's the restaurant "SARA." Just walking past it, I can smell the tasty Udon and soup aroma drawing me closer. Every time I eat Goto Udon, the Ago fish-based broth makes me feel so relaxed. The thin and firm Goto Udon is so good!

One time, when I was eating at the counter, I'm startled suddenly by the sound of a plate shattering on the floor. The restaurant manager jokes "If it happens once, it's probably going to happen again." And right after that she broke another plate. I thought it was an interesting way to react

to the whole situation. Being a little superstitious, while also having some fun at the same time.

There actually is a place in Kamakura where you can have Goto Udon. I wish I could have it again!

Aya Fujioka

Director of KULUSKA Design & Workshop. Originally from Hiroshima, currently resides in Kamakura with her son. Interested in the daily lifestyle of local people and beyond. She interviews local people from all walks of life in different places.



What's new in Goto:

Introduced by the local designer,
Tomoko Arikawa.

1. A guest house, Nedokoro Nora, is just opened in Arakawa, the town known for its onsen and the fishing industry. You can enjoy the stay with the view of beautiful sunset or have a relaxing time in the onsen bath and the foot bath, and have sake with the locals.

Address: 274-4 Arakawa Tamanouracho Goto Phone: 080-2789-4846

Office Hours: 10:00 ~ 17:00 Holidays: Please ask

URL: nedokoro-nora.com

2. A small library, Sango-san, opened in Tomie town which is known for red coral, "sango". A small house was vacant for about 80 years, and now is reborn to the library. The collection is "The best 3 books of life", selected from university professors, Manga artists, bus guides from Goto and farmers. Hope you can enjoy finding "the best 3 books of life" of various people here.

ADDRESS: 280-4 Tomie Tomiecho Goto E-mail: 353sangosan@gmail.com

HOURS: 10:00 ~ 18:00 HOLIDAYS: WEDNESDAY, THURSDAY(Irregular) URL: sangosan.net

3. Easy going handmade café in Okuura, Nekotama shop&café.

By Okuura ocean, you can enjoy the owner's handmade sweets, get a delicious coffee, and purchase vegetables grown by the owner or specially selected foods at this cafe. It's the new spot for travelers and locals to gather and spend the relaxed time.

ADDRESS: 1560 Okuuracho Goto PHONE: 0959-73-0730

HOURS: 10:30 ~ 17:30 HOLIDAYS: WEDNESDAY, THURSDAY, FRIDAY

A Guide to Getting to Know Goto

A "Books Moblo" selection from the old Kamakura book store.

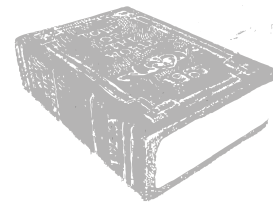
We had an event called the "Shima zine" where we selected some of the island's themes into a "book carnival" event space held every year in Kamakura. At the time, I came across this book called "On the Small Island" and it made me interested in the life on Goto Island.

In this book, Ojika Island is not introduced as a special tourist spot, but focuses more on the simple life of Goto's people and its beautiful beaches. Even though the content is simple, the book is well-written and was a great seller at our store. It is published by "Ojika Island tourism." During this time, it was the first time I heard about the "Minpaku," which is when a resident casually provides

lodging for guests to stay.

Gotozine is also a free magazine published in Tokyo that discusses Goto related themes and activities. It introduces the stores and recommended tours in Goto for people that visit the island from Tokyo. These magazines make it easier for people to become interested in visiting Goto, but at the same time plays a good role for the people from Goto to remember their hometown too.

"Travel to Beautiful Churches" is a photo-essay of KIKI, a model living in Kamakura. It is about her trip to many churches worldwide and also includes churches of Goto. This book somehow connects Kamakura and Goto.



"On the small island" .
Published by Ojika Island Tours.



"Goto Zine" .Goto Zine editorial office.



"Travel to Beautiful Churches" by
KIKI. Published by Marble Books.



Kensuke Shoda

The owner of Books Moblo, which opened its doors in 2011. Located in Omachi, Kamakura, the bookstore sells used books and short self-published stories. The shelves at the store are organized and displayed in a unique way, such as by Nature, Lifestyle, Mountains, Arts and Literature. He is also the president of "Book Carnival in Kamakura".

SHOP DATA

Books Moblo

Address: 2F-D WALK OMACHI II 1-1-12
Omachi Kamakura

TEL: 0467-67-8444

Store Hours: 10:00-18:00

Closed on: Mondays (open on holidays)

DATA of Goto and Kamakura

About Goto:

Islands located in westernmost point of Kyushu, 100 kilometers from Nagasaki. There are 140 islands and 18 of them are residential. They are part of Nagasaki prefecture. Having a rich condition of oceanic current and landform, famous for various types of sea-food fishing, agriculture, and farming. There are many catholic churches, and they are trying to be registered as a world heritage site.

DATA

Area: About 690 km²²
(Heibonsha World Encyclopedia 2nd edition)
Average Temperature: 17°C
Population: 61,733
(except for ukumachi)(2015)
The previous year the number of migrant: 1,901(2015)
The previous year the number of tourist: 440,000 (2015)
Number of temples and shrines: 270 (according to Goto zine)
Number of churches: 51

Speciality Goods: Goto Udon, Tsubaki Oil, Kankoro Mochi, Agodashi
Traditional Crafts: Baramon Tako
Celebrity: Haruna Kawaguchi(Actress), Tokiutsumi(former Sumo wrestler, 16th master of Tokitsukazebeya)
Tourist Spots: Takahama Beach(Goto City), Kashiragashima Cathedral (shinkamigoto),Kyunokubi church(Ojika cho)

Yearly Events

JAN Hetomato at Shimosakiyamacho (Fukue jima)
FEB Goto Tsubaki Festival (Fukue Jima)
JUN Firefly Festival (Nakadori jima)
JUL Opening of swimming season (each islands)
AUG Chankoko (Fukue jima)
OCT Fukue Minato Matsuri (Fukue jima)



ACCESS to Goto

Sea Route: Ojikajima, shinkamigoto (Arikawa port, Narao port) , Fukuejima, Narushima

<From Nagasaki Port>

Ferry 2hours 30minutes(Narao port) ~ 3hours 10minutes(Fukue port)
Express ferry 1hour 15minutes(Narao port) ~ 1hour 25minutes(Fukue port)

<From Sasebo Port>

Ferry 2hours 35minutes(Ojika port、Arikawa port)
Express Ferry 1hour 20minutes(Arikawa port) ~ 1hour 30minutes(Ojika port)

<From Hakata Port>

Ferry 5Hours 20minutes(Ojika port) ~ ~9hours 30minutes(Fukue port)
※Run by Kyushushosen, Nomoshosen, Goto Sangyo Kisen

Flight: Fukuejima(Fukue Airport)

<From Nagasaki Airport>
ORC about 30 minutes

<From Fukuoka Airport>
ORC about 1 hour



Takahama Beach (Fukue island)



Stained Glass of the church

More info: www.gotokanko.jp/contents/access/

About Kamakura:

Located on west end of Miura peninsula from Kanagawa Prefecture. Unique geographical features with beautiful nature which is surrounded by mountains on three side, and one side is open to ocean. It is where Kamakura shogunate was held, and have many historical structures. Adding to that, in summer time, you can enjoy beach activities, so many tourists visit throughout the year.

DATA

Area: 39.53km²
Average Temperature: 16.7°C
Population: 172,302 人 (Sept 1 2016)
The previous year the number of migrant: 7,551(2015)
The previous year the number of tourist: 22,930,000 (2015)
Number of temples and shrines: 162 (Sept 5 2016)
Number of churches: 10(Sept 5 2016)

Speciality Goods: Baby sardine, Kamakura Vegetables, Kamakura ham, Kamakura beer
Traditional Crafts: Kamakura-bori
Celebrity: Angelica(Singer song writer), Kiyoshi Ijichi(Musician), Mayu Tsuruta (Actress), Daizaburo Hashizume (sociologist), Takeshi Yourou (anatomical scholar)
Tourist Spots: The great Buddha and Kotoku-in, Tsurugaoka Hachimangu, Hase temple
Festivals: Tsurugaoka hachimangu Festival, Kamakura Festival, Kamakura Takiginou

ACCESS to Kamakura

Train : JR Kamakura Station
<From Tokyo Station>
Yokosuka line about 60 minutes
<From Omiya Station>
Shonan Shinjyuku line About 90 minutes

ABOUT ○○&KAMAKURA

“○○&KAMAKURA” is a paper media which correspond with events about communications between different locations. Based in Kamakura, we collaborate with many locations domestically and internationally to introduce the new way of local media, and also throw events and workshop corresponding with the free paper. We are looking for cities to work together.
Please contact andkamakura@qonversations.jp for more information.
“○○&KAMAKURA” Facebook Page: facebook.com/andkamakura/
Website: andkamakura.net

Editor's Note

As we held Goto fair in Kamakura, we started to make this tabloid. It was an exciting experience to make connections between events, media, and items to come together. (Harada)

Just being Kamakura local who loves Goto got me going with this project. It turned out to be much more meaningful and interesting project than I expected. Again, I would like to toast to Goto that I love, and to Kamakura which has a strong power to collaborate! (Kano)

Even the place is full of attractions, we will never know how it really is from outside. I wanted to make an opportunity to get to know a places through hearing the voices of the local people. I think the more you know, the more interesting it would be. I will be truly happy if any new exiting experiences are made for our readers throughout this Goto and Kamakura. (Fujimoto)

credit

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