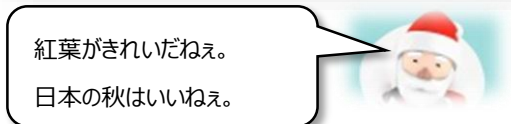


# Newsletter



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Hello everyone! Long time no see. I hope you have all been well. Autumn is my favourite season of the year and it is finally here at last! I went to a couple of places around Miyagi to enjoy the beautiful Autumn leaves. I went to Naruko Gorge all the way up in Osaki. I had to get up at 6 AM to get to Naruko and when I arrived it was already very busy with people! I've been to Osaki and Naruko before but I have never been there during Autumn and it is so beautiful during this time of year. I also went to one of the famous onsens and I wish I could have stayed in Naruko longer! Maybe next year I will try staying over at a ryokan!



紅葉がきれいだねえ。  
日本の秋はいいねえ。

I also went to Lake Choroko in Shichikashuku and rowed a canoe out on the lake. It was also quite busy but not as busy as Naruko. Lake Choroko is beautiful during most times of the year but it is especially beautiful during Autumn. We couldn't have done it without our friend Jason though because Shichikashuku is such a big place and none of us have cars, so thank you for driving us around Shichikashuku, Jason!



Winter is fast approaching but I wish Autumn would last just a little bit longer this year.

See you next time!

Richard



### ★リチャードのお話～★

リチャードは宮城県の秋を満喫しているようですね～(^^♪  
英文は難しくないの、チャレンジで読破してね～リチャード  
に会ったら、ぜひいろいろ質問したり感想をきいてみてね！



### ◆国際交流協会の活動を紹介◆

第7回料理を通して世界を知る会 ～ラオス編～ 2018年11月20日開催

今回は、仙台市在住でラオス出身のチッパソン・スワブッタ氏の協力で、ラオス料理と文化を紹介しました。調理実習ではナカオープン（ラーメンのカレースープ）、タピオカ入りココナッツミルクそしてラオス風春巻きに挑戦！独特のスパイスの香りですっかりラオスへ旅した気分～(^^♪参加者みなさんで楽しい会話と料理で交流を深め、ラオスという国を身近に感じることができたと思います。



▲チッパソンさんの楽しいラオスのお話





Hello everyone!



Before you ask me if I'm going home this Christmas, hold your tongue!

It's almost the holiday season and I'm as happy as a clam to be spending it in Miyagi! I hope we have a White Christmas this year! How about you?

I have recently been a busy little bee in our Shiroishi Community!

I received a certificate from the master of my tea ceremony school showing that I can serve tea using the Obon style (using a small tray). I've had the best of both worlds not only being able to drink tea but also learn how to serve it!



ハロウィーンのイベントで、スーパーガールに！  
そこで、「ちっちゃなスーパーマン」を見つけました…♡

◀子供が大好きなケラ♡♡♡良かったね～(^^)/

I participated in a Halloween event for children in October up north. It was the bees` knees!

On November 3rd, I performed an Okinawan karate kata on stage at the Community Center. However, a group of super-duper cute cheerleaders went before me and stole the show! They were the best thing since sliced bread!

I went to the Shiroishi kimono festival too! There were so many kimonos to admire! The kimono fashion show was something else! I was able to wear one to my first Matsushima Illumination too! That opportunity was once in a blue moon for me, but putting on that kimono wasn't a piece of cake!

English has a lot of unusual expressions called `idioms`. I used about eleven. Can you find them all?

--Hugs and Kisses!

Kara



▲きものを着て松島へ。こんな機会は何もないけど、きものを着るのは大変～(>\_<)



▲沖縄空手の“型（かた）”を披露。  
型の動きが雷と同じくらい速いって！  
@白石市民文化祭



▲素敵なたくさんのきもの！  
そのなかでの“きものファッションショー”は  
すごく素晴らしかった！@きものまつり



Yo!

「ホワイトストーンジャーナル」は白石市ホームページ内の「白石市国際交流協会」のページで閲覧できます。

<http://www.city.shiroishi.miyagi.jp/soshiki/1/1245.html>

Have a wonderful new year!  
みなさん、良いお年を！

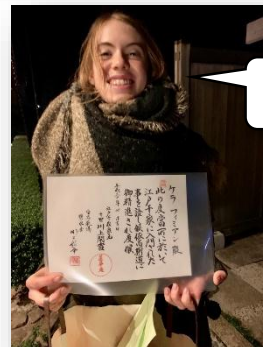


★ケラのお話～★

内容が盛りだくさん！いくつか白石市内での活動を  
紹介していますよ。是非英文を読破してね(^^♪  
今回は、11のイディオム（習慣的に使われる慣用  
語）が文中で使われています。例えば…

・Hold your tongue!: 黙って! 言わないで!  
話さないで!

・a busy little bee: 忙しい人  
みなさん、見つけてね～(^^)-☆



I'm happy~!

▲茶道のお師匠さんから証明書を受け取りました！