



# The Hokusei Times

Shine Like Stars In a Dark World

## New Material for Self-studying English Started This Year

By Miu Takahashi

A new material for self-studying English online is now in force for students of the English Department starting this semester. It is called *Super Eigo*, and is taking place of the Listening Marathon which had been assigned to the students of the department until last year. This is a big change for sophomores, juniors, and seniors. Prof. Hitoshi Eguchi, who is in charge of managing the new project, explained what it is like, how good the material is, and so forth.

### What Is Super Eigo?

It is a material for studying English on the website provided by Chieru.net, and was introduced to the English Department students from this year. They are expected to use the program for self-study by using their own web accounts. Although the time to study is not regularly fixed, the total number of hours for self-study is fixed in advance according to their year. The students can access to Super Eigo from Hokusei Gakuen Univ. IT Systems Center.

### How It was Introduced

Prof. Eguchi spent the last two years asking many sample students to help him with testing whether *Super Eigo* is effective in improving their English skills. The sample students used this material for a while, and finally it was proved to be very useful for upgrading their skills. They answered questionnaires and said "the placement test and the dictation part are very effective for students." Prof. Eguchi then suggested to the faculty that the English Department introduce the material, and his proposal was approved last fall. Then the university purchased about 1,000 user accounts for students.

### Super Eigo vs. Listening Marathon

Listening Marathon was assigned to all the students to take the same-level of listening exercises no matter how they are good in listening skills or not. The materials were provided every week and they had to be finished in a week. With *Super Eigo*, on the other hand, they can choose whichever section and level they want to study, and there is no due date; they can train their skill any time and the quantity of study is up to them. However, it does not mean that they can neglect it. At the end of each semester, their work will be checked.

	<b>Listening Marathon</b>	<b>Super Eigo</b>
<b>Skill</b>	<b>Listening only</b>	<b>Listening, reading, vocabulary, grammar</b>
<b>Level</b>	<b>Cannot choose</b>	<b>Can choose</b>
<b>Due</b>	<b>Every week</b>	<b>-</b>

Comparison between Listening Marathon and *Super Eigo*



A student is doing dictation in *Super Eigo*.

### The Strong Point of Super Eigo

*Super Eigo* covers different skills of English; students can train not only the listening skill but also the reading skill and improve grammar according to their own ability. This means that if they use it effectively, it will help them to get higher scores in their TOEFL and TOEIC. Thanks to the placement test, they can choose the proper section which suits their level. That is why their English skills can be improved more effectively.

### Extra Good Point

Prof. Eguchi points out that students no longer need to worry about choosing and buying suitable textbooks for TOEFL and TOEIC themselves as long as they study through *Super Eigo*. Students who want to get higher scores in these tests used to buy some textbooks themselves before, and choosing a good textbook was not easy for them. However, the new self-study material will set them free from such a problem, he explains.

# Total Ban on Smoking faced with dilemma

Two years have passed since the total ban on smoking was introduced on the campus of Hokusei Gakuen University. Now, however, smoking corners have returned to the campus despite the smoking ban is still in force. The school authorities are now contemplating on whether to keep the loophole temporary measure or return to the “strict” policy.



Poster of smoking ban (left) Smoking corner on campus (right)

Hokusei Gakuen University still in force. Before smoking was totally banned, there were some smoking rooms in the buildings. However, after the total ban on smoking, smokers began to smoke on the roadside in front of the main entrance, and they littered cigarette butts on the street. It became the source of trouble with some of the local residents in the neighborhood. As a result, the university decided to set up temporary smoking corners to deal with this problem. The university is now in a great dilemma over the issue of the total ban on smoking.

## Why was the total ban on smoking introduced?

The total ban on smoking was introduced in 2011 based on the Health Promotion Act and “Passive smoking prevention measures” provided by the director of the Health Service Bureau of the Health and Welfare Ministry in a bid to prevent health hazards to the public caused by passive smoking. “Passive smoking prevention measures” aim to ban smoking totally at public places and prevent passive smoking. It is scientifically proven that passive smoking can cause an illness, a disorder and even a death in some cases. Before the school was asked to prevent passive smoking by the Health Service Bureau, in July 2008 the school decided on its own to give some considerations to the complete separation of smoking and the nonsmoking areas and total ban on smoking. Finally, in 2009, the school decided to enforce the total ban on smoking throughout the campus from 2011.

### Column :

#### Health damages caused by passive smoking

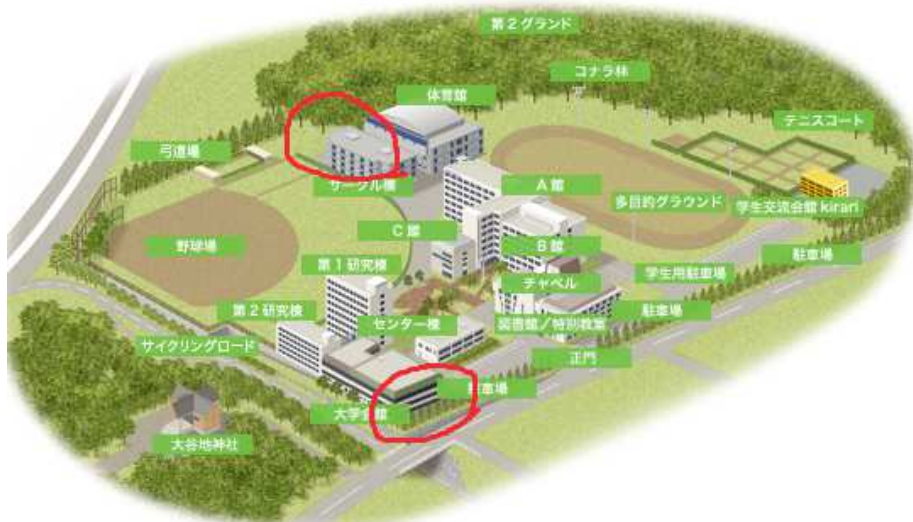
*There is a lot of information which show harmful effects caused by passive smoking: various symptoms such as lacrimation, nasal obstruction and headache, and slowed breathing, increased heart rate, and vasoconstriction such as physiological response. Along with this information, an epidemiological study demonstrates increased risk of lung cancer and circulatory disease as chronic effects. There are also research papers which report that passive smoking causes an increase in the incidents of low-birth-weight baby. Also, an international organization and foreign countries including the US and the UK gave reports that cigarette smoke contains a lot of harmful substances such as nicotine and carbon monoxide which causes child's respiratory tract infection and asthmatic attack. Especially parent's passive smoking brings about respiratory symptom like asthma and phlegm, and it has a bad effect on growth of respiratory functions.*



Smoking corner in front of the student activities building

## Effects of total ban on smoking

The total ban on smoking on campus, which started from the 2011 school year, has been effective in preventing passive smoking on the campus. According to the General Affairs office, the rate of smoking among students decreased from 10 percent to seven percent after the total ban on smoking on campus was introduced.



Two “smoking areas” provided temporarily in Hokusei, one is near the student activities building and the other is next to the college hall.

## Negative effects from die-hard smokers

Smokers were driven out from the smoking areas due to the total ban on smoking. Therefore, the number of students who smoke on the road side in front of the main gate of the university increased. Local residents started complaining about the manner of such student smokers, “We are annoyed because students prevent us from passing the road,” “It is possible they cause a traffic accident,” “The height of their hand holding a

cigarette is the same as that of the head of a little child, so it is dangerous.” In addition, the Atubetsu Local Fire Station found cigarette butts inside the hydrant and Hokusei Gakuen University got a strong warning by the fire station in 2012. More seriously on campus, there was a time when someone threw a burning cigarette into a trash can, and it ignited paper trash.

## Measures for littering cigarette butts

The university set up ashtrays on the campus from April 2013 as a temporary measure to deal with complaints and the advice. Currently, there are two ashtray stands on the campus and they are contributed by Japan Tabaco Inc. (See the map above for locations.) Thanks to the ashtray stands, no one smokes on the road side in front of the main gate anymore. As a result there are no longer complaints from local residents over littering of cigarette butts. Furthermore, smokers are pleased with the temporary measure. Syunsuke Maeda, a junior of the economics department, said, “I think we need the ashtrays and the smoking corners. Before the return of the ashtray stands, most of the smokers smoked on the road side in front of the campus, and they threw their cigarette butts on the street. Now, everyone throws them into ashtrays.” Some nonsmokers agree, “We are happy that there are no cigarette butts on the road.” And yet, many people wonder why the school decided to set up ashtray stands when the total ban on smoking is being still enforced.

### Notice on the total ban on smoking on campus 敷地内全面禁煙のお知らせ



敷地内全面禁煙

本学では、健康増進法第25条に基づき、  
2011年4月1日から、敷地内での喫煙  
を全面的に禁止しています。



The university has banned smoking on campus under the  
Health Promotion Law Article 25 since April 1, 2011.

### Editor's note

*It seems that the problem of the cigarette butts complained the regulations have been in effect, the situation of the smoking by local residents is almost solved, but providing ashtray ing seems to have turned back to the previous state. It will stands for smokers is a temporary measure, and the school take more time to achieve complete total ban on smoking and authorities will not change their regulations of the total ban the university and the students should cooperate to aim at on smoking on campus. Although two years have passed since implementation of the total ban on smoking.*

# The thing we can

By Eri Higashida and Miku Sato

*Hokusei Gakuen University has entered the second stage in its support program for the stricken areas in the Tohoku region, with students taking an initiative in organizing volunteer work independently.*

Hokusei Net was organized in November 2011 after the Great East Japan Earthquake occurred on March 11<sup>th</sup>. In April and July 2011, Hokusei Gakuen University sent student volunteers to Iwate Prefecture. Some of them with the volunteer experience wanted to do something more and help to send volunteers to the stricken area by themselves. They wanted to continue Hokusei Gakuen's

volunteer program and organized Hokusei Net as a group of Smith Mission Center students. The purpose of Hokusei Net is planning and carrying out the program of dispatching volunteers and supporting the stricken area and victims composed chiefly of students. Hokusei Net itself is directed for making a dispatch of volunteers; sometimes they go to the stricken area as a leader. They have so far volunteered mainly in the Tohoku region, but hereafter they plan to help and support victims in Hokkaido. Mainly, they will volunteer to play with children, who came from Fukushima to Sapporo to take shelters, and help to reduce their stress. So far, more than 100 students participat-

ed, with the male-to-female ratio of 3:7 or 4:6. The university defrays only transportation expenses for volunteer students. Entry fee is reasonable ¥ 20,000 per person a week with food and lodgings. Now, they are planning to dispatch about 20 volunteers for the project this summer.



Angels smile: "It's a sunny day!"

## Emergency Food for Victims



The Flower of the Hope



## Restoration Works



## "In Japan, we face many invisible hardships."

The students who are interested in participating in the volunteer work through Hokusei Net, at first, must make contact with "Iwate GINGA-NET" which offers information about the volunteer dispatch, and then, to apply in the university by an advertisement. The students must send an e-mail to Hokusei Net, and it is reserved on a first-come-first-served basis. After they are accepted as participants, they need to take out an insurance policy of volunteer job, and also provide their parent's written consent. Before dispatching to a stricken area, there is a study and training session in order to ease the participants' tensions. There, they learn about the situation of the stricken area and the basics of volunteer work. The training aims at promoting mutual friendship. Thereafter, the students actually visit the stricken area. After the dispatch, a meeting will be held to review the volunteer activities. In addition, after the

meeting, a gathering of report by participants is also held in the chapel in order to spread the knowledge about the situation of a stricken area.

Mr. Taniguchi, who is a representative of Hokusei Net, said, "the contents of the volunteer activity are different depending on the needs of the occasion. In the beginning, the primary activity was removing rubbles, but now, the activities are mainly a support of the community to mediate for residents who live in temporary housing. Nowadays, victims need an incentive for living. They lost the job, and they are also worried about the uncertain future as they will have to move out the temporary housings in a few years. At first, I felt a food shortage was their main concern, but victim's lives are gradually becoming more stable, so I hope that they can live ordinary lives in the future without volunteers."

# Volunteers Tell Experiences in Stricken Areas

By Miku Sato and Eri Higashida

~Holding Out a Helping Hand~

## “Victims gave me vigor”

Ayaka Matsumura who is a junior of the School of Humanities volunteered in Iwate Prefecture for a week in February 2012. It took 3 hours to go to the disaster-stricken area by taking JR through the Seikan tunnel. However, on the departure day, JR was stopped due to heavy snow and the departure was put off until the next day.

She decided to participate in the volunteer work because she wanted to see the state of the stricken area with her own eyes. She took part in various volunteer activities such as the event of *mochi* (rice-ake) pounding, building facilities for volunteers and sorting the books in the library. “People were pleased that college students came there to volunteer,” she said.

She stayed in a shack and slept in a sleeping bag with many people in a large room. There was a stove in the middle of the room, but it did not work. She had to go to the public bath to take a bath and she cooked her own meals. The room was decorated with letters of thanks from victims and paper cranes. As a gift from

the victims, volunteers received *wakame* seaweeds that are local specialty.

She participated in the volunteer work to build accommodations for volunteers. The building was to be constructed in a vacant area and she had to start from scratch. People of a construction company told her, “There used to be a refrigerator, but it was carried away by the tsunami and the place was completely enveloped with sauries. Because it was summer, the sauries got rotten and volunteers who came in the summer removed them. When they cleared them away, we felt a progress in restoration.” Also, there is the monument for people never to forget this disaster and the names of victims are carved on the tree.

The buildings in the stricken area were weathering. Already one year had passed from the disaster. Although restoration effort was progressing, the place was not dirty and the vacant area was spreading out. It was hard to believe that there had been a house there. Houses which were not swept away by the tsunami were marked with ×, ○ and △. × means Missing People, ○ means Dead People



Ms. Ayaka Matsumura

Found and △ means Not Searched Yet. It is difficult to search every house in a year. “Despite their adversity, the victims looked good and well. They were happy for volunteers coming there, so I was happy too,” said Matsumura. “Through the volunteer work, I thought people who watch news of the disaster but do not see the stricken area directly do not know the real situation. In contrast, I went there and saw the real state there, so I can tell the others all about it.”

## “Seeing is believing.”



Ms. Saya Komatsu

Saya Komatsu, a junior of the School of Humanities, went to Kamaishi city, Iwate Prefecture as a volunteer for the disaster-stricken area for a week in August, 2012. She visited the stricken area because she thought the situation of the Tohoku area was different from the news report by listening to Matsumura’s experience of volunteer activities in the area, so she wanted to see how it is there with her

own eyes.

She visited temporary shelters for victims as a member of the volunteer group, and helped or talked with them. There was “Ochakko salon” which serves for victims, and she offered drinks or deserts like a “Warabi-mochi” in order to communicate with local people in the temporary community center. Iwate Prefecture’s temperature was 35 degrees in centigrade, and very humid in the middle of the summer. She stayed at an abandoned elementary school building, and slept in a sleeping bag. There was no air conditioner, so it was hard for students from Hokkaido, but others from Honshu, the main island of Japan, worked energetically.

Komatsu said, “A year has passed since the earthquake disaster happened, and I went there to volunteer when the victims were gradually restoring their ordinary lives. I didn’t expect such a welcome from the victims, but I mean I was just a visitor for them. There is such a volunteer group that they were stationed in the area to support the victims. So they seemed to think that volunteer

students come and quickly return their hometown. I could see from their expression, so I was sad.” She talked about the situation of the stricken area, “Disposal work of the area was beyond my expectation, and there was a completely vacant lot. The coastal area nearby sea was also clean. Therefore, in the green all around, the foundations of houses or buildings were left. So I could guess that once there was a house where a family had lived.” However, they need a permission from the city authorities to construct a new building. As the situation of stricken area, the problem of land is big, and also the on-the-spot investigation doesn’t seem to work well. So nobody in the area can do anything about it now.

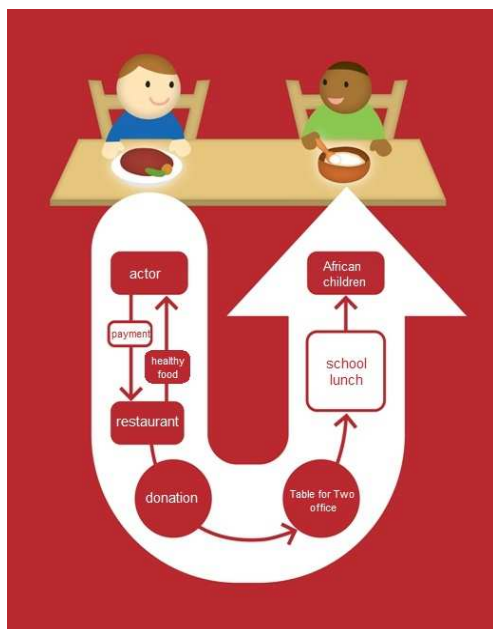
She said about a change of mind of herself, “On that day when the earthquake disaster happened, I could not half believe the scenes of the terrible conditions of some stricken areas reported by the TV news. However, I realized again that such a terrible thing really happened, by listening to real stories of some victims who lost their close friends and relatives.”

# What is Table for Two?

By Rei Kimura



Source: Facebook of Table for Two



Source: <http://jp.tablefor2.org/>

**T**able for Two (TFT) is a non-profit organization (NPO), which is organized on October 24th, 2007. It is intended to send food to African children who are suffering from starvation. During the four years from 2007, the number of participating companies and communities increased to more than 450. There are many kinds of communities, for example, cafés, restaurants, convenience stores and online supermarkets. TFT's activities are not only to sell food but also to bring out books and hold lecture presentations. TFT is organized in Japan but the affiliate is settled in New York, the U.S. in 2008.

According to TFT's web site, 1 billion people in developing countries are suffering from under nutrition all over the world, while 1 billion people in developed countries are suffering from adult disease especially obesity which comes from overeating. By encouraging people in developed countries eating a healthy menu and contributing part of the payment to Africa, the food imbalances can be rectified. TFT's amount of donations is decided to twenty yen, which corresponds to a school lunch fee in Africa. TFT gives three factors for deciding which country they support. First, twenty percent of children weigh less than the average. Second, the political situation is safe. Third, school lunch's project is well prepared. Now, TFT supports Uganda, Ethiopia, Kenya, Tanzania and Rwanda. TFT supported Malawi, too, but they have stopped sending food because the other group started to support Malawi.

TFT's concept is to share a dinning table over the sea between African children and developed countries'. TFT says that people can share the feeling of unity and humanity by taking part in TFT. Also, according to TFT, this feeling is absolutely imperative for the world.

## Uganda's School Lunch

Sending school lunch surely saves children from starvation, but it also leads to improving school attendance rate and academics. In addition, it is very good for rising children's basic physical fitness and strengthening of preventing disease. It will be a fundamental solution to poverty. In Ruhira in Uganda, which is one of the countries that TFT supports, the number of students rose by a large margin after this TFT's project started. By keeping the hand-wash and dish care a habit, the number of victims of infection decreased.

In Uganda, TFT's school lunch is distributed twice a day. In the morning, to concentrate on studying, porridge of corn is distributed. At noon, children can get a *posho*, which is a staple food - rice cake made of corn's powder with bean's soup. Anyway, poor nutrition is widespread in Africa because their staple food is a banana. To solve the problem, TFT cooperates with an American team of nutrition science to decide the menu. Shortage of food is surely a problem but it is also a problem that parents do not have enough knowledge about nutrition. They have a wrong knowledge. To teach parents about nutrition, TFT invites them to school and teach them about nutrition. TFT intends to improve the African poverty in a fundamental way.



Source: Facebook of Table for Two

# TFT-Hokusei by Risa Yonezu

From April 8th to April 19th 2013, TFT-Hokusei carried out a campaign to sell *Pirika-Don* (a bowl of rice topped with pork, bean sprouts and leeks) on the 2nd floor of the university co-op. It plays a part in saving African children from starvation. Now, the leader of TFT-Hokusei is Saori Aoki. She is a junior in the department of Social Work. She copes with introduction of TFT menus to the co-op and the school cafeteria at TFT-Hokusei. Also, she tries to promote the existence of TFT. She said, "I wish everyone makes international contributions readily. And I hope they will be healthy at the same time as volunteers." *Pirika-Don* tastes soybean paste, salt and soy sauce. At first, they had planned to sell it in the school cafeteria, but they decided to sell it on the 2nd floor of the co-op to reduce congestion of the school cafeteria. From the start of TFT-Hokusei, they had decided to sell *Pirika-Don* for a first project because the project had to have a connection with the co-op and *Prika-Ramen* were a popular menu in the school cafeteria. After twice food tasting, they completed *Pirika-Don*. All of the



**TFT-Hokusei members sell Pirika-Don to Hokusei students on the 2nd floor of the co-op.**

Gakuen University

Photo from the Web site of Hokusei

food ingredients were procured from the co-op. So they made a suggestion and coordinated with the co-op several times. At long last, they managed to start selling *Pirika-Don*. Their sales target was to sell it thirty meals per day. They achieved their goal except for only one day. They sold 249 meals in total during the campaign.

The proceeds totaled 104,780 yen and 4,980 yen of the proceeds was contributed to the TFT project. Also, they set up a donation box and collected 2,632 yen from it. The total contribution came to 7,612 yen. It amounted to about 381 African children's school lunch.



**Pirika-Don is selling hot.**

## The project of *Pirika-Don*

In March 2012, Table For Two-Hokkaido (TFT-Hokkaido) was started by a Hokkaido University student, Koshiji Hiroki. Table For Two Program was thus launched in Japan, and after that many universities and companies participated in it. Many universities make TFT-University Association (TFT-UA). TFT-Hokkaido belongs to TFT-UA. TFT-Hokkaido's membership universities are Hokkaido University, Ho-

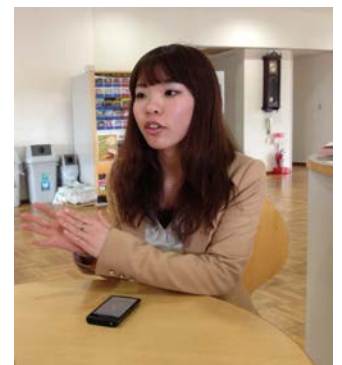
kusei Gakuen University, Fuji Women's university, Otaru University of Commerce, Sapporo Gakuin University, Sapporo International University, Tokai University, Rakuno Gakuen University and Hokkaido University of Education. TFT-Hokkaido's main members are Hokkaido University, Hokusei Gakuen University and Fuji Women's University. Last May, Akari Kudo, a graduate of Hokusei, started TFT-Hokusei.

## The next project

Now, TFT-Hokusei is planning for a next project. It is "black pearl milk tea." The idea is adopted because it is easy to drink; sweets are already sold on the 2nd floor of the co-op and plain juices are sold in the co-op shop. They plan to sell it on the 2nd floor. They will go on with this project with the co-op, but contact with the co-op is very difficult. Also, the new co-op manager took over from this year and

the negotiations were back to square one. These problems are solved by a TFT-Hokusei's counselor, Mr. Katamura. He acts as a mediator between TFT members and the co-op. Moreover, one of the problems is the lack of recognition. They want to solve this point by Twitter and Facebook. So if you are interested in TFT, please check here!

Twitter of TFT-Hokusei: <https://twitter.com/>



**Saori Aoki**

Photo by Rei Kimura

# Wanna Study Abroad?

**If you want to study abroad, this year might be a good opportunity ! From this year, four universities in Europe and Asia are newly added as overseas schools affiliated with Hokusei Gakuen University.**



**CEU University of San Pablo**

**University of Madrid Antonio Nebrija**



**Spain**

**Maranatha Christian University**

**Geneva Business School**



**Switzerland**

**Indonesia**

**There are more sister schools of Hokusei in South Korea, Taiwan, the United States, Canada and China. But why have they tied up with these universities additionally ? Well, the next page will tell you why.**



# Global Wind in Hokusei

By Akiko Maehana and Shiori Yamauchi

Hokusei Gakuen University is making a major change swiftly in its international exchange program by welcoming tie-ups with countries in Europe and Southeast Asia. It has signed a new contract with six universities in Asia and Europe. Consequently, from this autumn, Hokusei cancels the contract with BCA (Brethren Colleges Abroad) about studying abroad. But why? Professor Masae Harashima, the former chief of International Education and Language Center, and also now the head of the economics department, answered the following questions.

Q. Why have these 4 universities become our new partners?

I participated in a conference related to the exchange program at *Regents College* in London which is already a partner of Hokusei. Participants were from around the world. I talked with representatives from Italian schools, Filipino schools and so on but finally we agreed to tie up with universities in Spain, Indonesia and Switzerland.

Q. How do you want Hokusei to be as an international college?

I hope Hokusei's curriculum will be more internationalized. I think more classes held at Hokusei should be taught in English and raise the students' English level. In my opinion, students of the English Department should study overseas for one semester as a duty. Living overseas will help students to brush up their language skills and it also helps students to grow as people who are active on the international stage. In addition, we should prepare a new curriculum which helps students obtain the doctor's degree at overseas universities through the studying abroad system.

Q. Are you planning to add new partner colleges more in the future?

Yes. We'd like to expand variations of countries for studying. We are wishing to have an agreement with some of the universities in Oceania area such as Australia and New Zealand. We are also targeting Asian countries. Malaysia, Thailand, the Philippines, where the economy is developing dramatically, would be our next choices. Also, I think two more universities in the U.S.A will be needed. Variation of countries where students can study is one of the strong points of Hokusei's international exchange system.



Prof. Masae Harashima

Yoshitaka Kawashima, the section chief of the International Education and Language Center, explained why Hokusei decided to cancel a contract with BCA Study Abroad.

We have been thinking about dissolving the agreement for a long time because of the unbalance of exchange students between us. As of May 1, 2013, the number of students sent overseas from Hokusei was 625 but in contrast, we accepted 923 foreign students. Moreover, BCA Study Abroad makes paper work for application complicated, which often delayed the seasons for students to study abroad. These two main reasons led us to sever the deal.

In addition to these facts, the change of ultimate goal of BCA Study Abroad is also another factor. BCA was a fully accredited student exchange program affiliated with the Church of the Brethren. BCA offers opportunities to study abroad for a single semester or a full academic year between Brethren Universities or Colleges. The organization works with college students to promote international understanding, an awareness of global citizenship issues, and opportunities for academic scholarship through educational exchanges. However, its initial purpose has changed and now BCA Study Abroad was just a Study Abroad Organization of exchange programs. They offer not only Brethren Universities, but also other denomination-affiliates such as Soka Gakkai which is non-Christian.

# Dancing their way to all the “Future Dreams”

By Mai Matsumoto & Shiori Shinohara

## Quartz to keep dancing for 10 years

**Q**uartz, a street dancing team organized by three girls, Gao, Sara and Mapp, won the Special Prize in March, 2013. Their dream was to enter the competition, called KING FINAL 2012, one of the largest street dance competitions in Hokkaido held in the Zepp Sapporo. Each finalist from five cities, Sapporo, Asahikawa, Hakodate, Obihiro and Tomakomai gathered in Sapporo to win the championship. Quartz has barely marked its first anniversary since the girls made the team. They launched the Quartz on March 6<sup>th</sup>, 2012 when they turned just

20 years old. They are college students and a part-time worker. There is no leader in the group. However, they never quarrel with each other and they get along very well. Their goal is to keep dancing together for 10 years as the Quartz.



“From Dance Face Magazine Volume 7”



Quartz promotional photo

**N**ow, Mafuyu Sato is dancing in QUARTZ with the two other members but when she had started to dance first, she was alone.

### ☆QUARTZ(2012～)

**2012.5 Dance Face Live vol.6 : the first place**

2012.6 Hokkaido University Festival show case

2012.6 Dance Face Live vol.7 dance show case

**2012.7 KING2012 2nd. : the third place**

**2012.9 EBETSU DANCE PERFORMANCE2012**

**: BEST DREAM award**

2012.10 Hokusei Gakuen University Festival show case

**2012.11 QUEEN : the second place**

2012.12 DANCE FACE FINAL

2013.1 Town Revitalization Event: 13th Anniversary show case

**2013.3 KING FINAL 2012 : Special Prize**

2013.3 U-gata DANCE BATTLE

**2013.4 QUARTZ Work Shop**

2013.4 Twilight show case

# Starting a New Life with Dance



QUARTZ's symbol

Mafuyu Sato is a third year student of Hokusei Gakuen University's English department. She was born on December 8, in Chitose, Hokkaido and has been living there since then. When she was a second grader in elementary school, there was only one new dance school in Chitose. She was interested in dancing, so she went to see the lesson at the dance studio at first. At that time, she said, she met one person who played a key role in her life. The man's name was Hiroaki Kumagai. She saw his dance and was impressed very much, so she decided to take lessons at the studio.

Until she became a fifth grader, she danced once a week in Chitose. When she was in the fifth grade, she saw a dance stage performance by her studio members and wanted to be a member of that group. To be a member, there was an audition and the lessons for that were held in Sapporo. She passed the audition and began to take lessons in Sapporo. She had two lessons a week, one was in Chitose and the other was in Sapporo. At first she had no friends at the studio in Sapporo. That was hard on her but she didn't mind it and said, "I just wanted to dance."

## The core of her life is DANCE

When she had to decide which high school to attend, she wanted to go to any high school in Sapporo as long as she could attend the dance lessons after school but her mother did not allow her to go to a high school in Sapporo just to dance. Her mother gave her one condition that she must pass a better-level school than the top-ranking school in her school district. She studied very hard and passed the entrance exam and became a high school student in Sapporo. When she was a high school student, she took the first bus every day, 5:59 in the morning, and after school she went to the dance lesson and came home around 23:30. She attended the lessons five times a week, Monday through Friday, when she was a third year student.

"When I was a second year student in high-school, I worried about my future, whether to go to a nursing school or to go to Hokusei. But I realized if I become a nurse and meet anyone who can speak English well, I surely will regret to stop studying English. So I decided to take the exam for Hokusei." Her life at the university was decided by her desire for dancing. Dance was the core of her life. Now, she is a third year student. She worries about her future career now. Her core of life is dance, so she has decided to give a challenge by herself. She is going to Los Angeles in this summer. She said that will be a big challenge for her. "Lots of dancers go to Tokyo but if they could speak English, they might choose to go to Los Angeles or New York. I can speak English and it will be a great chance for me to study English further. So I am going to Los Angeles." Her plan is to stay there for one and a half month. She has found two studios that she wants to go.



Mafuyu Sato tells about her future with passion.

Photo by Shiori SHINOHARA

She has booked for a dormitory and flight tickets but she has no specific plans for now what to do there. But her mind is all set to go there. Why is she going to go to Los Angeles? She thought she wanted to do something to help her studio in Sapporo to grow big. She thinks if QUARTZ becomes famous, her studio will expand and become a big studio. To make the group famous, she believes she must become a better dancer. That's why; she decided to take the homeland lesson in USA. After her Los Angeles challenge, her mind might change to a degree, but the core of her life is unchangeable even after she gets a job. She will find a job in Sapporo where she will continue dancing as a member of QUARTZ and dance every day.

# New Era for Our Chapel Time May Come

*Even though Hokusei Gakuen University is a Christian school, most students who wish to be saved from their personal troubles rarely participate in the "Chapel Time," and miss the chance of listening to some helpful inspiring talks delivered there. The newly-appointed chaplain, Yoshihiko Hidaka, 55, joined Hokusei Gakuen in 2013, and now wants to bring in a new era for the Chapel Time. In a recent interview with The Hokusei Times, Chap. Hidaka talks about his philosophy developed through his 17 years of life in Thailand. He also talks about the Japanese people in their relationship with others.*



**Chap. Yoshihiko Hidaka gives a talk and a prayer at Chapel Time.**

Photo by Masahiro Saikawa

Chap. Hidaka first addresses the Thai term “*sanuk*” which means “enjoy” in English. The word, however, means more than that. “It is important for us to feel and find euphoria in what we perceive as trivial encounters around us,” he explained. He holds that people whose life is always filled with happiness cannot feel a real happiness. “You can feel happiness as you can contrast it with negative feelings such as grief, anger and emptiness. You can find a small happiness, such as cherry blossoms you can see in the springtime,” he added.

Chap. Hidaka points out that Japan faces a serious crisis in human relationships today. “Most Japanese people always think it essential to be common and to coordinate their steps with others,” he said. He believes that Japanese people like to mimic others’ behavior. In addition, they have the propensity to criticize “unique” people as being “weird.” This might in the end ruin potential and promising characters of the people that Japan needs today. Furthermore, Japanese people have gradually lost their cordiality toward others, with the use of hospitable words decreasing. “This means,” he said, “we seem to have lost some of the indispensable Japanese words that we once had.

For example, the Japanese usually say “*sumimasen*” (“Excuse me” in English) when they ask someone directions. “The expression is self-centered because it just refers to the first-person himself,” he said. “Such a wording does not connect people emotionally.”

When he lived in Thailand, Chap. Hidaka learned Thai terms “*phi*” and “*nong*” which mean “brother” and “sister” in English. “By using these words when addressing people, we can feel emotionally closer with each other, as the words mean a ‘family member,’” he said.

As a newly-appointed chaplain, Mr. Hidaka has two ambitious ideas to galvanize the chapel and the university with Christianity. His first plan is the “new Chapel Time” which takes place during the lunchtime from 12:05 to 12:30 as usual.

At the Chapel Time, the chaplain, teachers, as well as some native speakers of English take turn to give their unique lectures. However, the speakers usually come spontaneously, and certain faculty members, such as English department professors, part-time teachers, and students seldom come to the chapel to give their discourses. Chap. Hidaka wants to make a change so that various people with special backgrounds give lectures. For instance, economics department teachers gave lectures in April, and some exchange students took part in May. “We have little time to discuss what we should do on the campus, since we have to go through the daunting academic assignments in a short time of each semester,” he said. For this reason, we can listen to the wholesome lectures by attending the Chapel Time.

His second plan is that Hokusei students organize a musical group and sing the campus hymns and some verses from the Testament. He articulates that there are two crucial points in doing this. That is, the band must modify lyrics into simple expressions, and change the rhythm to go along with recent music like J-pop. According to him, once these changes are made, students can see the Christianity in a new light. What is more, they can easily get more interested in the chapel, because it is “young” students who sing their original hymns. As a result, the whole academic community can procure its common religious basis.

Finally, he reiterates that Japanese people have recently suffered from chronic depressed feelings, and the original cause might be our implicitly accepted culture to follow other people’s behavior. With such group mentality, the society results in contradicting its goal of creating unique individuals. “We should not worry about being an outcast, but should rather worry about being conformed,” he emphasized. Perhaps the answer for gaining a strong identity is to attend the chapel time as we can listen to life-edifying lectures and find your true self.

# HDKUSEI SEIKYD



BY ANRI TAKEDA

## Original goods

The University Co-op shop commonly called “Hokusei Seikyo” in Hokusei Gakuen University has served many students and teachers with foods, drinks, stationary, books and so on in the past five years. A lot of items of various kinds have been sold there. There is the special section at the entrance of Hokusei Seikyo dealing with original goods of Hokusei Gakuen University. Hokusei Seikyo designs and makes Hokusei’s original goods and sells them there. Their original goods section has been established at the entrance to attract the customer’s attention easily. Their original goods started to go on sale from five years ago. These goods are designed by the manufacturer that is connected with Seikyo and printed with a star mark as a symbol of Hokusei Gakuen University. There are about ten items of original goods that are clear files, sharp pencils, pens, tumblers, T-shirts, and so on. These goods which are on sale now were produced last year. Because they were made in mass production, new goods will be not produced for some years. However, if they sell well, the goods will be made additionally and sold in the near future.



The inside of Hokusei Seikyo. There is the section of Original goods at the entrance. It is the left of this picture.

## Items of goods

There are about ten items of the Hokusei original goods; they are a pencil, an eraser, chopsticks, a clear file, a tumbler, an eco bag and so on. The number of the items has not been changed for a few years. They sell well, and the sales of them improved in the new school semester this year. Although students buy these goods, their parents also buy them. It is surprising that they buy them as a memento when they visit Hokusei Gakuen University. The most popular goods with them is the original pencil. It is sold at a reasonable price, with a printed logo of Hokusei and has a good function that it can be used as a pen and a pencil. In addition, teachers of this university buy these goods to advertise Hokusei Gakuen University, when they visit other schools to join an academic meeting and meet teachers of other schools. So, three items are introduced here.



Hokusei original pens and pencils.

First, it is a pencil called “Syabo”. It can be used as a pencil and a pen, is printed with Hokusei’s logo, and made by ZEBRA. It is a very useful item, with the price tag of 200 yen. (See the picture above.)



Eco bags

Second, it is an eco bag. It comes in two colors which are blue and pink and are printed with a big star mark of the symbol of Hokusei Gakuen University. It can hold many things. If you always carry it around, you can show off as a student of Hokusei Gakuen University and advertise this school. Its price is 210 yen. (See the picture above.)

Finally, it is a tumbler. It comes in four colors which are red, pink, orange, and green and have a printed logo of Hokusei Gakuen University.



Hokusei original tumbler.

# Face-Off Toward The Top

BY Yuka Ozeki

The new semester has started, with leaves changing their color to green — this spring, and Hokusei Ice Hockey club became bigger including newly-joined freshmen. Nine players and three managers newly joined the club this year with the membership reaching 33 in total. The team, before the new recruitment, got the third place in the Asahikawa competition in March although they were only freshmen and sophomores. How did the club was born? And how did the membership grow so much in only one or two years?

The Ice Hockey club of Hokusei Gakuen University was established about 10 years ago. “At first, it began from a small talk with one of the students in my seminar,” said Prof. Atsushi Isagoda, the advisor of this club. There was a student who belonged to an Ice Hockey club team individually outside of the college. The student knew Prof. Isagoda had been a great ice hockey player when he was younger, and he had been a coach of a strong ice hockey club at the university he had worked before he joined Hokusei. The student recruited members in the university and asked prof. Isagoda to become an advisor of that club. Prof. Isagoda re-



Club members after The Asahikawa competition in March

called his initial feeling, “I would never think about making an ice hockey club in Hokusei if it were not for his request, and he might not have thought about making the club unless he met me. It was a miracle encounter.”

Of course there were few students who entered Hokusei in order to play ice hockey. Even now, after about 10 years since the club was formed, the Ice Hockey club is not so popular and every year the members of the club have a hard time recruiting new members. But surprisingly, almost all the members started this sport for the first time in their lives after they entered this college. “It is a rare case.

Actually, lots of practice and experiences are necessary for this sport, ice hockey,” Prof. Isagoda said. “But still, it is gratifying for us, the League of Ice Hockey, that the number of the players is increasing. And also, it is important for students to do something enthusiastically aside from studies or part time jobs,” he added. The practice on ice links costs very expensive and it is often difficult to reserve these links but they concentrate on each practice so much and improve day by day. The most attractive point of this club is all the members are very close to each other. They spend much of their time together. This year, they may get more prizes than ever.

## To Play Ice Hokey

Canada is popular for ice hockey. Kazuki Ota, a fifth year student of Hokusei now, started to play ice hockey at the Ice Hockey club of Hokusei Gakuen University when he entered the university. He had never played this sport before but soon became crazy about it. He decided to go to St. Thomas University in Canada through a student exchange program of Hokusei on Prof. Isagoda’s advice. Most of students’ goals of studying abroad are to improve their language skills or experience cross-cultures, but he was different. His main purpose was playing ice hockey. Better facilities for ice hockey are provided surrounding the university there than in Sapporo; three skating rinks and a training room. He said, “The environment surrounding the university was similar to that of Oyachi, so it was comfortable to live there.” And he added, “I could get great team mates in Canada. Usually, Japanese exchange students tend to keep company with Asians, but I got a chance to associate with many local stu-

dents.” International students seldom join local clubs, because it is too tough to manage to study and do other activities earnestly. So that was really a rare case, but he did not have any anxiety at all. He was filled with confidence and very curious about many things but his life of studying abroad in Canada was not so easy. He had a broken bone twice. It took two months to heal the first broken bone, and the second one still annoys him now. “However, my hockey days were satisfactory and I became loving hockey even more,” he said. He came back to Japan this spring and now practice together with other teammates. He will play a greater role in the club of Hokusei.



Kazuki Ota is playing Ice hockey at St. Thomas University in Canada.