

# OUR HOME, MIE ONE PAPER CONTEST 2023



*Every year, the Mie Prefectural Board of Education holds  
the “One Paper Contest: Let’s Promote Our Home, Mie, in English.”*

*It is a competition for junior high school students to share the appeal of Mie Prefecture.  
We hope you will enjoy reading the best of this year’s eight prize-winning papers  
and discover the attractiveness of Mie.*



郷土三重を  
英語で発信！  
ワンペーパー  
コンテスト

三重県教育委員会では、県内の中学生を対象に「郷土三重を英語で発信！～ワンペーパーコンテスト～」を実施しています。このリーフレットでは、今年度の応募作品の中から、優れた8作品を紹介しています。ぜひお読みいただき、三重県の魅力を感じてください！

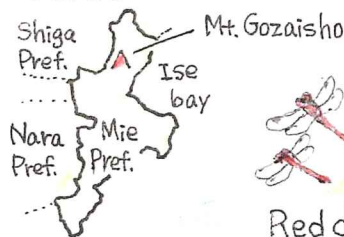
# Mt. Gozaisho

## A Place for All Seasons!

Mt Gozaisho has wonderful views in every season. There are various activities that showcase nature, and can be enjoyed by people of all ages.

### Where is it?

Mt. Gozaisho is located in Komono on the border of Mie and Shiga Prefectures.



It is easy to access from the city.

### How to get there

There are several ways to reach the summit.

Mt. Gozaisho has various routes for climbing. If you take the ropeway you can get there in just 12 minutes.



### Flowers in Spring

Many kinds of flowers start blooming from the base to the summit.



### Red dragonflies in Summer

Red dragonflies spend the summer in the cool mountain tops.



### The Highest White Iron Tower in Japan

Water fall

Rock pool



### Maple leaves in Autumn

The mountain gradually changes color from the summit to the base.

You can see Mt. Fuji when the weather is good.

Summit park

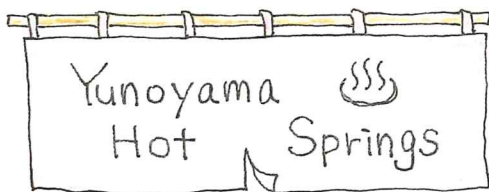
Rope way

Hello! antelope

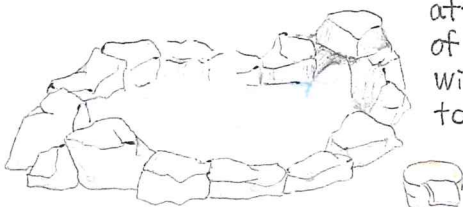
Mysterious rocks

Japanese antelope

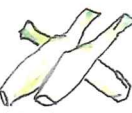
After your Gozaisho experience, you can enjoy...



Yunoyama means "mountain of hot spring water" in Japanese. The historic hot spring resort was discovered 1300 years ago, and has many inns and hotels.



A hot spring after a tiring day of hiking or skiing will take you to heaven.



Makomo

### Traditional Local Food: Sohei Nabe



This is a hot-pot dish with wild boar and mountain vegetables in a miso-flavored soup.

"Sohei" refers to armed priests. They protected "Sangoku Temple" in Yunoyama for 760 years. Sohei nabe is a "Stamina food" for them. It gives them strength.



### Makomo Sweets

Makomo (Manchurian Wild Rice) is the origin of the name of Komono town where Mt. Gozaisho is located. Sweets made from makomo flour are sold in gift shops in Komono town.





# BANKOYAKI



In the middle of the Edo period, a wealthy merchant Nunami Rouzan started making Banko-yaki in Asahi-cho. The origin of BANKO is from "to make works that last forever." Banko-yaki is designated as a traditional craft of Mie Prefecture. It was exhibited at the Paris Expo and the Kyoto Exposition.

## How to make

<p>① collect raw materials</p>	<p>③ add colors</p>
<p>② mold</p>	<p>④ bake in the kiln</p>

⑤ complete!

## Great Points

High heat retention

Far infrared effect

High heat resistance

Hard to crack

Very slow to cool down

## Lastly,

Banko-yaki is wonderful craft inherited from the Edo period. Please come and see Banko-yaki with your own eyes.

## Hall of Bankonosato

A facility in Yokkaichi where you can experience various things.

- You can make Banko-yaki wares. Everybody can create a one-of-a-kind original work.
- You can buy Banko-yaki wares. There are many works by various artists.



Anhydrous cooking is possible by using the characteristics of the high heat storage and the high far infrared effect to Banko-yaki. Yokkaichi city sold Banko-yaki that can be used in the microwave with the color of the Ukrainian flag on a crowdfunding site. And Yokkaichi city donated all the proceeds to Ukraine.



# Beautiful



Camellia

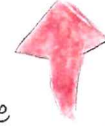


Suzuka City

Tsubaki Grand Shrine



Torii Gate



Mie prefecture



# Tsubaki Grand Shrine

in Suzuka City

## About Suzuka City

Suzuka City is located in the northern part of Mie prefecture. About 190,000 people live there. Suzuka City has the sea and the mountains. You can enjoy beautiful views there. There are many good things in Suzuka City. I will introduce the places and the foods of Suzuka City that I'd like to tell you.

## Tsubaki Grand Shrine

「Tsubaki」 means camellia in Japanese!

Tsubaki Grand Shrine is in Yamamoto-Cho, west of Suzuka City.

It is famous as the main Shrine where Sarutahiko Ōkami was enshrined. →



→ Sarutahiko Ōkami is called "Michihiroki-no-Ōkami". It means "A god who leads studies and works in the right direction". Many tourists visit there to pray for their good luck.

## Kanae - Taki

Kanae-Taki is a waterfall in Tsubaki Grand Shrine.

It is small, but very beautiful. People who visit there wish for their good luck and marriage.

They say that your wish may come true to you take a photo of Kanae-Taki and set it as your smartphone wallpaper.



Set the photo as your smartphone wallpaper!

## Torimeshi

Torimeshi is a rice with chicken, carrots, and konnyaku.

It is very delicious, so it is my favorite food. You can buy it at Sansyuden or Tsubaki-Kaikan in Tsubaki Grand Shrine.

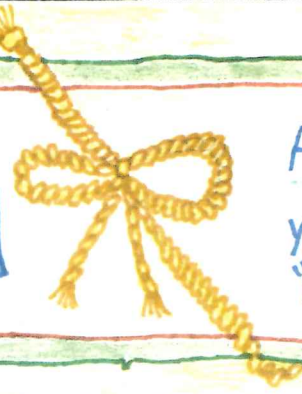




★ throwing stars



# Iga



A town  
you can meet  
"ninjas"



## Igaryu Ninjya

Ninja life  
is busy!

### Ninja's everyday life

A Ninja couldn't be recognized as a Ninja, so they farmed for camflage, they grew medical herbs, from which they made many kinds of drugs. Drugs were used to make gunpowder.

no smell ⊗ Smell ⊗ no smell

They mustn't be noticed by their smell.

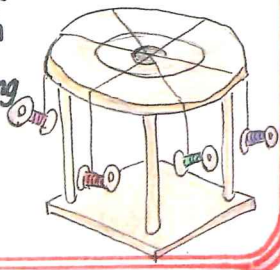
So ninjas were careful about their food to keep themselves smell-less. They did not eat meat.

## Kumihimo

~ Japanese traditional crafts ~



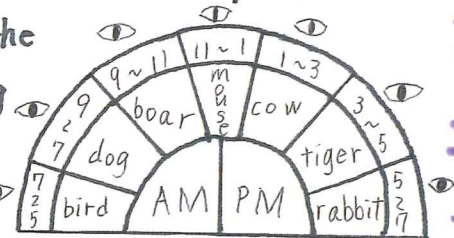
Iga-Kumihimo, is a national traditional handcraft. Iga is a major production place of Obijime. in Japan. It is made following both traditional and new weaving techniques. One of Iga's most popular gifts!



### Cat's eye clock

The pupil of the cat's eye becomes round in dark places and gets thinner in bright places. Ninjas knew that, so they made a cat's eye clock.

They knew the time by seeing the pupil of a cat's eye.



## Iga Ueno Castle



Let's go to Iga Ueno Castle near Ninja House!

Iga beef bowl



Soul food



### Goshikimai cipher use rice dyed in five colors

The ninja used rice dyed blue, yellow, red, black and purple to create a cipher by their combinations.



Please visit Iga ninja house!!

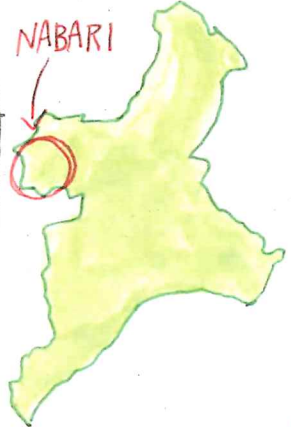


# Let's go and get to know about NABARI



HIYAWAN

Hello everyone! I'm Hiyawan. I'll tell you about Nabari. Nabari is located in the western part of Mie. Though Nabari is a small city, it has a lot of delicious food and many famous people were born here. If you read it and you are interested in Nabari, please come and see it yourself someday!



## What is Hiyawan?

This is Hiyawan. He is a mascot in Nabari. The origin on his name is "Hiyawai" in Nabari. Hiyawai means a very narrow street.

People who see this Hiyawan always say "Are Kowai". His face and clothes are based on famous things in Nabari.



KATAYAKI

## Local sweet

Katayaki is a very famous local sembei produced when Ninjas existed.

## Do you know Edogawa Rampo?

He is a very famous novelist. His novels are loved by many people. His masterpiece is "Kaijin nijyu mensou" English translation is "The Fiend with Twenty Faces".

His birthplace is in Nabari, Mie. He was born in Nabari in 1894 and lived in this city for seven or eight months. He knew that he had been born in Nabari but he learned about the city when he was 57 years old. We are proud of him

so we have a statue of Rampo in front of Nabari station and even sweets based the design on him.

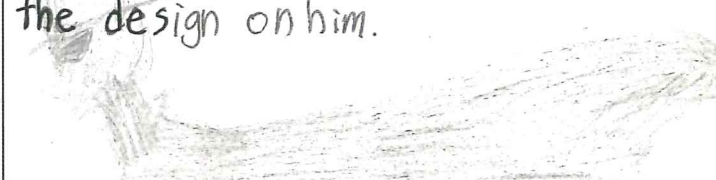
When Ninjas sneaked into their enemy's houses and spied on them, they needed to have a light dish. So that's why they created Katayaki. It's hard, sweet and last long so they used to eat it as a preserved food.

## How to enjoy nature of Nabari

There is an artificial lake called "Lake Shorenji" at Shorenji dam in Nabari. You can enjoy the beautiful scenery of each season and ride a bike or walk around the lake. You can also enjoy grape picking in summer and straw berry picking in spring at the farms near the lake.

Which would you like to try?  
fruits picking  
or walking around the lake?

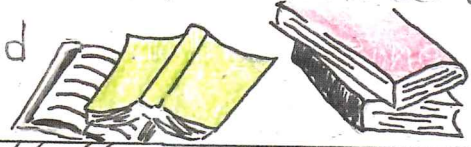
Let's enjoy Nabari!





# Do you know about Edogawa Rampo?

Taro Hirai (Rampo Edogawa) was born in Nabari, Mie Prefecture in 1894. When he encountered novels by Edgar Allan Poe and Conan Doyle, he became more interested in mysteries. After graduating from Waseda, he began to work at a trading company. He was a good practitioner and got a lot of bonuses, but he got fed up and left the company. After that, he worked as a typewriter, edited magazines, and finally opened a used book store.



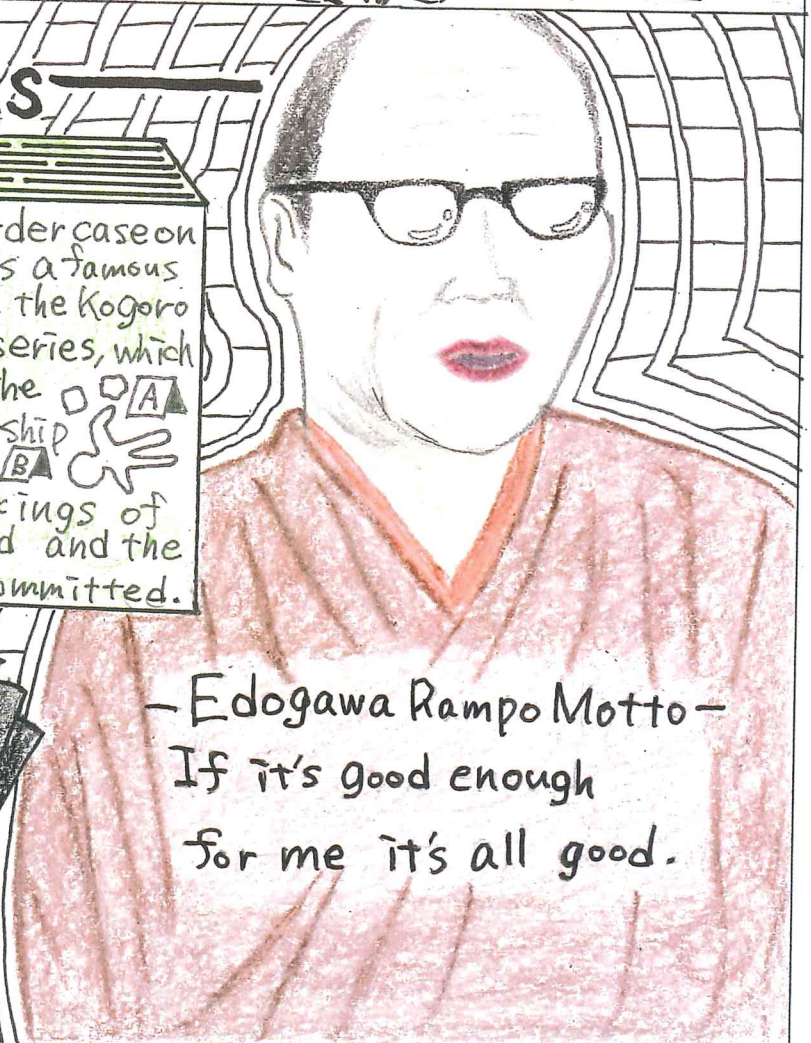
## Famous Works

**Black Lizard** is a novel about the battle between the beautiful thief Black Lizard and Kogoro Akechi.

The Murder case on D-Slope is a famous work in the Kogoro Akechi series, which depicts the relationship between the workings of the mind and the crimes committed.



Towards the end of his life, he developed hypertension and Parkinson's disease and died of a subarachnoid hemorrhage in 1965 at the age of 70.



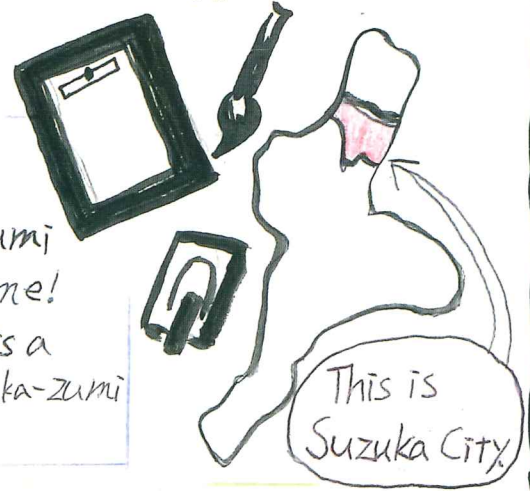
— Edogawa Rampo Motto —  
If it's good enough  
for me it's all good.



# Why Don't You Use Suzuka-Zumi?

**Do you know shodo, Japanese calligraphy?**

I've been practicing shodo for 10 years. I've been using sumi. But I didn't know that the sumi is made in Suzuka, my town. Sumi is close to me! So, I will introduce Suzuka-zumi. Suzuka-zumi is a special ink when we write letters calligraphy. Suzuka-zumi is designated as the only traditional sumi.



## This is Suzuka-zumi's History!

The origin of Suzuka-zumi goes back to the Heian period, about 1200 years ago. This is how to make it. First, get rosin in Suzuka mountains. Second, get soot by burning the rosin. Third, melt the soot and gelatin called "nikawa" then beautify them. Even now, this process has been kept. In addition, only one craftsman makes it by hands. So Suzuka-zumi can keep high-quality. How wonderful it is!



## Suzuka-zumi Challenge

First, One-minute-zumi was developed because it takes time to rub traditional sumi. One-minute-zumi can be easily done by even children. Second, Color-zumi overturned the image of sumi. Black is also produced. There are five colors- blue, yellow, green, purple, and orange. They are beautiful, so some calligraphers use them. They make beautiful works!

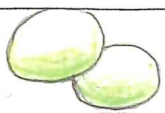


These are Color zumi!

## From now on, Suzuka-zumi

Currently, "Shinsei do" company keeps the tradition. The tradition of this wonderful Suzuka-zumi may die out because of lack of successors. Then, I want a lot of people to know the splendor of Suzuka-zumi. I hope that Suzuka-zumi will be inherited and used forever. Of course, I'll continue to write Japanese calligraphy with Suzuka-zumi.





# What is "Mochi Kaido"?



I love "manjyu" very much, Manjyu is called "bean paste bun" in English. Manjyu is a popular traditional Japanese sweet. This summer I heard from my grandmother that the road from Kuwana to Ise is called "Mochi Kaido". Let's find out right away!

## 1 Why is it called "Mochi Kaido"?

In the Edo period, many people visited Ise from all over Japan to "Oise mairi". Many people came and went on the Sangukaido from Kuwana to Ise. At the rest area the traveller ate "Mochi" because mochi are eaten quickly and it is very filling. For this reason, travellers liked to eat mochi. Also mochi was loved by many people, inherited and spread so much that it was called "Mochi Kaido". Even now, mochi is familiar to many people, and you can enjoy the taste in many shops.



## 2 What kind of "Mochi" are there?

When I looked it up, I learned that there are various kinds of "Mochi". For example, Sawamochi, Akafukumochi, Henbamochi, Kuyamochi, Nikenjayamochi, Matsukasamochi, Nagamochi, Okinjayamochi, Iwatomochi, Taikomochi, Sekinoto, Siratama...

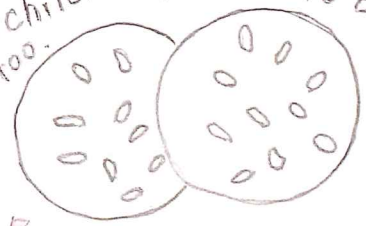
### Akafuku

This is a very famous. It looks like a wave and very beautiful and it's very delicious.



### Matsukasamochi

This is my grandmother's favorite mochi since she was a child. They used to be pink too.

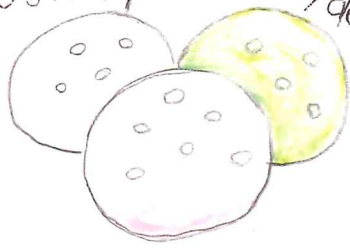


Yummy!

I'll introduce 5 of my recommendations from here. Please visit the shop and taste it!

### Kuyamochi

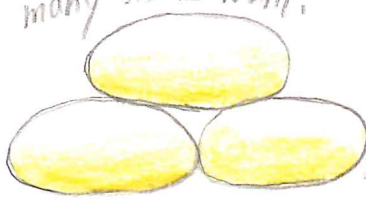
Pink white green. These are very cute! The sticky rice is very delicious.



mozu mozu

### Nikenjayamochi

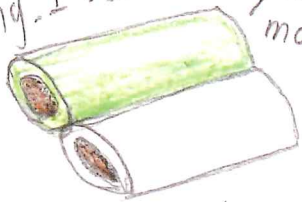
This is coated with soybean flour. I like it, so I can eat as many as I want.



paku paku

### Sawamochi

This is a famous mochi around local Matsusaka and Ise-Shima. It's very filling. I recommed "yomogi mochi".







# テーマを選んだ理由



Mt. Gozaisho A Place for All Seasons!

高田中学校 山手 智生

私の住んでいる菰野町には御在所岳があります。御在所岳は自然豊かで、春は花々が咲き乱れ、夏は赤とんぼが飛び交い、秋は木々が色鮮やかに紅葉し、冬には全国的にも非常に珍しい樹氷をみることもできます。御在所岳は非常にアクセスしやすく、ロープウェイもあるので老若男女を問わずどの年代の人も訪れることができる、1年を通して楽しむことができる山です。また、御在所岳の麓には湯の山温泉があり、山を訪れた後には温泉に入り郷土料理を堪能することができます。私の地元御在所岳の魅力を、より多くの人たちに知ってもらいたいと思い記事にしました。

BANKOYAKI

高田中学校 渡邊 有亜

私は、有田焼、波佐見焼、九谷焼・・・とお皿が大好きですが、私の住む四日市市で作られている萬古焼が小さい頃から馴染み深く、特に好きです。我が家では日頃からいろんな萬古焼の製品を使っています。しかし四日市市外や他県の方、外国人の方々にはあまり知られていないように感じたので、萬古焼についてもっと知ってもらいたい、萬古焼がきっかけとなって三重県についてもっと興味を持ってもらいたいという思いから、今回の記事を書きました。このリーフレットを通して少しでも多くの方に興味関心を持ってもらえたら嬉しいです。

Beautiful Tsubaki Grand Shrine in Suzuka City

鈴鹿中等教育学校 上田 紗由美

私は椿大神社に小さい頃からよく行っています。初詣や夏祭りだけでなく、散歩に行く時にも椿大神社を訪れるほど親しみを持っている場所です。椿大神社には美しい自然や美味しい食べ物があります。そんな椿大神社の魅力をもっと多くの人に知ってほしいと思い、このテーマを選びました。リーフレットを通して、多くの人に椿大神社のことを知ってもらい、訪れてもらえればいいなと思います。

Iga ~ You can meet ninjas ~

高田中学校 伊藤 愛梨

私は春休みに伊賀へ遊びに行きました。忍者屋敷では、忍者が普段使用していた様々な道具やその使い方を見学ぶことができます。屋敷に設けられた仕掛けを実際に体験して当時の忍者の暮らしを知ることもでき、その発想と工夫に大変感心しました。また近くには伊賀上野城があり、大阪城と並び日本一と言われる、高さ 30 メートルの石垣からの景色は圧巻でした。その他にも伊賀は伝統工芸品である「組紐」が有名で、実際に作成体験もでき、カラフルで綺麗な作品を作ることができるのでお勧めです。これほどまでに深く感銘を受けた伊賀のことを、是非世界のいろんな方にもっと知ってもらいたいと思い、今回記事にしました。ランチにはブランド牛の伊賀牛丼を食べて、忍びの国伊賀を満喫してください!



## Let's go and get to know about NABARI

名張市立赤目中学校 太田 陽菜

私は名張市内でボランティア活動をしています。そこで、名張の良い所や自慢したくなるような所をたくさん見つけました。「こんなにも有名な方の出身地なんだ。こんなにも美味しい果物がここにあるんだ。」と、とても驚き、その素晴らしさを世界へ発信していきたいと思いました。そして、これをたくさんの方に読んでもらい、1人でも多くの方に「名張ってすてきな町なんだね!」と感じてもらいたいです。

## Do you know about Edogawa Rampo?

津市立東橋内中学校 丸橋 あおい

三重県の歴史的人物を調べていた時、ふと目に入ったのが「江戸川乱歩」という文字でした。私は今まで江戸川乱歩さんが三重の人物だとは知らず、すごく驚きました。江戸川乱歩という名前は、小説でも聞いたことがあります。が、「名探偵コナン」というアニメに出てきた時、三重の人物だと知り、興味を持ち、今回、江戸川乱歩さんを調べることにしました。

## Why Don't You Use Suzuka-Zumi?

鈴鹿市立天栄中学校 市岡 陽菜

私は幼い頃から書道をしています。書道の先生から1分墨をいただき、鈴鹿墨の存在を知り、興味をもった鈴鹿墨について調べたいと思いました。実際に進誠堂さんに行き、沢山の鈴鹿墨を見せていただき、お話を伺うことができました。職人が初めから終わりまで一人で作る工程を守りつつ、現代に合わせたカラー墨や早くすれる墨を開発し、さまざまな事に挑戦していることに感銘を受け、多くの人に伝えたいと感じました。

## What is "Mochi Kaido"?

高田中学校 鷺家 未竜

私は和菓子が大好きで、中でも特にあんこの入ったお餅が大好きです。伊勢方面に行くと、よくお餅の看板を目にしますが、ある時祖母から、三重には「餅街道」と呼ばれている所があると教わりました。よくよく調べてみるとそこには非常に永い歴史があり、また想像していた以上にたくさんの種類のお餅が売られていることが分かりました。私が大好きな三重県のお餅を、世界の多くの方々に知っていただけたらと思い、今回記事にしました。是非、美味しいお餅を味わっていただきたいです!





## 「ワン・ペーパー・コンテスト」について

「ワン・ペーパー・コンテスト」は、三重県教育委員会が、中学生がふるさと三重についての学習を深め、英語でその魅力を発信できる力を育むことを目的に、平成26年度から、県内の中学生を対象に実施している取組です。三重県の魅力を1枚の紙(ワン・ペーパー)に英文でまとめた応募作品の中から、コンテスト形式で入選作を選出します。

令和5年度は、県内国公立中学校等から 745 作品の応募があり、17作品が入選しました。その17作品から、「リーフレット掲載部門」として入賞した8作品が、本リーフレットに掲載されています。

本リーフレットは、県内外の観光施設に配架されています。ぜひ、子どもたちが表現する「三重の魅力」を感じてください!



〈県 HP〉

ワン・ペーパーコンテストは平成26年に第1回が行われ、今回で10回目となりました。このコンテストを通して郷土三重を英語で紹介する取り組みが定着したことは、とても喜ばしいことです。応募作品は、「三重と言えばこれだ!」という定番モノだけでなく、県全域には知られていない地元の隠れた名物や名所を紹介したものまで多種多様です。内容面でも、有名な文化的事象を単に表面的に紹介するだけでなく、その起源や歴史的変遷、本来意味するものや象徴するもの、その存在意義まで探究した作品が数多く見られます。本コンテストの趣旨は紙面に表現することによる「コミュニケーション」です。現代社会では「話すこと」に加えて、「書くこと」による発信能力も身につけることが求められます。「英語を勉強して英語を使えるようになりたい」というのは誰もが持つ願いでしょう。しかし大切なのは「何を話したり書いたりするか」というコンテンツの充実ではないでしょうか。そのために、誇るべき自分の文化的背景をしっかり持ち、多種多様な文化の価値も同時に認めることができる人材を目指してほしいと思います。

審査委員長 豊住 誠 (皇學館大学教授)

Started in 2014, the One Paper Contest marked its 10<sup>th</sup> anniversary with this year's contest. We are very pleased that efforts to share what's attractive about our home, Mie, in English have taken root through this contest. The entries are not only the standard "This is Mie!" kind but also those introducing hidden local specialties and places of interest that are not so well known. In terms of content, there are many entries that go beyond showcasing famous cultural events at a surface level by exploring more deeply their origins, historical changes, original meanings and symbolism, and significance. The purpose of this contest is to communicate through English in written form. In current society, in addition to speaking in English, the ability to communicate through writing in English is necessary. Everyone wants to be able to speak and write well in English. However, what is important is the content of what you say and write. To this end, I would like junior high school students to take pride in and gain more knowledge about their own culture, while also recognizing the value of other diverse cultures.

Toyozumi Makoto, Chairperson of the judging committee (Professor at Kogakkan University)



三重県教育委員会

