



NEWS

Dear all,

In Japan, cold days continue in February than in January.

However, this year has been warmer than usual.

Every year during this period, the ski slopes are bustling,

but many ski slopes are closed this year due to the lack of snow. ©

Despite the warmth, pneumonia is prevalent worldwide, so please be careful!

At this time in Japan, there is an event called "Setsubun" that pray for good health.

I will now explain "Setsubun" in detail. ☺



"SETSUBUN" and "EHO-MAKI"

Setubun refers to the day before the beginning of each season (the first days of spring, summer, fall and winter).

The literal meaning of the word *Setsubun* is "division of the seasons". Out of all the 4 Setsubun days, Risshun (the first day of spring) is the most special day. Back in the day, the Japanese new year started on *Risshun* (the first day of spring). Modern day New Year's Eve was the Setsubun day of Risshun. Setsubun signifies the ending of winter and the beginning of spring. It is believed that Oni* come when the seasons change in Japan.

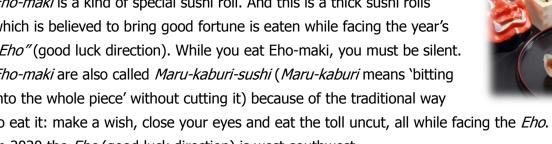
There are many rituals to exorcise these *oni*.

One of the rituals is called *Mamemaki*. *Mame* means beans, *maki* means scattering. On Setsubun day, we scatter (throw away) roasted soy beans with saying "Oni wa soto, Fuku wa uchi!". That means "Out with the demon, in with fortune!". People scatter beans chase away devil from their house and bring in good luck to their house.

And another rituals is eating *Eho-maki* (see the picture).

Eho-maki is a kind of special sushi roll. And this is a thick sushi rolls which is believed to bring good fortune is eaten while facing the year's "Eho" (good luck direction). While you eat Eho-maki, you must be silent. Eho-maki are also called Maru-kaburi-sushi (Maru-kaburi means 'bitting into the whole piece' without cutting it) because of the traditional way

to eat it: make a wish, close your eyes and eat the toll uncut, all while facing the *Eho*. In 2020 the *Eho* (good luck direction) is west-southwest.





^{*}Oni: a devil-like creature from Japanese folklore.

However, recently in Japan, Setsubun is becoming a child-centered event, adults are more excited on Valentine's Day, and at this time a lot of delicious chocolates are sold at department stores.

However, women usually buy it to give to men, but recently women often buy it to reward themselves. ©



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