

Deigo Shinpo is the newsletter of the Okinawa Kai of Washington, D.C. Issues are published every three months.
STAFF: Dennis Asato, Itsuko Asato, Mieko Maeshiro, Tamiko Suzuki

Inside

Greetings from the President	1- 2	New Members.....	5
Introductions of New Board Members	2-3	100 th Anniversary Festival in Brazil.....	6
Picnic.....	3-4	Visits to Brazil and Bolivia	7
Education Fund	5	Recipe	8
Sad News.....	5	Bulletin Board	9

会員の皆様へ - Greetings from the President

会員の皆さん、

恒例のピクニックも終え、外気がだんだんと冷たくなってきました。スポーツの秋、芸術の秋、食欲の秋の到来です。お元気でそれぞれの秋を楽しんでいらっしゃいますか。

さて、今年は激しい大統領選が繰り広げられていますが、わが沖繩会でもピクニック会場で役員選挙が行われました。熱い選挙戦こそありませんでしたが、新しい執行委員会の役員8名が誕生しました。なかなかすばらしい役員/執行委員会の誕生です。10月19日の総会で新役員の紹介があり、その日、私は4年間務めた会長の務めにピリオドを打つこととなります。この手紙を書きながら、安堵する気持ちと同時に4年間の出来事が走馬灯のようによみがえってきます。

2005年度、会長として初めて新春会をリードした時のこと、その数週間前には稲嶺前知事訪米団との昼食会のセッティング、同時にNHK沖繩主催の戦争体験者の描く絵の募集のお知らせ、ジュニアスタディツアーへ応募してきた学生全員がすばらしくて、たった一人の候補者を選ぶことにとっても苦しんだこと、元気な子供たちの笑顔で和んだピクニック、第4回世界のウチナンチュ大会への参加、料理の本の出版、そして今年設立25周年祝賀会等等、。会長の席についたものの自信のかけらもなく、それでも、リーダーとしてイベントを成功裏に進めることができましたのは、申し上げるまでもなく、すべて、会員の皆さんの御支援や、役員皆さんの献身的な働き、そして25年も当会を大事にリードして下さった前役員や民間大使、地域連絡員の皆さんの励ましがあったからこそ成し得た事なのです。本当に皆さんの惜しみないご支援の賜物でした。たくさんの方々からの励ましとご支援があったからこそ会長を4年間も務めることができましたが、この機会を借りて特に次の方々へ感謝の気持ちを伝えたいと思います。

まずこ Finch さん、私へバトンタッチした日から本日まで、温かいご助言で私を見守ってくださってありがとうございました。お料理の本の編集は素人ならではの苦労の連続でしたね。完成の喜びも一緒に分かち合えることができ、一生忘れることができない思い出となりました。でいご新報担当で、沖繩会の設立当時の会員であります真栄城美枝子さん、沖繩会の歴史も会の運営のノウハウも知らない私から矢継ぎ早に飛び出す質問に、ひとつひとつ丁寧にお応えしてくださりありがとうございました。Dennis Asato さん、デニスさんなしで沖繩会のイベントは開催できないと思うほど、何でもお出来になるマルチタレントのデニスさん、献身的に奉仕する姿に感謝、感謝です。そしていつでも適切なお助言で支援してくださってありがとうございました。最後に、皆さんの次期会長で、私の夫である Blaine Asato、4年間、会長としての苦しみ、悩み、喜びを私とともに分かち合ってくれてありがとうございました。私は最高にラッキーな会長だったと自他共に認めます。

今月から Blaine Asato へ会長の席を譲りますが、今度は私が彼を応援していきます。また、先輩会員の皆さんが示した下さったように、今後の沖繩会の活動や執行委員会のお手伝いに続けて奉仕させていただきたいと思います。皆さん、沖繩会の会長という貴重な体験をさせていただきましてありがとうございました。

アサト逸子



The Annual Picnic is over and the autumn colors are becoming more colorful each day. I hope all of you are enjoying the great season with sports, arts and the great harvest.

The 2008 Presidential Election has been hotly contested for months, and Election Day is just around the corner. We did not have a hotly contested campaign, but we did have our election at our picnic in September. We elected our new great executive board. Congratulations to the new officers. The introductions of the new board members are provided below.

We held the Annual General meeting on the 19th of October and the new officers were officially installed. It's the day that I conclude my duty as the President. As I write this letter, I feel very relieved and at the same time I'm experiencing many sweet memories passing before my eyes.

My first year as President in 2004 was very stressful. The 2005 Shin Shun Kai (SSK) was the first responsibility, and it was a learning experience. Added to the stress was a visit of then Governor of Okinawa, Mr. Inamine, and his delegation just a few weeks prior to the SSK. Then the NHK Okinawa project, "The World War II Experiences through Drawings." Shortly after the SSK, we had to choose one student out of four well-qualified applicants for the Junior Study Program in Okinawa, a difficult task indeed. In 2006, nearly 100 members of our organization participated in the 4th Uchinanchu Festival in Okinawa. We had a wonderful time. Our 25th Anniversary celebration was held in 2008 and I was so pleased the way it turned out, we received so many compliments from members and guests. We published our first-ever cookbook to share great recipes with families and friends as well as future generations. Of course, our annual picnics were lots of fun, especially for the children. All these events went smoothly because of your generous support. I extend special thanks to all the officers, Goodwill Ambassadors, and Area directors who served during these past 4 years.

Please allow me to express my sincere gratitude to four members: **Masuko Finch** for advising and mentoring me throughout my time in office. We also spent countless hours together editing the cookbook. The memories of the cookbook have a special place in my heart. I want to thank **Mieko Maeshiro**, editor of the Deigo Shinpo for all her work. She has been a member of the Okinawa Kai since its inception 25 years ago. I want to say, "Thank you for the many hours you spent answering my questions patiently." **Dennis Asato**, the most multi-talented person I ever met is the third person I would like to thank. I can't imagine having Okinawa Kai events without you. Thank you for sharing your many years of experience of running many events and for your advice. And last, thanks to my husband, **Blaine**, your new president. Thank you for putting up with me for this past four years. You were there to help me when I was in distress, suffering, and also there when I was rejoicing as the president.

Blaine will take over my seat from October and it's my turn to help him as he did for me. I'll follow the foot steps of all of you to help the Okinawa Kai to grow as a strong organization. Thank you to all of you again for the opportunity to serve as the President; it has been a wonderful and memorable experience that I will cherish for a lifetime.

Itsuko Asato

2009 Executive Board Members – 2009 年度執行委員

 <p>会長—President</p> <p>Hi, I'm Blaine Asato, sansei (third generation) Uchinanchu. I grew up in Hawaii and was marginally exposed to the Okinawan culture. I spent twenty years in the Air Force and had the opportunity to serve a tour in Okinawa where I met my wife, Itsuko, your past Okinawa Kai president. I've learned so much of my proud heritage. I'm so impressed with the Okinawa Kai members who put so much effort into keeping the Uchinanchu spirit alive in the Washington DC area. I look forward to working with all of you through the next year.</p>	 <p>副会長—Vice President</p> <p>Hi, I'm Akiko Kakazu, please just call me Akko. I first came to the US as a language student in 1989 with my son Ryu, and we lived in Arlington for the first 10 years. I then married my husband Jerry and we moved to MD, and we have been living here for 10 years. Living in a place so far away and so different from my home country can be quite challenging, but Okinawa Kai has always giving me comfort, assuring a place where I can feel at home. I thank all the people who supported Okinawa Kai for the past 25 years, and will do my best serving Okinawa Kai in 2009. Yutashiku unigee sabira!</p>
 <p>書記—Secretary</p> <p>"My name is Lisa Simmons and this will be my third year as the Okinawa Kai Secretary. I am a fourth-generation Okinawan and I have been living in the Washington D.C. area for a little over 4 years. I enjoy meeting and making friends with many wonderful people from the Okinawa Kai. I look forward to seeing everyone at the events and I will do my best to serve the Okinawa Kai."</p>	 <p>書記—Secretary</p> <p>My name is Junko Chinen. I am happy to continue serving Okinawa Kai as the second Secretary. I was a Bunka-bucho a year before. I am still in the learning process but will try my best to service the group.</p> <p>Kotoshi mo yoroshiku onegai shimasu!</p>
 <p>会計—Treasurer</p> <p>Howdy! My name is Atsuko Russell. My husband Che and I have two teenage sons. I enjoy gardening and volunteering at my sons' school. It's my first time to serve as #1 Treasurer. I'm looking forward to working for the Okinawa Kai family.</p>	 <p>会計—Treasurer</p> <p>Hello, my name is Itsuyo Bennett. I moved here 3 years ago from Okinawa with my husband and two children. I am very pleased to be a part of Okinawa Kai and to be yo ur treasurer for the next year.</p>



文化部長—
Bunka Bucho
 Hai sai! I am **Dennis Asato**, just a proud Uchinanchu from Hawaii. We will have fun teaching, learning and sharing the beauty of our Okinawan culture with our families, friends and

our communities. We would really like to hear your ideas for new activities. Onegai shimasu! Chibariyo!



文化部長—
Bunka Bucho

Hi! My name is **Minori Kinjo**, and I will serve as the second bunkabucho for '08-'09 term. I have been involved in Okinawa kai activities since 2002 (time flies!). The best part of being an Okinawa kai member is to be able to meet and get to know fellow members. "Ichariba cho-de-" spirit is alive and well in our Okinawa kai! I hope that you will enjoy being an Okinawa kai member, and also hope that we can make it another fun and enjoyable year! Yoroshiku onegaishimasu!

Okinawa Kai Fall Picnic, September 13, 2008 沖縄会秋のピクニック

Okinawa Kai Fall Picnic was held at Bull Run Regional Park in Virginia. In spite of the rain forecast for Saturday, 9/13/08, we were blessed with a summer like weather.



It was very easy to find the place because of the colorful Okinawa Kai sign boards directing to the park.

道表示もはきつりと。難なく場所に行けました。

Delicious aroma of grilling meat and hotdogs greeted us. Thank you. おお張り切りの焼肉係り。アリガトウ！！



We were all warmly greeted at the reception desk. 準備万端の受付係り



Yam . . . Yam
 美味しそう！！！！！！



Young, old, children, "Next" generation. with "Next-Next" generations, new faces and old faces...and even dogs were part of the gathering to enjoy food, friendship, games and other outdoor activities.

沢山人がやって来た。老いも若きも子供を連れて犬までも。"Next"generation は "Next-Next" generation を連れて。ニューフェースそして古いメンバー達。ポトラック・ゲーム・



Some of New Board members



Education Fund

We offer two award programs:

- 1) Academic Award (学業奨学資金)
- 2) Cultural Award (文化奨励金)

沖縄会は、上記の資金を支給いたします。

Members are encouraged to take advantage of this program. メンバーの為の **FUND** ですおおいにご利用下さい。
More detailed information is available at www.okinawakai.org: 詳しい内容は、左記のインターネットを御覧下さい。



Six members have been awarded the Academic Award; however, none for Cultural Award. If you or your child have/has started a class/training (Karate, Dance, Music, Japanese language school, or other classes related to Okinawan culture), please apply. If qualified, the applicant will receive \$50.00 of award. If you are interested in the award, please contact link to the above Okinawa Kai WEB site. これまでに6人のメンバーに Academic Award を支給しましたが Cultural Award は、まだ一人もいません。Cultural Award は、初心者への(空手 琉球舞踊 琉球音楽 日本語学校 その他 のクラス や サークル) 奨励金 (\$50.00)です。子供も対象となります。

興味のある方は、Okinawa Kai WEB site をご覧ください。

SAD NEWS – 悲しいお知らせ

Our long time member, **Kazuko "Kay" Hopper** passed away suddenly in September. Kazuko is survived by her loving husband of 40 years, **Thurlon John Hopper**, and daughter and son-in-law, **Yoneko** and **Yasutoshi Makishi**, and four grandchildren (**Naomi, Kay, Tomomi** and **David Horning**). They all reside in Pennsylvania. Okinawa Kai sent a condolence offering to the family. In memory of Kazuko-san, the family sent Okinawa Kai donations. We offer our deepest sympathy to Kazuko-san's family.

沖縄会の古くからのメンバー **Kazuko "Kay" Hopper** が去った9月に急逝なさいました。ご遺族はばペンシルバニアにお住まいで、結婚生活40年の夫 **Thurlon John Hopper** さん。娘さんとお婿さんの **Yoneko** and **Yasutoshi Makishi** さんにお孫さん **Naomi, Kay, Tomomi** and **David Horning** さんです。沖縄会は、お花代をお送りしました。お返しとして御遺族より沖縄会への寄付を頂いたことを謹んで御報告いたします。和子さんのご冥福をお祈りしつっ・・・

♥ Member News ♥♥♥ メンバーニュース ♥

♥ 9月22日、**Timothy Healy** さんと **Ryoko Noro** さんに二人目の赤ちゃんが誕生しました。男の子でお名前は **Tysei Fionn Noro** (野呂泰誠) です。おめでとうございます。On September 22, Timothy Healy & Rokyo Nor had a son, their second child. They named him Tysei Fionn Noro. Congratulations!!



The 100th Anniversary Festival of Okinawan Immigration to Brazil ブラジル移民百年祭

By **Akiko Kakazu** — 賀数章子

Brazil has the largest Japanese population outside of Japan. The first Japanese immigration to Brazil took place in 1908 when 781 Japanese farmers left from Kobe, Japan for Brazil. Of these, 325 were Okinawans. To commemorate the 100th anniversary of Okinawan immigration to Brazil, Brazilian Uchinanchu held the anniversary festival in Sao Paulo, Brazil from 24th through 27th of August. Four of us (**Ryu Kakazu**, **Udai Ishikawa**, **Fujiko Tamashiro Loma**) from the Washington, DC area participated in the Festival. There were 1,600 Uchinanchu participants from all over the world of which 340 came from Okinawa Prefecture.

We were not only moved by all extravaganza activities, but also impressed by the depth of Okinawan culture that has been handed down to the Uchinanchu descendants through these years. They are obviously very proud of their Okinawan heritage. The first week we stayed with the family of **Chuei Matsudo** who danced at our 25th Anniversary Shinshun Kai. The Matsudo family has 8 children. In addition to Portuguese and Japanese, they speak an Okinawan dialect at home. At first we thought that the Matsudo family was unique in that they could speak Okinawan dialect. Later, however, we noticed that many of the Brazilian Uchinanchu could speak the dialect. It is amazing to realize that the

people living on the opposite side of the globe from Okinawa can still speak the dialect, while Okinawans living on the island of Okinawa are having difficult time maintaining the language.

They were offering welcoming parties, and I was invited to a party sponsored by the Kin Village. I was happy to learn that the main dancer of the opening dance, Kagiya-fu-bushi was the student of Hirae Kinjyo who performs at our Shinshun Kai every year. Small world indeed!!

The most memorable entertainment for me was a drama created by a group, "Urizon" composed of those who had attended University of the Ryukyus, College of Okinawa Performing Arts, and Meio University in Okinawa. This was a story about a migrant worker, born to a Japanese father and a Brazilian mother, who had returned home after working in Japan; identity problems he faced when he returned home. It was a delightful comedy woven with lively Okinawan and Brazilian music and dances, and in which performers spoke Portuguese, Japanese, and an Okinawan dialect

It takes 16-18 hours to fly from Washington, DC to Naha, Okinawa, and only 9 hours from here to Sao Paolo; we are much closer to Brazil than to Okinawa... I have made many good friends there, and feel excited about the possibility of developing an Uchinanchu world wide network.

沖縄ブラジル移民百年祭に参加して



日系人口が日本国外・第一位のブラジルですが、1908年、第一移民、781人の農民が神戸を発ちました。そのうち325人がウチナーンチュだったそうです。この意義深い節目を記念して8月24日から27日までブラジル・サンパウロで沖縄移民百年祭が開催され、ワシントンから石川雄大くん、ふじこ・玉城・ローマさん、賀数竜と私の4人が参加しました。世界から1600人が参加しそのうち沖縄県からの参加者は、340人でした。

最初の一週目、私たち4人は、沖縄会25周年新春会で踊ってくれた、松堂忠永君一家にお世話になりました。ご両親をはじめ兄弟8人。交互に私たちをもてなしてくれましたが、生まれも育ちもブラジルの兄弟全員が、ポルトガル語はもちろんのころ、日本語の他に、うちなーぐちまで使えるのです。。！松堂家が特殊なのかな？と思っていましたら、他のご家庭や県人会でも、これまた多くの方達が島くとうば！沖縄から地球のうらっかわにあたるブラジルで、沖縄本島でもなかなか出来ないことをここまで実践していることに驚かされました。

プログラムには市町村歓迎会もあり、私は友人に誘われて金武町祭りに行ってきました。そこでかぎやで風のメインを踊ったのは、なんと沖縄会に毎年いらっしゃる玉城疏、金城平枝先生の教え子でした。本島に世界は狭い！！

イベントの中で一番印象に残ったのは、琉大・芸大・名桜大の留学生グループ、「うりずん」が主催した芸能祭での、創作劇でした。ウチナーンチュとブラジル人の間に生まれた若者が日本に出稼ぎに行き帰ってくる、彼とその家族が、沖縄とブラジルのアイデンティティーに揺られ、葛藤する様を描いたストーリー。音楽と歌詞をストーリーに組み入れ、ポルトガル語、うちなーぐち、日本語で構成されていました。沖縄とブラジルの踊りと音楽を取り入れ、笑いを取り込んだ、エンターテインメント性の高いものでした。

ここから沖縄まで飛んで16-18時間、サンパウロには9時間。沖縄より遥かに近い・・・！今回の参加は多くの出会いと友情を生み、これからの世界のウチナーンチュ・ネットワークへの可能性と、ウチナーンチュの未来へ進む活力を与えてくれたような気がします。



Thoughts on My Visits to Brazil and Bolivia By Yudai Ishikawa

In August this year I attended the 100th Anniversary Festival in San Paolo, and visited "Colonia Okinawa," the town that has been built by Okinawan Immigrants in Bolivia. I met many Uchinanchus living in South America, and was moved by their effort to keep Okinawan culture alive. I rediscovered the wonderful culture of Okinawa while I was there.

Chuei Matsudo who danced at our SSK08 in March surprised me because he spoke Portuguese, Japanese, Okinawan dialect and English. The realization that a person born and raised in Brazil could speak his parents' native languages made me wish to learn more about his community. While in Brazil the Matsudo family took great care of us. I also participated in the "World Wide Uchinanchu Youth Exchange," and met many young people (20 something) from all over the world.

The purpose of my trip to Bolivia was to see the annual Harvest Festival in "Colonia Okinawa," where about 2,000 people came to watch the Festival. Their passionate performance of Matsuri Daiko (Festival Drum) and Sansen music made me cry. The president of the town and various Uchinanchus extended warm welcome to us.

While visiting South America, I kept thinking what I could do as a student, and came to believe that the contributions I can make for the Uchinanchu world community in the 21st Century is to promote youth exchange programs for the descendants of Uchinanchu immigrants scattered all over the world. I hope that many Okinawans from Okinawa Prefecture as well as from North America will try to visit South America. If you have questions regarding South America, please contact me. "To visit for yourself is worth more I could describe here in many words." Please visit and see South America for yourself. "Exchange" is the key word. I hope that Okinawa Kai of Washington, DC will



invite people from South America. This way we will understand one another and develop the world Uchinanchu community.

ブラジル、ボリビアのうちなんちゅと交流してきて思ったこと

石川雄大

去った8月、僕は、ブラジルの沖縄県人会主催の移民100周年祭に参加してきました。また、ボリビアの「コロニア・オキナワ」という、沖縄移民が作った町に滞在し、そこで年に一度行われる豊年祭も見に行ってきました。彼らが、異国の地でうちな文化を残し、大きく活動していることに、とても感動し、うちなんちゅのすばらしさを改めて認識しました。



今回の旅を決断したきっかけは、今年3月の新春会に、琉舞を披露してくれた松堂忠永さんのお陰です。ブラジル生まれの彼はポルトガル、日本語、方言、そして英語も出来私を驚かせました。それでブラジルに興味をもちました。ブラジルでは、松堂家のみなさまに、とてもお世話になり感謝の気持ちでいっぱいです。移民祭では、「世界のうちなんちゅ青少年交流」に参加し同年代（20代前後）の各国から集まったうちなんちゅの後生と交流でき、親しくなれたことは、同年代のネットワークができ、将来につなげる糧となり大変うれしく思います。

ボリビアの「オキナワ」では、豊年祭をみてきましたが、2000人の観客の中から見ると、祭り太鼓や三線の音を聞き、彼らの熱い演技に涙がでるほど感動しました。「オキナワ」でも、会長をはじめいろいろな方にお世話になり、同年代の青年達とも友達になれてとても貴重な経験でした。今回の南米滞在を通して、僕が思う21世紀にできることは、若者の盛んな交流だと強く思います。僕は、

こうした世界中に渡った移民の後生の交流を支援していきたいと思っています。特に沖縄県民や、北米県人会が、南米を訪れる機会がふえることを期待しています。そして、学生である僕が、今できることは、僕が感じたことを、たくさんの人に伝えることだと思っています。何か質問や聞きたいことがあれば、声をかけて下さい。

最後に、体験を言葉で伝えるには限度があります。僕が言えることは、是非あなたが南米を訪れ、自分の目でみてくることです。「交流」が鍵言葉です。そして私達 D.C 沖縄会が積極的に、南米からの人を受け入れ、私達も南米を訪れ、交流を盛んにしていくことが、相互理解、相互発展に繋がると信じています。

Note: The Ryukyu Government (under the control of the US Military Government) established an emigration program, and in 1954, 403 Okinawans migrated to Bolivia. When they reached the final destination, they learned that “the promised land” was virgin jungle forest. Within few months, about half of the immigrants were stricken with a mysterious illness, “URUMA disease”, and 15 died. In spite of tragedies, and repeated flooding and drought, they developed one of the most successful agricultural communities, and named it “Okinawa.” In 1998, Okinawa was recognized as an official administrative district. On the other side of the globe is our home, Okinawa, and on the same side where we live, there is another Okinawa that was built by Uchinanchu. We are SOOOOOO proud of Uchinanchu immigrants in Bolivia. **Chibariyo.....!!!**

米軍政府の傘下にあった琉球政府は沖縄住民の移民を計画。1954年に403人をボリビアに送りました。やっと目的地に着いたものの「夢の楽園」は、未開拓のジャングル地帯。その年半分程が「うるま病」と呼ばれた原因不明の熱病に冒され15人死亡。洪水・旱魃と戦いながら今ではボリビア屈指の農業地帯。1998年には、オキナワが行政地区として認められました。地球の反対側には私達のふるさと沖縄がありこちら側にはボリビアのウチナンチュによる沖縄。私たちは、ボリビアのウチナー移住者に強く誇りを感じています。チバリヨーーーー！！ と 声援を送りましょう。

Champuru Corner チャンプルーコーナー

<p>Sesame Seeds Bar</p> <p>Submitted by: Keiko Mongan</p> <p>Ingredients:</p> <p>spray oil 3 T. butter 1 lb. marshmallows 7 c. roasted black and white sesame seeds peanuts, crushed(optional) dried cranberries(optional)</p> <p>Directions:</p> <p>Cut heavy duty aluminum foil about 18 x 27 inch size. Spray</p>	<p>ゴマ菓子</p> <p>提供者：けいこ Mongan</p> <p>材料：</p> <p>スプレイ オイル バター 大さじ3 マシュマロ 1ポンド 白黒のいりゴマ 7カップ ピーナッツ (好みで) 乾燥クランベリー (好みで)</p> <p>作り方：</p> <p>厚めのアルミフォイルを約 18 x 27 インチの大きさに切る。アルミフォイルの上、全体にスプレイオイルをかける。ビニール袋に手をいれ、さらに、アルミフォイルにかけられた油を万遍に均等にぬる。こ</p>
--	---

oil on the aluminum foil. Put your hand in a plastic bag and spread oil evenly on the aluminum foil. Do not discard the plastic bag. Spray oil on a non stick (Teflon) big sauce pan and place it over medium heat. When the sauce pan is heated, add butter. When butter melts, add marshmallows all at once and mix with a plastic spatula. When marshmallows start melting, bring temperature down; keep mixing until all the marshmallows are melted. Add black and white sesame seeds in thirds at a time; mix slowly until sesame seeds and marshmallows are equally coated. Pour the mixture over the aluminum foil and spread over the foil. Using the same plastic bag as a glove, spread the sesame seeds evenly. Press lightly and make ½ inch thick sheet. Cool and cut into 2 x 3 inch rectangular shape.

Note: When you mix marshmallows, make sure to use a plastic spatula. Otherwise marshmallows will stick to your utensil. You may add crushed peanuts to black and white sesame seeds. You can create soft color bars with white sesame seeds and dried cranberries.

のビニール袋は捨てないこと（再度、使う）。大きなテフロンなべにスプレイオイルをふきかけて、中火にかける。なべが熱くなってきたらバターを入れる。バターが溶けたらマシュマロを一度に全部、なべに入れて、プラスチックのへらで混ぜる。マシュマロがとけはじめたら、弱火にするが全体がとけるまで混ぜ続けること。白黒のゴマを3回に分けて溶けたマシュマロへ加え、ゆっくりと混ぜる。マシュマロとゴマが均等になるように混ぜる。ゴマ全体とマシュマロを混ぜたあと、油が敷かれたアルミフオイルに移し、均等に広げる。さらにビニール袋に手を入れて（手袋のように）軽く押すようにして、マシュマロとゴマのミックスを広げる。約1/2インチの厚さの板になるように広げる。さまして2 x 3 インチの長方形にきる。

（留意）マシュマロを混ぜるときは、プラスチックのへらを使うこと。他の材質だとへらにマシュマロがくっついて、混ぜることが困難になる。応用として、ミックスにナッツをくわえても良い。また、白ゴマだけにして、赤い乾燥クランベリーを加えると、淡い色のごま菓子が作れる。

2009 Okinawa Executive Officers

President: Blaine Asato
 Vice President: Akiko Kakazu
 Secretaries: Lisa Simmons
 Junko Chinen
 Treasuerrrs: Atsuko Russell
 Itsuyo Bennett
 Bunkabucho: Dennis Asato
 Minori Kinjo

2009 年度の 沖縄会執行委員

会長: Blaine Asato 副会長: Akiko Kakazu
 書記: Lisa Simmons
 Junko Chinen
 会計: Atsuko Russell
 Itsuyo Bennett
 文化部長: Dennis Asato
 Minori Kinjo

Bulletin Board 告知板

- Please take advantage of our **Education Fund Program** (教育基金制度を大いに活用してください)
Get information on Okinawakai Education Fund at www.okinawakai.org
 沖縄会教育基金の情報は上記のウェブにご連絡ください。
- If you have any news you wish to share, contact the Deigo Shinpo staff members.

何かニュースがありましたら Deigo Shinpo スタッフへニュースを送ってください。

Deigo Shinpo Staff:
 Dennis Asato, Itsuko Asato,
 Mieko Maeshiro, and Tamiko Suzuki,