

2025

Pocatello Reports

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Delegate Profiles

	Name	Host family
	<p>団 長 Delegation leader</p> <p>佐々木 康 光 Yasuteru Sasaki</p>	McHugh
	<p>佐良土 雄 幸 Yuko Sarodo</p>	Hunt
	<p>枝廣 晴基 Haruki Edahiro</p>	Wright
	<p>随 行 員 City Hall Representative</p> <p>ニ木 ルミ子 Rumiko Niki</p>	Sayer
	<p>鳴海 恭子 Kyoko Narumi</p>	York

Schedule

Saturday, July 5th

- Arrive in Pocatello

Sunday, July 6th

- Host family day

Monday, July 7th

- Lava Hot Springs
- Picnic lunch
- Chester Field Homestead
- 40th anniversary banquet

Tuesday, July 8th

- Tour of City Hall, Police station, Idaho State University
- Head to Yellowstone National Park

Wednesday, July 9th

- Sightseeing in Yellowstone National Park
- Dinner at Big Jud's

Thursday, July 10th

- Idaho Unlimited, Fred Meyer
- Farewell pulled pork dinner and ice cream social

Friday, July 11th

- Depart from Pocatello

佐々木 康光

Yasuteru Sasaki

姉妹都市提携 40 周年に訪問して

この度、姉妹都市提携 40 周年を記念する訪問団として私を含め 5 名でポカテロ市を訪問してきました。いつもは対象が中高生ですが、今回は 10 年ぶりの大人の相互訪問交流で、この機会を逃さずという強い思いで参加しました。ポカテロ市はアイダホ州の南東部の大自然と広大な穀倉地帯の中心地で静かで落ち着いた美しい田園都市です。また、人々は素朴でとても温かく、古き良きアメリカが実感できるどころ、何度でも訪問したくなる魅力に溢れています。



また、滞在期間中は、全員がホストファミリーと一緒にポカテロ市での日常生活を楽しみながら、ポカテロ姉妹都市協会の方々の案内で、イエローストーン国立公園への小旅行をはじめ、市庁舎や警察署、アイダホ州立大学など、毎日が忙しく楽しいプログラムがたくさん用意されていました。

そして、ポカテロ訪問の最大の魅力は何と言ってもホストファミリーと過ごすアメリカな生活です。私は、今回、訪問団として来日予定のショーン(Sean)さん、ジョディ(Jodi)さんご夫妻のマックヒュー(McHugh)家にステイすることになりました。訪問する 2 週間前にはメールで扎扎实り両替のお願いもしました。家には子供 5 人のうち 3 人が同居、2 人は成人して独立しています。今まで 7 回ホストファミリーの経験があり、子供 2 人は訪問団として当市に来たことがあります。私が大好きな犬も 3 匹(室内 1、庭で 2)飼っているご家庭でした。

マックヒューご一家との楽しい思い出話は尽きませんが、私と趣味が同じショーンの

素晴らしいオーディオルームでレコードを聴きながらオーディオ機器や音楽談義をしたこと。私が20代の頃のリンダ・ロンシュタットの歌声に合わせて、ジョディにカントリーダンスを教えてもらい一緒に踊ったこと。長女エラ(Ella)の二十歳の誕生祝いに、普段は歌わない私がハッピーバースディを歌ってあげたこと。訪問団として来日経験のあるデクラン(Declan、次男)、コナル(Conall、三男)は、とても思いやりのある青年達で、私に気遣って友人とフリスビーに誘ってくれたこと。また、私が持参したハイチューを食べながら、スマホで岩見沢を訪問した時の写真を見せて思い出話をしたこと。それから、バッキー(フレンチブルドック)、朝起きたらドアの前で出迎えてくれてありがとう。全てがかけがえのない思い出です。マックヒュー家の皆さん、再開を楽しみにしています。



そして、ポカテロでの楽しい日々はあっという間に過ぎて、帰国後はすぐに今度は私のホームステイ先、ポカテロ姉妹都市協会会長のジョディさん夫妻をはじめ11人の訪問団が来日しました。私たちも新千歳空港での再会、国際交流団体主催の歓迎会や市主催のお別れ会、ホストファミリーとのカラオケパーティ・居酒屋・ポカテロ会の矢野さん宅での旧友ハントさんやジョーンさん等との再再会など、長年の相互訪問交流ならではの醍醐味や楽しさを満喫しました。ホストファミリーの皆さん、お疲れ様でした。今まで交流を続けてこられたのはホストファミリーあってのことです、感謝。

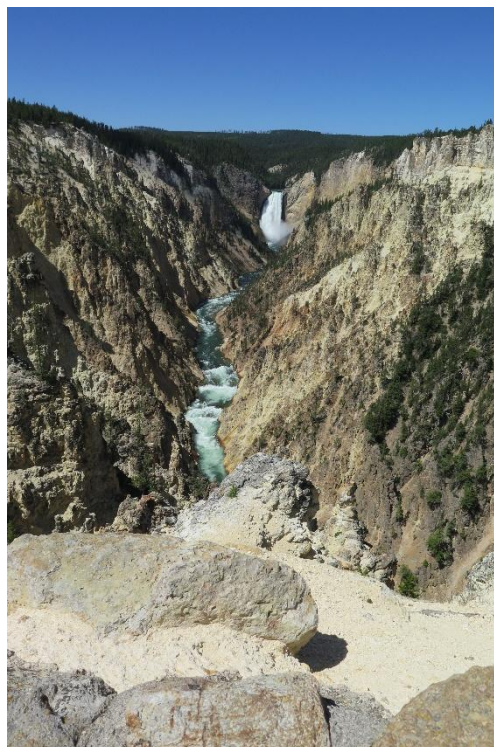
実は、私のポカテロ訪問はこれが4度目でした。ポカテロは訪問するたびに心温かい友人の歓迎や美しい大自然の絶景など、それらはどれも感動的なレベルで、再度訪問したいという思いが日増しに強くなる不思議なところ、私に人生をふり返させ生きることの意味を教えてくれるところ、心をリセットして原点に立ち戻す力のある場所なのです。

今回、私は幸運にも、両市の市民レベルの交流が40年間続き、長きに育まれた両市民の信頼と親交のおかげで多くの旧友とお会いすることができたし、その時は、思い出話しやお互いの近況報告、そして、これからも永遠に交流を続けていきたいと思いますという強い思いを話し合いました。特に、青少年訪問団の交流による思春期の子供の心の成長に対する有効性を強く語っておられたのが印象的で、同様に、私もポカテロ市を訪問した岩見沢の子供たちにもポカテロ訪問の成果を実感している旨、お伝えしました。

お世話になった Brian C. Blad ポカテロ市長さん、ポカテロ姉妹都市協会の皆さん、市民の皆さんに心から感謝申し上げます。姉妹都市交流がこれからも永遠に続くことを願っていますし、機会があれば、また是非、ポカテロを訪問したいと思っています。

My 40th Anniversary Sister City Visit

This year, myself and four others visited Pocatello as delegates in order to commemorate the 40th anniversary of our sister city partnership. The participants of this exchange program are usually junior high and high school students. This year was the first adult delegation in ten years, so I joined knowing I absolutely did not want to miss this opportunity. Pocatello is a quiet, peaceful, and beautiful rural city nestled in the heart of southeastern Idaho's vast natural landscape and expansive grain-producing region. The people are down-to-earth and incredibly welcoming, and the city offers a genuine sense of the "good old days" of America. It's a place brimming with charm that makes you want to visit again and again.



All the delegates enjoyed living regular America life with our host families during our stay. Every day we had a schedule packed with fun activities organized by the members of the Pocatello Sister City Foundation. We went on a short trip to Yellowstone National Park, visited City Hall and the Police Department, saw Idaho State University, and much more.

However, the best part of the visit was undoubtedly experiencing daily life with my host family. On this trip I stayed with the McHugh family. Husband and wife Sean and Jodi McHugh are planning to visit Japan as delegates. Two weeks before my visit, I emailed them and snuck in a request about exchanging money. Three of their five children live at home; the other two are older and have moved out. The McHughs have hosted delegates seven times before, and two of their children have visited Iwamizawa as delegates themselves. They also have three dogs (one indoor, two outdoor) – who I absolutely adore.

My fond memories with the McHugh family are endless. Sean shares my passion for music, and we would sit in his incredible audio room, listening to records and discussing audio equipment and music. Jodi taught me some

country-style dances and we danced together to the Linda Ronstadt songs from my twenties. I sang “Happy Birthday” for their eldest daughter Ella's 20th birthday—something I don't get to do often. Declan, the second eldest son who visited Japan as a delegate, and Conall, the third son, are very considerate young men. They kindly invited me to play frisbee with their friends. We also reminisced while looking at photos from their visit to Iwamizawa on their phone and snacking on the Hi-Chew I brought. And to Bucky (the French Bulldog), thank you for greeting me at the door every morning when I woke up. All of these are irreplaceable memories. To the McHugh family, I look forward to seeing you again.

The fun days in Pocatello flew by in the blink of an eye. Immediately after I returned home, the Pocatello delegation of eleven people came to Japan. This group included two members of my host family: Jodi – who is the president of the Pocatello Sister City Foundation – and her husband. Everyone truly experienced the unique joy that comes from relationships built over many years of visiting each other's countries. We were excited to reunite at New Chitose Airport, attend the welcome party hosted by the international exchange groups, and take part in the farewell gathering organized by the city. We sang karaoke with the host families, visited an *izakaya*, and had a reunion gathering with old friends like the Hunts and Joan at the home of Mrs. Yano from the Pocatello Society. To all the host families: thank you for your hard work. It is only because of you that this program has continued all these years. I am deeply grateful.

This was my fourth visit to Pocatello. Every time I visit, I'm moved by the warm welcome of dear friends and the breathtaking natural scenery. Everything about it is so inspiring that my desire to return somehow grows stronger with each passing day. It's a special place that makes me reflect on my life, reminds me of



the meaning of living, and has the power to refresh my spirit and bring me back to my roots.

On this trip I was fortunate to once again be able to meet many old friends, thanks to the trust and friendship cultivated over 40 years of community-based cooperation between our two cities. We shared memories, updated each other on our lives, and reaffirmed our strong desire to

continue this program hereafter. I particularly remember how passionately everyone spoke about the exchange program's effectiveness in fostering the emotional growth of the youth who participate. I also shared how the children from Iwamizawa who visit Pocatello tangibly benefit from the experience.

I extend my heartfelt gratitude to Mayor Brian C. Blad, the members of the Pocatello Sister City Foundation, and all the Pocatello residents for their care and support. I truly hope our sister city relationship will continue forever, and I very much look forward to visiting Pocatello once again.



佐良土 雄幸

Yuko Sarodo

ポカテロレポート

今回も最高の訪問になりました。2003年に団長として生徒を引率して行ったとき以来、22年ぶりの訪問です。息子たちもステイした Hunt Family にお世話になりました。Host Father の Dave はそのころからの友人で我が家にステイしたこともあり、その息子の Karl も我が家で2週間ほど過ごしたので、久しぶりの再会を一番に期待しての訪問でした。

まる1日かけて到着した SLC の空港では Dave と姉妹都市交流委員会の方たちが出迎えてくれました。空港でさっそく感動の再会！！ポカテロに向かう Dave の車の中で会話は盛り上がり、また17年ぶりに Karl とも電話で話しましたが、長い空白の年月をまったく感じない打ち解けた会話ができるのは驚きでした。これが姉妹都市交流のすばらしいところなのだ実感しました。途中、日本には少ない Wendy's で大きなハンバーガーに大量フライドポテト、1リットルのドリンクをいただき、久しぶりのアメリカを感じて感動でした。



Hunt 家に到着し、Host Mother の Margaret と感動の再会をして、ステイはスタート。乾燥気候のせいで朝晩は涼しく快適でした。大自然の中にある家なので、とにかく周りの景色がとても素晴らしかった。裏山の草むらを4WD車でアップダウンしながら案内してもらったのも最高の思い出のひとつです。左側の木には白頭鷲の巣があるはずだというすごい話など聞きながら見た夕景の山々はとても美しく、忘れられない景色です。毎日通る近くの道でも野生のターキーがひなを10羽ほど連れて道路を横断するのを見たり、ときどきムースを見かけるといふ道沿いの森を Dave が教えてくれたり、車の中の時間も貴重でした。日本とアメリカの違いなどについて話し、日本語をもっと勉

強したいという Dave と日本語で会話したり、私も普段聞かない英単語を教えてもらったり、思い出に深く残る有意義な時間となりました。

また、Karl の家に招いてもらい家族と食事をして過ごしたのも最高の思い出です。我が家にステイした少年が、6 人の子どものお父さんとして立派に頑張っている姿にとてもうれしくなりました。9 歳から 1 歳までの子どもたちはみんなとても可愛かった！！

ほかにも忘れられない体験がたくさん！イエローストーンの壮大な景色、ログハウス横で BBQ とスモア（焼マシュマロ）、突然現れた巨大なエルク、顔より大きい!?超巨大ハンバーガーなどなど。ポカテロの人たちは私たちの旅をいいものにしようと、本当に一生懸命にお世話してくれました。心から感謝です。姉妹都市交流のポカテロ訪問は一般の海外旅行とは違う、人の優しさと温かさを感じることができるものです。ぜひ、また彼らに会うためにポカテロに行くことができればと思います。

Pocatello Report

I once again had an incredible time in Pocatello. It's been twenty-two years since I led a student delegation as a chaperone in 2003. On this trip I stayed with the Hunt family, who have also hosted my sons. My host father, Dave, who has been a good friend ever since my sons visit, has also stayed with me before. His son, Karl, also spent two weeks at my house. Meeting them again was the thing I was looking forward to the most on this trip.



After almost an entire day of traveling, we arrived at the SLC airport, where Dave and the other Sister City Foundation members were waiting for us, and we immediately had our emotional reunion! We had fun chatting on the way back to Pocatello in Dave's car. We also called Karl, whom I hadn't seen in seventeen years. I was surprised at how easily I could talk to him even after such a long time apart. That's how incredible the sister city program is. On the way, we stopped at a Wendy's – which are rare in Japan – and I got a large hamburger and fries along with a one-liter drink. That's when it really hit me that I was back in America!



When we arrived at the Hunts' house, I was finally reunited with my host mother, Margaret, and the trip truly began. Because the climate was so dry, the mornings and evenings were pleasantly cool. The house was surrounded by nature, and the view was truly incredible. One of my favorite memories was them showing me around

the grass fields on the mountain behind their house while bouncing around on a four-wheeler. I'll never forget the view of the breathtaking mountains in the evening while hearing some incredible stories – like how there was a bald eagle's nest in a tree on the left side!

I treasured even the time we spent in the car. I once saw a wild turkey with ten chicks in tow crossing the nearby road that we drove on every day. Dave told me sometimes he even sees moose in the forest along the side! We talked about the differences between Japan and America, had conversations in Japanese because Dave said he wanted to study Japanese more, and he taught me English words I don't usually encounter. It was a meaningful time that deeply left an impression on me.

Another of my favorite memories was having dinner with Karl and his family at his house. Seeing the teenager who once stayed with me do his best to take care of six kids made me really happy. All of his children, from age one to nine, were adorable!

There were so many more unforgettable experiences – the magnificent views of Yellowstone, making s'mores and BBQ next to the log cabin, the sudden appearance of an enormous elk, a hamburger that was bigger than my face(!), and much more. Everyone in Pocatello truly did their all to give us the best possible trip. Thank you from the bottom of my heart. This sister city exchange program is not just a regular trip overseas – it's one where you can experience people's warmth and genuine kindness. I hope I can one day have the chance to go to Pocatello and see everyone again!



枝廣 晴基

Haruki Edahiro

姉妹都市提携 40 周年 市民訪問団報告



令和 7 年 7 月 5 日から 12 日までの 8 日間、岩見沢市と米国ポカテロ市の姉妹都市提携 40 周年を記念し、市民訪問団 5 名がポカテロ市を訪問しました。今回の派遣は、両市の長年にわたる交流を一層深め、次の世代へと引き継いでいく大切な節目となるものであり、私たち団員一同にとっても忘れがたい経験となりました。

滞在中は、ポカテロ市役所や警察署を訪問し、現地の行政や治安維持の取り組みについて学ぶ機会を得ました。市役所では市長や担当者から政策の概要や地域課題への対応について説明を受け、相互理解を深めることができました。警察署では、市民との信頼関係を重視した治安維持活動の実情を伺い、地域社会に根ざした警察活動の在り方を学びました。

また、滞在中盤にはイエローストーン国立公園を訪れ、大自然の雄大さと地球の息吹を間近に感じることができました。迫力ある間欠泉やバイソン等の野生動物との出会いは、私たちに自然環境の大切さを再認識させる貴重な体験となりました。帰り道には、地元で人気のレストラン「Big Jud's」に立ち寄り、名物の巨大ハンバーガーを味わいました。異国の食文化を体感できたことも、旅の大きな思い出のひとつです。

宗教文化に触れる機会として、滞在 2 日目にはホストファミリーと共に教会での礼拝に参加しました。厳かな雰囲気の中で祈りを捧げる時間は、心が洗われるような感覚を与えてくれました。宗教的背景の違いを超え、人々が共に静かに祈りを分かち合う姿に深い感銘を受けました。

最終日には送別会が催され、現地の方々と温かい交流を楽しみながら、アメリカ南部の名物料理であるプルドポークをご馳走になりました。長い歴史を持つ姉妹都市交流の積み重

ねが、こうした心のこもったおもてなしへとつながっていることを実感しました。特に、滞在中お世話になったホストファミリーの皆様には、家庭的な温かさと惜しみない日々の親切心で迎えていただき、心からの感謝を申し上げます。毎晩家族全員でバルコニーに並んで見上げた夕空の色の移ろい。ホストファミリーと分かち合ったあのサンセットは、心に深く刻まれ、忘れることはありません。

今回の派遣事業は、行政・市民団体・関係者の多くのご尽力により実現したものです。私たち訪問団は、この経験を通じて得た学びや絆を地域に持ち帰り、今後の市民交流や国際理解の促進に役立てていきたいと考えています。改めて、事業に携わっていただいたすべての皆様に深く感謝申し上げ、報告といたします。

Sister City 40th Anniversary Delegate Report

To commemorate the 40th anniversary of the sister city relationship between Iwamizawa and the city of Pocatello, U.S.A., five adult delegates visited Pocatello for eight days from July 5th to July 12th, 2025. This trip further deepened the long-standing relationship between our two cities and it was a pivotal turning point as we continue on towards the next generation. For all of us delegates, it was an unforgettable experience.

During our stay we visited Pocatello City Hall and the police station, getting the opportunity to learn about local administrative and public safety efforts. At City Hall, the mayor and other employees outlined policies and explained responses to local challenges, which helped deepen our mutual understanding. At the police station, we learned about the actual public safety measures being taken that emphasize building trust with residents, and about the way their policework is rooted in the local community.

Partway through our stay, we also visited Yellowstone National Park, where we experienced the grandeur of nature and felt the breath of the Earth up close. Seeing the awe-inspiring geysers and encountering bison and other wildlife was an invaluable experience that reminded me of





the preciousness of nature. On the way back, we stopped at "Big Jud's", a popular local restaurant, and got a taste their famous giant hamburger. Being able to experience the local food culture was another big highlight of the trip.

On the second day of our stay, I attended a church service with my host family as a chance to experience some religious culture. As I offered up prayers in the solemn atmosphere, my soul felt cleansed. I was deeply moved by the sight of people quietly praying together, transcending differences in their religious backgrounds.

On the final day we had a goodbye party. We had heartfelt conversations with the Pocatello residents and ate pulled pork, a specialty of the American South. I truly saw how the long, rich history of this sister city exchange has cultivated such heartfelt hospitality. I extend my deepest gratitude especially to my host family, who treated me like family and who welcomed me with incredible kindness and generosity during my stay. Every evening, the whole family would step out onto the balcony to watch the shifting colors of the sky. The sunsets I shared with them are memories deeply etched in my heart, and I will never forget them.

This trip became a reality thanks to the exhaustive efforts of the city, local organizations, and everyone who helped with the program. All of us delegates will bring the relationships and knowledge we gained from this experience back with us. From now on, they will be helpful for the encouragement of local exchange programs and cultural literacy. Once again, I am deeply grateful for everyone who helped make this program happen.



二木 ルミ子

Rumiko Niki

7月5日から11日まで、アメリカのアイダホ州ポカテロ市を訪問する訪問団に参加しました。今回の滞在では、姉妹都市委員会やホストファミリーの皆さんの温かいおもてなしを受け、現地の文化や暮らしに触れることができました。私は13年前に学生の訪問団の団長としてポカテロを訪問しており、久しぶりの再訪となりました。



初日の飛行機での移動は長時間でしたが、サンフランシスコ空港での乗り継ぎや出迎えの場面から、すでに異文化を感じることができました。空港では多くの店が現金不可で、キャッシュレス社会を実感。ソルトレイク到着後、ソルトレイクシティ空港でホストファミリーや姉妹都市委員会の方々と再会した時の感動は忘れられません。

滞在3日目に訪れた「Lava Hot Spring」は、温泉好きの訪問団にとって特に楽しい体験でした。温度ごとに分かれたプールでのんびり過ごした後、公園で手作りサンドイッチを作って食べ、開放感いっぱいのランチとなりました。夜の40周年記念ウェルカムパーティーでは、市長や委員会の皆さんから心のこもった歓迎とプレゼントをいただき、手作りの料理を囲みながら交流を楽しみました。次の日の夕方から出かけたイエローストーン国立公園は、私が一番再訪したかった場所で、広大な自然に圧倒されました。夜はキャビンで焚火を囲み、スモアを食べながら、皆で人生のことなど深く語り合った時間が、とても温かく心に残っています。

5日目はイエローストーン観光。滝や間欠泉など、迫力ある景観に感動し、大きなエルクやムースにも出会えました。帰りに立ち寄った「Big Jud's」で挑戦した巨大ハンバーガーはアメリカらしさを体験できる一品で、皆でシェアしながら楽しみました。

次の日は、カラフルな（とても甘い）ドーナツを味わったり、スーパーで買い物を楽しんだり、生活に密着した体験ができました。夕方の送別会では、団員一人ひとりが

英語でスピーチを行い、笑顔で再会を約束しました。別れの場面も明るく、姉妹都市の絆を実感できました。

帰国日は早朝にポカテロを出発し、空港では飛行機の時間がギリギリとなり、全員で走る一幕もありましたが、無事に帰国することができ、今となっては良い思い出です。

今回の訪問を通じて最も強く感じたのは、人と人とのつながりの温かさです。ホストファミリーとの交流、パーティーでの笑顔、自然の中での委員会の皆さんや団員同士の語り—どれも忘れられない思い出です。私と同じように、ポカテロを再訪することになった団員もおり、懐かしい方々と笑顔で交流しているのを見ると、私も嬉しく感じました。

姉妹都市交流に関わる方々に感謝申し上げ、これからも末永く交流が続くよう願っております。そして、2回目のホストファミリーを引き受けてくれた Joan と Brett。とても楽しかったです。どうもありがとう！



delegation.

I visited Pocatello, Idaho, U.S.A from July 5th to 11th as a delegation member. During our stay, we experienced firsthand the warm hospitality of the Sister City Committee members and host families, as well as local culture and daily life. This was a long-awaited reunion trip for me because thirteen years ago I visited Pocatello as a chaperone for the student

The flights on the first day were very long, but from when we transferred flights at the San Francisco airport as well as when we got picked up later, I could already see the cultural differences. Since many of the stores at the airport were card only, we really were in a cashless society! I won't forget finally being reunited with all the host families and Sister City Committee members at the Salt Lake City airport after we arrived.

The "Lava Hot Springs" we visited on our third day was especially fun for the delegates, as all of us love *onsen*. After relaxing in all the pools of different temperatures, we made handmade sandwiches and ate them in the park. It was a really nice, casual picnic. At the 40th anniversary welcome party that night, the

mayor and the Sister City Committee members gave us a heartfelt welcome along with some presents. Everyone had fun spending time together and enjoying some homemade cooking. The next evening, we headed out to Yellowstone National Park. It was the place that I was most looking forward to revisiting. The vastness of nature is truly awe-inspiring. At night at the cabin, we all sat around the campfire making s'mores and having deep conversations about life. That time remains close to my heart.

On the fifth day we went sightseeing in Yellowstone. We saw waterfalls and geysers and other genuinely incredible scenery. We also ran into some huge elk and moose. On the way back we stopped at "Big Jud's", where we tried to eat an enormous hamburger. Everyone enjoyed sharing it together. It was an experience that felt truly American!

The next day we tried some colorful (and very sweet!) donuts, went shopping at a grocery store, and were able to experience some everyday activities. At the goodbye party that evening, all the delegates took turns giving a speech in English. With big smiles we all promised we would meet again. Our departure was warm and cheerful as well, which really made me feel our bond as sister cities.

We left Pocatello early in the morning on the day of our departure. We barely made it in time for our flight, and there was a point where we all had to book it through the airport. But we safely made it back to Japan and looking back now it's a fun memory.

Throughout this trip what I experienced most strongly was the warmth and kindness of human relationships. Spending time with my host family, Hearing everyone's laughter at get-togethers, talking with all the Committee members and the other delegates while surrounded by nature – they're all unforgettable memories. There were other delegates who were also revisiting Pocatello. It made me also feel happy to see their big smiles as they reunited with old friends.

I'd like to extend my gratitude to everyone involved in putting on this sister city exchange. I hope that this program continues for many years to come. I'd also like to thank my host family for this second time, Joan and Brett. I had an incredible trip! Thank you very much.



鳴海 恭子

Kyoko Narumi

懐かしのポカテロ

ポカテロとのご縁は40年以上前、市役所が締結に向けての英文書類のタイプ打ちでアドバイスをした事から。散発的にお手伝いしていましたが、1993年にポカテロ高校のGate City Singers 35名が来岩して市内各所で公演をする際に挨拶などで通訳が必要になり、それ以降当時会員だった市川雅絵さんと常時随行して通訳する事になりました。

ポカテロがどんな所か知りたい、という願いが叶って2000年Lindaさん宅で娘さんの愛馬バニーの乗馬、2015年Priceさん宅では水上スキーなど、生涯の夢まで実現させて頂きました。



も心から感謝しています。

今や私達夫婦は年金生活者となり、子供達も離れ、また近しい親族を徐々に見送り、自分や夫の体力の衰えや病気に見舞われる、など同年代のLindaさんやPamelaさん、Russellさんと共感する事が多く、直接会えるのも最後？と思うとお別れには涙が出てしまいました。

でも嬉しいのは我が家にステイしたKellyさんやMichelleさんのお嬢さん方が岩見

今回1番の目的は思い出深い方々と直接お会いする事でした。到着の翌日にホストのYork Familyが我が家にステイしたRussellさんとPamelaさん、ステイさせて頂いたLindaさん、RdaleさんとRaelynさんや来岩した団員を招いて下さり、願いが叶いました。小学生のMarianが歓迎の絵をたくさん描いて部屋に貼ってくれ、私は手巻き寿司といなり寿司を作り、浴衣姿でノンカフェインのお茶を点て和菓子でもてなしました。お母さんのMichelleもお父さんのCharlesも手巻きの具やスイーツを作って下さり、連絡の労を取って下さった事

沢に来たい、と言ってくれる事です。今までも来岩した団員の兄弟姉妹やいとこ、更にお子さんが訪問する、など次の世代に続いて行くこの交流プログラムは素晴らしいと思います。

ポカテロで当初から携っている Hunt さんが「姉妹都市の意義はあったと思いますか？」と私に尋ねられました。提携から



今迄 900 名以上の来訪と訪問の他にホストファミリーや歓迎会を催す国際交流団体の皆様、訪問した幼稚園や学校の教職員や生徒さん方を含めると大変多くの方々のご協力がありました。それぞれ外国人に対する考え方、日本の何気ない習慣や考え方への再発見、もっと話せて分かり合いたい、又お子さん達が英語や外国に興味を持った、など計り知れない影響があったと思います。私自身も団員達がお年寄りや特別支援の子供達に見せる優しさ等に何度も感動しました。

ラバやピクニックランチ、ログハウスやガイザー、市役所や警察犬、ISU でのクラフト体験と Charles の講義、メキシカン料理、ドーナツショップやバーガーショップ、大量のお土産 ♥ ポカテロの皆様のおもてなしに心から感謝!! 同行した素敵なメンバーにも感謝!! どれもこれも満喫した生涯忘れられない思い出です。

The Pocatello of my Memories

My connection with Pocatello began over forty years ago, when city hall asked me to advise on the English documents (via typewriter) needed in preparation for their sister city agreement. I was helping out sporadically, when in 1993, the Gate City Singers – thirty-five students from Pocatello high school – came to Iwamizawa. They needed help translating their introduction when they performed around town. And so, ever since then, I would always accompany delegates as a translator, along with Masae Ichikawa, another member at the time.

I wanted to know what kind of place Pocatello was. In the year 2000 that dream came true. At Linda's house I rode her daughter's favorite horse, Bunny, and then in 2015 at the Prices' house I got to go waterskiing. Thanks to them I realized my lifelong dreams!

My goal for the trip this year was to meet all the people with whom I shared

so many memories. My host family, the Yorks, made this come to fruition the day after we arrived. They invited over Russell and Pamela, who I hosted, Linda, who hosted me, and Rdale and Raelyn and other delegates who came to Iwamizawa in the past. Marian, who is in elementary school, drew me lots of welcome pictures and hung them in my room. I made hand-rolled sushi and *inari* sushi. I also wore a *yukata* to perform



a Japanese tea ceremony with non-caffeinated tea and *wagashi*, traditional Japanese sweets. Thank you to my host mother Michelle and host father Charles for making the fillings for the hand-rolled sushi as well as dessert. I'm also very grateful to them for taking the trouble to coordinate with everyone to come.

Nowadays, we married couples are living the retired life, our kids are out of the house, and we're slowly saying goodbye to our relatives. Me and my husband's physical abilities have been declining and we sometimes get ill. Linda and Pamela, who are around the same age as me, and Russell, can relate to a lot of these things. When we said goodbye, I realized that this might be the last time we could meet in person and I ended up crying.

However, I was happy to hear that Kelly and Michelle, who stayed at my house, have daughters who want to come to Iwamizawa. Even now, the siblings and cousins of previous delegates, or even their children, are participating. The fact that it's continuing into the next generation shows what an incredible exchange program this is.

Mr. Hunt, who has been with the program in Pocatello from the very beginning, asked me if I thought being sister cities has served a purpose. From the initial agreement until now, more than nine hundred American and Japanese delegates as well as countless host families, international group volunteers who put on welcome parties, and students and teachers from preschools and schools that were visited have helped with this program. I can't even begin to quantify the influence this program has had. Each person's perspective regarding people from other countries has changed. We have all rediscovered "ordinary" Japanese customs and Japanese ways of thought.



Children gain an interest in English and other cultures. They want to talk to and try to understand people from abroad more. I myself was also moved on several occasions by the kindness I've seen delegates show to the elderly and to children with special needs.

I'm deeply thankful for the hospitality shown to us by

the people of Pocatello. Lava Hot Springs and the picnic, the log cabin and the geysers, city hall and the police dogs, the crafting class at ISU and the lecture with Charles, Mexican food, the donut shop and the hamburger shop, and all the gifts ♥ – I loved all of it! Thank you to all my amazing fellow delegates as well! I enjoyed every single thing to the fullest and will carry these memories with me for a lifetime.

Photos









