

filling of sea urchin rather than the more popular pickled plum or salted salmon. A generous amount of salted sea urchin or sea urchin miso bean paste (uni miso) fills the rice ball. It is incredibly extravagant but delicious. The start of the sea urchin seasonmarks the start of summer

in Minamisanriku. On the day when the sea urchin fishingseason begins, fishermen take their boats out to sea to start catching sea urchin at 4 o'clock in the morning. In many cases, a wife takes the rudder of the boat, while the husband and the son catch sea urchin using a hook as long as 5 meters while looking into the sea with box glasses. The sea urchin is then removed from its shell by women or older people who wait for the catch.

Mrs. Kikumi Abe asks neighborhood women to help with peeling sea urchin. After their work is finished, they prepare, of course, a bowl of rice topped with sea urchin. After giving some sea urchin to their acquaintances, the remaining cleaned sea urchin is processed for preservation. Uni miso is prepared by lightly mixing fried miso bean paste, sugar, and mirin (sweet sake for seasoning) with sea urchin. Uni miso has a variety of tastes and textures that differ from family to family. The taste and texture differ depending on the amount of miso and sugar that is used, how the sea urchin is heated, etc. Uni miso is truly the flavor of home cooking in Minamisanriku.



Sea urchín míso bean paste

きくみさんのウニ味噌レジピ

作っている。)

に調える。

①好みの味噌を和える。(きくみさんは 白味噌と三年味噌を混ぜて甘めの味噌を

②フライパンに油をひき、味噌を炒め火 が通ったら砂糖やみりんを加え味を好み

③熱いみそに生ウニを入れてサクサクと 混ぜ、ふたをする。ころっとしたウニの

塊を崩さないように気を付ける。



南三陸

おやっ







ウニ味噌の作り方を 教えてくださったのは、 歌津地区馬場中山の阿 部きくみさんです。 お料理だけではなく、 手芸の達人でもあるき くみさんの工房には、 よく人が集まります。 「ウニ味噌の作り方も味 もそれぞれで、そぼろ のような仕上がりの家 もあれば、ねっとり作 る家もある。我が家の ウニ味噌は、ウニのホ ロッとした塊を崩さな いように作ります。

このウニ味噌をおに

ぎりに塗って、さっと

火で炙って食べる焼き

おにぎりは、香りが良

くて本当においしいん

ですよ。」





美しい恵みの海が水戸辺集落の目の前に広がる。



The memorial monument

stating that Mitobe is the birthplace of the Gyozan-ryu Shishi Odori

Dance. The monument, which had broken into two, was discovered

and is inscribed with the words, "We are dancing as a memorial to the

This site overlooks the beautiful sea blessed with a wealth of nature's

the early morning of August 14 during the Bon Festival every year. Many

At the edge of Minamisanriku >y-imes $m{9}$

南三陸の端ってで

On high ground in Mitobe, a stone monument is inscribed with words songs were sung during the Shishi Odori. Among them, the Grave Song that prays for the ancestors begins with "Affection is a burial marker of my dearest, shortly after seeing tears overflow and wet my sleeve."

during construction of a road. The monument was restored with concrete, The Scarecrow dance has songs such as "Is it a hunter or scarecrow? Or nothing? If you're not careful, you'll get hurt," and "A fawn stands on a field shortly after being born and I stand on the field imitating the fawn." Although the song in the Scarecrow dance is about the god Susanoo no bounty. The mountains in back are covered with the brilliant green of Mikoto who killed the Eight-Forked Serpent, the ideas and stories are forests. When you stand in this spot, you may understand how the world taken from those living in Mitobe. This performance reflects the history of view of the people in this area has been nurtured as they live among the the area where people earned their livelihood by producing charcoal in

Before the disaster of 2011, the people of Mitobe used to pray for their This "corner of Minamisanriku" is where "natural providence" overlaps ancestors and dance the Shishi Odori at the Jigenji Temple precincts in with mythology.

海とともに生きるまち **購去還**え

Minamisanriku

・ 夏旅!南三陸トレジャーツアー 2016

青い海、緑の山。夏休みの定番アクティビティーが勢ぞろいした南三陸! 夏ならではの楽しい時間をお過ごしください。

(車<mark>で来られる方</mark>) 仙台を含む各方面からのアクセスは下記高速経路図を参考にしてください。仙台南ICから南三陸町までの所要時間は約120分です。

(<mark>高速バスで来られる方</mark>) 仙台駅から南三陸町間を結ぶ バスが一日4本出ています。柳津から南三陸町までの所要時間は約30分です。

■高速/ス 宮城交通 仙台南三陸線 (自由乗車制・予約不要)
【仙台発】②乗車のみ/県庁市役所前[8:10 -14:10-16:35] ⇒仙台駅前(宮交仙台高速/スセンター40番)[8:20 -14:20 -16:45]
③降車のみ/南三陸ホテル観洋前[10:02 -16:02-18:27] ⇒林 [10:06 -16:06 -18:31] ⇒歌津駅前[10:22 -16:22 -18:47]
【仙台行〕(乗車のみ/歌車駅前[18:32 -10:32 -16:22] ⇒林 [10:06 -16:06 -18:31] ⇒歌津駅前[10:22 -16:22 -18:47]
【仙台行〕(乗車のみ/仙台駅前 [10:38 -12:38 -18:28] ⇒県庁市役所前[10:44 -12:44 -18:34]

※志津川十日町、歌津駅前からの移動手段については、あらかじめ宿泊先などにご確認ください。 2016年2月29日現在

※柳津・気仙沼間の BRT は上記以外の時間にも運行しています。https://www.jreast.co.jp/railway/train/brt/pdf/data kesennuma.pdf

歌津のカブトムシとわたし

8/6 (土) • 8/10 (水) 20:00-21:30 ころ 集合場所:南三陸直売所みなさん館くプトルシ名人の町民が護師となり カブトムシ名人の町民が講師となり、

トラップで虫をゲット! 持ち物:懐中電灯・防寒具・虫除け・虫かご 料金:1,000円

入谷の里山まるかじり! いざ出発!里山食材採検隊

8/21 (日) 10:00-13:30 集合場所:校舎の宿さんさん館 地図を片手に野菜を収穫したらアイディア満載の カレーを作ろう。イワナつかみやスイカ割り、セ ミ取りにも挑戦。THE 田舎の夏を体験しよう。

夜の南三陸町の海を楽しもう!

持ち物:帽子・虫除け・サンダル・着替え

料金:大人 2,500 円 子ども 2,000 円

ナイトシーパラダイス♪

20:00-21:30 集合場所:泊浜漁港 漁船での夜釣り体験や漁師さんとの地元 トークをお楽しみください。

料金:6,000円

「火を見る会」

18:00-20:00 (途中退出も可) 集合場所:神割崎キャンプ場

火を見る(キャンプファイヤー)はもちろ ん、町民との交流も楽しめるプランです。 料金:1,000円(神割崎キャンプ場入村料・材料 費込み・ワンドリンク+お菓子付き)

10:00-15:00 の間で都合の良い時間帯に開始 集合場所:神割崎キャンプ場

食材も器材も準備はキャンプ場におまかせ! 手ぶらでラフに BBQ を楽しめます。 食材例(ホタテ1枚・冷凍めかぶ2-3枚・旬の海産

物・豚肉約 100-150g・牛肉約 100g・カット野菜約 6種・調味料) 食器類・ゴミ袋・炭・網・鉄板・火 ばさみ・トングなどの貸し出し 料金: 2,000 円+入村料 (18歳以上300円・6~18歳200円)

三陸自動車道 ——般道 398 → 45 (37km) → 398 → 398 → 45

お問合せ・お申し込みは 南三陸町観光協会まで! 電話:0226-47-2550 メール: post@m-kankou.jp



第6回三陸海切盆と 「志津川湾かがリ火まつリ福興市

10:00-21:00 志津川仮設魚市場跡地

岩手・宮城の沿岸被災地から郷土芸能団 体が集まり、競演する三陸海の盆と、志 津川湾かがり火まつり福興市が同日開催

主なプログラム/ 10:00 魚竜太鼓 11:10 特別出演 河内家菊水丸 12:10 行山流水戸 辺鹿子躍 14:30-15:00 行山流水戸辺鹿子躍 & 舞川鹿子躍による墓踊り 15:00 行山流 舞川鹿子躍 16:40 大森創作太鼓旭ヶ浦 17:10 本浜七福神舞 (その他多数出演) 17:40 頃 笙の演奏 18:00 頃 御神火入場

| 志津川湾タコまつリ福興市

9:00-13:30(予定)

志津川仮設魚市場跡地(予定) 志津川湾名産のタコをフィーチャー。風味 最高のタコを心ゆくまでお楽しみください。

第3回南三陸町産業フェア

乞うご期待!

詳細未定 南三陸の秋の味覚が満載のフェアです。

南三陸町へのアクセス



http://www.m-kankou.jp/access/













in Mitobe

souls of all living creatures."

稽古の合間に衣装を繕う村岡さん



踊り手たちが太鼓をたたきながら 現れると場の空気が一変する。



現在は仙台の大学に通う三浦貴裕さん(左)と神奈川の大学に通う小野寺翔さん(右) 2016 年 5 月に仙台で行われた G7 関連イベントに出演した際、久々に水戸辺の若者 たちが集まって質の高い躍りを披露し、観衆を魅了した。



保存会会長の村岡賢一さん

Dancers carrying tall 2.7-meter long "Sasara" bamboo stalks are dressed in costumes with "Kuyo" (family crest of the lord of Sendai) and "Wachigai" (family crest of the lord of Tome) made from glittering "Nagashi" cloth on which gods are drawn, and on their heads are placed brilliant deer antlers spreading out in eight 南三陸町で暮らす人たち。 branches. Clothed in such fabulous attire, the dancers of the Gyozan-ryu Mitobe Shishi Odori Dance exude a mystical aura.

According to a scroll written by Ito Bannai Mochitoh in Mitobe Village, Motoyoshi-gun in 1700, Mochitoh started this dance in Mitobe Village. The first to third head of the dance society came from Mitobe Village, the fourth from Hiraiso Village, and the fifth head was Iriya Shirobei from Iriya Village, and the sixth head moved to Aikawa Village (present Ichinoseki, Iwate Prefecture). After that, there was no evidence that the Shishi Odori was danced in Minamisanriku, and the Shishi Odori was handed down in Maikawa Village (present Ichinoseki, Iwate Prefecture).

A stone monument, which was broken in two, was discovered by chance in the midst of construction of a road. The monument is inscribed with the words "We are dancing as a memorial to the souls of all living creatures." In 1982, this proves that the area around Mitobe was the birthplace of the Gyozan-ryu Shishi Odori. Mr. Kenichi Muraoka, the present president of the Society, made up his mind, "Now is the time to bring a rebirth of the Shishi Odori in Mitobe." He asked the Shishi Odori dance preservation societies in the former Sendai Clan to accept him as a pupil. However, they all turned down his request because they did not want to teach the dance to outsiders. However, the late Senji Onodera who was the former president of the Gyozan-ryu Maikawa Shishi Odori Dance Preservation Society, accepted him as a pupil.

"We will gladly assist in the revival of the Shishi Odori in its birthplace." In 1991, dancers from the Maikawa Shishi Odori Dance Preservation Society

stayed overnight in Mitobe to teach the Shishi Odori. However, the Shishi Odori consists of 17 scenes combining 32 songs and eight dances. Until the dancers could master this Shishi Odori, they had to overcome so many difficulties that words cannot adequately describe them. Kenichi went Maikawa several times and eventually the Mitobe Shishi Odori was successfully revived. The Mitobe Shishi Odori, however, faced a crisis again. It was the Great East

Japan Earthquake of 2011. All the houses in Mitobe were washed away by the massive tsunami and the town was completely changed in appearance. Amid this devastation, the deer heads and

drums were miraculously found. Using the heads, drums, and other items found, the Shishi Odori was performed on a public holiday in May as a "memorial for loved ones who fell victim to the tsunami and earthquake and for the repose of souls of all living creatures." It was the moment when everyone was convinced of their close bond and that the Shishi Odori had found its home. Tears were shed and many received courage from the dance. One interesting event occurred. Before the disaster, a town worker had brought a

pair of splendid antlers that he had obtained from a wild deer that he had trapped, saying, "Should not this be the antlers for the deer head for the dance?" Then, the antlers went missing in the disaster, and later, one of the pair of white antlers was miraculously found in the debris. One day, a truck loaded with debris was passing in front of Kenichi. Half of the white deer antlers could be seen in the heap of debris. He ran after the truck and retrieved the antlers. The pair of antlers is now used as one of the antlers in the deer heads used in the Shishi Odori. These chalk-white antlers became the symbol of loss and revival. (Cover photo) Over the past five years, the young people of Mitobe mourned the victims of the

tsunami and danced to give thanks to the lives nurtured by the sea and mountains and for their own lives. They have accepted the spirits of the Mitobe Shishi Odori Dance into their bodies and hearts. The Gyozan-ryu Mitobe Shishi Odori Dance touched many people's lives over the past 300 years. It was able to overcome the unprecedented challenge of the massive tsunami disaster, and has been successfully revived in its birthplace of

Mitobe in the Togura district.

海の幸、里の幸、山の幸にめぐまれた

里海暮らしの喜びをおすそ分けします。

The dance of souls refined through overcoming hardships

The story of "Gyozan-ryu Mitobe Shishi Odori" (Deer Dance)

をかだち表紙/「側鹿子」の鹿子頭。瓦礫の中から見つけた鹿角をつけた。 右上/「中立」

の鹿子頭の正面 右下/「中立」の鹿頭の背面につけられた「流し」。スサノオ

ノミコトのヤマタノオロチ退治の場面が描かれている。 中右上/長さ 2.7m

のササラ 中左上/袴の背面にも鮮やかな絵が染め付けられている。 中下/

衣装の各所に染め抜かれている伊達家の九曜紋(右)。輪違紋(左)は登米の伊

達家から拝領と伝えられる。左/衣装をまとった男たちはまさに「聖獣」。

口

試

口 が













photo: 浅田政志「南三陸"がんばる"名場面フォトプロジェクト」 @ 南三陸町戸倉字水戸辺 行山流水戸辺鹿子躍保存会のみなさん



時代を超えて

世代を超えて