



GIJANG COUNTY NEWS

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TRADITIONAL YET MODERN GIJANG : FULL OF LIGHT, WATER AND DREAMS

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Gijang Exports Kelp to Japan for the First Time

Gijang kelp, which is a special produce of the area, has been exported to Japan for the first time. Gijang's seaweed has been exported to Japan and North America until now, but exports of kelp have been weak due to the different usage methods of food ingredients in other countries. In addition, due to lack of space, drying using natural means was difficult, making it more challenging to export Gijang kelp. Under these circumstances, Kim Young-tae, a fisherman of Gijang, introduced a mechanical drying facility to produce excellent kelp while maintaining its unique flavor and taste. Kim exported 21 tons of this kelp to Japan in December last year, raising \$200,000 in exports. Japanese buyers rated the exported Gijang kelp to be of the highest quality, on par with Japan's Hakodate Kelp. The kelp produced in Hakodate and Rishiri Island in Hokkaido is the most highly rated in Japan. An official of Gijang County said, "I am very pleased to export Gijang kelp to Japan, where they have high expectations in terms of not only type and quality but also appearance. Starting with this first export, we look forward to expanding our exports of Gijang kelp".



Recommendations for preventing COVID-19 infection

Recommendations for preventing infectious diseases



Wash your hands with soap and running water especially your palms and under your fingernails



Cover your mouth with your sleeve when coughing!



If you experience **respiratory symptoms** such as cough, **must wear a mask** (mandatory when visiting health facilities)



Inform medical staffs of your travel history when visiting selected clinics* (health facilities)



Consult with your local public health center or call '1339' or 'Area Code +120' if you are suspicious of **contract an infectious disease**

Recommendations when travelling in China



Do not touch animals



Avoid visiting to local markets and health facilities



Do not contact with people who have a fever or respiratory symptoms (coughing, sore throat, etc.)



• **Wear a mask when coughing**
• **Cover your mouth with your sleeve when coughing**
Comply with personal hygiene recommendations

Wash hands for 30 seconds or more thoroughly with soap

The 6 steps of hand washing



① Palms



② Nails



③ Between fingers



④ Put two hands together



⑤ Thumb



⑥ Tip of nails



▪ **Submit a health questionnaire upon returning from visits to China**

Call the Center for Disease Control & Prevention Call Center (1339) or the Gijang Health Center (709-4812, 4823) if you have fever and respiratory symptoms (cough, sore throat, etc.) after returning home.



101st Anniversary to be Held: March First Movement

A ceremony to commemorate the 101st anniversary of the March First Movement will be held on the 1st of next month at the Hangil Memorial Monument Square (in Sae-maeul Children's Park, Gijang-eup). More than 500 local residents and students, including the bereaved families of patriotic martyrs, will be attending the event. The Jeong-gwan-eup Residents' Self-governing Committee will also hold a March First Memorial Ceremony at 11am on March 1 at the Patriotic Martyr Memorial Tower (inside the Jeonggwang Museum). (The March First Movement ceremony may be canceled due to the spread of the new coronavirus).

Ride the Roller Skates of Memories



Roller skating was a popular leisure activity and culture for young people in the 1980s. Although it gradually faded out with the appearance of inline skating in the 1990s, from several years ago it been attracting renewed attention as a leisure sport enjoyed by men and women of all ages thanks to a retro trend. Roller skating can develop your sense of balance, exercise, and cardio, while being less burdensome on the joints than running.

Roller Skating Grounds in Gijang

- 1 Rollerman, Gijang-eup. Tel. 722-0501. Closed every Tuesday, cost 9,000 won.
- 2 Rollerpark, Dongbusan, Gijang-eup. Tel.723-0222. Closed every Monday. The cost is 10,000 won for 2 hours.
- 3 Roller Bangbang, Jeonggwang-eup. Tel. 521-8777. 10,000 won for 2 hours.

Seaweed Egg Kimbap: Good for Boosting Immunity



[Method]

1. Wash rice and cook
2. Soak dried seaweed in cold water for 15 minutes
3. Beat the eggs well, pour some cooking oil into a pan and heat eggs over low heat after thinly spreading out
4. Leave the thin 'jidan' to cool before cutting into long strips
5. Wash soaked seaweed and drain
6. Cut the seaweed into sizes of about 2-3cm
7. Put garlic and 1 tablespoon of sesame oil into pan and stir fry
8. Add soy sauce, sugar and seaweed and stir fry
9. When seaweed is soft, add the remaining 1 tablespoon of sesame oil and stir fry
10. Put kimbap laver onto kimbap rolling tool (gimbal) and add rice, pickled radish, egg, and seaweed and roll
11. Cut into bite-sized pieces

Seaweed is a food rich in minerals and vitamins that helps blood circulation by releasing toxins accumulated in the body. It is rich in iodine, calcium and iron, which is effective for the postpartum care of new mothers and the bone health of growing children. It is rich in dietary fiber that prevents constipation and is also a low-calorie food that can help you lose weight.

Recipe (serves 2)

20g of dried seaweed, 2 tablespoons of sugar, 2 tablespoons of soy sauce, 2 tablespoons of sesame oil, 1/2 tablespoon of garlic, 2 pieces of seaweed laver, 180g of rice, 3 eggs, 40g of pickled radish, cooking oil