
awa life



A monthly newsletter for international residents of Tokushima, produced by TOPIA, the Tokushima Prefectural International Exchange Association.

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the expo experience

by martin o'brien
martinobrien2004@gmail.com



Thai insect dancers on the Aichi Expo grounds

I recently had the pleasure of visiting my first Expo which is now being held in Aichi Prefecture. Such world fairs where various cultural, scientific, technological and environmental exhibitions can be viewed have been around since 1851, when the first World Fair/Expo was held in London.

I spent two days at Expo. Due to the fact that there are so many exhibits, and more significantly long queues outside the exhibits you really need to spend two full days at the Expo site in order to check things out thoroughly. The Expo site is just outside Nagoya City. I took the JR Chuo Line from Nagoya station to The Aichi Loop Line Expo Yakusa Station. After going through a long queue at Expo Yakusa station I boarded the Linimo, a special monorail which goes straight to the Expo site. On paper it takes 45 minutes to get from Nagoya station to the Expo site however with all the queuing involved the time

is considerably longer. The first day I went, I left Nagoya Station at 7:00 and entered the site at 10.00. The second day I left Nagoya station at 9.00 and entered the site at 10.30. So getting up early to beat the crowds is a bad idea because unfortunately, everyone else has the same idea.

After I entered the site I started off by going to Global Common 1 where all the Asian countries were exhibiting. The first one I went to was the Saudi Arabia Pavilion. There were various types of crude oils on display. It was weird because they had all different quality grades which were determined by viscosity, and different names like they were wines. I thought crude oil was just crude oil. The best one of all was the South Korean pavilion. In addition to the various cultural aspects of Korea exhibited there was a 13 minute animated film. Everybody was given 3D glasses. 3D films have been around for a while and I think they

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from the editors

I seem to recall from grade 7 science class that molecules speed up as their temperature rises. So the molecules of ice are moving very slowly, while water moves faster, and steam is moving even faster. Does this explain why people get more active when the weather warms up? I suppose if that was true, we'd all be jogging to work come August, and I know that's not going to happen! Quack amateur scientific theories aside, it is true that things have gotten much busier in the past month or so - at least around TOPIA, anyway! The number of visitors have increased, with people looking to do the pilgrimage, take a trip to the Iya valley, or just see what Tokushima City has to offer. Even if you have been living in Tokushima for years, why not stop by TOPIA next time you are in the area, and see what we can do for you? Love, Claire

This month, in addition to my regular Anime column, I have given an account of my trip to see the 2005 World Exposition in Nagoya. I spent just over a week in Nagoya, and enjoyed myself immensely. Although the Expo is drawing a great deal of visitors to Nagoya these days, Nagoya has much more than cultural exhibits to offer. As I was staying near the Nagoya City JR station, there was much to see and do. I checked out the beautiful Nagoya Castle and the Toyota Commemorative Museum of Industry and Technology. In addition to sightseeing I sampled the local specialties of **misonikomi udon**, **miso katsu**, and **gohei mochi**. I urge you to head towards Aichi before the Expo has finished and check out all this amazing prefecture has to offer.

Peace, Martin



awa life

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Editors:

Claire Kinder & Martin O'Brien

Contributors This Month:

Fumiko Kanematsu, Claire Kinder, Karen Reid, Kaori Sakamoto, TOPIA Staff, Jon Teakle, , Martin O'Brien, and Don Weiss

awa life welcomes announcements, articles, opinions, letters, art and photographs. Please send contributions to the editors at TOPIA. You can also write (or call in!) for a free subscription.

Tokushima Prefectural International Exchange Association (TOPIA)

Clement Plaza 6F
 1-61 Terashima Honcho Nishi
 Tokushima City 770-0831 JAPAN
 tel: 088.656.3303
 fax: 088.652.0616
 topia@fm.nmt.ne.jp
<http://www.topia.ne.jp/>

Download a PDF file of **awa life** or view the online version by going to TOPIA's website!

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English Information on FM Tokushima:

"Talk Up Tokushima" Thursdays @ 9:15am
 Tokushima City 80.7 Ikeda 82.3
 Anan 78.4 Hiwasa 77.7

around the world by bike

by karen reid
karenreid392004@yahoo.co.uk

Isn't it the dream to be able to do what you love everyday? And wouldn't it be the icing on the cake if that dream in turn created something wonderful for others too? Well Alastair Humphries is living his dream, with the icing! Alastair has combined his two major passions, cycling and travel to create a lifestyle which benefits others.

For the past three and a half years he has been cycling around the world. Alastair, 28, left home in August 2001. His solo unsupported journey would take him across five continents and fifty countries with a total budget of \$11,000. He is expected to take another year to complete this journey. So far, he has covered 54,000km and 46 countries in 43 months. He began from his doorstep in England, down his familiar hometown road and next left, the rest of the world! The first carefully planned stage of the epic journey would have seen Alastair cycle from Europe through Afghanistan en route for Australia. However, the effects of September 11th 2001 forced him into a drastic change of plan whilst on the road. Instead of Australia, Alastair found himself cycling through Africa to Capetown, South Africa. In January 2003 he hitched passage on a sailing yacht to South America in the famous Cape to Rio Race. He rode from the southernmost tip of South America to the Arctic Ocean in northern Alaska. He found a boat ride to Magadan, and cycled through the harsh



Alastair flashes the peace sign with Wakimachi High School students Kume Ayumi, Takai Nao, Kamada Mariko, Fujinaga Youko and Kasahara Midori

Siberian winter, reaching Hokkaido in time for Christmas of 2004.

All of the money Alastair raises goes straight to the charity he is cycling in aid of: Hopes and Homes for Children. He receives donations of equipment and supplies to support his expedition, usually from companies. He gives lectures about his journey in exchange for bread and board and to raise awareness about the charity. Hopes and Homes for Children (HHC, Reg No. 1040534) is an international charity dedicated to providing a family and a future for children orphaned or abandoned through war, disaster, or AIDS. I have been fortunate enough to have seen HHC at work firsthand in Sarajevo five years ago. Not only do they strive to provide children with food, clothes, and shelter, but they also give emotional and psychological support to help children, recover and develop productive lives in spite of their traumatic experiences. One of the reasons I have a particular interest in this charity is the fact they are dedicated to long-term involvement and commitment.

I heard about the Round

The World By Bike project and invited Alastair Humphries to come to my senior high school in Wakimachi. It was a great opportunity for students to practice their English and learn about a worthy project. More importantly, I hoped his lecture would inform my students of the world outside of their own and maybe even inspire them to take risks and follow their dreams too. As Alastair was arriving by bike directly to my school we couldn't exactly stick to a strict schedule. 60 students and teachers voluntarily showed up to stay late on a Friday night for the lecture. They were happy to see Alastair eventually arrive and so was I. Soaking wet from the exhausting rain, he happily insisted on going ahead with the lecture. It was obvious the students appreciated this as they were full of questions for him and autograph requests.

If you are interested in learning more about Alastair's journey, check out the following web pages:

The charity:

www.hopeandhomes.org

Alastair Humphries: [www.](http://www.roundtheworldbybike.com)

[roundtheworldbybike.com](http://www.roundtheworldbybike.com)



virabhadrasana - warrior II

by jon teakle
 yogatokushima@yahoo.com

named after a warrior from Indian Mythology, this pose strengthens and stretches the legs and ankles, stretches the groin, chest, lungs and shoulders. As with many other yoga poses Warrior II also increases stamina and can help relieve backaches.

Step 1

Standing with feet together, hands in front of your chest (Tadasana pose). Inhale; as you exhale jump or step the feet apart (about 2-3 times your shoulder width, but don't over extend). Arms should be stretched sideways, palms facing down.

Step 2

Turn the right foot in about 20-30 degrees, turn the left foot 90 degrees out (pointing straight forward). The left heel should be aligned with the right heel. Lock the right knee and extend the trunk of the body upwards.

Step 3

On your next exhale bend the left knee until it is at a right angle above the left ankle. It is important not to have the knee in front of the ankle, this will cause too much strain on the knee joint, if you find yourself going over the ankle move the left foot further forward.

Try to make the left thigh parallel with the floor and the left shin perpendicular to the floor. Turn the head so that your gaze is fixed above the middle finger on the left hand. The arms should form a straight line from fingertip to



fingertip, stretching apart.

Stay in the pose, breathing slowly for 30 seconds to one minute. As you inhale, bring your torso and feet back to the center and repeat steps 1 and 2 on the other side.

IMPORTANT !!!

What I have described above is the basic instructions to get you into the pose. However, the minor adjustments in this pose will bring a lot of the benefits, without them, you'll will only be doing 60% of the pose.

Drop the backs of the shoulders, make sure your arms are fully extended and reaching apart, flex all the muscles in both arms; for more of a stretch spread your fingers.

The outside of the back foot must be pressing down, This helps the back leg to stay straight and creates the stretch in the back leg and ankle. (if the sole of the back foot isn't touching the floor, you have probably spread your

feet a little too far apart).

Make sure your bum/butt (depending on your nationality) is not sticking out, hips and shoulders should be aligned. Torso is centered, straight and extending upwards.

If you don't feel a stretch in the back leg and groin, your feet are most likely not far enough apart or you haven't lowered fully in to the pose.

The weight on the front foot should be firmly on the heel, be careful not to bunch up the toes.

Most people who are new to this pose often feel the fatigue in their arms first, this will improve very quickly with practice. This pose uses most of the muscles in your body when done properly, after continued practice you will feel stronger. The practice of yoga won't make your muscles bigger, but it will make them better and denser by toning and strengthening.

Namaste, JON



tastes of awa: sake, mirin, and shoyu - huh?

So you've been looking at Japanese cookbooks and googling like mad to get ready for a nice Japanese dinner and the recipe you want to try calls for 1/2 cup **sake**, 1/4 cup **mirin** and 1/4 cup **shoyu**. and you say to yourself:

- Which sake?
 - What kind of shoyu?
- and
- I thought mirin was another way of saying "cooking sake."

Taken in reverse order:

- Wrong
- Regular is fine -- probably
- The kind you like to drink -- probably

Sake 酒

There are probably a few thousand different **sakes** in Japan, but generally you can talk about them as being either more or less sweet. **Sake** aficionados will usually push dry **sake** at you and warn you not to heat it. The usual sake you get in restaurants is a little sweet and it is, actually, fine for cooking as far as I'm concerned. However, the usual **sake** in my house is a local one, Naruto Dai (the one with the curled up, leaping red fish) and I personally make no distinction between cooking **sake** and drinking **sake**. For me, drinking **sake** is the one I drink while the food is cooking, and after it's done. (Naruto Dai comes in about 7 different types. The ones that cost about 1200 to 1500 yen per big bottle are what I buy, drink and cook with.) No doubt Awa Life can find a **sake** expert, or maybe even

an aficionado, to write about how wrong I am next month.

Shoyu

しょうゆ, or 醤油 or 正油

Can I say that instead of "soy sauce" - is it okay? Maybe I've lived here too long, but soy sauce sounds too American to me. (How do you know when you've lived in Japan too long? When you start bowing at the end of a phone call.)

There are basically five kinds of **shoyu**: **koikuchi** 濃口, **usukuchi** 薄口, **tamari** たまり, **shiro** (white soy sauce) 白 and **saishikomi** 再仕込. I've never seen shiro or saishikomi, they're just a cookbook rumour to me, and I've only seen tamari in the US, where two different things are sold as tamari (it's a long story, never mind right now). Basically, everyone in Japan uses **koikuchi** nearly all the time except for chefs, who usually use **koikuchi** but sometimes use **usukuchi**. The difference is that **koikuchi** has a richer taste (**koi** = concentrated, thick, dark, undiluted) and **usukuchi** (**usui** = dilute, thin, weak) has a thinner taste and a little more salt. Feel free to use **koikuchi** all the time. Recipes designed for home use rarely call for **usukuchi** because most people in Japan seem to keep only **koikuchi** in the kitchen these days, though I'm sure that back in the good ole days... **Tamari** is nice (and also traditional) for **sashimi** and **sushi**, though what you buy in the supermarket under the label **sashimi-joyu** (さしみじょうゆ) probably isn't **tamari** in the strict sense (I repeat, it's a long story).

Mirin 味醂

I used to think that **mirin** was to **sake** as **cooking sherry** was to Fino, cheaper and sweeter. Well, sort of, but not exactly. **Sake** is made from rice that has been milled (the more it has been milled, the higher the grade of **sake**). **Mirin** is made from unmilled rice (i.e. brown rice or **genmai**). It's sweeter, lower in alcohol and more flavorful than **sake**. If you don't have **mirin**, you could substitute **sake** and a tiny bit of honey for a similar effect. Some cookbooks actually suggest substituting cooking sherry for **mirin**. My wife is even more flexible. A couple of times when we've run out of **mirin** she's substituted whatever alcohol came to hand first (once Remy-Martin VSOP, once Blue Nun) and those seemed to work fine too.

All this **sake**, **mirin** and **shoyu** is intended to add three of the basic flavors to whatever you're cooking. **Shoyu** provides salt. **Sake** provides a little heat. **Mirin** provides both heat and sweetness. And of course they all add to the complexity of the flavor mix. It's nearly impossible to make reasonably authentic Japanese food without this triumvirate of **sake**, **shoyu** and **mirin**. Fortunately, since we all live in Japan, we don't have to do without. Pity the poor cooks in Missouri, or the Shetland Islands. When they find Japanese recipes on the internet, they probably throw up their hands in horror and go back to eating grits or haggis. (Ugh!)



topia greetings

a message from topia
topia@fm.nmt.ne.jp

here it is, a staple in the May Awa Life - greetings from the staff of TOPIA. If you've ever wondered what the people behind the counter are thinking, this is your chance to find out!



Toshiyuki Kawakami

Dear readers of Awa Life, how have you been? The cherry blossoms have already fallen here in Tokushima. Were you able to have a **hanami** party this year? The season when the cherry blossoms bloom is one where many people come and go in the schools and workplaces of the nation. Even at TOPIA, a longtime co-worker left us, and some new staff joined us. This year, we are planning lots of events and programmes in order to increase the international exchange and cooperation in Tokushima Prefecture. I hope that you can support us in our endeavours in the coming year.



Isao Matsushita

Starting this spring, I was transferred to the Passport Centre, where I will work in the issuing of passports. At the same time, I also became a member of the TOPIA staff. Both of my new workplaces are indispensable

to international exchange, and I'm very happy to have a chance to work in this field. It is my hope that you will be able to find out more things about Tokushima through Awa Life or TOPIA, and that chances for international exchange will spread.



Akira Harada

I've entered my sixth year as a staff member of TOPIA. Since I started this job until now, the state of international affairs in Japan and Tokushima has changed a lot, and it looks as though it is going to change a lot more from now on. Along with this, the numbers of foreigners visiting TOPIA has increased, and the kind of work we do at TOPIA has shifted from putting on events and things, to focusing more on the support of people in their daily life. I'm going to do my best so that the citizens of Tokushima and people from other countries can live together safely and enjoyably.



Murasawa Fumie

When I wrote my self introduction article last year to Awa Life, I did not think that so many natural disasters such as 10 huge typhoons, floods,

earthquakes would hit Japan. At the beginning of this year, I hoped that this year would be peaceful and happy year. However, a large earthquake hit Fukuoka in March, and still people there are still suffering from the aftershocks.

The numbers of people visiting Japan from abroad and foreign residents in Japan have increased year by year. I hope that everyone will be able to have peaceful and happy time the rest of this year.



Toshihiro Noguchi

On March 31, I ended my term as the JICA Coordinator for International Cooperation. Thanks to you all, I had an enjoyable three years in this position. Thank you so much! Everyone was so nice, that I started to feel like I wanted to find a way to stay at TOPIA! I did my best and luckily, I was hired as a permanent staff member of TOPIA. I will work hard to make Tokushima a place where foreigners and Japanese people can enjoy living together.



Chiho Miyagi

Hello everyone! I started

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working at TOPIA this April. Working in a new environment like this makes me feel like every day is an adventure. I've only just started at this job, so I still have a lot to learn. It's a lot of fun being able to meet so many people every day. Part of my job is to act as an advisor for people who are having trouble with their lives in Japan, so if you have anything you'd like to ask about, don't hesitate to drop by for a chat. I'm looking forward to meeting all the readers of Awa Life here at TOPIA.



Yukie Matsumura

Hajimemashite. I worked as an architect for twenty years, but my new job has started now. I'm working at JICA "for a better tomorrow for all." I was a member of the Japan Overseas Cooperation Volunteers. My field was Zimbabwe. It was a nice experience for me. Africa is big. I'll try to work with a bighearted mind.



Junko Kimura

This is my second year at TOPIA. My first year, I really enjoyed working here. It's amazing that I can get to know loads of unique people from all

over the world just by sitting on my chair at TOPIA. I'm trying to be a good information provider here since it can make your trip so different if you get useful information. Even if it is just a few minutes help, I take it as a once-in-a-lifetime chance. I have been getting nice compliments from tourists that TOPIA is one of the best information providing places. This year, I will try not to forget my original intention and do my best for everything.



Martin O'Brien

Every year in TOPIA, like in many Japanese workplaces, there are a great many staff changes. People come and people go, it is a time of sadness and melancholy but also of excitement and wonder. I have been in Tokushima almost a year and I have spent a lot of time working at TOPIA. You might have read one of my articles in Awa Life or spoken to me at work. I believe that TOPIA is a place where we can overcome our cultural differences and find common ground and mutual respect. I hope TOPIA can help and encourage you during your time in Tokushima.



Li Zhiying

Hello everyone! My name is Li Zhiying. I am from Guangzhou, China. When I came to Tokushima, the cherry blossoms were in full bloom. I was so moved by this sight. I took tons of pictures and sent them home to my friends and family. I really hope I'll be able to see them again next year, before I go home. I hope to make the most of my one short year in Tokushima.

I am the editor of the Chinese version of Awa Life – Awa Seikatsu. If any of you have anything you'd like to tell me about life in Tokushima, please get in touch. I'm not so good at English, so I'd appreciate it if you could write to me in Japanese. If you would like to write a 'Letter to the Editor' for Awa Seikatsu, please contact me: topia@fm.nmt.ne.jp
attn: Li Zhiying



Claire Kinder

I have some exciting news for all my Awa Life readers - starting on March 31, I became Claire Tanaka! Kinder is now my 'pen name.' Everyone says people change after they get married, but so far, I feel the same as before. April 1 is the first day of the fiscal year in Japan, but for me, it was the first day of my life as a wife, so to speak. I'm looking forward to spending my anniversary under the cherry blossoms every year from now on.



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are a somewhat pointless gimmick, however the people involved in the creation of the film are clearly on to some new technology or something because it was brilliant, frankly.

Many of the countries exhibiting had restaurants in their pavilions serving their respective national cuisines. I went to the Nepalese pavilion and had a curry; nice, but it was a small portion and overpriced. Despite the marked-up prices, the variety of restaurants at EXPO was one of the bonus points. Along with the Nepalese restaurant, I went to Turkish, Mexican and Australian (Aussie burger) restaurants over the course of the two days. Hungry work queuing.

After lunch I went to the US pavilion in Global Common 2. A film starring Benjamin Franklin, who had come back from the past to talk about the future, was shown. It was all Hollywood but I liked it, especially the part where Benjamin was talking about electricity and buzzers underneath the seats gave everybody a small dose of electricity.

In Global Common 3 most of the European countries were exhibiting. I visited the Spanish exhibit which was excellent however by that time I was suffering from Global pavilion fatigue so I decided to check out some robots. I visited the Nedo Pavilion which showed a 3D film about robots and other future technologies. It was pretty boring, and the 3D technology was of the old jittery and blurry variety. Not



Brother corporation's sleepy robot

recommended. After checking out a few more country pavilions I ventured into the Corporate Pavilion Zone A where I checked out the Mitsubishi Pavilion@Earth - What If the Moon Didn't Exist. There were robots, talking moons and an IFX theatre presentation showing what the earth would be like without a moon. It was a blast and I left with a new and profound respect for the moon.

On the second day I went straight to the JR Central Pavilion: Invitation to the Ultimate Surface Transit System. It was possible to watch footage of test runs of a superconducting linear motor train. One of the coaches was also exhibited. Afterwards I went to the JAMA Wonder Wheel Pavilion, or Jumped-up Ferris Wheel as I prefer to call it. A popular exhibit but I expected to see more real live technology on display from the Japan Automobile Manufacturers Association.

The next exhibit on the agenda was the MITSUI-TOSHIBA Pavilion. This was in my opinion the best exhibit of all. Once inside a futurecast

system scanned my face and converted it into computer graphics. I played the role of a space security guard in "Space Child Adventure-Grand Odyssey". After that I went to Gas Pavilion: Magic Theatre of Flames. It was well done but really only for kids. My final Expo pavilion was the Nature Contact-Hitachi Group Pavilion where it was possible to contact virtual animals on a safari ride. I would have liked to visit the Toyota Group Pavilion and the Interactive Fun Zone but the queues were too long and alas time was running out.

It was still an enjoyable experience and will probably be even more so in a few months when the crowds die down. The EXPO will be open until September the 25th 2005. Tickets are expensive at 4600 yen for an adult day pass so it's not for everyone but if you like the discovery channel, robots, and queuing then it is truly the greatest place on earth. For more information check out the EXPO homepage at <http://www-1.expo2005.or.jp/en/index.html>



martin's anime corner

by martin o'brien
martinobrien2004@gmail.com

Title: Memories
Directed by: Koji Morimoto, Tensai Okamura, and Katsuhiro Otomo
Creators: Mash Room / Memories Project
International Distribution: Columbia Tristar
Released: Japan (1995) US (2004)
Length: Approx. 110 minutes

"Memories" is a three part science fiction anime produced by Katsuhiro Otomo. It contains three films separately directed by some of world's most renowned anime artists. The first film in "Memories" is "Magnetic Rose" which is directed by Koji Morimoto. Morimoto is most famous for directing "The Animatrix," which contains 9 stories set in the world of the Matrix and was partly written by the Wachowski brothers (directors of the Matrix films.) Before Morimoto found fame as a director, he worked as an animator on well known titles such as "Akira," and "Fist of the North Star." The second film, "Stink Bomb" is by Tensai Okamura who directed "Naruto." The third film, "Cannon Fodder," is directed by Otomo who was responsible for directing the most famous anime film of all time "Akira." The three films in the "Memories" project are very different from each other with no common theme. The only thing that binds them together is the fact the all three have been directed by renowned all-star directors.

All the three films have something of interest. "Magnetic Rose" is a suspenseful space horror which brings together lavish

romantic animation with an operatic soundtrack. A space craft responsible for cleaning up space debris receives a distress signal coming from a seemingly abandoned space craft. Two of the crew enters the craft where they find a brilliant lavish interior which was seemingly inhabited by a once famous opera singer. The two men soon become perilously drawn into the enchanting world of the opera singer and her memories. The films most striking aspect is the fusion of the ornate romantic world of the opera with the harsh futuristic sci-fi imagery. The film is made complete with a beautiful soundtrack consisting of snippets of various Puccini operas

The second animation is "Stink Bomb." The animation and imagery is unremarkable but its brilliant and darkly humorous plot makes up for any shortcomings in that department. This story concerns the adventures of a young salary man at a pharmaceutical company who mistakenly eats a special pill left lying around the office of the department head, which he thinks will cure his cold; an action which soon has consequences for everybody in the country.

In contrast, "Cannon Fodder" is a thought provoking wonderfully illustrated piece about war and society. The action centers on the daily lives of a boy and his mother and father who live in a depressing, industrial city where every building has a gun turret, and where the lives

of everybody in the society revolve around the firing of big cannons. The animation in "Cannon Fodder" differs greatly from the other two. It is a lot darker than the other two both in terms of its unique animation and storyline.

"Magnetic Rose" and "Cannon Fodder" are quite artistic compared to "Stink Bomb", however they are to some extent derivative where "Stink Bomb" is highly original. The story in "Magnetic Rose" owes a lot to that famous 70s Sci-Fi film "Solaris" directed by Andrei Tarkovsky. As in "Solaris," the story is based on individuals who enter a mysterious spacecraft where their perceptions of reality are challenged by some mysterious possibly malevolent force. "Cannon Fodder," is set in an interesting militaristic Prussian style retro-futuristic world where society is constantly at war. The story is a straightforward George Orwell 1984 type of satire on the futility of war. "Stink Bomb" is my favorite of the three due to the highly original storyline, "Memories" contains three different films each done in a very different styles. In my opinion the underlying strength of this project which brings together such diverse themes and talents is that it will contain something that you will like while simultaneously exposing one to other styles of animation which would have otherwise been unfamiliar. In any case you get three great films made by three great directors for the price of one.



japanese in the news

by claire kinder
clairish@gmail.com

It feels like only yesterday that I turned my gas heater on for the last time (oh wait - I think it was yesterday...) but now the warm spring days are here and everyone is out and about, frolicking in the flowers. We all try to deny what is right around the corner - rainy season - called 梅雨 - **tsuyu** or **baiu** - in Japanese. This is when a stationary rain front forms over Japan for about a month and a half. In Shikoku, rainy season lasts from approximately the first week in June to the second week in July. While we don't necessarily get rain every day like rainy seasons in other parts of the world, it does mean there is a higher incidence of rainy days. You may find you are facing days in a row of cloudy-yet-dry weather, and still the people around you will be complaining about 'rainy season' - think of this as a conversation starter and not necessarily a legitimate observation on the weather. There is in fact a term 空梅雨 - **kara tsuyu** - which means 'dry rainy season.' Rainy season isn't just about rain - it's a veritable mini-season unto itself!

Tsuyu literally means 'plum rain?' Why? They say it's because it's traditionally the time of year when the plums are ripening. Perhaps that's just a way to make us all feel more poetic about weeks and weeks of rain. Think of the crops! Think of the plums!

The problem with the start of the muggy season that **tsuyu** brings on, is an increased risk of 黴 - **kabi** - mold growing in your living environment. This

can mean clothes that smell musty and food that goes off faster than usual. If you want to avoid problems associated with too much damp in your house, try purchasing some of those ドライペット - **dorai petto** - a brand name of 除湿剤 - **joshitsu-zai** - dehumidifying agent. **Dorai petto** comes in boxes that resemble air fresheners, but which diligently collect the water from the air in your home and store it, so you can see what a good job it's doing. You'll know it's time to get a new one when it gets full of water. If you are feeling extravagant, you can also get a 除湿機 - **joshitsuki** - a mechanical air de-humidifier to help dry your clothes when you are forced to hang them inside because of the driving rain outside the window.

Japan has a day where public workers, school children, and other uniformed professions change their seasonal uniforms from the long-sleeved version to the short-sleeved version. This is called 衣替え - **koromogae** - changing clothes. The day people change from long-sleeved to short is June first. Prime Minister Koizumi pledged that this year, he too would come to work with short sleeves and no tie. This is in order to promote 省エネ - **shoene** - energy conservation. During the energy crisis in the 1970s, a new type of suit was introduced where the jacket had short sleeves: the **shoene** suit. For a time, government workers were required to wear this type of suit to work

to show their commitment to reducing energy use. The logic being less clothing, less need for air conditioning. Of course, the ironic part is that the hot weather usually starts up a week or two before the designated date of June first. Keep watch on **koromogae** day and see if you can spot the new uniforms! 

letter from suketo hoikuen

The pastel pink season of the **sakura** has given way to bright, new green... It's such a good feeling to be close to nature during the changing of the seasons. I love this time of year. May is a great time of year to get outside and refresh yourself in the fresh air.

This time, let's talk about breakfast... Foods like bread and rice are good nutrition for our brains. Those carbohydrates provide energy to help our brains work, so it's important to eat something from this food group first thing in the morning. Don't forget the protein and vitamin B-complex (found in milk, eggs, fish, cheese, etc.) too! Breakfast provides the basis for your whole day's activities, so it's a very important meal. If you leave out breakfast, your powers of concentration are diminished, and it's easy to get irritated. If children learn to eat a proper breakfast, they will keep that habit for life. Let's eat a big breakfast and have an energetic day!

-Kaori Sakamoto 

japanese lesson

by fumiko kanematsu
jtmtoke-lesson@mbk.nifty.com

This month, let's study how to use V-dictionary form / V ない form + ことになりました / しました (dictionary form or **nai** form of verb plus **koto ni narimashita** / **koto ni shimashita**), which express something to be decided upon, or what you have made a decision.

Let's take a look at the following conversation.

① メイ: 来週 退院する ことになりました。

田中: よかったですね。おめでとう ございます。

May: "It has been decided that I'm going to leave the hospital next week."

Tanaka: "That's great. Congratulations!"

「～ことになりました」(**koto ni narimashita**) means "doing something has been decided upon", which indicates someone else has made the decision.

Let's take a look at the next conversation.

② リー: こんど 結婚する ことになりました。

山田: そうですね。それはおめでとう。

Lee: "It has been decided that we are going to get married."

Yamada: "Oh, is that so. Congratulations!"

「～ことになりました」(**koto ni narimashita**) is also used when the speaker

doesn't know, or doesn't want to tell, who has made the decision. It often implies that the decision has been made not by a mere individual but either by the public or by some authoritative power.

[Note] It sounds softer and more polite than to use 「結婚する ことに しました」(**kekkon suru koto ni shimashita**), although it is the speaker himself who made a decision to get married. If you use this form, some people might think that you are going to marry in spite of your parents' opposition or some other difficulty.

Let's go on to 「～ こと に しました」(**koto ni shimashita**). Take a look at the following conversation.

③ ケン: ゴールデンウィークは どこも 行かない ことに しました。レポートを 仕上げなければ なりませんから。

中村: それは たいへんですね。頑張ってくださいね。

Ken: "I have made up my mind not to go out during the Golden Week. I have to finish my report."

Nakamura: "Oh, that's too bad. Good luck!"

「～ことに しました」(**koto ni shimashita**) means "to have decided on doing something", which indicates it is the speaker that has made the decision.

Practice

Make a conversation by using 「～ことになりました」 or 「～ことに しました」, and send your conversation to JTM by e-mail:

jtmtoke-lesson@mbk.nifty.com

I will write back with suggestions and answers to your questions.

1. You are going to be transferred to Tokyo next week. You tell the owner of your apartment about it. The owner said, "It's quite a sudden transfer, isn't it."

You: 来週 東京へ _____

Your landlord: 来週ですか! _____

2. You are going to take Japanese language proficiency test level 2 this year. You let your Japanese teacher know your decision. Then the teacher encourages you to try your best to pass the test.

You: 今年 日本語能力試験の 2級を _____

Your teacher: そうですね。 _____



memoranda

New Law

新しい法律ができました

A new law came into effect on April 1, 2005, which states that people who hold foreign citizenship and who have a foreign address (ie. who live overseas) must present their passports to be copied when they check into a Japanese hotel. This law does not apply to foreign nationals who are registered as living in Japan.

when: starting April 1, 2005

Japanese Lessons in Anan

阿南市日本語教室

when: Every Sunday, 13:00 - 15:00

where: Anan City Tomioka Kominkan (beside Yume Hall)

cost: ¥2000 for 40 lessons

text: Minna no Nihongo I (text costs ¥2500)

to apply: send your name, address, telephone number or e-mail address, nationality, information about your reading level (hiragana, katakana, kanji), and your Japanese study history to:

Anan City International Association

c/o Muronochi Hayashi

385-305 Ryouke-cho, Anan City

774-0011

tel. 0884.21.5599

fax. 0884.21.0909

e-mail. etonne@stannet.ne.jp

Tastes of Awa

阿波の味

Friends coming from overseas and you want to impress them with some local home-cooked cuisine? Finding yourself wandering aimlessly in the grocery store, looking for something new but not sure where to start? Ask Don! Don Weiss, author of 'Tastes of Awa,' (page 5) is looking for reader's suggestions for future columns. What aspects of Japanese food interest you? What would you like to know how to cook? Send Don a message with your questions and ideas:

e-mail: woosongdonald@yahoo.com

Japanese Cooking Class

日本料理のクラス

This time, the menu includes: **maki** (roll) **sushi**, **sumashi jiru** soup with **wakame** seaweed and bamboo shoots, spinach with sesame dressing, and **mizu yokan** (soft sweet jelly) for dessert. The menu can be individually adjusted to suit a vegetarian diet.

instructor: Michie Hamamoto

who: foreign residents and Japanese assistants can participate

when: May 22 (Sunday)

Doors open: 10:00

Cooking and eating: 10:30 - 13:30

where: Uchimachi Community Centre (near City Hall)

cost: ¥500 (please bring an apron)

for more information, or to register:

e-mail: kuy@usuzumi.ok1.jp

fax: 088.692.6289

Write your name, nationality, and contact information. Please be sure to apply well in advance, as places are limited! We can not accept unregistered participants on the day of the event.

presented by: HIROBA International

Tokushima Vortis

徳島ボルティス日程

Upcoming home games for Tokushima's new J-League soccer team, Vortis. Home games are held in Naruto at the Naruto Athletic Field.

May 7 (Sat) 14:00 - vs. Avispa Fukuoka

May 21 (Sat) 14:00 - vs. Mito Hollyhock

June 3 (Fri) 19:00 - vs. Yokohama FC

June 18 (Sat) 14:00 - vs. Kyoto Purple Sanga

July 2 (Sat) 19:00 - vs. Thespa Kusatsu

July 13 (Wed) 19:00 - vs. Vegalta Sendai

web: www.vortis.jp

tickets: in advance: ¥1500 (B seats) ¥2000 (A seats)

at the gate: ¥2000 (B seats) ¥2500 (A seats)

Tickets can be purchased in advance at Lawson's convenience stores and at sports supply shops.

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Join a Women's Basketball Team!

女性バスケットをしませんか？

when and where:

Tuesdays 20:00 - 22:00

at Kami-Hachiman Elementary School, Tokushima City

Fridays 20:00 - 22:00

at Takagawara Chomin Gym, Ishii-cho

cost: 2000 per month

for more info: Coach Masami Matsuda

090.8972.3281

mmatsuda@js2.so-net.ne.jp

Awa Life Free Subscription Service

阿波ライフ無料郵送サービス

How many copies of Awa Life do you get in the mail each month? Is it addressed properly? Is your name spelled right? Please notify us of any corrections you'd like made to your subscription information or if you would like to have Awa Life sent to you each month at no charge.

e-mail: awalife@gmail.com

post: Awa Life

c/o TOPIA

1-61 Terashimahoncho-nishi

Tokushima City, 770-0831

or: come to TOPIA in person

NHK Japanese

新にほんごでくらそう

NHK's educational channel broadcasts a program for learning Japanese twice a week. An accompanying textbook is available in English, Portuguese, Chinese, and Korean.

when: Friday evenings 11:10 - 11:30 and re-broadcast

Thursday afternoons 12:10 - 12:30

where: NHK Kyoiku Telebi (Channel 12)

cost: free (text is ¥578 and comes out three times a year)

Traditional Rice Planting

田植え体験者募集

Try planting rice the old-fashioned way (it's organic too!), pound some mochi, and have lunch with your new friends! Gather at Tokushima Station at 9:00 and get a ride to the field.

when: May 22 (Sunday) 9:00 - 15:00

where: Nakagawa-cho "Nakagawa Nogiku no Sato"

cost: free

things to bring: two towels, a hat, raingear if it's raining

for more info or to apply to participate, contact:

Nakagawa Nogiku no Sato

tel. 088.664.1311

fax. 088.664.1331

e-mail: nogiku-sato@econy.co.jp

<http://www.econy.co.jp/nogiku-sato/>

Spaces are limited, so apply early!

HIROBA's Junction

徳島と世界を結ぶ地域国際誌

Issue 5 of HIROBA International's annual bilingual publication, Junction, is available for free at TOPIA. This year's edition contains writings from a variety of people involved with International Exchange in Tokushima Prefecture. Each article is published in both Japanese and either Chinese or English.

where: pick up Junction No. 5 at TOPIA

cost: free

for more info: HIROBA International

<http://www11.plala.or.jp/hiroba/>

kuy@usuzumi.ok1.jp

Your Message Here

このスペースを使いください

Submit your event information, garage sale, etc. to be printed in next month's Awa Life!

contact: awalife@gmail.com

memoranda

Counselling Service at TOPIA

トピアの相談窓口

TOPIA offers a counselling and advisory service to all foreign residents to help with issues involving accidents, working conditions, housing, visas, international marriage, and more. Counselling is available in English and Japanese. Please note that although every effort will be made, we may not be able to deal with all cases.

Monday to Thursday

10:00 - 17:00

tel. 088.656.3303 or 088.656.3320 (allows three way conversations with an interpreter)

JET Programme Postcard Collection

JET プログラム葉書コレクション

Booklets of postcards created from photographs taken by members of the JET Programme are now available for free at TOPIA. Each set includes fifteen different cards with photographs of Japanese scenes from all over the country.

Pop Art & Co.

流行するポップ・アート

Eighty pop art works on loan from Portugal's Sintra Museum of Modern Art are on display at Kochi's Prefectural Museum of Art. Featuring works by Andy Warhol, Roy Lichtenstein, Jean-Michel Basquiat, and more!

There will be a special English guided tour on May 15 (Sunday) from 14:00 - 15:00 at no extra charge.

Workshops on making your own Pop Art will be held April 29 - May 5 from 10:00 - 16:00 at no extra charge

when: April 3 - May 22

9:00 - 17:00 (closed Mondays)

where: The Museum of Art, Kochi

cost: ¥850

tel. 088-866-8000

web: <http://www.kochi-bunkazaidan.or.jp/~museum>

The Chiiori Project

チイオリ・プロジェクト

The Chiiori House is located in the depths of Higashi-Iya - a chance to experience country life in the mountains.

May

13-15 Hiking (Mt Tsurugi to Mt Miune, staying overnight on the mountain)

20-22 Wood and Bamboo Crafts

27-29 Country Cooking

Basic rate: ¥6000 per night,
¥7000 during Golden Week.

Extra charges apply for weekend events.

for more info: www.chiiori.org

reservations@chiiori.org

tel. 0883.88.5290

Jomon-era Art

縄文の美

A display of black-burnished pottery artifacts from Japan's ancient 'Kamegaoka Culture' at Bunka no Mori's Museum. Take a firsthand look at Japan's ancient past.

when: April 26 - May 29, 9:30 - 17:00 (closed Mondays)

where: Bunka no Mori

cost: ¥200 for adults, with discounts for students

for more info: 088.668.3636

Doitsu-kan Events

ドイツ館のイベント情報

German and Japanese Duet Concert: Classical arias performed by Almuth Marianne Kroll (soprano) and Toshihide Koroyasu (tenor.)

when: May 26, 6:30pm

where: Doitsu-kan in Naruto, near Bando Station

cost: ¥1500

Germany in Japan - Poster Exhibition

Paintings by amateurs from Tokushima Prefecture

when: May 14 - June 12

where: Doitsu-kan in Naruto, near Bando Station

for more info: 088.689.0099

e-mail: doitukan@city.naruto.lg.jp

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Speech Contest 徳島県日本語弁論大会

Participants Wanted!

2005 Tokushima Prefecture Japanese Speech Contest For Foreign Residents

Around 10-12 contestants will be selected based on country of origin, ensuring that a wide variety of nationalities are able to participate. There will be an event following the contest, where contestants will be available to answer questions from the audience.

date: 10 July, 2005 (Sunday)

place: Tokushima Kyodo Bunka Kaikan

for: Foreign Residents of Tokushima

theme: A topic of your choice relating to Japan, international affairs, international cultural exchange, and cooperation.

time limit: under 7 minutes

apply to: TOPIA

Applications accepted while places are available.

for more info: TOPIA.

TEL: 088-656-3303

FAX: 088-652-0616

Speech Contest 徳島県日本語弁論大会

2005 年度外国人による徳島県日本語弁論大会

出場者募集!

書類審査にて10-12名程度を選考します。国際色豊かにするため1か国1名程度。応募者が多い国については2名程度とします。大会当日は、多数の応援・声援をお待ちしています。発表者との意見交換会もお楽しみに!

日時: 平成17年7月10日(日)

場所: 徳島県郷土文化会館

対象: 徳島県在住の外国人

テーマ: 国際理解・国際交流・協力に関するものなら自由

時間: 7分以内

申込: (財) 徳島県国際交流協会まで。

所定の申込用紙をお渡しします。

詳細は当協会までお問い合わせ下さい。

問合せ: (財) 徳島県国際交流協会

TEL: 088-656-3303

FAX: 088-652-0616

tv movie schedule · may

Japanese television broadcasts most foreign movies in their original language as well as in Japanese. Bilingually equipped TVs can be flipped between these two audio channels by selecting the 音声切替 button on the remote control.

Date	Time	Place	Nat.	タイトル	Title	
Fri. 13	9:03	⑩読売	USA '00	デンジャラス・ビューティー	Miss Congeniality	☺
Sun. 15	9:00	⑥ABC	USA '99	ボーン・コレクター	The Bone Collector	?
Fri. 20	9:03	⑩読売	USA '97	アナコンダ	Anaconda	🔥
Fri. 20	late night	④毎日	UK '73	マダム・クルニエのパリ解放大作戦	Soft Beds, Hard Battles	☺
Sat. 21	9:00	⑧関西	USA '99	グリーンマイル	The Green Mile	☹
Sun. 22	9:00	⑥ABC	USA '02	K-19	K-19: The Widowmaker	☹
Thu. 26	late night	⑧関西	GER '97	ウィンタースリーパー	Winterschlafer	☹
Fri. 27	9:33	⑩読売	USA '01	エボリューション	Evolution	🔥
Sat. 28	9:00	⑧関西	USA '01	エネミー・ライン	Behind Enemy Lines	🔥

🔥horror ? mystery 🌀suspense ☺comedy ☹drama 🔥action ♥love & romance SF science fiction

This schedule is subject to change.

cinema guide

TOKUSHIMA HALL 徳島ホール (Saiwai-cho - near the Central Post Office) 088.653.1802	Bridget Jones 2 - The Edge of Reason 【USA】 ブリジット・ジョーンズの日記 きれそなわたしの12か月	continuing
	Kingdom of Heaven 【USA】 キングダム・オブ・ヘブン Regular tickets → ¥1800 1st of each month → ¥1000 Ladies' day / Tuesday → ¥1000 Men's day / Friday → ¥1000	from 5/14
TOKUSHIMA TOHO 徳島東宝 (Kagoya-machi - in Higashi Shinmachi Arcade) 088.625.5311	Negotiator - Mashita Masayoshi 【JPN】 交渉人・真下正義	from 5/7
	Regular tickets → ¥1800 1st of each month → ¥1000 Ladies' Day / Wednesday → ¥1000 Men's Day / Thursday → ¥1000	
TOHO CINEMA 東宝シネマ (Kagoya-machi - in Higashi Shinmachi Arcade) 088.625.5311	Hide and Seek 【USA】 ハイド・アンド・シーク	continuing
	Detective Conan - Strategy Above the Depths 【JPN】 名探偵コナン / 水平戦場の陰謀	continuing
	Regular tickets → ¥1800 1st of each month → ¥1000 Customer Appreciation Day / Wednesday → ¥1000	
ATTACK HEIWA アタック平和 (Kuramoto 2 cho-me - near Kuramoto Station) 088.631.6490	Constantine 【USA】 コンスタンティン	until 5/13
	Phantom of the Opera/The Notebook *Double Feature* 【USA】 オペラ座の怪人 / 君に読む物語 (特集2本立入替なし)	from 5/14
	Hana to Hebi 2 Pari/Shizuko (R-18) 【JPN】 花と蛇IIパリ / 静子(R-18)	from 5/14
	1st of each month → ¥1000 Customer Appreciation Day / Wednesday → ¥1000	
HEIWA DOLBY 平和ドルビー (Kuramoto 2 cho-me) 088.631.6490	Shall we Dance? 【USA】 Shall we Dance?	
	Regular tickets → ¥1800 1st of each month → ¥1000 Customer Appreciation Day / Wednesday → ¥1000	
KITAJIMA CINEMA SUNSHINE *FUJI GRAND* 北島シネマサンシャイン (Kitajima-cho Tainohama) 088.697.3113 088.697.3111 (24時間テープ案内 - 24 hour recorded message) Regular tickets → ¥1800 The 1st of each month → ¥1000 Ladies' Day / Wednesday → ¥1000	Infernal Affairs 3 【HK】 インファナル・アフェアIII	until 5/13
	Les Choristes 【FR】 コーラス	
	Detective Conan - Strategy Above the Depths 【JPN】 名探偵コナン / 水平戦場の陰謀	until 5/21
	Bunshinsaba 【KR】 コックリさん	
	Son of the Mask 【USA】 マスク2	
	Negotiator - Mashita Masayoshi 【JPN】 交渉人・真下正義	from 5/7
	Blade Trinity 【USA】 ブレイド3	
	Kingdom of Heaven 【USA】 キングダム・オブ・ヘブン	from 5/14
	Shall we Dance? 【USA】 Shall we Dance?	
	Hide and Seek 【USA】 ハイド・アンド・シーク	
	Constantine 【USA】 コンスタンティン	
	Ashurajo no Hitomi 【JPN】 阿修羅城の瞳	
	Lemony Snicket 【USA】 レモニスニケット	

coming soon:

At Kitajima Sunshine Cinema in Fuji Grand this June:

Hitch - starring Will Smith

The Ring Two - starring Naomi Watts

Batman Begins - starring Christian Bale

受け止めていますか

人権の重み