
awa life



"TOPPY"

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surf's up in shikoku

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local surfer Guy DeLemeau rides the waves - photo by Nick Addivinola

Summer's here and so are the waves, so drop your **uchiwa** and head for the coast! For those who don't know, Shikoku is home to some of Japan's best surf, which rolls in when the typhoons begin to kick up and bring the usually calm sea to life.

Due to its varied coastline, Shikoku has numerous surf breaks, ranging from sandy beaches and river mouths, to rocky points and reefs. There are also top notch big wave breaks on several of the offshore islands in Tokushima. Although Shikoku boasts some world-class waves which rival those of Hawaii or Indonesia, it is fickle and requires lots of patience. Due to its position, Shikoku can only receive swells from the south and east directions. These swells are either produced by typhoons or passing low pressure systems. Luckily, this means the surf season coincided with the hottest time of year, from July through September. However, there is decent surf in the spring and through the fall too. Winter is a bleak and dismal time for Shikoku surfers and those with the means take off for warmer locales such as Bali or Hawaii. Shikoku has

been surfed since around the mid-70s and a thriving surf culture steadily grew as new spots and wave potential was discovered. Today, some of Japan's best and most dedicated wave-riders reside in Tokushima and Kochi.

The beautiful and clean coast of Shikoku has also become a weekend warrior's paradise, attracting surfers from Osaka, Kobe, and other big cities. Apparently, Japan went through a surfing boom 5 or 6 years ago and since then everyone and their second cousin started surfing, or at least tried to look like they did. I've heard rumours that there are guys in Tokyo who cruise around with surf boards under their arms and the latest surf threads, but don't actually surf. While people from out of town do come to Shikoku to actually surf, it seems to be more of a social thing or simply an escape from the madness of city life. Either way, the beaches are packed on the weekends with hardworking cityites who crave the happy release which surfing brings.

It is important to be cautious as due to the popularity of surfing in the summer, there are many surfers in the waters who are

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from the editors

as I walk to work every morning, the cicadas in the trees drown out the music coming from my headphones. The sound of the cicadas (**semi**, in Japanese) is so synonymous with summer in Japan that commercials on TV for summer products such as cold tea, beer, and insect repellent. They say that just hearing the sound makes you feel hot and thirsty. When I first came to Japan, I lived in an apartment with a big tree right outside my window. When summer came, the cicadas would start chirping right outside my window at about five in the morning! I had no summer memories associated with this loud sound, and I woke up with a start every morning, thinking that a pipe somewhere had burst or some other emergency situation was happening around me. This summer will be my fourth in Japan, and I've finally managed to train myself to sleep through the noise! Love, Claire. 

this month sadly marks my departure as co-editor of Awa Life. After 12 months editing and writing articles about indigo dying, Tokushima Vortis FC, international events galore not to mention a heap of anime reviews I am leaving the good ship Awa Life. However I am not leaving the wonderful prefecture of Tokushima for good, as I will be starting work as an ALT in Aizumi-cho in the coming weeks. So I will still be around with my regular Anime column as well as detailed accounts of anything of interest that I experience. Due to the efforts of my co-editor Claire Tanaka and the many contributors Awa Life has come a long way in the past 12 months, I hope that newcomers to the prefecture will find it useful and continue to submit articles, so we can show everybody what a great place Tokushima is. Until next time,

Peace, Martin.



awa life

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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.

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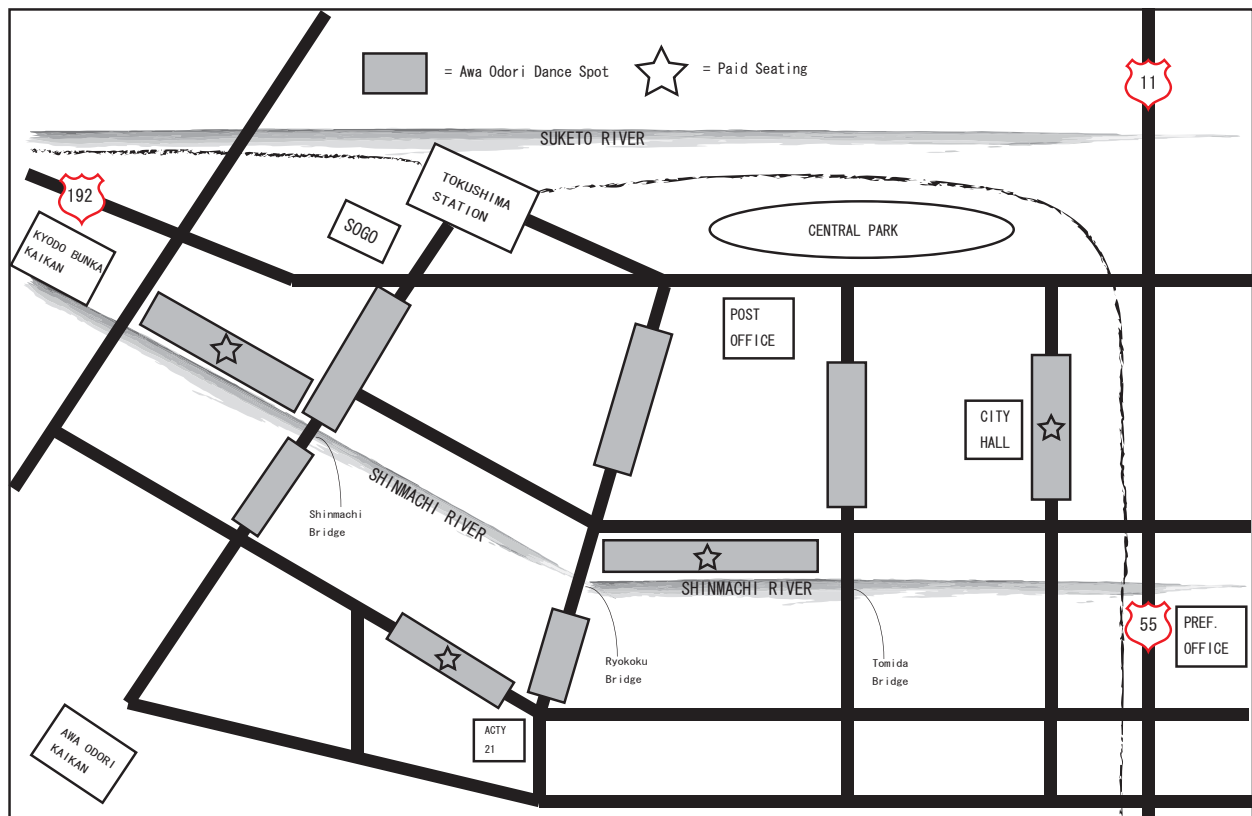
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http://www.topia.ne.jp/e_index/e_index.htm

English Information on FM Tokushima:

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

guide to awa odori



awa odori is finally upon us! Tokushima City's Awa Odori festival will be held from August 12 - 15, with most dance performances going on in the locations marked on the map above. In addition to the paid seating areas, there are several areas with free seating as well. You can get a space in the free seats if you are quick! If you don't mind standing, you can see a lot of good dancing just by walking around the streets surrounding the performance areas. Tickets for paid seating can be purchased in advance or on the day of the event at most convenience stores. Tickets range in price from ¥1200 to ¥2000.

In case of rain, dancing can still be enjoyed indoors at the Awa Odori Kaikan, the Kyodo Bunka Kaikan, Asty Tokushima, and the Bunka Centre.



a dancer from TOPIA's international dancing group, Arasowa-ren

Other Awa Odori festivals around the prefecture:

Naruto: August 9 - 11
19:30 - 22:00

Tokushima Airport:
August 12
10:00, 11:45, 14:00

Wakimachi: August 13
19:00 - 22:00

Ikeda: August 13 - 16
19:00 - 22:30

Kamojima: August 14 - 16
19:00 - 22:00

Ichiba: August 14
19:00 - 22:00

Sadamitsu: August 14 - 16
19:00 - 22:00

Kaifu: August 15
19:30 - 21:30

Miyoshi: August 15 - 16

Katsuura: August 16
18:00 - 22:00

Wajiki: August 16
19:00 - 22:00

Mugi: August 16
19:30 - 21:00





Jon demonstrates the extended sideways angle pose

This name means 'extended sideways angle pose', and creates a stretch along the whole length of the body from the back of the heel through to the fingertips of the raised hand.

Some benefits of this pose are:

- Strengthens and stretches the legs, knees and ankles.
- Stretches the groin, spine, waist, shoulders, chest and lungs.
- Stimulates the abdominal organs and increases stamina.

Step by Step

1. Start in Tadasana (standing pose) and jump the feet about 4 feet apart, arms stretching out to the sides. Turn the left foot out 90° and the right foot in 15°. The heels should be in line.

2. As you exhale bend the left knee to a right angle so that your shin is perpendicular to the floor. Bring the trunk down onto, or as close as you can get to the left thigh. Place your left hand down on the outside of your left foot, fingers pointing in the same direction as the toes. Keep

the right foot firmly on the ground, (if this is difficult, please refer to the 'variations' of the pose). Push the left knee back against the inner arm.

3. For the first few breaths keep the right arm reaching straight up, then on an exhale stretch the right arm over the head, palm facing down, the upper arm over the right ear. Roll the right hip upwards and the torso should be facing to the side. Feel the stretch from the right outer ankle all the way through to the fingertips of the right hand.

4. Keep the neck in line with the spine and then turn the head to look upwards from the inside of the right arm. Stay in this pose for 30 seconds to 1 minute then repeat on the other side.

IMPORTANT

Don't bunch up the toes and don't put the weight on the ball of the front foot, your weight should be going through your heel. Most of your weight will be on the front heel but make sure the back foot is pressing firmly down otherwise you'll strain

the front thigh and shin.

Alignment is important again, try to create a straight line from your heel to your fingertips, feel the stretch in the ribcage. Make sure your front knee is directly above your ankle, if you go over in front you'll strain or damage your knee.

Variations

Placing your hand down on the floor can be very difficult for many people. If by doing so you lift up the back heel, or roll the back foot off the floor then try one of the following variations. Instead of placing the palm down try just the fingertips. Use a block or a couple of thick books to raise your hand. Finally you can place your elbow (lower arm) on top of the bent thigh. If you have any stiffness in your neck, instead of looking up, look to the side or down.

As always, listen to your body, don't overstretch, breathe into and out of the poses slowly. Happy stretching.

Namaste
Jon



taste of awa - cold noodle time!

It's cold noodle time. If you don't believe me, just turn off the air conditioning for half an hour.

You can divide Japanese cold noodle dishes into two kinds, the kind you cook plain and dip into a sauce and the kind mixed with vegetables, meat and seasonings that's served cold, sometimes with ice cubes for insurance (to keep the food cold in a warm room). Here's a recipe for each. But keep in mind just because a recipe is for one kind of noodle, that doesn't mean you can't substitute another.

Hiyashi Somen

Handa-cho, out towards Ikeda, is one of the most famous places in Japan for the manufacture of somen, thin noodles made of wheat, salt and water, the clean water that runs down off the mountains and through town. Somen are the thinnest Japanese noodles, which makes them ideally suited for the thin men-tsuyu (noodle dipping sauce) that makes this such a refreshing summer dish. Since somen is thin, it also cooks very quickly, the fastest of the non-instant noodles, another important consideration on these hot days.

Ingredients (for 2 servings)

150 grams somen
2 cups dipping sauce
1 sheet of nori (about 10 by 20 cm.) toasted and crumbled wasabi to taste

Directions

1. Make the dipping sauce: Make 1 1/2 cups of dashi, either konbu dashi or regular.

add:

6 Tablespoons sake
2 Tablespoons soy sauce
1/2 teaspoon sugar
1/2 teaspoon salt.

Simmer 3 minutes. Chill.

2. Cook the noodles, about five minutes for Handa somen. Rinse thoroughly in cold water so they'll get cold and not stick together.

3. Arrange the noodles nicely on a plate. Put the dipping sauce in two cups (for two people, unless you want to share). Add the crumbled nori to the dipping sauce along with as much wasabi as you think you can stand. Then add a little more wasabi. Then a little more. It's great on hot days. Serve. Dip. Eat.

Hiyashi Chuka Soba

Chuka soba isn't soba. It's a kind of egg noodle used for ramen. The great advantage of chuka soba for cold noodles is that you can always buy them almost fully cooked in single (largish) serving bags in any supermarket and even many smaller grocery stores. Then you can just put them in boiling water for one minute and serve with a dipping sauce (as above), or use them in the following recipe:

Ingredients (for 2 servings):

2 bags of chuka soba
sauce (see below)
toppings (see below)

Sauce:

1/3 cup water
3 Tablespoons rice wine vinegar

2 Tablespoons soy sauce
3 Tablespoons sugar
1 teaspoon sesame oil
hot Japanese mustard (as much as you think you can stand)

Toppings:

plain omelet cut into thin strips about 5 cm. long
cucumber cut into thin strips about 5 cm. long
cooked meat cut into thin strips about 5 cm. long
chikuwa cut into thin strips about 5 cm. long
(or whatever -- cut into thin strips about 5 cm. long)

Directions:

Boil the noodles about one minute.
Drain.
Rinse thoroughly with cold water.
Put the noodles on a plate.
Arrange the toppings attractively on top of the noodles.
Pour on the sauce.
Eat and be cool!

NOTE: By the time you read this, my Tokushima teaching career will have ended and my wife and I will be hanging out at Chiiori, doing some of the cooking there. I hope some of you can come by for a day or two before winter comes. Then we head to California, where buying Japanese ingredients is sometimes a bit tricky, though it can be done. I'm not sure about the future of this column, but we'll keep it going with Chiiori Ryori (Chiiori cooking) at least through the end of the year.

Bon appetit!



Japanese speech contest

by **claire tanaka**
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This year's Japanese Speech Contest for Foreign Residents was successfully held at the Bunka Kyodo Kaikan in Tokushima City on July 10th. There was a wide range of participants, with some people only having been in Japan for three months, while others have been living here for three to five years. Participants were from: China, Peru, South Korea, United States, Philippines, Indonesia, Cambodia, Zambia, Australia, and Bangladesh. Tawhid Rahman Bhuiyan of Bangladesh, whose theme was "Thoughts on Japan", delivered the winning speech. The following is an English translation of Tawhid Rahman Bhuiyan's winning speech:

「日本に来て思うこと」

Hello everyone. Today, I'm going to speak about the things I've thought about and experienced since coming to Japan.

What kind of life is waiting for me, I thought many times before coming to the developed nation that is Japan. What kind of mannerisms and attitudes do people have in such a highly developed country? Will they help me when I am in trouble? If there is something I don't understand, will they explain it to me patiently? According to the newspapers and television in my country, high-technology is in use all over Japan, and the society is becoming more and more programmed. That's what I was worried about – are people's thoughts becoming



*big congratulations to
Tawhid Rahman Bhuiyan!*

programmed as well? This is what I was thinking when I came to Japan.

The first thing I noticed when I came to Japan, was that the behavior of people I met was different than that of my country. Especially, people's body language was quite different, but I was happy to see that people paid close attention to each other. That's when I decided that I didn't really have to worry about Japanese people's behavior. I was particularly moved by the behavior of clerks in department stores and supermarkets. Thanks to them, I began to think "Well, I must buy more, more!" and wound up causing problems for myself because I bought too much.

After I'd been in Japan for a year, I graduated from Japanese school in Tokyo, and entered Takuma National College of Technology in Kagawa Prefecture. When I lived in Takuma, the first thing

I noticed was how blessed the town was with natural surroundings. After I had been there for a while, I began to notice not only the natural environment, but also how blessed the town was with so many good-hearted people. The way the people of Takuma will exchange greetings with people they don't even know left an impression on me. At that time, the convenience store was a little far from my school dorm, but I liked to exchange greetings with people on the way there.

Last year, I graduated from Takuma National College of Technology and entered Tokushima University. When I first came to Tokushima, I was busy with school and with my new living arrangements. I also met many friendly, kind people here.

There's something I've noticed when I talk to Japanese people. Even when someone older (for example, a teacher, mother, or father) asks someone younger to do something, they use words like "...shite kudasai" or "...onegaishimasu." My country doesn't really have this style of speaking. That's why I was afraid of my teachers in my home country, but when I came here, I was so happy because my teachers helped me just like a friend would, and taught me many things. But sometimes, I feel like Japanese people use polite words too much. In particular, with regards to customers and people they don't know. In my country, the only thing

speech contest... con't on page 8

martin's anime corner

Title: Windaria (童話めいた戦士
 ウィンダリア)
Directed by: Kunihiko Yumama
Creators: Kaname Productions
International Distribution:
 Columbia Tristar
Released: Japan (1986) U.S. (1987)
Length: Approx 110 minutes

This month I thought I would review some old-skool anime from the early 80's. **Douwa Meita Senshi** translates as Fairy Tale Warrior Windaria, however the official English title is Legend of Fabulous Battle Windaria. Windaria (the title most commonly used) was directed in 1986 by Kunihiko Yumama (who later went on to direct the Pokemon movies). The story is a kind of Romeo and Juliet type tragedy that revolves around the lives of two couples who become involved in war between two warring kingdoms. The technically advanced but polluted and decadent mountainous kingdom of Paro and the quaint beautiful coastal kingdom of Itha have known peace for centuries however the ambitions of Paro's rulers threatens this stalemate.

Despite the animosity between the two kingdoms, the Prince of Paro Ahanas and the princess of Itha Jill plan to marry each other but the obligations that their respective roles bring soon begin to threaten their relationship. The other doomed couple in the story are Izu and his Marin, simple farmers from the village of Saki who one day venture into Itha to sell their wares, Izu manages to foil a plot by an agent of Paro to submerge

the city of Itha by lifting the lock gates that separate the city from the sea at high tide. He emerges a hero and is soon fending off offers from both Itha and Paro, to assist in the coming war. Although the valley in which Izu lives is blessed with peace, and is not involved in the conflict between Izu and Paro, However in the end Izu's actions threaten the well-being of everyone, even those close to him.

Windaria is a story with great potential however it fails notably because of the poorly developed characters. It is never made apparent what motivated the characters to do what they do, so as the story progresses (at a snails pace I may add), it becomes impossible to really care about them. Izu starts off as a selfless hero who does an inexplicable about turn when faced with the possibility of adventure and wealth. Ahanas and Jill decide to wage war despite the pressure on them being reduced because they both assume the throne of their respective kingdoms. It is also not properly explained why exactly Paro is waging war on Itha. The fact the film is so long but the characters so poorly developed makes a great deal of the film quite tedious.

The story tries poorly to convey an ecological theme, while the various scenes of Paro, makes for some wonderful imagery it has little to do with the main story. After much dreariness the war comes and the story at last starts to pick up with realistic

battle scenes and fighting. The touching and tragic conclusion is the highpoint of the story. In it Izu learns that promises made never go away, and promises broken can exact a tragic price. Along with the vague ecological themes the inherent message in Windaria is that the rabid pursuit of wealth and glory inevitably has a negative effect on us and those around us.

Although Windaria was created in the 1980's from a visual perspective it is quiet fresh. At the beginning of the film we are treated to an excellent realized imagery of the city of Itha in all its resplendent glory. The description of a utopian city state at harmony with nature is successfully realized.

Windaria also contains luscious character designs by illustrator Mutsumi Inomata (who also designed the characters for Leda: Fantastic Adventure of Yoko). A memorable score is also present. Akino Arai, who performed "Voices" (Myung's Theme) for Macross Plus provides the heartfelt anti-war ballad "A Beautiful Planet" that concludes the movie.

In the beginning of the film at least it's hard to believe that it was made so long ago, and it is somewhat reminiscent of Miyazaki's style of subtly bringing forth a theme through the use of imagery alone. When the characters come on the scene the film goes a bit downhill until the sensitive conclusion redeems this ambitious but flawed epic.



letter from suketo hoikuen

by junko kimura
snowbird@fastmail.fm

I hope you are all feeling well during the hottest time of the year. Big wooly clouds are floating high in the sky. Everyday the sun sparkles.

"I love this season" chirp the cicadas in their loud chorus.

Summer festivals, fireworks, Awa Odori... summer is here.

I hope you can grab a taste of summer freedom, and that your summer will be full of memories.

One thing that is synonymous with summer is playing in the water, so this time, I'll introduce some water games you can play with plastic bags from the store.

Put water in the bags and

enjoy the cool, squishy feeling.

Big bags

Little bags - when you put water in the bags, the weight and feeling of the bag changes depending on the size of the bag, which is fun.

Long skinny umbrella bags - get on top of the water-filled bags and it's like a waterbed or a water-filled pillow.

If you fill a bag with water and punch a lot of small holes in it, you've got a shower!

Hold it over your body or give the flowers a drink!

Drop a bag full of water into a full tub, and "blammo!"

If you stick a straw into the bottom of a bag of water and hold it there with cellophane

tape, you've got a simple water pistol!

I hope you can enjoy playing in the water without worrying too much about getting wet. Play using your hands and experience lots of new sensations - if you do this often, your child will begin to discover new ways of playing on her own, and the world of play will expand for her.

It's fun to play with water using empty milk cartons, pudding cups, mayonaise tubes, and shampoo bottles too!

Kaoru Sakamoto
Suketo Hoikuen
www.suketo.jp



speech contest... con't

you'd say in this case is some kind of greeting, but there are much fewer chances to do this than in Japan. I think other countries are the same way. How many times do Japanese people say "**sumimasen, gomen nasai, shitsurei shimasu, arigato gozaimasu**" every day? I don't think Japanese people even know the answer to that question. It's hard for foreigners to learn how to use these polite words correctly, and if they use them improperly, it can cause confusion. For example, three months after I came to Japan I was doing a homestay in Hiroshima with four of my friends, and on the first night, my friend meant to say "**gochiso sama**" after dinner, but he said "**gokuro sama**" instead, and made everyone laugh. Another example of speaking style other than



this year's speech contest participants and judges

greetings is how there are times when people speak humbly and don't show how they truly feel when they speak.

One day, when my friend, who isn't so good at speaking Japanese was riding a crowded train, he accidently stepped on an old man's foot. Before my friend could say "**sumimasen**" the old man said "**sumimasen**" first. What do you think my friend said in response? "**Daijobu desu.**"

I couldn't understand why the old man had chosen to say "**sumimasen**" in this case. Words like this are used

to show that you care about the person you are talking to, but I think that things get strange if they are used too much. Don't you think that people should say what they really feel instead of just using readymade words reflexively?

I'd like to continue to get to know the various people living in Japan, and properly learn about Japan's culture and speaking style, so I can go home and introduce it to my own country. If I could do this as well as study, I think it would make my time as an exchange student even more meaningful.



japanese lesson: causatives

Let's study how to seek permission with causative forms.

First, make the 'te' form of the causative verb.

Group 1 verbs	行きます <small>ikimasu</small> →行かせます <small>ikasemasu</small> →行かせて <small>ikasete</small> (to go)
Group 2 verbs	食べます <small>tabemasu</small> →食べさせます <small>tabesasemasu</small> →食べさせて <small>tabesasete</small> (to eat)
Group 3 verbs	来ます <small>kimasu</small> →来させます <small>kosasemasu</small> →来させて <small>kosasete</small> (to come)
	します <small>shimasu</small> →させます <small>sasemasu</small> →させて <small>sasete</small> (to do)

Then, add an ending to turn the sentence into one that asks permission.

くれますか <small>kuremasuka</small>	or (more polite)	くださいますか <small>kudasaimasuka</small>
もらえますか <small>moraemasuka</small>	or (more polite)	いただけますか <small>itadakemasuka</small>

Causative forms are used by the modest speaker to show his politeness or courtesy to the listener.

One Point:

くれますかkuremasuka means that the actor voluntarily takes action.

もらえますかmoraemasuka means a sense of gratitude on the part of those who receive a favor.

Take a look at the following conversations:

Lee finished his work earlier today. Lee <small>osakini shitsureisasete itadakimasu</small> リー：お先に 失礼させて いただきます。(Would you please let me leave?)
--

Lee is at Karaoke and says to his coworker. Lee <small>watashini ikkyoku utawasete kuremasuka</small> リー：私に 1曲 歌わせて くれますか。(Would you let me sing a song?)

Lee sang a lot of songs. Lee <small>kyouwa watashini harawasete moraemasuka</small> リー：今日は 私に 払わせて もらえますか。(Please let me pay the money.)
--

The next day, Lee has a headache. He tells his boss that he wants to go back home. If you were Lee, what would you say? For example, <small>atamaga itainode soutsaisasete itadakemasuka</small> For example, 頭が 痛いので 早退させて いただけますか。(May I leave work early?)
--

Let's practice with causative forms.

1. When you would like to think about something more, what would you say ?
2. When you'd like to use your coworker's car, what would you say?
3. When you'd like to take a day off work, what would you say?
4. When you'd like someone to be quiet, what would you say?

Send your answers to the e-mail address above, along with any questions you have about this month's lesson. We'll be glad to help you out with your Japanese study!

surf's up con't from page 1...

somewhat inexperienced. It can get a little crazy out there sometimes; just think of the countless times you've been cut off or almost hit while driving around and transfer that scenario to the ocean.

For whatever reason, with all the surf stoke going on in Japan, often peoples perception of surfing etiquette seems to be somewhat different to how things are approached in the West.

Surfing etiquette is quite simple, actually, and is based on mutual respect and safety for everyone in the water. Basically, the first person to stand up on a wave has the right of way and it is the responsibility fo everyone else to get out of his/her way so the surfer can enjoy the ride. Don't paddle out straight into a pack of surfers. Instead, head to the side and paddle out in the calm water which is called the channel. Once outside the breaking waves, wait patiently and observe the ocean conditions. These are key elements to progressing in surfing. It's not the same as going out and shooting hoops or playing any other organised sport. You're throwing yourself into the aquatic environment and must harmonize with all sorts of cosmic forces (it's really far out man!) Surfing takes incredible amounts of time watching and understanding how waves and different surf breaks work. It's not something one can just go out and expect to have down in a day or two. For many, it is a lifetime pursuit and a constant learning process. So, if you do intend to give

surfing a try, be prepared for a humbling experience. However with time and patience and dedication, it can be the single most fun and rewarding thing you've ever done. But be prepared, it may take over and direct your whole life.

Surf Spots

The best surf breaks in Tokushima are located mainly in the south coast in Kaifu-gun. This area has a variety of different spots and picks up swell better than up north. Undoubtedly the most popular and beginner-friendly spot is Ikumi Beach. This long, sandy beach, which is actually just in Kochi-ken almost always has something to ride. However, it's super-packed on the weekends, so go on a weekday if possible.

There are numerous surfing spots around Hiwasa, Mugi (Uchizuma beach) and Kaifu, but these are generally for more experienced surfers.

If you want to watch some world-class surfers riding world-class waves, head to the Kaifu rivermouth when there is an approaching typhoon. This point is renowned for its hollow, cyllindrical waves which allow surfers to ride inside the "tube" or "barrel." This is the ultimate thing to do in surfing and an experience like no other on earth.

There are also several surf points in northern Tokushima. Two of the more notable beaches, Komastu beach (Komastu Kaigan) and the Dragon Palace Beach (Ryugu no iso), offer good surf during the summer typhoon season.

Komatsu is located just north of Tokushima City and has a rather dreary post-apocolytic feel. The Dragon Beach, found in Naruto, is quite pristine and affords nice views of the surrounding mountains and the O-Naruto Bridge. Unfortunately, without a typhoon lurking, both Komatsu and Dragon tend to be rather small. It is worth noting that their close proximity to Kyoto and Osaka can make them rather crowded.

A word of advice: when you are surfing there two things you should be wary of: jellyfish and typhoons. Jellyfish numbers vary from year to year. If you are stung there are some basic guidelines to follow. The only proven effective first aid treatment for the skin pain of jellyfish wounds is the use of cold packs or ice. Cold is applied to the stung area for 5-15 minutes then re-applied, if necessary. It will stop the skin pain in 98% of cases. In regard to typhoons, there are good waves to be had before and after a typhoon, however you should not surf during a typhoon. So keep an eye on the weather reports.

Well, there you have it - a brief intro to surfing in Shikoku. Now is the time to hit it so get out there!

Oh, you don't have a surfboard and don't really know how to surf? That's OK, I can lend you a board and get you started. If you'd like to go surfing, e-mail me at christopherhoward@yahoo.com Hope to see you in the water.
Aloha.



memoranda

Disaster Support for Foreign Residents Workshop

災害時外国人支援研修会

財団法人徳島県国際交流協会では、災害時に外国人に対して支援をする際の心構えや注意点、また通訳の仕方について、次のとおり研修会を開催することになりました。災害時、外国人に対して、どのような支援をすれば良いのかについて一緒に考え、そして災害時通訳のスキルアップをしませんか。

研修は2日間にわたって開催します。1日目の講演は、どなたでも参加していただけますが、2日目の「通訳ワークショップ」は、英語、或いは中国語に堪能な日本人、または、日本語に堪能な英語、或いは中国語を母国語とする方とさせていただきます。日本人の方に関しましては、英語検定準1級以上、または同等レベル、中国語検定2級以上、または同等レベルの方、英語、中国語を母国語とする方に関しては、日本語検定2級以上、または同等レベルの方とさせていただきます。2日目のワークショップに関しては、事前にお申し込みが必要です。

研修会日程

1日目 講演：「災害時における外国人支援～様々な事例を踏まえての具体的な対応～」
 日時： 9月10日（土） 午後1：30～3：30
 場所： 青少年センター3階 大会議室
 講師： 多文化共生センター 理事 田村太郎 氏
 参加費： 無料

2日目 ワークショップ：「災害時における実践的な通訳」 30名程度募集
 日時： 9月11日（日） 午前10：30～午後3：30
 場所： 徳島県国際交流プラザ 会議室（クレメントビル 6階）
 講師： 多文化共生センター 理事 田村太郎 氏
 英語、中国語を母国語とするスタッフ 計4名
 参加費： 無料

ワークショップのお申し込み： 氏名、住所、電話番号（自宅、携帯）、ファックス番号、メールアドレス、通訳のできる言語とそのレベル、そして国籍をお書きになり、ファックスかメール、または郵送でお申し込みください。特に様式はありません。参加の可否は追ってこちらからご連絡をさせていただきます。8月26日（金）までにお申し込みください。皆様からのお申し込みをお待ちしています。

A two-day workshop will be held on the topic of supporting foreign residents during times of disaster, such as large earthquakes and typhoons. The first day of the workshop is open to the general public and features a lecture in Japanese by Mr. Taro Tamura, director of the Centre for Multicultural Information and Assistance. The second day of workshops will be open only to people with a sufficient level of both Japanese and either Chinese or English, and will feature practical exercises to help participants prepare for the job of interpreting for foreign residents during a natural disaster, also led by Mr. Tamura. It is necessary to apply in advance to participate in the interpreter's workshop on the second day.

Day 1

what: Lecture "Supporting Foreign Residents in an Emergency"

when: September 10 (Sat) 1:30 - 3:30

where: Seishonen Centre 3F Meeting Room

Day 2

what: Basic Interpreting for Emergency Situations

when: September 11 (Sun) 10:30 - 3:30

where: TOPIA

Both events are held free of charge

For more information, contact Ms. Murasawa at TOPIA

tel: 088.656.3303

fax: 088.652.0616

e-mail: topia@fm.nmt.ne.jp

担当： 村澤 普恵

〒770-0831 徳島市寺島本町西1-61

クレメントプラザ 6F

財団法人徳島県国際交流協会

memoranda

Outdoor Japan アウトドア・ジャパン

OutdoorJapan.com is a site (in English) dedicated to those seeking fun outdoors in Japan. Whatever you want to do, if it's outdoor you'll find it at OJ. Feel free to contribute to OJ too. Discover somewhere amazing and want to share it with others? We'd love to hear from you.

contact: Matt Lindsay @ surfmatt@outdoorjapan.com

Doitsu-kan Events ドイツ館イベント情報^s

"German Beer and Wine Matsuri": German beer, wine, good are on sale; Awa-odori performances and many other attractions.

when: August 13-14 (Sat & Sun)

cost: free

"Peace Concert in Naruto", featuring local groups, choirs and performers.

when: August 21 (Sun)

cost: to be announced

All events are held at the Doitsu-kan in Naruto, near Bando JR Station.

for more info:

phone: 088.689.0099

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

Photo Contest 国際協カフォトコンテスト

The 26th Annual JICA International Cooperation Photo Contest. Submit photos of people in developing nations, or of international cooperation. Grand Prize is ¥100,000. Submissions accepted from July 1 until September 15. Winners will be announced in October.

for more info: www.jica.go.jp (in English and Japanese)

J-Test 実用日本語検定

The J-Test of Practical Japanese is another Japanese language proficiency exam which can be taken at 5 different times of the year in various locations throughout Japan. There are 2 levels: Level A-D (Middle to Advanced) and Level E-F (Beginners).

For application details please contact J-Test office at info@jtest.org

application period: (before 16th of August for exam on the 11th of September)

test dates: February, April, June, September, November

test locations: Kobe, Osaka, Tokyo and at various locations throughout Japan. Exams have been held in Tokushima before however future examinations depend on the number of applicants.

cost: 2800yen A-D (Middle to Advanced) 2300yen Level E-F (Beginners)

for more info: www.jtest.org

Your Awa Life あなたのアワライフ

Awa Life is mailed free to members of Tokushima's international community. If you currently live in Tokushima and you'd like a copy sent to you on a monthly basis, contact us with your mailing address. If you are currently receiving Awa Life but it is addressed to a former tenant, or if you get more than one copy each month, please contact us so we can correct our data base.

If you are interested in writing for Awa Life, please get in touch! We are always looking for people to write articles or short pieces. Submissions can be made in Japanese or English. Contact us for detailed submission guidelines.

e-mail: awalife@gmail.com

write to: Awa Life

c/o TOPIA

1-61 Terashimahoncho-nishi

Tokushima City, 770-0831

memoranda

Tokushima Vortis 徳島ボルティス日程

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

August 6 (Sat) 19:00 - vs. Shonan Bellmare
August 20 (Sat) 19:00 - vs. Sagan Tosu
August 27 (Sat) 19:00 - vs. Avispa Fukuoka
September 10 (Sat) 19:00 - vs. Ventforet Kofu
October 5 (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 local sports supply shops such as Sasakura Sports and Alex Sports.

JTM Tokushima JTM 徳島教師リスト

Instructors based in:

Tokushima City: Kanematu Fumiko, Kamura Kyoko, Motoki Yoshie, Muramatsu Sachiko, Tamaki Fusa, Tsuji Akiko, Yamamizo Toshiko

Kaifu-gun: Nishitani Isao

Hanoura-cho: Ozaki Sachiko

Naruto City: Shibutani Hitomi

Types of lessons:

Beginner to Advanced, Preparation for the JLPT, Business Japanese, Service Industry Japanese, Factory Trainee Japanese (both private and group lessons are available)

Fees:

Private Lessons: starting from ¥2500

Group Lessons cost less per person.

Ask for details.

JTM Tokushima Office

tel: 088.625.8387

fax: 088.625.5113

e-mail: jtmtokeu-lesson@mbk.nifty.com

url: <http://homepage2.nifty.com/jtmtokeu/eg/index.htm>

Hey International Families!

やあ、国際家族たち！

Tokushima City's Suketo Hoikuen and TOPIA present International Child-rearing Salons. Please come and meet other international families like yours! There is no fee for participation.

at TOPIA

(Tokushima City, Clement Building 6F)

when: every 3rd Sunday from **13:00 - 15:00** *new time*

cost: free

for more info: 088.656.3303

at Suketo Hoikuen

(Tokushima City, Nakayoshino-cho 1-61)

when: every Thursday from 10:00 - 14:00

cost: free

for more info: 070.5681.1230

also...

Contact Ms. Murasawa at TOPIA about Japanese lessons for parents with small children, and Chinese and English language child-rearing consultation services.

The Japanese Language Proficiency Test 日本語能力試験

Take this annual test to see how far you've progressed in your language study, or to improve the contents of your resume! Application packs are available at Kinokuniya Books in Sogo, at Koyama Books in front of Tokushima Station, and other large bookstores.

application period: July 4 - September 5

test date: December 4 (Sunday)

test locations: Kobe, Takamatsu, Hiroshima, and other big cities nearby

cost: application pack costs ¥500, test fee is ¥5,500

for more info: www.jees.or.jp

memoranda

Tokushima Indigo Socks

徳島インディゴソックス

Upcoming home games for Tokushima's Shikoku League baseball team, the Indigo Socks. All games are held in Naruto at the Naruto Athletic Field Baseball Stadium (N) or in Kuramoto at the Kuramoto Kyujo Baseball Stadium (K).

August

17th (Wed) 16:30 - vs Kagawa Olive Guyners (N)
 18th (Thu) 16:30 - vs Kagawa Olive Guyners (N)
 20th (Sat) 16:30 - vs. Ehime Mandarin Pirates (N)
 21st (Sun) 16:30 - vs. Ehime Mandarin Pirates (N)
 27th (Sat) 16:30 - vs. Kochi Fighting Dogs (N)
 28th (Sun) 16:30 - vs. Kochi Fighting Dogs (N)

September

1st (Thu) 16:30 - vs. Kagawa Olive Guyners (K)
 2nd (Fri) 16:30 - vs. Kagawa Olive Guyners (K)
 15th (Thu) 16:30 - vs. Ehime Mandarin Pirates (K)
 16th (Fri) 16:30 - vs. Kagawa Olive Guyners (K)
 30th (Fri) 16:30 - vs. Ehime Mandarin Pirates (K)

Tickets are ¥1000, and can be used for entry to any game. Discounted tickets for students are ¥500 and must be purchased at the door. Children under age 5 are admitted for free. Tickets can be purchased in advance at Lawson's convenience stores and at local sports supply shops such as Sasakura Sports and Alex Sports.

Chat Salon in Aizumi

藍住町 日本語会話サロン

The Aizumi International Exchange Association will be holding regular Japanese Salons. Japanese learners of any level are welcome.

when: first and third Tuesday, 7:00 - 9:00pm

where: Aizumi Welfare Center, near Aizumi Town Office

cost: free

for more info: e-mail: aizumi_kokusai@garnet.nmt.ne.jp

tel. 088.692.9951

fax. 088.692.1626

Library Volunteers

図書室ボランティア募集中

Kevin McDowell is heading TOPIA's library updating project, and needs some volunteers to help out with labeling the books with the new barcode stickers.

Contact Kevin if you want to volunteer:

e-mail: mcdktm2@yahoo.com

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 Friday

10:00 - 16:30

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

The Chiiori Project

チイオリ・プロジェクト

August

12 - 15 Obon Open House

19 - 21 River Rafting

26 - 28 Nagashi Somen and Bamboo Crafts

September

9-11 Country Cooking

29 - Oct. 7 - Closed for Private Event

Basic rate: ¥6000 per night,

Extra charges apply for weekend events.

for more info: www.chiiori.org

contact: reservations@chiiori.org or tel. 0883.88.5290

memoranda

Origami Class

折り紙教室

Come learn some simple origami - the Japanese art of paper folding - at TOPIA

when: September 25 13:30 - 15:30

where: TOPIA - Clement Plaza 6F

cost: free

for more info: 088.656.3303

Table Tennis

卓球サークル

The Turtle Table Tennis club is looking for new members! Meet every week and make friends while playing ping-pong. It's a lot of fun!

when: every Thursday 20:00 - 22:00

where: Omatsu Elementary School Gym

cost: 500 yen per month

for more info: Mr. Kimiya Ishikawa (Jimmy)

e-mail: jimmy_kame@yahoo.co.jp

tel: 088.669.0803 (fax)

Your Message Here

このスペースを使ってください

If you have a non-profit activity that you'd like to promote, let us know and we can print it here. Awa Life is one of the best ways to spread information to the English-speaking international population of Tokushima.

contact us:

e-mail: awalife@gmail.com

tel: 088.656.3303

fax: 088.652.0616

Badminton Club

バドミントン クラブ

Join this international badminton club, 'Freedom Club!' Let's have fun and get some exercise at the same time!

when: Saturday Nights 18:00 - 21:00

where: Seishonen Centre (Youth Centre) 2F

for more info: Joe - 090.4780.0609

tv movie schedule · august

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	
Sun. 14	9:00	⑥ ABC	USA '01	サント・ワグ・ザ・ワールド	Don't Say a Word	☠
Fri. 19	9:03	①四国	USA '00	ナッティ・プロフェッサー 2 クランプ家の面々	The Nutty Professor II: The Krumps	☺
Fri. 19	late night	④毎日	USA '02	夏休みのレネード	Stolen Summer	☹
Sun. 21	9:00	⑥ ABC	USA '00	60秒で消える	Gone in Sixty Seconds	🔥
Sun. 21	late night	④毎日	FRN '02	ヌイ・ド・グエペス	Nid De Guepes	🔥
Thu. 25	late night	⑧関西	USA '79	ザ・フォッグ	The Fog	☠
Fri. 26	9:03	①四国	JPN '02	猫の恩返し	Neko no Ongaeshi	☹
Sat. 27	9:00	⑧関西	USA '00	着信アリ	Dinosaur	☹
Sun. 28	late night	④毎日	USA '00	誘惑の接吻	Skipped Parts	☹

☠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	Star Wars Episode III/Revenge of the Sith 【USA】 スター・ウォーズ エピソード 3/シスの復讐 Regular tickets → ¥1800 1st of each month → ¥1000 Ladies' day / Tuesday → ¥1000 Men's day / Friday → ¥1000
TOKUSHIMA TOHO 徳島東宝 (Kagoya-machi - in Higashi Shinmachi Arcade) 088.625.5311	Shining Boy & Little Randy 【JPN】 星になった少年 (in Japanese) 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	War of the Worlds 【USA】 宇宙戦争 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	Madagascar 【USA】 マダガスカル 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	War of the Worlds 【USA】 宇宙戦争 The Island 【USA】 アイランド 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) 088.697.3111 088.697.3113 (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	Robots 【USA】 ロボッツ (dubbed/subtitles in Japanese) Harbie: Furry Loaded 【USA】 ハービー / 機械じかけのキュービッド (dubbed in Japanese) The Island 【USA】 アイランド Star Wars Episode III/Revenge of the Sith 【USA】 スター・ウォーズ エピソード 3/シスの復讐 War of the Worlds 【USA】 宇宙戦争 Shining Boy & Little Randy 【JPN】 星になった少年 (in Japanese) Madagascar 【USA】 マダガスカル La Marche De L'empereur 【FRN】 皇帝ペンギン (in French)

coming soon:

At Kitajima Sunshine Cinema in Fuji Grand this September:
Cinderella Man - starring Russell Crowe, Renée Zellweger
Bewitched - starring Nicole Kidman, Will Ferrell
Into the Blue - starring Paul Walker, Jessica Alba

人権守って
 輝く明日