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# awa life



"TOPPY"

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## onsens of miyoshi-gun

by lindsay hubert  
awalife@gmail.com

are you an **onsen** fan yet? Come way out west to Miyoshi-gun and see the hot springs we have got to offer! From facilities offering pools for every taste, to simple outside baths (**rotemburo**), you can find an **onsen** to suit you.

### Technical Details:

For most **onsen**, you don't have to bring anything except your wallet. However, you can save money on buying or renting towels if you bring your own. Also, all of the **onsen** mentioned here provide shampoo, conditioner, and soap free of charge.

Avoid foreigner faux pas - wash yourself with soap and rinse thoroughly BEFORE you get in the bath. You can have a small towel to cover yourself if you want to. If you don't know the **kanji** for man and woman, red curtains are usually the women's onsen; blue the men's.



*spectacular valley view from miyoshi-gun's iya onsen*

across in Miyoshi-gun is in the Yoshinogawa Highway Oasis, an expressway rest stop in Miyoshi.

Highway Oasis **Onsen** is great in many ways. First, the price - only 500 yen. And you get so much for that 500 yen! They have roomy changing facilities, lots of showers, and seemingly numberless pools inside. Hot baths, warm baths, jet bubble baths - a cool bath, too. Outside in the generously-sized **rotemburo** is a view down to the river and the hills across the

way. Highway Oasis is a great introduction, but it is the **onsen** of the Iya valley that make the trip really worthwhile.

### Yoshinogawa Highway Oasis:

500 yen  
hours: 10:00 to 21:00  
last entrance 20:30

吉野川オアシス株式会社  
徳島県三好郡三好町大字足代  
1650

If you are driving from out East-a-ways on the 192, the first **onsen** you will come

### Hikyo no Yu:

1000 yen  
Hours: 10 am to 9 pm  
三好郡西祖谷山村字尾井之内  
401 番地  
TEL 0883.87.2300

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## awa life

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**Editors:**

Andrew Dahms & Claire Tanaka

**Contributors This Month:**

Andrew Dahms, Lindsay Hubert, Isao Nishitani, Martin O'Brien, Kaoru Sakamoto, Claire Tanaka, Jon Teakle

**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!  
[http://www.topia.ne.jp/e\\_index/e\\_index.htm](http://www.topia.ne.jp/e_index/e_index.htm)

## from the editors

The humidity in the air has finally started going down, and I see more people out on the weekend getting things done in their yards now the hottest part of the year has finally passed. On this month's cover story, Ikeda's Lindsay Hubert has done a bang-up job of introducing the many hot springs located in the western part of the prefecture. It's a pity we didn't have room to print all her lovely photos as well. Also in this issue, I've started a new column detailing my adventures as a new mom - see page 8. Yes, as of this month, I will be off on maternity leave for about four and a half months, during which I will be passing the bulk of my Awa Life editorial duties on to my trusty co-editor, Andrew Dahms. Ganbare, Andrew!

Love, Claire. 

Summer is now well and truly on the way out, and while the heat still lingers during the daytime, the mornings and evenings have begun to cool down and offer some relief. And, as I walk through the streets near my home, I steadily begin to notice as the color of some of the leaves in the trees begins to change. Autumn in Japan is a special time for me, where the cool breezes and fine weather provide a great sense of calm, and I feel especially aware of the beauty of nature around me. However, as the weather begins to get cooler, it also becomes easier to catch a cold. I wish all the best of health to you in the land of Awa in this time, and I hope you have the chance to enjoy this special time of year.

Cheers, Andrew. 



*some people say these bottles are placed to keep cats away, but I have seen for myself that this is not effective. could there be another reason? (photo by Claire Tanaka)*

# typhoon season

by **claire tanaka**  
clairish@gmail.com

Every time I check the weather forecast, there seems to be another set of concentric circles on the satellite map aimed straight at Tokushima - yes, it's typhoon season. While some typhoons manage to miss Tokushima altogether and others only bring us a couple days of rainy weather, those occasional direct hits can be devastating. Many of you may remember Typhoon Number 23 that hit Tokushima last year, causing flooding and landslides in the mountainous regions, particularly in Nakagun.

If your Japanese skills are not exactly **pera-pera**, it can be handy to have a Japanese-speaker you can count on to warn you if there is any danger on the horizon. However, even if you don't have such reliable acquaintances, NHK, on channels 3 and 12, provides dual-sound-channel news broadcasts in Japanese and English. If you have a television equipped with the bilingual function, you can use the 音声切替 button on your television remote control to change the sound channel from Japanese to English. Also, Tokushima prefecture's new english website, Living in Tokushima, has a section devoted to providing up-to-date local information about natural disasters such as typhoons and earthquakes. See: [http://ourtokushima.net/e\\_living/index.php](http://ourtokushima.net/e_living/index.php)

OK, knowing that a typhoon is coming is one way to be prepared, but what can you do to make sure you are safe once it gets here? Make sure

the drains around your home are free of debris, and that items outside your home are safely stored or tied down. The dirt from flower boxes and potted plants can get washed away, clogging drains and causing water to build up on your veranda or around your house, so consider bringing your plants inside or covering them with a vinyl sheet or tarpaulin. Make sure you have enough easily-prepared food to last for a couple of days. Keep candles or a flashlight close at hand in case of a power failure. Make sure you know where your important documents are in case you suddenly have to evacuate your home due to a flood or landslide. Find out ahead of time where your nearest emergency shelter is. Local community centres and schools usually serve this function in the case of an emergency.

Once the typhoon comes, avoid going out in strong winds. Sometimes during a typhoon, the wind will die down for a minute, only to pick up again a minute later, stronger than ever. If you must go outside, wear something to protect your head from flying debris.

Often, public transport is taken out of service during a typhoon; trains, buses, ferries, and airplanes get shut down, and often expressways are closed as well. Local roads can also get washed out in a storm.

Language can be a huge obstacle during a natural disaster. Last year at around this time, I wrote an article

about the various warnings that are issued during extremely bad weather. Here's a review:

警報 - **keihō** - alert, warning  
注意報 - **chūihō** - advisory

A **keihō** means it's really dangerous. A **chūihō** means you should probably be careful. These are the kind of **keihos** and **chuihos** you can expect to hear on TV and radio weather bulletins:

波浪 - **harō** - waves  
大雨 - **ōame** - heavy rain  
暴風 - **bōfū** - strong wind  
洪水 - **kōzui** - floods

Usually if there is a **harō keihō**, people are advised against going out to sea. If your day does not involve any kind of seafaring, then a **harō keihō** is nothing to worry about. However, if a heavy rain **keihō** or strong wind **keihō** is issued, it's generally a good idea to find shelter somewhere. Children do not usually have to go to school if a **bōfū** or **ōame keihō** is issued in their region. **Keihōs** are usually announced during the television and radio weather report, and they can also be found on online Japanese weather sites.

If you do suffer property damage due to a typhoon or other natural disaster, you will need to get a **risai shōmeisho** (り災証明書) - a disaster victim certificate - which is issued by local government offices and fire departments in the event of a disaster. This can be used to apply for special benefits such as tax relief and loans for rebuilding your home if it has been destroyed by a natural disaster.



# yoga - paripurna navasana

by jon teakle  
nathanteakle@yahoo.co.uk



*Jon demonstrates the full boat pose*

In this pose, the body resembles a boat with the arms looking like a couple of oars, hence the name "full boat pose".

This is a relatively easy pose to explain, but not an easy pose to hold for any length of time. It will help to flatten your stomach, depending on how much flattening needs to be done.

The main benefits of this pose include the strengthening and toning of the abdominal muscles, and strengthening of the spine and the hip flexors. It also stimulates a number of internal organs, including the intestines.

## Step by Step

**1.** Sit with your back straight, knees bent, feet on the floor with your hands under your knees. Raise the feet off the floor slightly, leaning back to find your balance. Stay here for a few seconds, balancing on the triangle of your

two sitting bones and your tailbone.

**2.** Keeping hold of your knees, straighten your legs so they are at an angle of about 60°. Your torso should be at a similar angle, too. While trying not to round your back, lift up with the chest and keep the knees locked. Release the hands from the knees, keeping the palms facing each other, arms at the shoulder level and stretching towards the legs, elbows locked.

**3.** Lengthen the torso towards the head and the legs towards the feet. Don't tense the stomach muscles. You will be using them, but don't intentionally flex them, as it will cause unnecessary strain. Stay in this pose for 20-30 seconds, gradually increasing the length of time with practice up to a minute.

## IMPORTANT

Keep your back straight, and don't hunch up. Push the

shoulders back and lift the chest.

If you have neck pain, do this pose with the back of your head against the wall.

If you find this pose difficult, take hold of the back of your knees or thighs until you feel strong enough for the full pose.

Relax the muscles in your face and don't forget to breathe. Many people hold their breath in this pose, which causes them to tire out quickly.

After this pose I usually bring the feet back down as close to the body as possible, wrap my arms around my knees and pull them into my chest as I stretch my back upwards, breathing evenly. I find this helps to relieve any fatigue in the back after doing the boat pose.

As always, enjoy the stretch and breathe...

Namaste  
JON



# onsens continued from page 1

Bus access available from Ikeda and Oboke.

Hikyo no Yu Onsen is right at the entrance to Nishi Iya - you can't miss the large hotel complex! It's about a 40-minute drive from Ikeda south on the 32, then west on the 45 at Oboke. Hikyo no Yu is one of my all-time favorite **onsen**. There are lots of different-temperature baths inside to choose from, including bubbly jet baths to massage your back or calves. There is even a cylinder where you can get inside, push a button, and have water showered at you from every conceivable angle. There is also a fabulous salt scrub sauna.

An **onsen** must have a good **rotemburo** to make it worth my time, and Hikyo no Yu delivers. Outside and down some steps is a small rock-lined pool with a view of the hills above you. The water gushes out of a bamboo pipe onto some rocks; a very relaxing sound.

## **Iya Onsen:**

1500 yen (500 yen for the upstairs indoor onsen only)

Hours: 7.30 am to 6 pm

三好郡池田町松尾 367-2

TEL 0883.75.2311

Bus access available from Ikeda.

By car, take the old route 32 south down to Iya Onsen. It branches off just after the Iyaguchi train station in Yamashiro, south of Ikeda. Take the blue bridge and follow the signs to Deai. You can also get to Iya Onsen by going about 15 minutes UP the old 32 from Nishi Iya - it's not

such a scary drive that way. Or, let the professionals do the driving and take one of the three buses a day from Ikeda (1 hour, 1020 yen) but don't think you can take the last bus down to the onsen and catch the last bus back to Ikeda - you will get about 10 minutes in the **rotemburo**, and miss the bus back. Ask me how I know this.

In addition to being in close proximity to the famous peeing boy statue, Iya Onsen has the ever-fascinating feature of the cable car - you take the car straight down the side of the mountain right to the riverside **rotemburo**. There are no showers at the **rotemburo**, but your ticket also entitles you to use the indoor **onsen** and shower facilities upstairs. This place has some of the most stunning primeval scenery around - emerald water tumbling over white rocks far below, green mountains soaring into the mist above.

## **Kazura-bashi Hotel Onsen:**

1000 yen

Hours: closes at 4 for non-hotel guests

TEL 0883.87.2171

徳島県三好郡西祖谷山村善徳 32

Bus access available from Ikeda/Oboke.

Iya's **kazura-bashi**, or vine bridges, are one of the area's prime tourist attractions. So it is fitting that the Kazura-bashi Hotel offers one of the best **rotemburo** in the area. Although the third-floor indoor **onsen** facilities are included in your ticket, the real attraction are the outside baths.

Kazura-bashi Hotel offers another cable car adventure, but this time the car is going up. At the top of the hill you can choose from the men's, women's, or mixed baths. The view onto the surrounding mountains can't be beat. Because there is nobody near enough to see you, the privacy fence usual in a **rotemburo** is all but non-existent, making it possible to enjoy the view without trying to see what is over the fence.

## **Transportation:**

Most of these **onsen** are in or near the famously remote (and beautiful) Iya valley, so of course a car is handy. But if you don't have one, there are other options.

From Ikeda, both express trains and regular trains stop at Oboke station on their way to Kochi City. From Oboke station you can take a bus or taxi to many of the **onsen** in that area. The bus begins in Ikeda. The most frequent bus stops at Oboke, Hikyo no Yu, and Kazura-bashi Hotel. Beware, though, the buses can be infrequent. See <http://vill.nishiiyayama.tokushima.jp> for bus times in English, as well as train times and information on car access.

## **Accommodation:**

If your **onsen** of choice is too far for a day trip, you can stay overnight at onsen hotels. Rooms can be a little spendy, often upwards of 10,000 yen - though meals are included. There is also a youth hostel in Ikeda and a few camping sites in the area.



# the art of iaido

by **andrew dahms**  
 until\_eternity@hotmail.com

For nearly five years now, I have been studying the traditional martial art of **iaido**, a discipline focusing on the use of the famous Japanese blade, the **katana**. **Iaido** has a long history that dates back over five hundred years, and to this day retains many of the practices and formalities from when it first began. While by no means a well-known or necessarily popular martial art today, **iaido** embodies the spirit of traditional Japanese martial arts, and as such provides not only a good way to keep fit, but a unique insight into Japanese culture and history.

**Iaido** was founded in the 16th Century by a man called Hayashizake Jinsuke Minamoto Shigenobu in the area around present-day Kanagawa. It was designed to instruct **samurai** in the use of the sword, and is commonly known as the art of drawing the sword from the sheath and attacking in the same motion. Students wear traditional dress and train mostly by performance of solo **kata**, or patterns common to their school. Most training is performed with the use of live weapons, although wooden swords are commonly adopted during sparring practice for safety.

As mentioned above, training in **iaido** takes several different forms, the most common of which is **kata**. Each school of **iaido** has its own set of **kata**, as well as a set of 10 basic **kata** that are the same for all schools across Japan. **kata** are set around specific situations involving anywhere from one to sometimes five



*an iaido kata in motion*

or more opponents, and are comprised of a number of complex movements that teach the student how to react to a given threat. While the performance of **kata** is almost ritualistic in nature, every small movement of the blade and the body is considered of the utmost importance, and the practice of **kata** requires a great deal of concentration in order to perform correctly.

In addition to **kata**, however, there are two other main methods of training. The first is in sparring, where students train in pairs and practice cutting and blocking techniques. This partner practice is important in understanding timing and distancing. The second method is called **tameshigiri**, in which students use live blades to perform cutting practice on bamboo or rolls of **tatami**. **Tameshigiri** is also very important, as it allows students to perfect their cutting technique and provides a realistic feel for practice.

However, students of **iaido** are not only required to be proficient in the use of the blade, but also to learn about the background and history of swords and the art. A grading for **iaido** is generally broken into two parts, including not only a display of **kata** set for the student's level, but a written test for knowledge as well. The test covers a wide range of topics, from names of the various parts of the sword to etiquette and theory as well.

Being a very traditional martial art, etiquette is inseparable from the study of **iaido**. Lessons are usually quite formal in structure, including a bowing in and out ceremony, as well as learning various rules for handling of the sword and paying respect to those about you. Needless to say, training with live weapons is a dangerous activity, so the rules of the **dojo** are generally very strict and clear in regards to these matters.

While the practice of **iaido** tends to sound formal and strict, it is good for a variety of things, from discipline and concentration to physical exercise and the opportunity to learn about Japanese history from a unique viewpoint. **Iaido** imparts many things to its students, and I feel it has been a very good influence on my life. And, though the use of the sword is obsolete in modern times, I still feel this study holds an important place in Japanese society.

For information on **iaido** classes in Tokushima, contact TOPIA.



# martin's anime corner

by martin o'brien  
martinobrien2004@gmail.com

**Title:** Jin-Roh: The Wolf Brigade

(人狼)

**Directed by:** Hiroyuki Okiura

**Creators:** Mamoru Oshii / Bandai  
Visual / Production IG

**Released:** Japan (1998) U.S. (2002)

**Length:** Approx 102 minutes

**J**in-Roh: The Wolf Brigade is a love story set in Tokyo in an alternative past. The film is based around the experiences of Kazuki Fuse, a soldier in the elite counter-terrorist Capital Police's Special Unit. The Wolf Brigade is an SS-style military unit that is responsible for the suppression of political activists. Kazuki's unit is similar to the Nazi SS, as in this alternative past, Japan lost the Second World War to not America but Nazi Germany. Many years after the Nazi troops have left, Japan is a nation in great political turmoil with multi-tiered, divided security organizations vying for control of the nation against a determined left-wing political organization known as "the Sect". The Sect's main weapon against the regime are "Red Riding Hoods" - little girls who carry around bombs and blow up government targets. Deep down in the sewers of Tokyo, Kazuki's unit encounters one of these "Red Riding Hoods". Kazuki is traumatized by the incident and he is unable to forget the little girl's face. The main question in his mind is - why she wouldn't surrender? Why would she choose to die? Kazuki's hesitation in killing the girl gives her the chance to detonate a bomb, which kills her. Kazuki is punished for his hesitation, and his superiors

send him back to the Academy for retraining.

In the time that follows, Kazuki visits the child's grave, and there meets her older sister Kei, a woman who bears a striking resemblance to her dead sister Nanami. A romance blossoms between Kazuki and Kei, but their lives are soon affected by an internal power struggle in the Capital Police. There are two main factions in the Capital Police - the Public Security Division, which is the bureaucratic arm of the force, and the Field Division, which is responsible for the actual policing. The political tension exists due to rumors that the Field Division will be abolished or will come under control of the regular police force. The Special Unit of the Field Division is also a source of anxiety for the regime as it is rumored that there is a rogue group within the Special Unit called The Wolf Brigade.

Kazuki and Kei become pawns in this internal struggle as some of his superiors want to use Kazuki to create a public relations disaster for the Special Unit, so that they can get it abolished. It is an impressively violent action film, yet it also offers a great deal of subtlety, and may be somewhat confusing due to the complicated storyline with its numerous plots and counterplots concerning political tensions between the various factions of the Capital Police. While the love affair between Kazuki and Kei is somewhat drawn out and tedious, the plotting and intrigue of the members of the

security organizations merits a great deal of attention. A second viewing might be necessary in order to fully make sense of how all the pieces fit together. Even if it still proves challenging, you will have however gained a broader understanding of \*ahem\* office politics in Japan. The interaction of the complex characters, which are allied with the various factions, makes for a very intense, rewarding storyline. It is sometimes difficult to understand why people act in certain ways, and much is left unsaid, as is the case in Japanese organizations. In this respect, with one's Western cultural bias in play, things are often difficult to understand, but with patience the film unravels very intriguingly.

The director of the film is Hiroyuki Okiura, a protégé of Mamoru Oshii - the director most famous for the acclaimed *Ghost in the Shell*. Oshii wrote the story for *Jin-Roh: The Wolf Brigade*. The person responsible for the dark, intense visuals characterizing *Jin-Roh*, Hiromasa Ogura, creates a very compelling vision of an alternate past, which is eminently believable due to the attention to detail that is employed in creating this alternative world. The robotic appearance of the Special Forces contrasts strongly with the almost sepia toned, nostalgic imagery of the recent past. The dark tones used suit the foreboding mood of betrayal and death that is omnipresent in this excellent film.



# letter from suketo hoikuen

by kaoru sakamoto  
 awalife@gmail.com

The cool wind and the angle of the sun tells us that autumn is on the way. Autumn in Japan is synonymous with Sports! Food! and Reading Books! What are your plans for the coming season?

Another common saying in Japan is "**aki no yonaga**" which means "long autumn nights." Do you find your little children are losing track of time and staying up with the adult night owls? This month I'd like to take a look at children's sleeping habits.

There's an old Japanese saying, "**neru ko wa sodatsu**" which means "children who sleep well, grow well". It's true - sleep is very important for a child's mental and physical development.

Despite this, many children get caught up in the late-night sleep patterns of their parents, and lose their sleep rhythm. It's almost as if they're suffering from a sort of chronic jet-lag. How can you get your kids back on track with their sleep patterns? Here are a few suggestions:

- Play hard during the afternoon.
- Create an environment conducive to sleep at bedtime.
- turn the volume down on the TV or stereo.
- Don't take too long of an afternoon nap.
- Here are some things to watch for at bathtime: it can be hard to sleep when your body is too hot, but easy to sleep once it cools down. So, use hotter water for an early

bath, and lukewarm water for a late-night bath and it'll be easier for your child to sleep.

-develop a nightly pattern, ie. first bath, then pyjamas, then brushing teeth, etc.

-lie down in bed with your child or read them a bedtime story (a long one!)

-put them to bed with a favourite stuffed animal or blanket

Even if late at night is the only time you have to spend time together with your children, put them to bed early and get up early in the morning and spend time together then instead! Let's not forget "early to bed, early to rise" is best for the growth of your child!



# shin mai mama nikki

by claire tanaka  
 clairish@gmail.com

It was a little over one year ago when one of my co-workers approached me about including more content on childrearing in Awa Life. They felt it was important to include information that was useful to all kinds of people in Tokushima - not just young, single folks but those who have settled here with their families as well. At that time, I never dreamed that I would soon be one of those settled-down, family-types myself. Well, here I am, just over a year later, and 6 weeks to due date with my first child. So, I wasn't too surprised when TOPIA's Murasawa-san approached me about recording my experiences in Awa Life for the benefit of Tokushima's English-speaking

community. She called it my "**shin-mai mama nikki**" - **shin-mai** means literally "new rice" but in this case I think that "a new mom's diary" is a good translation for the title of this column.

I have had a smooth pregnancy so far - the doctors and midwives at the clinic have been very kind to me, speaking mostly in Japanese, but using English for difficult words like "gestational sac" and "placenta." Japan's national health insurance does not cover pregnancy, so I have had to pay all my pregnancy-related medical bills in full. This comes from the reasoning that pregnancy is not an illness, so it shouldn't be covered by medical insurance. Fortunately, the city provides a 300,000 yen birth allowance to offset

this cost. The only thing I have found difficult so far is the restriction my doctors have put on my weight gain. According to them, I should only gain eight kilograms during my entire pregnancy! My western pregnancy books recommend gaining 12 to 16 kilograms, which has caused a difference in opinion between the clinic staff and myself. Needless to say, with six weeks to go now, I have already exceeded their eight kilo limit...

I'm looking forward to using this space to explore issues related to becoming a new mom in Tokushima! If you have any ideas or themes you'd like to see me write about here, drop me a line at the e-mail address listed above.

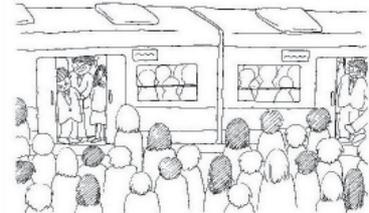


# Japanese lesson

by Isao Nishitani  
jmtoku-lesson@mbk.nifty.com

In these busy days, you might have experienced something interrupting you whilst you are already doing something. For example, when you are going to take a shower, somebody knocks on the door, or when you are about to leave for school you get a long distance call, and so on. In such cases, please use following form to describe the situation.

Just before I got on the train, the door shut.  
densha ni norou toshitara doo ga shimarimashita  
 電車 に 乗ろう としたら ドアが閉まりました。  
 S1(V is in volitional form) + としたら + S2 (Vました)



When you are about doing S1, S2 has happened and S1 is not completed yet. While the speaker was about to get on, another thing had happened. In this case the door had shut and he missed the train. Please make S2 past form when you describe past events.

dekake masu kurumaga pankushimasu  
 出かけ (ます) 車が (パンクします)  
dekakeyoutoshitara kurumaga pankushimashita  
 出かけようとしたら 車がパンクしました。  
 When I was about to leave, I got a flat tire.

Do you remember how to make volitional form?  
 V1 Change last mora of dictionary form to "o" and put "u". 買う→買おう  
 V2 Change "ru" to "you". 見る→見よう  
 V3 来る→来よう する→しよう



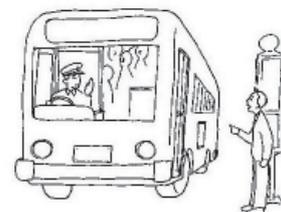
chuushokudai haraimasu tomodachiga harattekuremasu  
 昼食代を (払います) 友達が (払ってくれます)  
chuushokudai o haraou toshitara tomodachiga harattekuremashita  
 昼食代を払おう としたら 友達が払ってくれました。  
 When I was about to pay for my lunch, a friend paid for me.

When you describe something whilst excusing yourself, this expression would be useful.

## Let's Practice:

doushite jikokuni okuremashitaka  
 A: どうして時刻に遅れましたか  
 How come you're late?

dekake masu kodomonifuku o yogosaremasu  
 B: 出かけ (ます) 子供に服を (汚されます) →。①  
 When I was about to leave, my kid messed up my clothing.



basuni norimasu manin desu  
 バスに (乗ります) 満員 (です) →②  
 I tried to get on the bus, but I found it was full.

keitaiderenraku shimasu denchiga kiremasu  
 携帯で連絡 (します) 電池が (切れます) →③  
 I tried calling you with my mobile phone, but the battery was dead.

## Answers

soudeshitaka taihendeshitane  
 A: そうでしたか。たいへんでしたね。  
 I see. That was too bad.

③ 携帯で連絡しようとしたら電池が切れました。  
keitaiderenraku shiyou toshitara denchiga kirimashita  
 ② バスに乗ろうとしたら満員でした。  
basunioronoshitaramanindeshita  
 ① 出かけようとしたら子供に服を汚されました。  
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## Doitsu-kan Events

### ドイツ館イベント情報

Slide show and speech on "The Influence of Richard Wagner and Nature on Ludwig II (King of Bavaria) and his Castles" Speech is in German with Japanese translation

**cost:** free

**when:** October 23, 14:00

"Deutsches Fest in Naruto" - A number of events including performances, exhibitions, and more. German beer and sausages will be served.

**where:** In and in front of the Doitsu-kan

**cost:** entry is free

**when:** October 30, 9:30 - 17:00

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

## Uchimachi Orienteering

### 内町オリエンテーリング

The Tokushima Uchimachi Neighbourhood Association and Uchimachi Elementary School present a day of orienteering around the downtown Tokushima City area. The course will take participants around ten historical spots as well as the Castle Museum, providing an opportunity to learn about Tokushima's history. Why not join the Elementary students and area residents? Come alone or bring your family! English instructions will be provided.

**when:** November 1, 9:30 - 12:30

**where:** Uchimachi Elementary School, near Tokushima Station

**cost:** free

**for more info:** contact HIROBA's Ms. Yamada

**fax:** 088.652.4846

**e-mail:** meyamada@mb3.tcn.ne.jp

## Japanese Lessons

### 日本語教室

**JTM Tokushima's "Nihongo Salon"**

Practice speaking Japanese conversation.

Mondays 10:30 - 12:00 at TOPIA

Saturdays 19:00 - 20:30 at the Seishonen Youth Centre

**Watari-sensei's free class at TOPIA:**

Wednesdays (starts October 5) - beginner

Every first and third Thursday (starts October 6) - people

with one year of Japanese study experience

Every second and fourth Thursday (starts October 13) -

people with two years of Japanese study experience

Classes run from 16:30 - 17:50

**The following international associations hold Japanese lessons. Call for more information:**

Tokushima City: 088.622.6066

Yoshinogawa City: 0883.24.5112

Komatsushima: 08853.2.0454

Aizumi: 088.692.9951 (new class starts in October!)

Anan: 0884.23.6323

Mima: 0883.63.4527

## 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

**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.

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## Japanese Lessons in Aizumi-cho - Fall Semester

藍住町 日本語講座 秋学期

Classes are taught by Aizumi International Exchange Association Members Akiko Tsuji and Kaori Tamada.

**when:** Thursday nights 7:00 - 8:30pm from October 6

**where:** Aizumi Welfare Center, near Aizumi Town Office

**cost:** ¥1000

**text:** Minna no Nihongo I (starting from Chapter 20)

**for more info:** e-mail: aizumi\_kokusai@garnet.nmt.ne.jp

tel. 088.692.9951

fax. 088.692.1626

## 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](mailto:info@jtest.org)

**application period:** (before October 25 for exam on November 20))

**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](http://www.jtest.org)

## 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.

**contact:** Matt Lindsay @ [surfmatt@outdoorjapan.com](mailto:surfmatt@outdoorjapan.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)

## 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.

October 15 (Sat) 14:00 vs Kyoto Purple Sanga

October 29 (Sat) 14:00 vs Thespa Kusatsu

November 19 (Sat) 14:00 vs Yokohama FC

December 3 (Sat) 14:00 vs Mito Hollyhock

**web:** [www.vortis.jp](http://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.

## TV and Cinema Listings?

TV と映画情報はどしたの？

You can now find up-to-date TV, cinema, and local sports listings in English at the new Living in Tokushima website produced by the Tokushima Prefecture Cultural and International Affairs Division, as well as information on various aspects of daily life. Check it out at: **[http://ourtokushima.net/e\\_living/index](http://ourtokushima.net/e_living/index)**

# memoranda

## Medical Interpreting Course 医療通訳ボランティア研修会

徳島県内には現在、60ヶ国以上約6000人もの外国人が在住しています。毎年その数は増加し、それに伴い、在住外国人の抱える問題や悩みも多岐にわたり、また複雑になってきました。その中でも特に重要な相談として、医療機関でのことばの問題があります。患者と医師の間でのやりとりでは、病気やけがの状態やその治療法など、正確な情報交換が必要です。医療機関の中には外国語で対応できる機関もありますが、その数はまだまだ少ないのが現状です。そこで、財団法人徳島県国際交流協会では、「医療通訳ボランティア研修会」を10月29日（土）と30日（日）の2日間にわたって開催することになりました。言語は（日本語－英語）です。ぜひこの機会に、医療通訳ボランティアについて研修を受けていただき、医療現場での外国人支援にご協力を賜ることができればと存じます。

**日時：** 10月29日（土）午後1：30～4：30  
医療通訳全般について説明  
医療通訳先進国の現状  
10月30日（日）午前10：30～午後4：00  
医療通訳の基礎技術  
医療通訳の心得  
医療の基礎知識  
通訳実践・ロールプレイ

**場所：** 財団法人徳島県国際交流協会 会議室  
**講師：** M I C かながわ 英語通訳スタッフ（森田直美講師、田村明夫講師）他  
**定員：** 30名程度  
**参加費：** 無料

お申し込み：英語検定準1級以上の方。氏名、住所、電話番号（自宅、携帯）、ファックス番号、メールアドレスをお書きになり、ファックスかメール、または郵送で当協会にお申し込みください。特に様式はありません。10月21日（金）までにお申し込みください。ただし、定員になり次第締め切らせていただきます。

〒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  
電話： 088-656-3303, ファックス： 088-652-0616  
メール： topia@fm.nmt.ne.jp  
担当： 村澤 普恵

## Mutsumi Matsuri むつみ祭り

This year's Mutsumi Matsuri festival features food from all over the world: Indian curry, meat pie, **gyoza** and steamed pork buns, Korean **chijimi**, and a tea lounge! Entertainment features professional **taiko** drumming (starts from 12:00), Japanese **hako mawashi** puppetry, and Phillipine traditional dance. You can also try your hand at indigo dying!

**when:** October 30 (Sunday) 10:30 - 15:30  
**where:** Mutsumi Kaikan in Kokufu-cho, Tokushima City  
**cost:** free  
**for more info:** 088.642.2155 (ask for Mr. Chono)



## Cooking Columnist Wanted

### 料理コラムニスト募集中

After many informative articles and tasty recipes, Don Weiss has put down the pen for Tastes of Awa. We are now looking for new columnists to write for Awa Life on the topic of cooking with local ingredients. Send an email in to Awa Life at awalife@gmail.com if you would be interested in writing an article or two on this theme.

人権守って輝く明日