
awa life



"TOPPY"

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sticking around for mochi-tsuki

by matthew lindsay
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You may have noticed that there are many festivals at this time of year. Not only are these festivals an avenue for asking the gods for favour, they also serve as a means for promoting community spirit. One such festival exemplifying the co-operation required for building morale is that of **mochi-tsuki**, the making of sticky rice cakes.

Since **mochi-tsuki** is typically a community event, it is most commonly held at a focal point within the neighbourhood such as a kindergarten, school or shrine. It is held every year at various times throughout November and December in preparation for the New Year rites and celebrations (more on this later).

For those of you unfamiliar with **mochi** rice cakes, they have a gooey, doughy-like texture. **Mochi** also comes in many different forms, and can be both sweet or savoury. Sweet **mochi** is often referred



pounding the rice to make mochi-tsuki

to as **daifuku**. It contains an - red bean paste, an acquired taste it seems judging by the many foreigners that don't like it! The **mochi** from **mochi-tsuki** however is usually just plain sticky rice and has no special filling.

The preparation required for making **mochi** is relatively simple. Glutinous or sticky rice

known as **mochi-gome** is used rather than 'normal' rice. On the day prior to making the **mochi**, this rice is soaked in water overnight. The following morning the rice is steamed for a couple of hours until it takes on a soft texture. Once the rice is cooked thoroughly it is then placed into a large mortar (a stone bowl) in readiness for the **mochi** making event when it comes along.

If you studied chemistry at school or have prepared spices for a curry, you will probably be familiar with the mortar and pestle combination. The mortar used for **mochi-tsuki** is so big, however, that rather than a pestle, a large mallet is used for the process instead. Technique is very important for the handling of this mallet. It should hit the mochi dough evenly, and if it hits on an angle, it might also hit the mortar. If this happens splinters could come off the

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awa life

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from the editors

November in Canada is always regarded as a rather boring month - the only holiday we have is Remembrance Day (commemorating the end of World War I) which is kind of depressing, and it's right after Halloween but still quite a ways before Christmas. The leaves have already fallen, but the snow hasn't started yet, so the dominant colours tend to be grey and brown... However I personally love November, because my birthday is in November, and November in Japan is lovely! The leaves reach their peak of colour, and the temperature is just right for walking around outside, helping build an appetite for all those tasty Autumn **nabe** (hot pot) dishes! I hope this issue of Awa Life helps you get the most out of your November. Love, Claire. 🍁

The weather has well and truly started to cool down, and I find myself out and about in the evenings sporting a jacket to keep myself warm and to try prevent myself from catching a cold. The leaves on the trees sport an orange tinge, and every so often the skies bear a clear and beautiful blue, followed by a crisp breeze. Autumn is here. This month in Awa Life we have a selection of articles celebrating the colder months in Japan, including a look at the making of traditional rice-cakes at new years, a recap on how to make **nengajō**, and also some information on where to see the autumn leaves this year in Tokushima. I hope you enjoy this month's edition, and keep warm as the temperature continues to fall. Cheers, Andrew. 🍁



the cosmos flower - symbol of the Japan Small Kindness movement begun in 1968 with the aim of spreading kindness across Japan through a variety of activities such as cleanups and community work (photo by Andrew Dahms)

nengajō

by **claire tanaka**
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Well, it has come around to that time of the year again. In last November's edition, we showed you how to make Japanese **nengajō** - cards that are sent out at year-end much like Christmas cards are in the west. Let's have a recap of how to go about it.

きって
切手
kitte / stamp

nengajō sold by the post office already have a stamp printed on them. If you make your own, you'll have to buy a 50 yen stamp to put on it. There are some with special New Year's designs that include **otoshidama** lottery numbers.

ねんが
年賀
nenga / New Year's Card

This will let the post-man know to post your card on January 1st.

郵便はがき

7700831

50

年賀

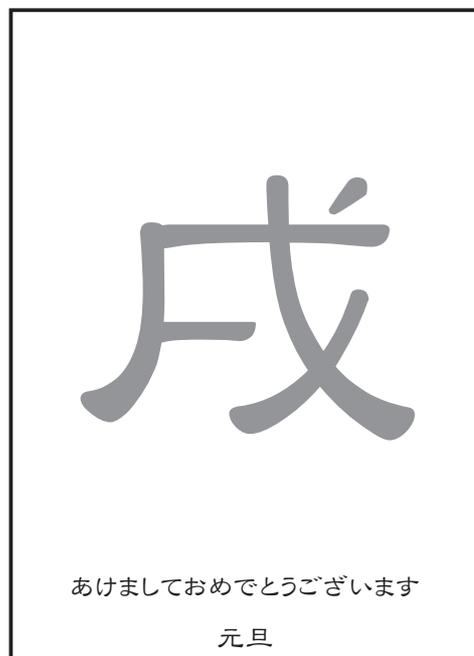
put
 your
 address
 here

□□□□□

A7777 組 お年玉 77777

徳島県徳島市寺島本町西1の61
 クレメント・プラザ6階

木村 純子 様



としだま
お年玉
otoshidama / New Year's Gift

The **otoshidama** lottery is held around January 15th every year - check your numbers at the post office to see if you won a prize!

The address is written on the right hand side, starting with the prefecture, then city, getting smaller until the apartment number is at the end.

When you address your **nengajō**, make sure you write the honorific **様 (sama)** at the end of the recipient's name, but be careful not to write it at the end of your own!

戌
inu / dog

People usually decorate their cards with an illustration of the Chinese Zodiac animal for the coming year, or the **kanji** for that zodiac animal. There are no hard and fast rules, though, making it the perfect opportunity for you to express your creativity!

There are lots of different ways to wish someone a 'Happy New Year' in Japanese. Aside from the above, you could also write **きよねんはお世話になりました。今年もよろしくおねがいします (kyonen wa osewa ni narimashita. kotoshi mo yoroshiku onegaishimasu** - Thanks for all your help in the past year. I'm depending on you again this year). Don't forget to include the date - January 1st has its own special kanji: **がんとん** - **gantan**.

autumn leaf viewing

by **andrew dahms**
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The turning of the leaves in Autumn is a very beautiful sight, and there are several places around Tokushima that are known for their beauty as the leaves change from green into deep reds and yellows. Here is a short list of where you can find some of these places, as well as information on when is the best time to go, and how to find more information.

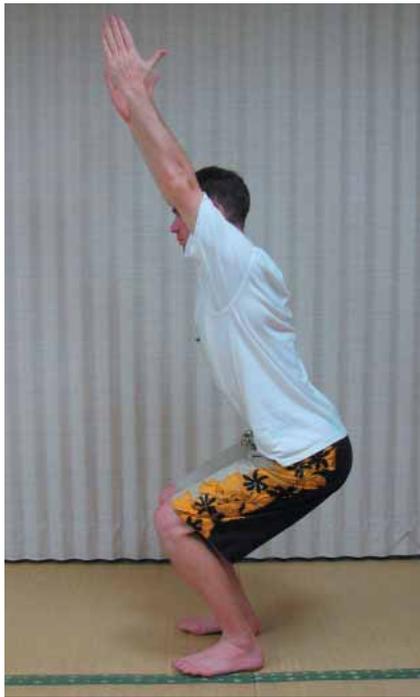
Miyoshi - Minoda no Fuchi
When: Early to late November
Where: The Minoda lake in the Prefectural Nature Park, Miyoshi-cho, Miyoshi gun.
Access: 5 minutes by car from the JR Tsuji station, or 4 km along the Tokushima Ikawa - Ikeda expressway (IC). Parking is available.
Information: Call the Miyoshi Industry and Finance section at: 0883.79.5339

Oboke / Koboke
When: Mid to Late November
Where: Yamashiro-cho, Miyoshi-gun.
Access: 20 minutes walk from the JR Oboke station, Dosan line.
Information: Call the Yamashiro Industry and Finance section at: 0883.86.2432

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yoga - utkatasana

by jon teakle
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1.



2.

jon demonstrates the chair pose

Utkatasana actually means powerful, but this pose is often given the nickname of 'chair pose'. It helps to strengthen the ankles, thighs, calves and spine, and it also produces a good stretch in the shoulders and chest.

Step by Step

1. From standing position (Tadasana), feet together, toes spread, raise the hands up, either keeping the arms parallel or palms together.

2. After a deep breath in, exhale and bend your knees to about 60 degrees. The knees will project forward over the feet and the torso will lean forward slightly. Your upper body and thighs will form a right angle (picture 1).

3. Keep the weight on the heels, not on the toes, and lift the torso upwards, stretching the rib-cage and pulling the lower back in. Stretching the

arms up, keeping the shoulder blades firm and open, the tailbone should be pushing downwards as you lengthen the spine.

4. Looking forward, hold this pose for 30 seconds, breathing evenly. To release, straighten the legs as you inhale and then bring the arms down as you exhale.

Twisting Chair Pose

If you want to push this pose a little further, after following steps 1-3 above you can move into a twist (picture 2).

Take a deep breath in and on the exhale lower the torso as you bring the right elbow down to the outside of the left knee. Bring the palms of the hands together in front of the chest with the left elbow pointing upwards. Turn your head so that you are looking over your left shoulder.

Hold this pose for a few breaths and then on an inhale

return to the centre as in picture 1. On the next exhale repeat on the other side.

Important

Make sure you don't lean forward too much, as it will shift the weight onto your toes. Your heels should be firmly down - if they aren't, you'll strain your thigh muscles and they will quickly tire.

Don't stay in this pose too long. Listen to your muscles and don't push too hard.

As with all stretching poses in yoga, you should be looking for a good stretch. The weightlifting 'no pain no gain' mentality does not apply to yoga. If you feel any pain in a pose, back off slightly and use your breath to deepen the pose again. If the pain continues, release and rest.

Keep stretching
Namaste
JON



sticking around for mochi-tsuki con't from page 3...

mallet, spoiling the **mochi** for everybody!

However, not only do the mallet swingers need technique, they also require rhythm. They must ensure that their helper's hands are free of the mortar before every strike. Furthermore, if there are two people with mallets, they also need to be careful that the mallets do not collide during the pounding process.

These **mochi**-mashers have a relatively risk-free job, however, compared to their helpers. The helper's job is to apply water to the **mochi** between each strike in order to prevent the mallet from sticking to it. He or she also needs to flip the dough so that the **mochi** gets an even beating. Obviously, this job is potentially dangerous. The helper must make sure he or she is clear of the mortar before the mallet comes down, otherwise disaster could easily strike!

Clearly, communication and cooperation between the **mochi**-masher and the **mochi**-flipper is essential for **mochi-tsuki** to be successful. A good **mochi-tsuki** team in action is like poetry in motion. The helper is so fast to wet and flip the **mochi** that the person with the mallet doesn't need to hesitate in the slightest between strikes.

Once the **mochi** has been beaten sufficiently so that the rice grains are no longer visible, (and everyone has had a turn with the mallet), it is time to separate the dough into individual rice cakes. Once again, co-operation between participants is essential. While

all hands need to be clear when beating the dough, making the **mochi** cakes needs a hands-on approach. If the dough cools too much, the **mochi** will harden making it difficult to eat, so the more hands the better! To begin with, sweet rice flour is sprinkled over the dough so that it won't stick to hands. Balls of dough are then broken off and rolled to form the small rice cakes.

Naturally, participants in the **mochi-tsuki** are rewarded for their efforts. Once the sticky rice cakes have been made, they are passed around for all to enjoy. There are a number of ways that the **mochi** can be eaten. There is plain grilled **mochi**, (**yaki-mochi**) or **mochi** wrapped in **nori** seaweed and then dipped in soy sauce (**isobemaki mochi**). For those with a sweet tooth there is **mochi** dipped in soy sauce and sugar or sprinkled with soybean powder and sugar (**kinako mochi**). In addition, you can find a nearly endless supply of different mochi types in various gift shops and supermarkets, all with a slightly different flavour.

Mochi is also distributed to the participants to take home. This **mochi** takes on special significance at New Years. It is part of the first meal of the New Year, served in a soup dish known as **ozōni**. (This dish is potentially hazardous if the **mochi** is not thoroughly chewed. Sadly, **ozōni** has been the last dish for many an unfortunate victim, (usually aged) who has choked on the **mochi**.)

Typically two round **mochi** cakes are set aside for a decoration known as **kagami-mochi**. One mochi is placed on top of the other and then these **mochi** cakes are placed on a sheet of white paper (representing purity) and put on a tray. A mandarin, (representing longevity), is placed on top. The **kagami-mochi** is then placed in the front guest room of older houses or in the Japanese **tatami** room of newer dwellings where it remains until **kagami-biraki** is held, (around the January 10th) when it is cut up and eaten.

If you happen to be stuck here for the winter break, why not get out and attend **mochi-tsuki** for yourself? Besides being fun, participating will give you a sense of belonging with your local community (and help you forget any homesickness you might be feeling). A few well-aimed swings of the **mochi** mallet should relieve any frustration you may be feeling if you'd rather be elsewhere!

As an Aside - Full Moon Mochi!

You've probably heard of the man in the moon, but what about the rabbit in the moon? According to the Japanese, a rabbit can be seen in the autumn equinox full moon, (otherwise known as the harvest moon). This ain't no ordinary bunny though - he swings a mallet, pounding **mochi** by the light of the full moon. It is a very popular myth in Japan, and the rabbit and moon can be readily found in many images. 

been living in Tokushima, but haven't been able to get out and see the sights? Maybe you're interested in getting a look at what's out there, and want some more information. Well, from this month I will be starting a regular column introducing various sights around Tokushima, including details on how to get there and how much the trip might cost. First up, we have the whirlpools of Naruto

The Naruto whirlpools are a well-known tourist destination in Tokushima prefecture, lying in the Naruto straits separating Shikoku and Awaji Island. They are a naturally occurring feature that has been the subject of poems and artwork in Japan for many centuries.

The whirlpools are caused by the difference in sea levels of the Seto Inland Sea and the Pacific Ocean. The tide experiences a change of nearly one and a half meters between low and high tide, and the width of the straits causes a large amount of water to drain through a small area several times a day. This causes a very fast-moving current that, rushing over the formations in the seabed, results in the whirlpools. In fact, the Naruto whirlpools are regarded as the third strongest in the world (Number one is Moskstraumen in Norway, and number two the Old Sow between New Brunswick and Maine) with a speed of nearly 20km/h!

Generally, the whirlpools are around ten meters in diameter and two meters deep, and carry along for several seconds with the current before



the uzushio kanko kisen by the whirlpools

dissipating. In April, however, the tides are especially strong, and provide the best viewing time for the whirlpools, sometimes reaching a huge diameter of 20 meters each.

There are many ways to get out to see the whirlpools, each presenting a unique experience.

The Uzu no Michi: Beneath the bridge connecting Naruto to Awaji is a walkway around 450m long, and 45m above the straits below. It costs 500 yen for an adult to enter, 400 yen for high and middle schools students, and 250 yen for primary schoolers. Once in, you can enjoy the great view of the whirlpools directly below through glass panelling on the floor. The **Uzu no Michi** is open every day except Mondays, from 9:00am to 5:00pm, but the last time it is possible to enter is at 4:30pm. You can find a detailed website in English with information on parking, site details and more: <http://www.uzunomichi.jp/e/index.php>

The Uzushio Kanko Kisen:

You can also see the whirlpools by boat. The **Uzushio Kanko Kisen** costs 1,500 yen for an adult, 750 yen for a child and leaves every half hour. The trip lasts for approximately thirty minutes, and takes you right out beside the whirlpools, providing an excellent chance for photography and to experience the whirlpools up close. The waters can be very choppy, however, so please be careful if you are susceptible to motion sickness.

Eddy: If you have seen the whirlpools, there is another option open to you in the form of the whirlpool museum 'Eddy', containing information, virtual bike rides, a viewing deck and much more. For full details, check the english homepage at <http://www.uzunomichi.jp/e/e.php>.

Viewing Times: Certain times during the day are favourable for larger and more dramatic whirlpools around the tides. You can find a chart of these times at the following address: <http://www.uzunomichi.jp/uzunomichi/3.php>. Times in red are the best for viewing, followed by blue and then black.

How to get there: Naruto is easy to access. If travelling by car, simply follow route 11 from Tokushima City north towards the coast until you reach the bridge. Buses run from outside the Clement Plaza in Tokushima City to Naruto Park for 690 yen one way. The trip takes around 60 minutes.



martin's anime corner

by martin o'brien
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Title: Doraemon (ドラエモン)
Broadcast on Friday evening on TV-Asahi (Ch 6) at 19:00

Title: Anpanman (アンパンマン)
Broadcast on Friday evening on NTV (cable) at 16:30

In this issue, I have decided to veer away from my normal offerings to write about some of the many **anime** films and programs aimed at Japanese kids. Watching **anime** aimed at a younger demographic is a great way to learn Japanese, as the level of speech tends to be easier. If you want to practice your listening comprehension, and learn some new words for conversation then children's **anime** is the way to go.

As much of the **anime** aimed at young kids of elementary school age is broadcast first on TV, you can tune in any weeknight and find something interesting. Previously broadcasted programs are also usually sold in series form, where you get 3 or 4 programs as opposed to a full-length feature film.

Some of the heroes of kid's **anime** include Doraemon, Anpanman, Obake no Q-Taro, Crayon Shin-chan and Pokemon. All of the titles mentioned here have been released in Western markets in some shape or form. Both Crayon Shin-chan and Doraemon have been dubbed and released on Western TV with little success. This is probably due to the fact that many children's programs are based around everyday Japanese life and therefore

the cultural setting doesn't often sit well with American and European audiences. Characters that sit on the floor, bathe communally and always eat dinner with chopsticks seem very strange when dubbed with American accents. Other characters such as Pokemon have settings in fantasy worlds that are well-removed from the Japanese cultural experience, and this is why they are more readily accepted abroad.

In this week's column, I am going to introduce two of Japan's most popular kids **anime** characters - Doraemon and Anpanman. The head honcho of kid's characters is most definitely Doraemon. If you have lived in Japan for even a short period of time, you will find it impossible not to at some stage encounter this ultra famous blue robotic cat. Doraemon is the Japanese equivalent of Mickey Mouse, and his smiling face can be seen on everything from pots of yogurt to t-shirts.

Doraemon has been around for some while and many different generations have grown up with him. Doraemon came into the public eye back in the 1970's and has remained popular ever since. So who is Doraemon? Well it all starts with a fourth grader Nobita Nobi. Nobita is lying around the house one day when he is visited by a futuristic boy and a large blue robotic cat. The futuristic kid is a twenty-third-century descendent of Nobita, who gives him the robotic cat as a gift. Doraemon, with the help of his various special powers and abilities

is entrusted to look after and guide the young Nobita. One of Doraemon's main powers is his trusty four dimensional pocket form which he regularly extracts various gadgets that help solve some of life's little problems. However, Nobita's mischievous nature ensures that things don't always go to plan.

Doraemon's main rival for the hearts and pocket money of Japanese Elementary school students is Anpanman. Anpanman, as his name might suggest, has a face made from sweet **anpan** (bread filled with bean jam). Anpanman is basically a superhero who helps those in need or in danger. His arch-rival is called Baikin-man or bacteria man. Anpanman helps people by letting them eat some of his face, once eaten he can restore himself endlessly. Fighting Baikin-man isn't easy as he has his own personal spaceship, and some formidable gadgets at his disposal.

However, when things get too tough, Anpanman has the option of calling on someone from a motley crew of superhero mates who are happy to drop everything to run to his aid. Some of these include Omusubi Man who is in the shape of an Omusubi. He is basically a samurai riceball. There's also Hakupan Man, Yakisoba Man, and Hamubaga Man who all have their own talents and personalities.

Anpanman and Doraemon are both classics of Japanese children's animation. Be sure to check them out.



letter from suketo hoikuen

by kaoru sakamoto
 awalife@gmail.com

Children love picture books. We hold readings of picture books at our international child-rearing salon and they are always very popular. Let's give them the chance to read them at home, as well.

Even one book a day is fine. When a mother or father reads a book to them, children are happy as that time belongs to them, and them alone. And if you have them sit on your

lap as you read to them, you draw closer to the child and that time becomes even more special. When 10 years or even 20 years pass by, it may only be then that you realise the true meaning of reading books to your children when they say to you 'when I was younger, you always read to me', but reading like this is an act of love you can only perform now, in the present.

Here are some points for

when reading to your children:

- Have them sit on your lap, and show them the pictures well. Show them from the cover to the back page.

- Choose a story with a simple beginning and a happy ending.

- Refrain from stopping part-way through to ask them questions or to explain aspects of the story, as well as asking them their opinion after finishing. Let them remain in the world of the story.



shin mai mama nikki

by claire tanaka
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As I write this, I'm halfway through my 37th week of pregnancy, which means I could have the baby anytime in the next month. By the time you all read this, she could very well have been born. In the meantime, I have been finding life on maternity leave to be rather interesting. I've finally been able to experience the life of a stay-at-home housewife in Japan. For example, I finally got around to figuring out when all the different bargain days are at our local supermarket (half price ice cream on Mondays! 1 yen for a package of eggs with a 1000 yen purchase on Sundays!) and I've gotten much better at separating the garbage. I even bring the flattened milk cartons and styrofoam trays back to the supermarket for recycling, now that I know where the bins are! Not only that, but I am getting to know all about daytime TV - my favourites are the kid's programs on NHK in the morning

(particularly Do Re Mi no Telebi on Wednesdays, from 9:00 to 9:15) and the variety show, Waratte ii Tomo on weekdays at noon on Channel 8.

With a baby on the way, both my husband and I have started to feel an increased sense of responsibility. Last week, he told me he wanted to make an emergency earthquake kit. I have always known that Tokushima is in an earthquake-prone area, and I've even been personally involved in helping with disaster preparation workshops since I've come here, but I never got around to making an earthquake kit until now. Now we have a backpack placed near the front door, containing raincoats,

extra socks and underwear, cans of tuna, bottles of water, a radio, a first aid kit, some instant food, a package of coffee, and various other essentials. My husband thinks the other people at the emergency shelter will look at us funny for having it, but I don't care. I think that if I was stuck in a shelter after my neighbourhood had been destroyed in an earthquake, I'd want a cup of coffee. I considered putting some chocolate in the kit as well, but I was afraid it would spoil before the Big One came.

By next month's edition, I'll have someone new to introduce to you all!



autumn leaf viewing con't from page 3...

Kazura Bashi

When: Early to mid-November.

Where: Kazura Bashi, west Iya, Miyoshi-gun.

Access: 15km on Route 32 from Tokushima City, or by local bus from the JR Oboke station, Dosan line.

Information: The Nishi Iya Tourism Association: 0883.87.2001.

Todoroki Falls

When: Mid-November.

Where: Todoroki falls, Kainan-cho, Kaifu-gun.

Access: Ten minutes walk from JR Awa Kainan station on the Mugi line.

Information: The Kainan Industry and Construction section at: 0884.73.4162.



Japanese Lesson

by fumiko kanematsu
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This month let's study how to request advice by using “～ば、いいですか”. Please take a look at the following conversation.

リー : アスティとくしまへ 行きたいんですが、どうやって 行けば いいですか。

I would like to go to ASTY Tokushima. How should I get there?

係の人 : 3番のりばの バスに 乗って、文理大学前で 降りて ください。

Take the number 3 bus, and get off at Bunri Daigaku-mae.

リー : わかりました。ありがとうございました。I see. Thank you.

Interrogative V conditional form いいですか

This expression is useful when you ask for directions or suggestions. Let's take a look at some more examples.

《conditional form of verbs》

V1 : Change the last sound of ます -form into the え -line and attach ば .

V2 : Attach れば to the ます -form.

V3 : 来ます⇒く来れば します⇒すれば

① 友達に 赤ちゃんが 生まれたんですが、お祝いに 何を プレゼントすればいいですか。

A baby was born to a friend of mine. What should I give her for a present?

② 大家さんの 家に 招待されたんですが、どんな 手土産を 持って 行けばいいですか。

I was invited to my landlord's home. What should I bring as a small gift?

③ キャッシュカードの 暗証番号を 忘れて しまったんですが、どうすればいいですか。

I forgot the code number for my ATM card. What should I do?

[Note] “～ば いいですか” can be restated “～たら いいですか”, such as “何を プレゼントしたら いいですか”, “どんな 手土産を 持って 行ったら いいですか”, and “どうしたら いいですか” .

Interrogative V た -form ら いいですか

“～たら、いいですか” sounds more colloquial

Let's try to ask for suggestions!

- You are invited to a wedding reception, and wondering what to wear. You ask your co-worker for advice.
- You don't know how to separate garbage, so ask the owner of your apartment for advice.
- Your child has a fever on a Sunday. You ask a friend living next door for advice.

Last month, you studied volitional form. Regarding how to make the volitional form, conjugation by Hiragana rather than Roma-ji would be easy to understand. In this case, please refer to the other explanation like below.

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 : 来ます⇒来よう します⇒しよう

《volitional form of verbs》

V1 : Replace the last sound of the ます -form with the sound in the お -line of the same row and attach う .

V2 : Attach よう to the ます -form.

V3 : 来ます⇒来よう します⇒しよう

Answers

- 結婚式の 招待されたんですが、何を 着れば/着たら いいですか。
- 分方の わからないんですが、どうすれば/どうしたら いいですか。
- 子どもが 熱を 出したんですが、この 病院へ 行けば/行ったら いいですか。

Tokushima Vortis 徳島ヴォルティス

Upcoming games for Tokushima's National League soccer team, Tokushima Vortis. Games are held in away fields, or at the Naruto Athletic Field Baseball Stadium.

November

13th (Sun) 14:00 - vs Montedio Yamagata (Yamagata)

19th (Sat) 14:00 - vs Yokohama FC (Naruto)

23rd (Wed) 13:00 - vs. Avispa Fukuoka (Hakata)

26st (Sat) 13:00 - vs. Shonan Bellmare (Hiratsuka)

December

3rd (Sat) 12:00 - vs. Mito Hollylock (Naruto)

Naruto tickets are ¥2000 for A seats and ¥1500 for B seats, but a charge of ¥500 applies to A seat tickets bought on the day of the match. Tickets can be purchased in advance at Lawson's convenience stores and at local sports supply shops such as Sasakura Sports and Alex Sports.

Japanese Lessons - Ongoing 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 - beginner

Every first and third Thursday - people with one year of Japanese study experience

Every second and fourth Thursday - 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

Anan: 0884.23.6323

Mima: 0883.63.4527

Doitsu-kan Events ドイツ館イベント情報

A Christmas fair at the German House. There will be a variety of German goods, many of them Christmas-related and of course a big decorated Christmas tree waiting for you in the first floor of the "Deutsches Haus".

When: November 11 to December 25

Cost: Entry is free.

for more info:

phone: 088.689.0099

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

For more information regarding the Doitsu-kan's open hours and access, as well as future event information and much more, take a look at the website and keep updated with everything that's going on: <http://www.city.naruto.tokushima.jp/germanhouse/>

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 for information regarding Japanese lessons for parents with small children, and Chinese and English language child-rearing consultation services.

memoranda

Mikan Picking Season

みかん狩り

Now is the perfect season to get out into the countryside and have a go at picking mikan. They are a very tasty fruit, and a great source of vitamin C!

when: Running now to early December, 9:00 - 16:00

where: Awa City, Tsubaki Nature Reserve, 25 minutes drive along Route 11 from Naruto City.

cost: All you can eat -
Adult: ¥600
Children: ¥350

And a cost of ¥100 per kilo if you want to take some mikan home with you.

info: Contact the Tsubaki Nature Reserve at 088.433.1127

Shikoku Snowball Tournament

四国雪合戦大会

Once again this winter, a snowball fighting competition is going to be held in the Iya Valley! It will be held on January 29, 2006, but applications for teams are open now. Teams are of 7 to 10 people, with both Adult and Junior Categories. Everybody welcome. The winning team gets a free trip to Hokkaido to participate in the national competition!

For upcoming details on the snowball tournament, including information on how to enter and rules of play, keep updated with the Living in Tokushima website at:

http://ourtokushima.net/e_living/index.php

Keep an eye on the website for information on events in Tokushima, as well as disaster preparedness information and much more.

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

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)

Courses at the Seishonen Center

青少年センター講座案内

What: Flower Arranging (20 places)

When: Monday 22, 29 November, Monday, 6 December
18:30 - 20:30

Cost: ¥4500

What: Kimono Wearing Salon (20 places)

When: Saturday, 6, 13, 20, 27 November, 18:30 - 20:30

Cost: ¥500

What: Pizza and Pasta Cooking Workshop (25 places)

When: Monday, 15, 22, 29 November, 18:00 - 20:30

Cost: ¥2400

Info: Call the Seishonen Center at 088.625.6166

* Note - all courses are held in Japanese

TV and Cinema Listings?

TV と映画情報はどうしたの？

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**

memoranda

Riverdance Musical リバーダンス・ミュージカル

When: Saturday, November 11 at 18:00
Where: Kitajima Town Library, Souei Hall
Cost: 1,500 yen in advance, 2,000 at the door, with a 500 yen discount for students.
Info: Call the Kitajima Town Library Souei Hall at 088.698.1100

Tokushima Culture Center Events 徳島県文化会館イベント情報

What: The first Tokushima Children's Art Display
When: Saturday 12 November to November 23, 10:00 - 17:00
Where: Main Conference Room (3F)
Cost: Free

What: The 9th Awa Puppetry Festival
When: Saturday 12 and Sunday 13 November, 9:00 to 17:00
Where: 1st Floor Hall
Cost: ¥500 for a weekend ticket, ¥300 for a day ticket
Info: The Tokushima Culture Center at 088.624.1404

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 every month, contact us with your mailing address. Also, if you change your name or address, please let us know

If you are interested in writing for Awa Life, get in touch! 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

The Tokyo Symphony Orchestra

東京交響楽団コンサート

The Tokyo Symphony Orchestra is coming to Awa City and Sadamitsu for a performance of a variety of classical music. Founded in 1946, the orchestra has performed 64 concerts in over 19 different countries around the world, as well as winning several awards and holds an excellent reputation.

Awa City Concert

When: Monday, November 21
 Doors open: 18:00
 Performance: 18:30

Where: Awa City, Donari Farmer's Training Center, Athletics Hall

Cost: Tickets are ¥1000 (general admission), available from the Awa City Hall

Info: Call the Awa City Planning Department at 088.335.4112

Sadamitsu Concert

When: Tuesday, November 22
 Doors open: 18:00
 Performance: 18:30

Where: Tsurugi Town Sadamitsu Middle School Athletics Hall

Cost: Tickets are ¥1000 (general admission), available from the Sadamitsu Town Hall

Info: Call the Tsurugi Town Industry Section at 088.362.3114

The same program will be performed at both venues.

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.

受け止めていますか人権の重み