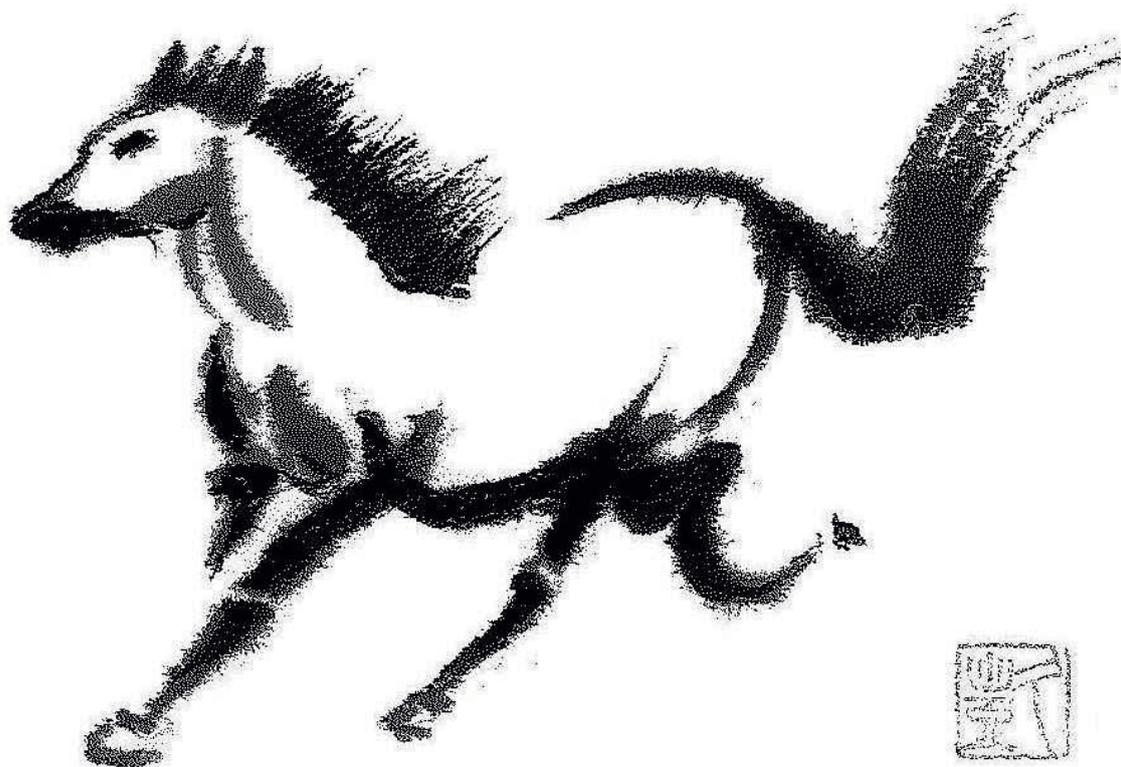

awa life



January 2014

Happy New Year!



明けまして

おめでとうございます!

Artwork by: Hisatoyo Murasawa

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awa life is a monthly publication of the Tokushima Prefectural International Exchange Association (TOPIA)

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

Happy New Year! Frohes Neues Jahr!

Another year has come and gone in a blink of an eye, and here we are ready to embark on a new year, 2014! You may all have noticed the ever so gallantly prancing horse gracing our cover and you may have pondered to yourself as to why a horse is featured on the cover. Well, it just so happens to be the Chinese astrological year of the horse.

Horses aside, we are excited to see what 2014 has in store for us. With the new year, we decided to make slight changes to the Awa Life design in regards to the formatting of the headlines and captions. Of course we are always open to submissions and suggestions, so email away!

Be it fiction, nonfiction, prose or poetry; funny, sad, long or short, we want your submissions! If you like to write, then express yourself!

There is also a classifieds section for you, our readers, to post ads in, but a few rules do apply!

The following will not be posted: Religious, political, or commercial activities, businesses searching for clients or employees, things the Awa Life editors deem inappropriate.

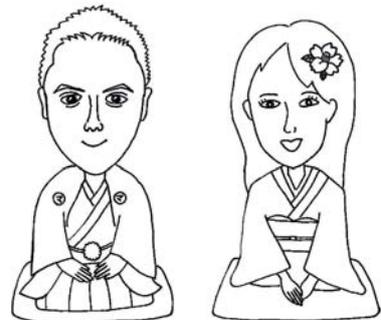
BUT, you can totally submit this stuff: Concerts, lectures, and other event information, cultural, sporting, and other community group information, etcetera.

If you have something you would like to share with

the Tokushima community, email the editors at awalife@gmail.com!

Whether you're an avid reader or new to Awa Life or perhaps you just happened to pick it up, we hope you'll enjoy reading this issue and many more to come! Well, we hope you'll have an absolutely scintillating year!

Your editors,
Martin and Jenifer



Artwork by: Yuri Ikegami

Seeing in the Rising Sun

By Matt Lindsay



Taiko drummers beating the chill on Bizan (Matt Lindsay)

So here you are in the 'land of the rising sun' to see in the New Year. What to do? Depending on the weather, the answer should be crystal clear - witness the first sunrise of the year, an experience known as hatsuhinode (初日の出). There are two ways you can approach hatsuhinode; for the hardcore party types, countdown the New Year then party through until daybreak, for the quieter types you might prefer to get some sleep before rising at dawn.

In recent years in Tokushima, a hatsuhinode event has been held at the summit of Mt Bizan. Wearing only thin cotton clothes, taiko drummers braved the elements to perform before those who had assembled to enjoy the expansive views of the sun rising over the

city. Perhaps it was just a little too cold for those hardy drummers to take, as unfortunately this year there will not be any performances at the top. Nonetheless, it still will be possible to enjoy the first sunrise of the year without even having to hike or drive to the summit. The Bizan Ropeway, which runs from the Awa Odori Kaikan at the foot of Bizan to the summit, will be open from 6 a.m. While you're at the top you can kill two birds with one stone so to speak too. The first visit to a shrine for the year, known as hatsumode (初詣), is a deeply engrained New Year custom, where people pray for a happy and prosperous year. As there is a small shrine at the summit, you can observe this custom here and thereby avoid the crazy traffic jams and crowds

that traditionally flock to Tokushima's best known shrine, Oasa Jinja.

This year the focus of hatsuhinode will shift from mountain to coast. From 6:30 a.m, Uzu-no-michi, the walkway under the Naruto Bridge, will be open to the public. Here you can witness the first sunrise of 2014 over the Pacific Ocean while suspended directly above Naruto's famous Uzu-shio whirlpools. For those enthusiastic enough to brave the cold, free hot drinks will be handed out. (Most likely the hot ginger drink, shoga-yu, which therapeutically warms the body.) Later in the day between 1 and 2 p.m., there will be performances of the shishimai lion dance, another New Year custom.



This year's Hatsuhinode event will be at Naruto's Uzu-shio whirlpools (Matt Lindsay)

If getting out on New Year's Day sounds like too much effort for you, there are opportunities to enjoy other New Year festivities at Uzu-no-michi in the following days. On January 2nd traditional

New Year zenzai red bean soup with a local flavour of Naruto kintoki sweet potato will be available free of charge. To conclude the event, there will be performances of the Awa Odori on January 3rd.

While it's bound to be cold, you're sure to feel the warmth of the local community should you venture out for New Year. Whatever you do, be safe, be happy and have a good one. Yoi-o-toshi-wo!

Wander-ful Tabi: Sengu Shrines - Cycles of Life (Part 1)

By Lance Kita

How fast 20 years pass... In 1993, I first stepped foot in Japan as an exchange student in Kobe. Wondering if I'll ever come back again (little did I know), I fervently traveled whenever a holiday presented itself. Two decades later (nine years of it spent in Tokushima), a pair of trips stirred such powerful memories that I chose to revisit them recently.

An early January 1994 trip brought me to Shimane Prefecture. My Hawaiian blood was struggling with the newfound cold of the Japan Sea, but upon entering the pine forest of Izumo Taisha (出雲大社) Shrine, the wind stilled and what loomed before me were the graceful curves of a shingled roof and a massive straw rope, twisted and hung from its rafters.

The land of Izumo is steeped in myth, being the



The famed shimenawa, or rice straw rope, hanging from the haiden (offertory hall) of Izumo Taisha is one of the biggest in Japan. (Lance Kita)

exiled home of Susano-o (素戔男尊), one of the three major deities born from the creation gods Izanagi and Izanami. Here he slayed the great dragon Yamata-no-Orochi (八岐大蛇), finding a sacred sword in its tail. This blade, Kusanagi-no-tachi (草薙之大刀), is one of the three sacred Imperial treasures.

The shrine's main deity is

Oo-kuni-nushi (大黒主大神), now known as the deity of wealth Daikoku (大黒) and one of the seven lucky gods depicted on New Year's decorations. He helped to finish the formation of Ashihara-no-Nakatsukuni, what are now the islands of Japan. Upon its completion, he yielded control of the land to descendants of the sun goddess Amaterasu (天照大神), Susano-o's sister.

Wander-ful Tabi: Sengu Shrines

(con't from page 4)

In return, he asked that a shrine be built for him that reached to the heavens.

Although Izumo Taisha's main hall is the tallest shrine building in Japan, massive tree trunks bound together in triplets were found in 2000, leading researchers to estimate that older versions may have been 48 meters tall! Truly a shrine of heavenly proportions!

I was told that all of the gods in Japan gathered here once a year, and that the tenth month of the lunar calendar, Kannazuki (神無月) ("the month of no gods") derived its name from this annual event. When Oo-kuni-nushi relinquished control of the tangible world, he was given reign over the realm of the unseen world, symbolized by a concept

called "en" 縁. En are the spiritual connections that ties people's destinies together, threads woven into a tapestry of our lives. The gods gather every year to discuss how en will be doled out in the coming year.

I visited Izumo in early December, a week after the gods returned home. Now is a great time to visit Izumo Taisha because it recently underwent a five-year sengu (遷宮), or rebuilding/restoration, that occurs every 60 years. The shingled roofs are pristine and clean-shaven, still immune to the slow advance of moss and the elements. Instead of the usual two claps, I clapped four times in accordance with the tradition that you are praying for you and the person you are destined



to meet. I bought an enmusubi (縁結び), match-making amulet, which is what the shrine is most famous for. As I headed toward the sea on my rental bike, I made a quick stop at Kami-no-miya (上宮), a non-descript shrine that serves as the meeting house for the gods during Kannazuki, before ending at the frigid Inasa Beach (稲佐浜), the site where Oo-kuni-nushi traded the mortal world for a grand shrine and power over spiritual fate. As I shielded my eyes from the whipping winds and sands, I felt a strange sense of calm and renewed energy.

In Hawaii, Native Hawaiians are spiritually connected to sites called wahi pana, lands that are considered sacred simply because there is a story to be told of that area. The wahi pana of Izumo connects Japanese people to their islands by the threads of myth and legend woven into their cultural history. Coming back to it after 20 years renewed my links to this country, layered like the shingles on the shrine's roof.



*Oo-kuni-nushi relinquished control of the Japanese islands here at Inasa Beach. In return, Izumo Taisha was built for him.
(Lance Kita)*

Wander-ful Tabi: Sengu Shrines...continued on page 9

So, you're doing well on your workouts, but it's moving into the middle of winter, your apartment is cold, and you need to make sure to warm up your muscles so you don't get hurt during your awesome workout! Here is one good way to warm up and help you prevent injury:

Active/Dynamic Stretching

Stretching your muscles is a great idea, but you can't properly stretch a cold muscle. Dynamic stretching uses slow controlled movements to loosen your muscles and prepare you for more strenuous exercise. It looks a little silly, but it works great. Here are some of my favorites.

- Hug your knee: Walk forward, bringing your left knee to your chest and grabbing your left shin to give a light stretch. Do the same with your right leg. Continue walking forwards and alternate between your left and right legs.

- Active quadriceps stretch: Walk forward, bringing your left heel to your butt and grabbing your ankle with your left hand to stretch your quad. Repeat with the right leg.

- Leg swings: Keeping your legs straight and using a pole, tree, or chair for balance, put your weight onto your left leg and swing your right leg forward and backwards ten times. Try to keep your leg straight without locking your knee. Keeping your weight on the left leg swing your right leg side to side ten times. Repeat with the other leg.

- Inchworms: Keeping your legs straight, bend over and touch your toes. Slowly walk your hands forwards, keeping your feet still until you are almost in a push up position. Keep your hands where they are and walk your feet back to your hands. Stand up, stretch your hands above your

head, and repeat.

- Lunge and twist: Lunge forward with your left leg while keeping your torso straight. When your left leg is at a 90 degree angle, twist your torso to the left side. Stand back up and repeat with the right leg/right side.

- Arm circles: Hold your arms straight out to the sides. Using your shoulders, make small circles with your arms. Do this for 30 seconds and then make circles in the opposite direction for another 30 seconds.

- Tip Toes/heel walk: Walk forward on your tiptoes for twenty steps without letting your heels touch the ground. Now switch and walk on your heels for twenty steps keeping your toes off the ground.

If dynamic stretching isn't your thing, do some yoga or another type of stretching to keep up your flexibility! See you next time!



Sunset over the Seto Inland Sea (Martin Rathmann)

Letter From Suketo Hoikuen

By Kazue Inoue



Happy New Year! What has everyone been up to during this New Year's holiday? In Japan, to celebrate the New Year (お正月 oshogatsu), people go on their first shrine visit of the year (初詣 hatsumode) and they enjoy a special New Year's osechi meal.

Osechi ryori (おせち料理), which are traditional Japanese meals, are made up of many different types of food. As well, each of the dishes that make up osechi symbolizes a special wish or meaning. For example, the shrimp is compared to a bent over senior citizen and symbolizes a wish for a long life. The black soy beans symbolize a wish for good health. Just as a fish has many eggs, the fish roe symbolizes a wish to be gifted with many children. And lastly, as the roots of the burdock is long and thin and grows deep in the soil, it symbolizes a wish for a long and happy life. Perhaps some of you have already had osechi ryori before. I hope that the osechi ryori, full of many wishes, will bring you happiness!

Whether it is a wish for good harvest, family, health,

or safety, the special meals that we have for holidays and events are a perfect opportunity to relay these customs to children. Last month, Japan's traditional meal, washoku (和食), was officially added to the Intangible Cultural Heritage list by the United Nations Educational, Scientific and Cultural Organization (UNESCO). I hope to continue to pass on this traditional food culture for years to come.

* * *

This month's craft Japanese Badminton

This game has long been played in Japan, and just like standard badminton, you hit a birdie with a racket to play.

Materials

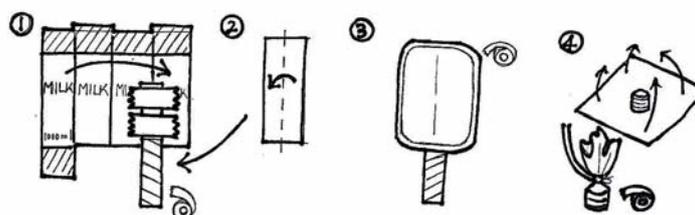
1000 ml Milk Carton
Cardboard (4cm x 25cm)
2 Bottle Caps
Plastic Bag
Scissors
Tape
Pens

Instructions

1. Cut open a 1000 ml milk carton. Cut off the parts as shown in the diagram.
2. Fold a piece of cardboard (4cm x 25 cm) lengthwise. Wrap the bottom portion with tape, and attach it to the milk carton with tape.
3. Fold the milk carton in half. Fold the flaps over and tape down to hold the folded cardboard together (rounding the corners will make it easier to tape together). Draw on the white portion of the carton.
4. To make the birdie, tape together two bottle caps then put it inside a colored plastic bag (20cm x 20cm) and tie it up. Wrap the bottle cap with tape over the bag.

How to play

Attach a string to the birdie, and the safest way to play is by dangling the birdie from the racket. As you hit the birdie, you'll also be able to enjoy the sound it makes.



Have you ever put out a large load of clothes to dry since the weather was nice, only to be rained on suddenly? You can describe that situation by saying 「急に雨が降り出した」.

This month, we will be studying the use of 「～出す」 when describing unexpected situations.



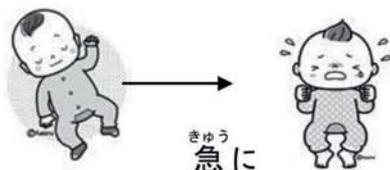
「～出す」 means 「V することが始まる」 and is often paired with 「急に・突然」. Together as a sentence, the form is 「V ます形+出す」.

Exercise

「～出す」を使って文を作ってください。

例：今日はピクニックです。とてもいい天気です。公園でみんなでお弁当を食べていました。雨が降るとは思っていなかった。でも急に→（雨が降り出して）、びっくりしました！

1. 赤ちゃんがよく寝ています。ぐっすり寝ているので泣くとは思っていませんでした。でも急に→（ ）、びっくりしました！



2. 父とお酒を飲みながら話をしていました。父はとても楽しそうだったので怒るとは思っていなかった。でも突然→（ ）、びっくりしました！

3. 犬の散歩をしていました。犬はわたしと一緒にゆっくり歩いていました。走るとは思っていなかった。でも突然→（ ）、びっくりしました！

Answers

3. 走り出して

2. 怒り出して

1. 泣き出して

Notes

The difference with the form 「～し始める」 is:

The form, 「～し始める」 is used to describe situations where an expected action starts.

Examples

- ・曇^{くも}っていたので雨^{あめ}が降^ふりそうだとおも^{おも}っていたら、とうとう雨^{あめ}が降^ふり始^{はじ}めた。
- ・赤^{あか}ちゃんがよく寝^ねていたがもうすぐミルクの時間^{じかん}なので、そろそろ泣^なくかなと思^{おも}っていたら、泣^なき始^{はじ}めた。

Reference

「みんなの日本語 中級」スリーエーネットワーク

法廷通訳基礎研修（英語）のご案内

裁判所における法廷通訳に関心・意欲のある方 奮ってご参加下さい！
(外国籍の方もどしどしご参加下さい)

- ◆日時：2月3日（月）13:20～16:30
- ◆場所：徳島地方裁判所（仮庁舎）2階会議室
- ◆内容：刑事裁判手続きの概要・用語説明・通訳人の心得・模擬通訳講義等
- ◆申込み締切：1月22日（水）
- ◆問い合わせ：徳島地方裁判所 刑事部
(TEL：088-603-0134 直通)

※実施カリキュラム内容・申込書等は TOPIAにも置いてあります！

Wander-ful Tabi: Sengu Shrines (con't from page 5)

So what of the second trip I mentioned? As this issue is delivered to your house or computer, I am revisiting that site and finding new "en" that binds me to this country. Happy New Year everyone and more next time...

Exploring Izumo:
Izumo City in Shimane Prefecture is about 5 hours from Tokushima by express train. Many of the museums and attractions in Izumo and nearby Matsue City are discounted 30-50%

for foreigners (show your passport or resident card). There is ample multilingual signage throughout the area.



The Honden's (main hall) distinctive roof style (taisha-zukuri) is the oldest design type. (Lance Kita)

RISOTTO

Happy New Year. The holiday season has come and gone, but the extra calories refuse to bulge. After stuffing ourselves with all the Christmas delicacies, it's time to detox. So, how about something delicate and easy for the digestive system? This is an easy plain risotto, done within half an hour. Give it a try.



Risotto (Irene Wachuga)

Ingredients

2 Tbsp unsalted butter,
(plus 2 more)
1 small onion/a medium
size shallot, finely chopped
2 cups risotto rice (Arborio),
any short grain rice
½ cup dry white wine
6-8 cups chicken or
vegetable stock
1 cup grated parmesan
cheese
Salt and pepper to taste

Directions

1. Have the stock simmering in a separate pot.
2. In a medium sauce pan, over medium heat, melt the butter and add the onions. Cook, stirring until soft and translucent. About 3 minutes.
3. Add the rice and stir to coat. Let the rice toast as you stir constantly for another 2 minutes. Don't

burn.

4. Add the wine and continue stirring until it is all absorbed.

5. Add the stock, one ladleful at a time, stirring occasionally. Wait until it is all absorbed before adding another one. Keep adding the stock until it's almost all used up. Check the rice for doneness at this point. The rice should be cooked, but still has a bite to it, or "al dente." Should take about 15-18 minutes at this point. Add more stock if you like creamy risotto.

6. Take the pan off the heat. Stir in the extra butter and the cheese.

7. Taste and adjust the seasonings.

8. Serve hot.

Notes

- Risotto is very versatile, so add any veggies/meat

you like. Goes extremely well with bacon too.

- If adding mushrooms, add in after sautéing the onions and proceed as usual.

- If adding green peas or shrimp, add 2-3 minutes before you take it off the heat.

- Practice is the only teacher for cooking risotto. Different rice varieties will absorb stock and cook differently. So check for doneness as you cook until you find your favorite creamy point.



Events & Memoranda

Taisan Temple Chikara Mochi (Contest of Strength) 大山寺の力餅

Every year on the third Sunday of January, the temple holds their very first event of the year on temple grounds. Men, women, children, and toddlers carry rice cakes of various weight, 169kg, 50kg, 10kg and 5kg respectively, and compete to see who can walk the furthest in this thrilling competition.

When: January 19 (Sunday)
10:00-15:00 (Sign up from 10:00)
Where: Taisan Temple
Itano District, Kamiita-cho,
Kanyake Aza Daisen 4
Cost: Free
Info: Taisan Temple
TEL: 088-694-5525

正月の初会式の行事として毎年1月第3日曜日に大山寺境内で行われます。男169kg・女50kg・子ども10kg・幼児5kgの餅をかつぎ、歩いた距離を競います。見物する方も思わず力が入り思わず歓声を上げてしまう程の名物行事です。

開催期間: 1月19日(日) 10:00-15:00
(力餅の受付: 10:00~)
場所: 大山寺境内
板野郡上板町神宅字大山4
料金: 無料
問合せ: 大山寺
TEL: 088-694-5525

Awa Ningyo Joruri Puppet Theater Performance 阿波人形浄瑠璃公演

The Nakamura Sonodayu-za troupe will be putting on an Awa Ningyo Joruri performance. For more enjoyment, we have made the play easier to understand. And so, we will be giving out a modernized version of the screenplay, subtitles will be shown on screen, and Mr. Takeo Yamato will be commenting on all of the plays. Year by year we are seeing a growth in the audience and more and more young people are coming out to enjoy this performance.

When: January 26 (Sunday) 13:00
Where: Yume Hall
(Anan City Cultural Center)
135-1 Nishi Ikeda, Tomioka-cho,
Anan City
Cost: 100 yen (Free: High school student and below)
Info: Non Profit Organization Yume
Hall Civic Council
TEL: 0884-21-0808

「中村園太夫座」の公演を開催いたします。現代仮名遣いの床本の配布、スクリーンへの字幕、大和武生氏による演目解説など、より分かりやすくお芝居をお楽しみいただけるように取り組んでまいりました。少しずつ観客が増え、若い方にもご鑑賞いただいています。200年以上の歴史を持つ中村園太夫座の技芸を、地域の誇りとするとともに未来に手渡したいと考えています。

開催期間: 1月26日(日) 13時開演
場所: 夢ホール(阿南市文化会館)
阿南市富岡町西池田135-1
料金: 100円(高校生以下は無料)
問合せ: NPO法人夢ホール市民協議会
夢つくりあなん
TEL: 0884-21-0808

多文化共生フォーラム ご案内

現在、徳島県には約 70カ国、約 5000人の外国人の方々が生活しています。国籍にかかわらず同じ地域の一員として、「ともに暮らしやすい社会」について一緒に考えてみませんか？多方面で様々な経験をされてきた蓮井氏のお話から、たくさんのヒントを頂きましょう！

講師：蓮井（はすい） 孝夫（たかお） 氏
NPO法人 香川国際ボランティアセンター 代表理事
NPO法人 たかまつ市民活動応援団 副代表
元 RNC西日本放送 アナウンサー

日時：1月31日（金）14:30～16:30

場所：（公財）徳島県国際交流協会 会議室（徳島駅ビル6F）

入場料：無料

申し込み・問合せ：徳島県国際交流協会

TEL：088-656-3303

FAX：088-652-0616

E-mail：coordinator3@topia.ne.jp

詳細については、当協会のホームページ（とくしま国際戦略センター）をご覧ください：www.topia.ne.jp。当日参加大歓迎ですが、できれば事前に電話か FAXまたはメールでお申し込みください。

As of Dec 1st: New Cycling Law in Effect

In order to help alleviate the number of bicycle related accidents, as of December 1st 2013, a new cycling law has been added to the Road Traffic Law. Cyclists must now keep to the left-hand side of the road. Cyclists found cycling on the right-hand side of the road, may face up to 3 months in prison or a fine of up to 50,000 yen.

Previously, cyclists were allowed to ride on either side of narrow side lanes also used by pedestrians in the absence of sidewalks, however, now they must stay on the left side of the road at all times.

For more information please refer to the Metropolitan Police Department website: www.keishicho.metro.tokyo.jp/kotu/bicycle/menu.htm

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.

Everyday, 10:00 - 18:00

Tel: 088-656-3303 or 088-656-3320 (allows three-way conversations with an interpreter)

人権を守って輝く明日