

awa life

More **Welcome**
Messages

Tokushima Multilingual
Consultation **Service**

November 2019

349



Awa Shoku: The Edible
Fungus Among Us

Gairaigo Galore:
バイキング



TOPIA

Awa Life is a Monthly Publication of the Tokushima Prefectural International Exchange Association

It's finally starting to really feel like autumn! Are you all interested in seeing the beautiful foliage that Tokushima has to offer? Make sure to check out the foliage map in the 'Events and Memoranda' section so that you can know the best times and places to make the most of the autumn colours. Have you also heard that TOPIA has established the Tokushima Multilingual Consultation Service? It's specifically set up to help foreigners who may be having a hard time in their daily lives, so make sure to check out this month's article for more details.

For all of those who like writing, please feel free to submit an article to us at any point in time about basically anything. There are a few limitations though, such as you can't write about religion, politics, commercial activities or businesses or anything that we deem inappropriate. But, other than that, we would be more than happy to receive articles about anything and everything including but not limited to concerts, lectures, other events, culture, sports, community group information or anything cool that's happening in your local community.

We highly appreciate all of your articles and we love reading them. So if that writing bug of yours is buzzing about, grab a pen or a computer and write and send away! Please send all submissions to our email:

awalife@gmail.com

Your editors,
Sydney and Nico

Tokushima Prefectural International Exchange Association (TOPIA)

1-61 Terashima Honcho Nishi, Tokushima City 770-0831 JAPAN, Clement Plaza 6F

Tel: 088-656-3303 Fax: 088-652-0616

<http://www.topia.ne.jp/>

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Editors:

Sydney Bartig and Nico Bohnsack

Contributors This Month:

Alessa Peters, Anne-Marie Marker, Toshiro Taki, Kazue Inoue, Akiko Tsuji, Lance Kita

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Even More CIRs in Tokushima!

Alessa Peters

Hello, my name is Alessa Peters and I'm from Germany. I moved to Berlin seven years ago, but originally I'm from a small town near the Dutch border in the state of North Rhine-Westphalia. As a teenager I often visited the city of Düsseldorf where there are many Japanese companies, shops and a huge summer festival each year.

My path in life until this point cannot be told without my connection to Japan. I started studying Japanese in my free time when I was a teenager – I was interested in the language, and then became interested in the country's culture and history, too. My first stay in Japan was 10 years ago, as an exchange student to a high school in Saitama prefecture. During my time there I joined the Karate club and lived with a host family. I still have a picture of the Karate club on my windowsill at my parents' house.

I moved to Berlin to study Japanese and political science at Freie Universität Berlin. During

my time there, the university had just started a partnership with Okayama University and I took the chance to study there for a year. I loved getting to know Western Japan this time and spent lots of time outdoors, riding my bike and hiking in the mountains.



My special interest in Japan is the Old Tokaido Road, about which I wrote my bachelor thesis and walked a part of it as well. Now that I live in Tokushima, my dream is to complete the Pilgrimage Route to the 88 Temples on foot.

The reason I applied to the JET Programme was because I wanted to contribute to the friendly relations between Germany and Japan,

and because I enjoy living in the Japanese countryside. I am interested in sports as well, which makes my work as a CIR at the Sports Promotion Division fun and interesting. I enjoy watching women's soccer and basketball in my free time. I am happy that Tokushima is such a nice place to live, and I am excited to get to know its local culture, history and people.

Anne-Marie Marker

Hi, hello and nice to meet you! My name is Anne-Marie and I will be working together with Alessa as a German CIR in the Sports Division of Tokushima Prefectural Government. I'm super happy that I get the chance to live in beautiful Tokushima and support the friendship of the prefecture with Germany. When I got my placement, all my Japanese friends were super excited because Tokushima is known for its relaxed lifestyle and friendly people. So I'm looking forward to a unique experience!



water and hiking trails. But I studied and worked in Cologne. From preschool on, I was always interested in other cultures and other kids' lifestyles. When I graduated from high school I decided to start learning Japanese from zero and majored in Japanese culture and language, and also in European art history. My longest stay in Japan was only for 4 months, as I interned at the German Center in Tokyo.

I am a creative mind, so my main interest is Japanese aesthetics and performing arts. As I really love doing handicrafts - especially with fabric, like sewing my own bags and clothes - I'm looking forward to experiencing indigo dyeing and also washi making. Besides those I want to try Awa Odori, so you might meet me at the Awa Odori Kaikan soon!

Originally I come from a small city called Gerolstein, which is only famous for its sparkling

Letter from SUKETO NAKAYOSHI

By Kazue Inoue (Center for Early Childhood Education and Care SUKETO NAKAYOSHI)

One of things that mothers always tend to ask me about is food for their children! Many mothers worry about if they are feeding their child too little or too much.

For children who don't eat a lot, the biggest worry is that their child will feel hungry. It's important to make time for meals and snacks as well as time for your child to move their bodies and be active. You shouldn't force the child to eat, rather the important thing is that they want to eat. For snack time, you shouldn't give your child sweets or candy. Instead, I recommend giving them carbohydrates or fruits such as steamed potatoes or apples.

For children who eat too much, you should encourage them to take small bites and chew their food thoroughly. Limit them to one additional serving if they are hungry. If you cut their food into bigger pieces and boil it so it is tougher, it will require the child to take more bites and increase their feeling of `fullness`. Getting children into the

habit of thoroughly chewing their food is especially important because the secretion of saliva has a variety of benefits such as aiding in digestion, keeping the mouth clean, and promoting brain activity!

**Homemade Snack: Lotus Root Mochi**

Ingredients: 5cm Lotus Root, 2cm Carrot, 1 Teaspoon of Potato Starch, 1 Teaspoon of Broth, A Small Amount of Oil

Letter from SUKETO NAKAYOSHI

Directions:

- 1.) Peel the skin off of the lotus root and carrot and then grate them.
- 2.) Mix the lotus root and carrot with the potato starch and broth.
- 3.) Make into a round shape and place them flatly onto a pre-oiled frying pan. Then bake them.

The thinly sliced and baked lotus root will allow

the child to taste different textures. If you pair it with nori, cheese, or tuna it's also a great snack that even adults can enjoy. The lotus fruit is in season from autumn to winter. It's a vegetable full of dietary fibers and vitamin c and is great for preventing constipation and colds. If you grate it and pair it with boiled or pickled foods into a soup you can enjoy the chunky texture.

Tokushima Multilingual Consultation Service

By: Toshiro Taki

The Tokushima International Strategies Center (Tokushima Prefectural International Exchange Association; TOPIA) has recently established the "Tokushima Multilingual Consultation Service". The service provides consultation for foreign residents in Tokushima and aims at creating local communities where foreign residents can live without issue.

From October 1st onwards, TOPIA has expanded and now provides consultation in the following 18 languages:

English, Chinese (Mandarin), Korean, Vietnamese, Indonesian, Thai, Malaysian, Tagalog, Nepalese, Burmese, Khmer, Mongolian, Portuguese, Spanish, French, German, Italian and Russian.

English, Chinese (Mandarin) and Vietnamese are spoken by the consultation staff at TOPIA which allows for direct consultations. For every other language, an interpreter from the interpretation center will join the consultation either by phone or tablet.

By extending the number of languages that can

be interpreted, those who were not able to receive consultation due to a difference in language, or those who had to use a foreign language to partake in consultation, can now easily receive consultation in their mother tongue.

TOPIA will be able to provide consultation for a variety of issues one may have in life such as work, medical issues, child education, and so on.



TOPIA has formed a network with all administrative organizations at the state, prefectural, and municipal level of Tokushima prefecture as well as with

relevant non-governmental organizations that provide consultation for foreign residents. Hence, consultation together with the respective governmental or non-governmental organizations is also possible.

In detail, the Tokushima Multilingual Consultation Service provides consultation for issues such as immigration procedures, labor issues, social

Awa Shoku: The Edible Fungus Among Us

By Lance Kita

As autumn colors the mountains with the hues of falling leaves, resourceful foragers turn their eyes to the forest floor, searching for edible mushrooms (**kinoko** キノコ) on tree trunks and in the leaf litter. However, only experts should hunt for wild mushrooms, as identification can be tricky and some edible mushrooms look like extremely toxic ones.

Luckily, Japanese supermarkets are a treasure trove of flavorful fungus, and you can get a wide variety of mushrooms that are grown in climate-controlled indoor farms, which provides consistency of product and year-round availability. Here's a guide to the major types of kinoko you can buy, and some suggestions for cooking them that takes advantage of their flavor and texture.



These are the mushrooms in your neighborhood market: (clockwise from top left) shimeji, maitake, shiitake, enoki, eringi

The most famous, **shiitake** 椎茸

Tokushima is one of the leading producers of shiitake mushrooms, which are grown on pine sawdust blocks rather than the natural pine trunks. With good-sized caps, they are meaty and full of umami. Slice off the woody stems (and use them to make stock, don't waste them) and grill them lightly in your fish grill or toaster oven, then splash some soy sauce and sudachi juice over them, followed by a dusting of bonito flakes (**katsuo bushi** 鰹節). They also work in stir-fried dishes and add great richness to hot pots (**nabe** 鍋).

Mini-minis, **shimeji** しめじ

You may have seen clumps of tiny mushrooms in packs, like a terrestrial clump of coral. These are shimeji mushrooms, and they are some of the most versatile. The most common varieties are buna-shimeji (brown caps, whitish stems) and bunapi (all white), and you just have to cut off the base where it was attached to the growth medium. They are great in pasta, marinated, sautéed with butter or ponzu, or folded into omelets.

Skinnies, **enoki** えのき

These thin, string-like white mushrooms get their name from the Chinese hackberry tree (**enoki** 榎) where they usually grow in the wild. Be sure to cut off the bottom 5 cm of the cultivated bunches,

and tear the mushrooms apart into smaller pieces. You can chop them up and add them to miso soup, simmer them in hot pots, or sauté them with butter. They add an unobtrusive umami to any dish and the thin filaments offer a unique texture.

Frilly petals, hen-of-the-woods (**maitake** 舞茸)

These are one of my favorites. The petal-like pieces have no sliminess and have a great texture and pleasant earthiness. They stay firm even when overcooked, and can be a great meat replacement. They are perfect in hot pots, especially in sukiyaki where they stand up to the strong soy-sugar flavors. Grilled over the fire, wrapped with foil with butter and roasted or baked, or deep-fried as tempura.

Seafood of the forest, king trumpets (**eringi** エリンギ)

The new kid on the block, the king trumpet (or king oyster) mushroom is originally from the Mediterranean, and hit the wide market in Japan in the 1990s. Unlike the other mushrooms, the thick white stem is the main edible part. The texture is meaty and firm, and resembles scallops or abalone when cooked. Cut thick cross sections (for scallops) or sticks (for abalone/shellfish) and toss in cream sauce with pasta, roast in foil with butter and garlic, or stir-fry with vegetables to create vegetarian versions of seafood dishes.

(I left out the Uber-expensive **matsutake** 松茸 mushroom, since it is not very accessible to the average family and deserving of its own article in the future.)

So forage around your local supermarket and pick out some fantastic fungus for your next meal. Mushrooms are great for vegetarians, and may convert carnivores with their meaty texture and abundant umami. They're rich in B-vitamins and minerals, low in calories and high in fiber. Tasty and healthy, no reason why you shouldn't celebrate the gourmet season of fall (**shokuyoku no aki** 食欲の秋) with this wide array of kinoko. Fun times with fungi!!

Correct Use of まだ

Today we're going to study how to use 「まだ」. Think about the differences in how 「まだ」 is used in the following 2 replies.

Yamashita-san is an employee at a company. It is now 1:00 PM. He was quite busy during the morning so he is a bit late to eat lunch and plans to eat now. He then invites Tanaka-san and Maria-san to lunch.

やました
山下 : 田中さん、もう昼ご飯を食べましたか。Tanaka-san, have you already eaten lunch?

たなか
田中 : いいえ、まだ食べていません。No, I haven't eaten yet.

やました
山下 : じゃ、いっしょに食べに行きませんか。Then would you like to eat lunch together?

たなか
田中 : ええ。行きましょう。Sure, let's go.

やました
山下 : マリアさんはもう食べましたか? Maria-san, have you already eaten?

わたし
マリア : 私はまだ食べません。I won't eat for the time being.

やました
山下 : えっ?! どうしてですか? Eh?! Why?

マリア : この仕事を14時までにしなければなりません。これが終わってから食べます。I have to finish this work by 2:00 PM. I'll eat after I finish.

やました
山下 : ああ、そうなんです。がんばってください。I see. Good luck.



How was it? Did you notice the difference? When Yamashita-san was talking to Tanaka-san the conversation went very smooth. However, when he talked to Maria-san he was a bit surprised at her answer. This is because Yamashita-san had asked if Maria-san had already eaten, but she responded that she "would not eat". Let's look at the difference between these two replies.

「まだ食べていません」 I haven't eaten yet.

This form is used to express something that you either have to do or want to do, but have not yet done.

「まだ食べません」 I won't eat for the time being.

This form is used to express that you won't do something for the time being because certain preparations or conditions have not yet been met.

Based on the above information, if Maria-san had answered in the following way the conversation probably would have gone smoother.

マリア : 私もまだ食べていません。でも今はまだ食べることができません。



Practice Questions Choose the correct form for the following questions.

A : あの映画おもしろかったですよ。Bさんも見ましたか?

B : いいえ、まだ (a. 見ていません・b. 見ません)。私も見たいと思っているんです。今週の日曜日、ぜひ見に行きます。

A : 会議の資料、もうコピーしましたか?

B : あっ! すみません。まだ (a. していません・b. しません)。今すぐします。

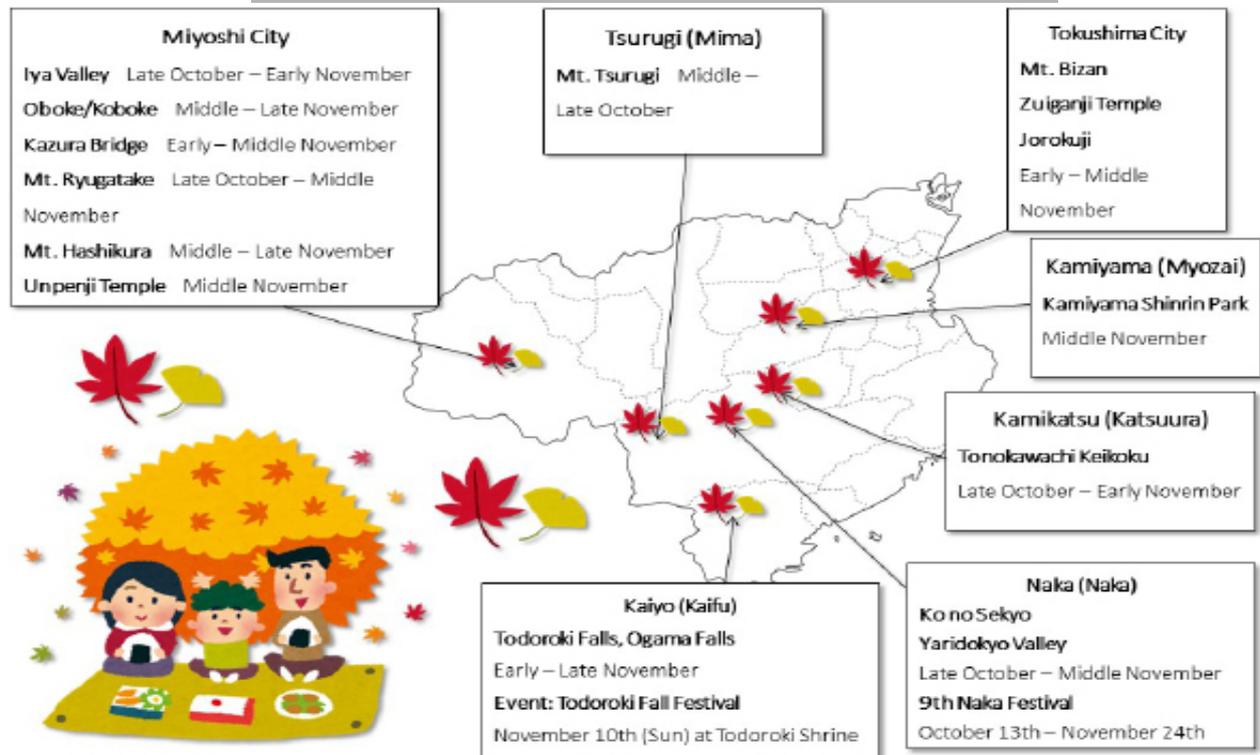
A : Bさん、素敵な恋人がいるんですね。結婚しないんですか?

B : まだ (a. していません・b. しません)。もっとお金が貯まってから、考えます。



Events & Memoranda

Tokushima Fall Foliage Map 徳島県紅葉マップ



11th Misato Umeshu Festival 第11回 美郷梅酒まつり

Known for being Japan's first 'special ume ward', Misato in Yoshinogawa City of Tokushima Prefecture will hold their annual Umeshu Festival. You will be able to enjoy umeshu that was made with love from the ume (Japanese plums) grown by local farmers. You will be able to taste a variety of different umeshus as well as different foods. Misato is overflowing with beautiful nature, so why don't you stop by, relax, and enjoy the tastes of autumn?

全国初の「梅酒特区」徳島県吉野川市美郷地区で、今年も梅酒まつりを開催します。生産者の顔が見える「安心・安全」な美郷産の梅を使って、梅酒を愛情込めて造りました。開催期間中は、いろいろな種類の梅酒や食事が味わえます。秋の味覚を楽しみながら、のんびりゆったりしませんか？豊かな自然あふれる美郷へどうぞお越しください。

Please make sure to bring your own glass for the event.

当日はマイグラスご持参にご協力ください。

When: November 23rd (Sat), 24th (Sun) 10:00 - 16:00

日時：11月23日（土・祝）・24日（日）10:00 ~ 16:00

Where: Misato in Yoshinogawa City
Info: Misato Umeshu Festival Information Desk (Misato Hotarukan)

場所：吉野川市美郷ほたる館
問い合わせ：美郷梅酒まつり総合案内所（美郷ほたる館）

TEL: 0883-43-2888

TEL: 0883-43-2888

URL: <https://www.misato-hotarukan.jp/?md=4>

URL: <https://www.misato-hotarukan.jp/?md=4>

Events & Memoranda

Ōtani Ware Festival 大谷焼窯まつり

This grand pottery market is held on the second Saturday and Sunday of every November at the grounds of Torinin. Here you can buy a variety of ōtani ware such as pots, tableware, accessories, and the ever popular zodiac animal items for next year. Prices will be much lower than usual. ♪

Many customers from other prefectures are expected to visit as well.

When: November 9th (Sat) and 10th (Sun)
Where: Yamada-59 Oasacho Otani, Naruto (At the Torinin Grounds)
Info: Ōtani Ware Association (Secretariat: Ooasa Society of Commerce and Industry)
TEL: 088-689-0204
URL: <http://www.tsci.or.jp/ooasa/ootaniyaki.html>

毎年11月の第2土曜日・日曜日に「東林院」の境内において、盛大に陶器市が行なわれます。

鉢、食器、小物、そして人気商品の来年の干支などの大谷焼製品を持ち込み、平常よりもかなり安く販売されます♪

県外からのお客様も多く訪れています。

日時：2019年11月9日（土）・10日（日）
9：00～16：00

場所：鳴門市大麻町大谷字山田59 東林院境内
問い合わせ：大谷焼陶業協会（事務局：大麻町商工会）

TEL: 088-689-0204

URL: <http://www.tsci.or.jp/ooasa/ootaniyaki.html>

令和元年度 地域日本語支援ボランティア養成講座 in 阿波市

～外国人の方への日本語の教え方を一緒に勉強しませんか？～

阿波国際交流協会では、地域の日本語教育事業として（公財）徳島県国際交流協会（トピア）と徳島県との協力で「日本語支援ボランティア養成講座」を開催します。講座参加後は、「日本語支援ボランティア」として地域の外国の方に日本語を教えてみませんか？（70%を受講した方には、修了証をお渡しします）

日時：11月16日（土）、23日（土）、30日（土）、12月8日（日）
12月14日（土）、1月18日（土）、2月1日（土）、2月9日（日）

場所：阿波市林公民館図書室 / 吉野川市文化研修センター（12月8日（日）、2月9日（日）のみ）

参加費：無料

問い合わせ：藤本 功男（阿波国際交流協会）

TEL: 090-4976-4846

Mail: awakokusaikouryu@gmail.com

詳細は TOPIA のホームページをご覧ください。

Counselling Service at TOPIA・トピアの相談窓口

TOPIA provides consultation on everyday life, education, labor, medical institutions, and disaster prevention; and information on sightseeing spots to overseas residents and visitors. When necessary, we will refer you to the appropriate organization that can assist with your needs. Counselling is available in English, Chinese, Vietnamese, 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 (closed during the New Year's holidays)

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