

Under the Sea

By Mari Reuter

We start this tale back in August, when the members of the AJET committee had to sit in a room for hours discussing possibilities for the 19th production of the musical. After hours of deliberation, we decided to go with *The Little Mermaid*. There were many concerns with the selection, "How will we make the audience believe we're underwater?" "Can we make ourselves look like we are swimming?" "What will the fish look like? What about the mermaids?" All we knew is we had to do it with confidence.

The two writers went to work to create a script worthy of being performed on stage. There was much analyzing of the past year's script and observation of the movie.



Human Ariel (Photo by Luke Billins)

Inclusion of Japanese culture these productions unique and and jokes was a key fun? ingredient too. What makes

under the sea ...continued on page 3

inside awa life this month

page 3: under the sea; page 4: the japanese red cross; page
page 5: letter from suketo hoikuien; 6: irene's recipe corner;
page 7-8: japanese lesson; page 8-12: events & memoranda

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

We tried a new layout so let me know, what you think!

Editors:

Emma Boardman & Martin Rathmann

Contributors This Month:

Mari Reuter, Yukari Sakabe, Irene Wachuga, Kazue Inoue, Yoshie Motoki

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@topia.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!

show tokushima some love: awaglot

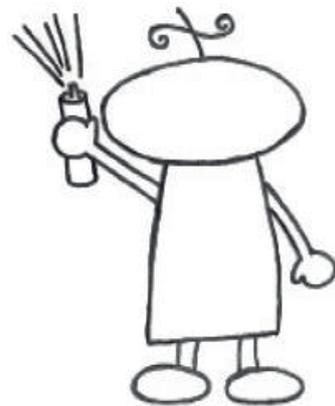
The literary corner of Awa Life, Awaglot, is a combination of the words "awa" and "polyglot", which means multilingual. Be it fiction, non-fiction, prose or poetry; funny, sad, long or short, we want your submissions! If you like to write, then express yourself!

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!**



Scenery at the Naka River (Photo by Martin Rathmann)

The next step was to find a director. After working on this production for the past three years, I decided to toss my name in the hat. A new Tokushima JET also wanted to take a shot at it. After much discussion with the committee, it was decided to make us both co-directors. This hadn't been done since 2009, so I was eager to see what the experience would be like. And I must say that I'm quite happy to be working on this project with Brittany. There are times where we both wondered if we could have handled all this work on our own. Having a co-director lets you share the work and have someone to bounce ideas off of when you are unsure.

So far in this experience, the auditions were my favorite part. We got to see everyone who was excited for this and really show us what they had to bring to the stage. Afterward, Brittany and I got to discuss who we wanted to play each role. Matching people to characters was like playing a guessing game we hoped we would win. We were quite satisfied with our end result.

Working in a musical has many parts. First, you must organize the actors with their movements, dancing

and singing. Then you have all the sets and props to worry about, to give the audience a visual to be able to sink themselves into the story. Good costumes and make up don't hurt either! Lights, music, remembering lines... all pieces to a big puzzle that will be complete once we perform in March.

For those of you not familiar with the story, here's a synopsis of our version: The tale follows a defiant young mermaid Ariel who is fascinated with humans. Her father, who also happens to be the king of the Seto-Naikai, is not all too pleased with this fact and discourages her regularly. Along with her fellow fish friend and a loud, squawking bird, Ariel ventures into the human world only to discover the

love of her life, a prince named Eric. Sebastian, a cautious crab who watches the young mermaid's every move, tries to enforce the king's rule and constantly warns her. After an intense argument with the king, Ariel runs away only to be offered a deal from the notorious sea witch Ursula. She can become a human in exchange for her voice... To find out what happens, come watch the musical!



Sebastian the crab gets ready for action (Photo by Luke Billins)



Blowfish (Photo by Lance Kita)

The 15th of December 2012 saw the Tokushima branch of the Japanese Red Cross hosting an emergency food preparation drill, bringing 4 members of the Tokushima Red Cross together with 5 of Tokushima's foreign residents. The foreign residents hailed from Malaysia, Mongolia and China. The day had 2 aims: Firstly, to allow members of the Japanese red cross to sharpen their translation and interpretation skills. These skills are needed in times of large scale disasters when assisting non-Japanese speakers at sites such as evacuation centers and beyond. The second goal of the exercise was to heighten awareness of disaster preparations and procedures.

The Red Cross participant's interpretations included explanations of Red Cross activities, cooking with emergency foods, and a tour of an emergency provisions storehouse. Starting with the explanation of cooking with emergency foods, the participants sampled canned bread (a potential preservation period of 5 years), and instant Pilaf rice dishes (prepared with the mere addition of boiling water).

Next, the participants set up portable emergency rice cookers, and prepared curry and rice using emergency cooking bags.

With a diameter of 80cm, the emergency rice cooker allows 200 rice meals to be prepared in one sitting. Cook soup, and this number rises to around 300. Easy to assemble and easy to store, the cooker runs off propane gas or kindling.

The sealed emergency cooking bags ensure food can be cooked hygienically. Sealed bags will preserve food at room temperature for 3 days, and dried plums can be preserved for 1 week. The bags are sized to store individual portions, which makes equal distribution possible, and because the food is not in direct contact with the cooking pot, it is not necessary to wash the cooker after every use. This means that even within a short period of time, large amounts of food can be prepared over and over again. They can be used for a variety of food types, including: rice, meat and vegetables. What's more, the water used to boil the bags needn't be drinking

water, a precious commodity in times of disaster. Also, no dioxin is produced upon incineration of the bags.

DVDs documenting Red Cross activities following the Great Eastern Japan Disaster and the response efforts carried out as a result of donations received from overseas were shown to participants, and there was a visit to the warehouse where emergency provisions are stored.

At the end of the day, the participants sat down together to enjoy their curry and rice, and reflect on their experience. It was remarked that the food tasted good, and that the session had been informative. The Japanese Red Cross plans to continue holding events tailored towards non-Japanese participants, including drills and educational activities.



letter from suketo hoikuen



by kazue inoue

suketo hoikuen staff

The sakura flowers at our Kindergarten are slowly blossoming in the warmth of the sun's rays, and we're beginning our preparations for the Spring. Are you preparing for the start of a new school or work year? Changes in environment can affect your health, so please be sure to sleep and eat well.

This month I would like to introduce some ways to help your child to sleep:

1. Dim the lights in a quiet room
2. Sing a lullaby
3. Cradle your child and gently pat their back

Important points to remember:

1. Do not excite the child before bedtime – reading picture books create a relaxing environment.
2. Turn off the TV – TV suppresses melatonin

levels, potentially disrupting a child's sleeping pattern.

3. Be calm – A stressed parent, desperate for their child to sleep, can lead to a stressed child.

Good quality sleep is also linked to keeping regular hours and being active outdoors.

Spinning Picture Card

Materials:

- 2 sheets of drawing paper
- Scissors
- Pens/Pencils/Crayons
- A straw
- Sellotape

Instructions:

1. Cut your 2 sheets of drawing paper into circles of equal size, and draw pictures on each one. Try to draw pictures which have an interesting link – i.e. a chick and an egg (as shown in the picture), or a tadpole and a frog.
2. Fix the straw to the



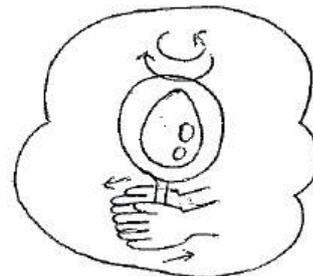
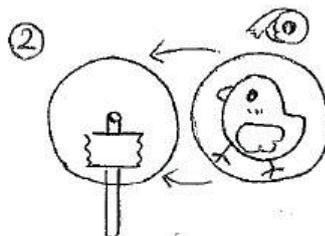
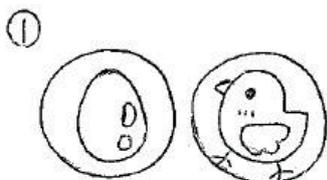
Sakura

(Photo: by Martin Rathmann)

back of one of your circles – place the remaining circle on top and tape around the edge to secure it in place

How to use:

Place the straw between both your palms, and move your hands so the picture spins around.



Hina-matsuri (doll festival) is among the major festivals of the year in Japan. For the well being and happiness of girls, many events are held throughout the country. Offerings are made and special food is prepared. Falling in March and with spring blossoms in the air, this is the perfect time to make this easy and colourful sushi and show off your skills.

Oshizushi is a type of sushi popular in the Kansai region. It's made by pressing blocks of rice and various toppings into a rectangular mold called an "Oshibako". Usually all the ingredients are cooked (smoked or pickled) and cooled before assembling and compressing them in the wooden box. (Feel free to use any rectangular



oshizushi / pressed sushi

container that you have. You can even use a milk carton. Just don't forget to cover the sides with cling wrap as it's easier to remove the mold and the rice won't stick.

Use any ingredients you like and make different versions.

What you need

3 cups of sushi rice (will feed 3-4 people)

Toppings

- Smoked salmon 5-10 slices (depends on your mold size)
- 2 eggs (cooked and finely sliced/ minced)
- Nori about 1 big size sheet or black sesame seeds,
- Beni shouga (red pickled ginger)
- Ikura (salmon roe)/ tobiko (flying fish roe)
- Avocado

- base with what will be your top layer as the mold will be inverted. Usually the fish.
- 2. Add a layer of sushi rice wetting your hands with rice vinegar so it won't stick.
- 3. Add the eggs and the rest of the ingredients, alternating between the rice and the toppings. Combine different colours and textures for more variation.
- 4. Press lightly but firmly after each addition.
- 5. Finish the top layer with sushi rice as this will be the base when you are serving.
- 6. Place a light weight and let stand in the fridge or a cool place for up to a day if not serving right away.
- 7. Cut into bite size pieces and enjoy.



Kamiyama

(Photo by Martin Rathmann)



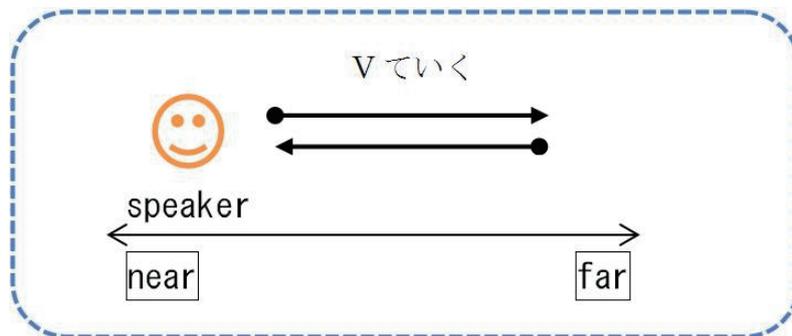
1. Start layering the bottom

japanese lesson

by yoshie motoki



Vていく・Vてくる



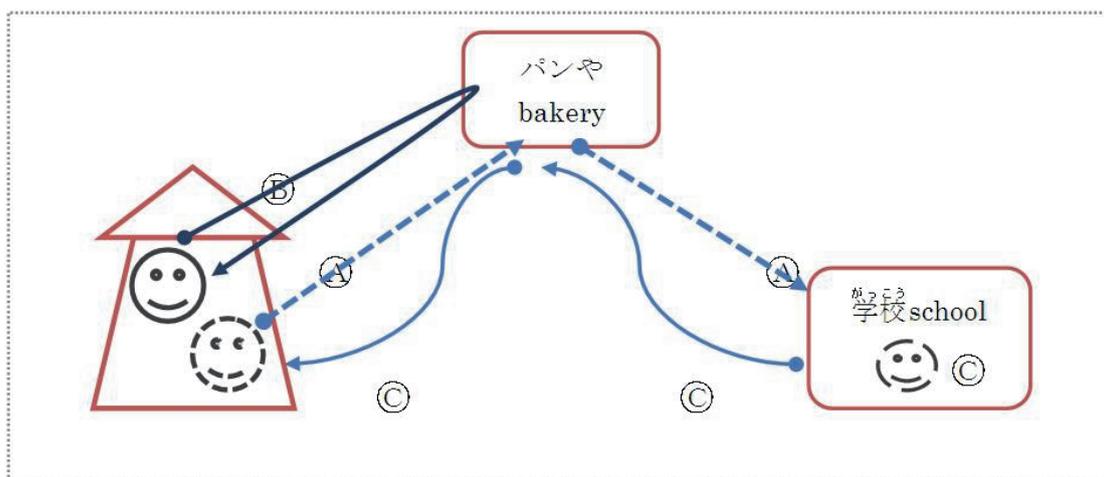
* V =verb

「Vていく, Vてくる」 have many uses. This month, we will look at expressions which indicate the direction of movement following an action at a certain location.

「Vていく」 An action or event occurs at a location that is not the speakers current location. When that action or event is over, the subject then moves to another location – neither (a) returning, nor (b) visiting the location where the original comment was made.

「Vてくる」 An action or event occurs at a location that is not the speakers current location. When that action or event is over, the subject then (a) returns to, or (b) visits the location where the original comment was made.

Let's look at how we would use the grammar to express actions for (a), (b) and (c).



(a) (b) とも、今いま、うちで話はなしています。

(a) and (b) are both at home when they are speaking.

(a) は、パン屋やでパンを買かってから学校がっこうへ行いきます。

(a) will buy bread at the bakery, and then continue on to school. (Not returning to the location where the original comment was made).

(b) は、パン屋やでパンを買って、うちへもどってきます。

(b) will buy bread at the bakery, and then return home. (Returning to the location where the original comment was made)

それぞれの文ぶんは次つぎのようになります。

Their expressions would be as follows:

- (a)  (わたしは) パン屋やで パンを かって いきます。
I will buy bread at the bakery (and continue on).
- (b)  (わたしは) パン屋やで パンを かって きます。
I will buy bread at the bakery (and return).

(b) さんが (c) さんの行動こうどうを言うときは、次つぎのようになります。

(b) talks about (c)'s actions. (c) will buy bread at the bakery, and then visit the (b)'s home (The location where the original comment was made).

- (b) :  (c) さんは パン屋やで パンを かって きます。
(c) will buy bread at the bakery, (and come here).

* 参考図書 『初級を教える人のために日本語文法ハンドブック』スリーエーネットワーク
『どんな時どう使う日本語表現文型 200』アルク
『みんなの日本語初級 II』スリーエーネットワーク

memoranda

多文化共生フォーラム

「南海トラフの巨大地震」の発生が危惧される徳島県。今年が多文化共生フォーラムは、国際協力のカリスマとして知られている、新潟県長岡市国際交流センター「地球広場」センター長、羽賀友信様をお迎えします。阪神淡路・中越・中越沖・東日本大震災と、多くの震災復興に携わってきた実体験をお聞きし、在住外国人が災害弱者とならないための支援のあり方、多文化共生のまちづくりについて考えを深めていきましょう！ぜひご参加ください！

講師： 羽賀 友信 氏
(長岡市国際交流センター「地球広場」センター長)

演題： 「多文化・協働型災害支援」

日時： 平成25年3月8日(金) 14:30~16:30

場所： 徳島県国際交流協会 会議室

参加費： 無料！

問い合わせ・申し込み： 当協会まで(当日参加も可)
TEL 088-656-3303
FAX 088-652-0616

Tebajima Art Exhibition 2013

Tokushima's Tebajima Island, located off the coast of Mugi Town is hosting an art exhibition!

The entirety of the island acts as the canvas for this stand out art event. Utilizing the island's beautiful scenery and unused buildings, numerous works of art will be on display across the island. Contributing artists include renowned professionals from both within and outside Tokushima Prefecture, as well as contributions from the children of the island.

You can also enjoy island tastes alongside the island pace; Dishes made with local ingredients will be on offer at eateries, coffee shops and more during the exhibition season.

When: Sunday, February 3rd, 2013 – Sunday, March 31st, 2013
Where: Kaifu-Gun, Mugi Town, Tebajima Island
(Approx. 15minutes by ferry from Mugi Port)
Information: Mugi Town Chamber of Commerce
Tel: 0884-72-0194
Website: www.tebajima-art.jp

Travelogues on UK Literature 英国文学紀行

This event will feature lecturer Shoichi Nasu, former chief editor of the English Daily Yomiuri, who traveled around the U.K. for six months last year visiting locales related to 20 great artists of English literature such as William Shakespeare, Lewis Carroll, Emily Bronte, Graham Greene, etc. He will be sharing his insights (in English!) gained from his trip and his experience.

英字新聞デイリー読売元編集長、那須省一氏が2012年に6ヶ月間に渡って英国の有名作家ゆかりの地を旅した文学紀行を英語で講演します。(シェークスピア、ルイス・キャロル、グラハム・グリーンなど20名) 英国文学紀行のブログもご覧ください。
<http://www.kankanbou.com/ireland/?archive=list=1>

When: March 20 (Wed. national holiday)
(doors open at 13:30-, lecture 14:00-,
Q&A 15:30 - 16:30)

Where: TOPIA, Tokushima station 6F
Info: Takako Yamada at 090-2787-3597,
Mikiko Bando at 080-6399-1679

Cost: Free!

日時: 2013年3月20日(水・祝日)
受付 13:30~ 講演, 14:00~
Q&A 15:30-16:30

場所: 徳島県国際交流協会、徳島駅ビル6F
問合せ: 山田多佳子 090-2787-3597
板東美貴子 080-6399-1679

入場料: 無料



法廷通訳基礎研修のご案内

(フィリピン (タガログ) 語) の皆様へ

日頃から、裁判所における法廷通訳業務について、ご理解、ご協力いただきありがとうございます。さて、裁判所では、刑事裁判における法廷通訳に関心や意欲のある方々を対象として、法廷通訳人森澤エヴィリン先生をお招きして、下記のとおり
の要領で標記の研修を実施いたします。「研修」という名称ですが、裁判所の設備見
学やビデオ上映をはじめ、様々な企画を用意していますので、奮ってご参加くださ
い。

記

- 1 日時 平成25年3月19日(火) 午後1時20分～午後4時30分
- 2 場所 徳島地方裁判所(仮庁舎)2階 会議室
(午後1時10分までにご入室ください)
庁舎新営工事のため、外来用の駐車場がありません。
公共交通機関を利用されるか、自転車やバイクにてご来庁ください。
- 3 対象言語 フィリピン(タガログ)語
- 4 日程 法廷通訳基礎研修カリキュラムのとおり

- 研修の準備等がありますので、参加を希望される方は、2月28日までに次の担
当まで、参加申込書に必要事項をお書きのうえ、ファクシミリにてお申し込みく
ださい。また、研修についてのご質問等がありましたら、お電話ください。

徳島市徳島町1丁目5番地

徳島地方裁判所 刑事部 担当者 高橋

Fax: 088-652-3167

Tel: 088-603-0134 (直通)

14th Tokushima International Charity Fun Run

Matsushige International Exchange Association is hosting its annual marathon for charity! Application forms are available at TOPIA, and you will receive an entry fee form and your race entry number by mail after submitting your application. There will be prizes for each participant, plus prizes for the first three men and the first three women who finish.

When: May 12 (Sat) 9:30 Registration

Where: Tsukimigaoka Kaihin Park

Info: Matsushige International Exchange Assc.

Tel: 088-699-8711

Cost: Students 1000 yen, Adults 2000 yen

japanese lessons 2013

japanese language class schedule at TOPIA



*To students and teachers: each class has 20 sessions, and requires either the "Minna no Nihongo I" or the "Minna no Nihongo II" textbook, but they are not required for the General Group Lessons unless students wish to use them.

*Even if students drop out during the class, class fees cannot be refunded.

Day	Time	Class	Class Description	From
Tuesday	10.30 – 12.00	Elementary 1 Ms. Motoki	We will study various verb forms, and sentence patterns using those verb forms. Text: "Minna no Nihongo 1" from chapter 14	4/16
Wednesday	10.30 – 12.00	General Group Lesson	A salon-study workshop where students can study freely according to their needs.	4/10
Thursday	10.30 – 12.00	Elementary 3 Ms. Yamada	We will study reasoning causative, passive voice, and honorific expressions. Text: "Minna no Nihongo 2" from chapter 38	4/11
Friday	10.30 – 12.00	Beginner Ms. Aoki	We will take the first steps toward learning basic expressions. Text: "Minna no Nihongo 1" from chapter 1	4/12
Saturday	10.30 – 12.00	General Group Lesson	A salon-study workshop where students can study freely according to their needs.	4/13
Sunday	10.30 – 12.00	Elementary 2 JTM	We will study various verb forms and complex expressions. Text: "Minna no Nihongo 2" from chapter 26	4/14
		Beginner, Elementary 1 & 3, Group Study	A class for those who are able to participate on weekends. Chapters will be split into three groups according to level, plus two flexible groups. Text: "Minna no Nihongo 1" chapter 1-13 & chapter 14-25; "Minna no Nihongo 2" chapter 38-50.	4/14

1. Eligibility: All non-Japanese residents of Tokushima.
2. Place: Tokushima Prefectural International Exchange Association (TOPIA)
6F Clement Plaza, 1-61 Terashima Honcho Nishi,
Tokushima City 770-0831
TEL 088-656-3303 FAX 088-652-0616
3. Fee: 1,500 yen for all 20 sessions, however if there are fewer than 10 sessions left in the term, the fee is 750 yen. There are no refunds for leaving a class early, but it is possible to switch to a class that suits your level better without paying extra.
4. Notes: The textbook "Minna no Nihongo I" or "II" is required (2,500 yen).
Please register at TOPIA.
More than one class can be registered for if required fees are paid.
If you wish to change classes after registration, please contact one of the TOPIA staff.

Thursday (free class)	10.30 – 12.00	Beginner Ms. Kimura	This class helps you prepare for the elementary classes by increasing vocabulary while teaching you to read and write hiragana and katakana. We will also talk about information to help you in your daily life in Japan.	Year Round
--------------------------	---------------	------------------------	---	---------------

*Depending on the situation, the instructors may differ from those listed here.

*Classes may be cancelled due to inclement weather such as typhoons, heavy rain, or snow. Please confirm by calling TOPIA at 088-656-3303.

第19回徳島AJET英語ミュージカル
人魚姫 - *The Little Mermaid*
 入場無料！ぜひご覧ください

3月2日	石井町中央公民館	18:00 - 20:00
3月3日	松茂総合会館	14:00 - 16:00
3月9日	日和佐公民館	13:00 - 15:00
3月10日	徳島県総合教育センター	14:00 - 16:00
3月16日	吉野川市アメニティセンター	18:00 - 20:00

中学レベル英語で行なわれます。(日本語の解説あり) 詳細：<http://www.ajetmusical.com>
 お問い合わせ：TOPIA (徳島県国際交流協会) まで (088) 656-3303

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)

人権守って輝く明日