



October 2012

wander-ful tabi: re-discover awa!!



by lance kita

Just five years after hosting its first National Cultural Festival, Tokushima is proud to bring the celebration of local arts, history and performance back this fall. Focused on four uniquely "Awa" themes, the 27th Kokumin Bunkasai 国民文化祭 also hopes to revitalize communities through its local culture, while collaborating with national and international artists.

Here is my select calendar for each of the themes:



第27回国民文化祭・とくしま2012
The 27th National Cultural Festival Tokushima

something old: ningyo joruri puppet theater 人形浄瑠璃

Awaji Island's traveling puppet troupes often visited Tokushima, where each community hosted them in farmhouse stages, or noson butai 農村舞台. The puppets were controlled by two or three people, and were the predecessors of the formal Bunraku puppet

theater in Osaka. Today, only a handful of stages remain, and you can see performances along with a display of the karakuri fusuma からくり襦, painted set panels that are flipped, slid, and mechanically raised to create an amazing illusion of depth.

10.07 (Sun.) 13:00~
Kitagawa Stage (Hachiman Shrine, Kito, Naka Town)

10.07 (Sun.) time TBD Iwayama Farmhouse Stage (Imamiya Shrine, Katsuura Town).

(times & dates con'd on page 6)

wander-ful tabi: re-discover awa!! ... con't on page 4

inside awa life this month

page 3: from london to kamikatsu; page 6: "share your WOW!" japan photo contest; page 8: letter from suketo hoikuin; page 9: irene's recipe corner ; page 10: japanese lesson; page 11: memoranda

awa life

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

Editors:

Emma Boardman & Martin Rathman

Contributors This Month:

Lance Kita, Austin Smith, Takako Yamada, Kazue Inoue, Irene Wachuga

Tokushima Prefectural International Exchange Association (TOPIA)

Clement Plaza 6F

1-61 Terashima Honcho Nishi
Tokushima City 770-0831 JAPAN

tel: 088.656.3303

fax: 088.652.0616

topia@fm.nmt.ne.jp

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

Download a PDF file of **awa life** or view the online version by going to TOPIA's web-site!

show tokushima some love: awaglot

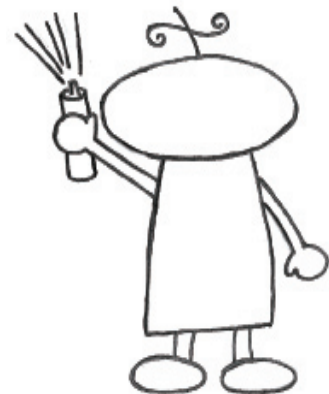
The literary corner of Awa Life, Awaglot, is a combination of the words "awa" and "polyglot", which means multilingual. Be it fiction, non-fiction, prose or poetry; funny, sad, long or short, we want your submissions! If you like to write, then express yourself!

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

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

BUT, you can totally submit this stuff: offers to sell or exchange personal goods, 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!**



Awa Odori (photo by Harry Stoneley)

from london to kamikatsu

by austin smith



Kamikatsu TV recently turned the spotlight on resident ALT, Henry Stoneley (or "Harry", as he asked to be called). The programme focuses rural life and local culture, broadcast online on the second Saturday of every month. The conversation was held in both Japanese and simple English to make it easier for viewers to follow. Regular presenters Marie Sakurai and Mutsuko Takahashi (a member of Harry's weekly conversation class) posed the questions, including those submitted by the viewers at home.

In the wake of the Diamond Jubilee celebrations and the London Olympics, this was a welcome opportunity for viewers to find out more about Kamikatsu's 'princely' Brit. Harry shared his thoughts on Kamikatsu, his impressions of Japan and stories about his home country, イギリス. The objectives of the interview were clear from the opening gambit – "We'd like to ask about what kind of work you do, and then we're going to dive right into your private life".

He recalls first impressions of this "beautiful", "quiet" town and declares his love for Kamikatsu's bancha tea.



Harry "Potter" Stoneley

Harry reveals how he spends much of his spare time - baking with ingredients sent to him by his mother.

His valiant attempts to field questions in Japanese and an impromptu Awa-ben lesson also went down well.

Much was made of Harry's ikemen good looks, his quintessentially British persona and his "Queen's English". Although he was generally tightlipped, the revelation that he had recently restored his status as Kamikatsu's most

eligible bachelor provoked cries of "チャンス"! Mutsuko jokingly encouraged members of the audience to try their luck as he is newly single. As time runs out it is remarked that Harry "sure was easy on the eyes!" and it is suggested that he could become a semi-regular on the show, here's hoping!

You can watch the ALT interview and access an archive of episodes at www.kamikatsu.tv. Irodori, a film inspired by the area and featuring local people, was released on 15th September 2012. I would like to thank Mr. Randall Crossman for providing a translated transcript of the interview and background information. 

Got any community news/cultural exchange stories?
email awalife@gmail.com!



Harry introduces his native England

something new: awa odori 阿波踊り

Okay, so Awa Odori's roots date back to the Edo Period. However, the ren 連 dance troupes, with their organized, professional lines of dancers in fancy formation, are a post-war phenomenon.



Experience the Awa Odori at the World Dance Festival:

sekai no odori festival 世界の踊りフェスティバル
11.23 (Fri., natl. holiday)
11:00~17:00 at ASTY
Tokushima

something borrowed: beethoven's 9th symphony ベートーヴェン「第九」

German POWs at a camp in the Bando district of Naruto City were allowed many freedoms, and there was much cultural exchange between villagers and prisoners. It's said that on June 1, 1918, Beethoven's 9th Symphony was performed here, the first of its kind in Japan (and probably Asia). Today, this beloved piece is sung and performed all over Japan on New Year's Eve.

Tokushima memorial orchestra 1st recital "The Original 9th"

11.02 (Fri.) 19:00 start,
Awa-gin Hall (Tokushima City)

local collaboration concerts "classics in the countryside"

The Tokushima Memorial Orchestra teams up with local choral groups.

11.03 (Sat.) 15:00 start,
Ikeda Comprehensive

Gym (Ikeda, Miyoshi City)
11.04 (Sun.) 18:00 start,
Komatsushima Municipal Gym (Komatsushima City)
11.05 (Mon.) 18:30 start,
Awa-Kainan Bunkamura Kainan Bunka-kan (Kaiyo Town)
11.06 (Tues.) 18:00 start, Aioi Gym (Naka Town)
11.07 (Wed.) 18:30 start,
Naruto City Bunka Kaikan (Naruto City)
11.08 (Thurs.) 18:30 start,
Udatsu Arena (Wakimachi, Mima City)

something blue: awa indigo 阿波藍

Tokushima's former prosperity stemmed from three products: sugar, tobacco, and indigo. In particular, "Awa Blue" is high quality and sought after around Japan. As light as the sky or as deep as the ocean, aizome 藍染め (indigo dyeing) lends itself to a variety of applications.

indigo festival

Special exhibit of indigo dyed objects, and a regular exhibit showing the process, and a hands-on experience area (for a fee) to make your own indigo handkerchief.

11.07 - 12.10, Aizumi Town Historical Museum "Ai no Yakata"

awa-ai art program "I am AI, We are AI."

Roland Ricketts, who studied all aspects of indigo dyeing in Tokushima in the 1990s, turns a waterfront warehouse into a deep blue art installation, exploring the possibilities of this Tokushiman color.

10.20 - 12.16: 10:00~15:00 (weekdays) 10:00~17:00 (weekends weekends/holidays) (closed Mondays). Bandai Central Wharf Warehouse 1 (Tokushima City)



something else!

And this is just a sampling of the events happening this fall. You can experience LED art, Portuguese blues, flamenco, a puppet festival, outdoor sculpture, Puccini's "Madame Butterfly," and even kabuki in the Sistine Chapel (!). Check www.pref.tokushima.jp/awastyles (Japanese only) for a complete calendar.

This autumn is the perfect season for a stay-cation to re-discover all that makes Tokushima special!



A puppet theatre farmhouse stage

Ninjoy Puppet Theatre

Times & Dates

(con't from page 1)

10.14 (Sun.) 11:00~

Inugai Farmhouse Stage (Go-o Shrine, Hata, Tokushima City)

10.14 (Sun.) 11:00~15:00

Ono Sakura Outdoor Stage (Ono Tenno Shrine, Kamiyama Town)

10.14 (Sun.) 12:00~16:00

Hoichi Farmhouse Stage (Funawatari Shrine, Higashiyama, Higashi-miyoshi Town)

10.21 (Sun.) 13:00~

Kamaze Farmhouse Stage (Yama Shrine, Yokoishi, Naka Town)

10.28 (Sun.) 13:00~

Sakashu Farmhouse Stage (Hachiman Shrine, Sakashu, Naka Town)

第 27 回国民文化祭・とくしま 2012

世界の踊りフェスティバル 徳島とゆかりのある地域の踊りをこの機会に是非お楽しみ下さい！

1. 魅せる！芸能ステージ

アマーランダー民族舞踊団体（ドイツ）

張家界魅力湘西芸術団（中国）

金昴先韓国舞踊団（韓国）

阿波おどり／徳島県阿波踊り協会、

阿波 おどり振興協会（日本）

2. 体感！友好交流ストリート

デ・フォフティグ・ペンス（ドイツ）ライブ

国際交流ブース、食文化発信ブース他

11月23日（金・祝）11:00-17:00

アスティ徳島・全席指定1000円「当日500円増」

詳しくはホームページで

27th National Culture Festival Tokushima 2012; International Dance Festival

An opportunity to experience dances from Tokushima and around the world!

1. Be enchanted at the Arts Stage; Watch local dance groups performing traditional regional dances. There will be dancers from Germany's Lower Saxony Region, as well as visiting troupes from Korea and China. Of course, you can also watch Tokushima's famous AwaOdori!

2. Be involved on Cultural Exchange Street: Watch a performance by visiting German artists, and visit cultural exchange and cuisine stalls!

11.23 (Fri/natl. holiday): 11:00 - 17:00

ASTY Tokushima/ advanced tickets ¥1000 / same day ¥500 up (all assigned seating).



"Share your WOW!"

Japan Photo Contest

Taken any shots you want to share with the masses? This could be your time to shine!

Outline and Theme

"Share your WOW! Japan photo contest" is a contest of photos taken in Japan.

Share your photos to best fit any one of following themes; "Cool!", "Delicious!", "Happy!", "Beautiful!", "Funny!", or "Miracle!".

Period

The contest runs from September 1, 2012 to 11.59pm, February 15, 2013 (Japan time)

Eligibility and Judging

Winners in each category will be determined by the number of votes (WOWs!) received from other users and also at the discretion of the Japan Tourism Agency.

WOW! Prize

The following 4 criteria will be used by the Japan Tourism Agency to decide the winner:

- * Photographs that will inspire people to travel to Japan
- * Photographs that show the undiscovered charm of Japan
- * The number of photographs submitted
- * The number of votes (Total number of WOWs!)

The number of WOWs! (votes) is only one of the selection criteria for the WOW! prize and individual theme prizes.

Individual Theme Prizes

The following 3 criteria will be used by the Japan Tourism Agency:

- * Photographs appropriate to the theme that will inspire people to travel to Japan
- * Photographs appropriate to the theme that show the undiscovered charm of Japan
- * The number of votes (If you submit several photos in the same theme, the photo with the most number of votes will be counted)

There are a variety of prizes on offer, and WOW votes aren't the only way to win!!

Tohoku/North Kanto Regional Prize

Awarded to the best photo taken in the Tohoku/North Kanto region at the discretion of the Japan Tourism Agency

Monthly prize draws

The names of all registered users will go into a monthly prize draw
Members benefits

Announcement of results

The Grand Prize winner will be decided in March 2013. The Japan Tourism Agency will contact the winner directly.

The WOW! Prize Winner and Individual Theme Prize winners will be announced on the website and these winners will be invited to Japan for an awards ceremony.

Eligibility

Besides tourists, foreign residents and students currently living in Japan can participate in this contest. And you don't have to be in Japan during the contest period, 2012.9.1-2013.2.15, as past photos taken in Japan can also be submitted. website and these winners will be invited to Japan for an awards ceremony.

How to enter

1. Check out the website!
2. Create a "Share your WOW! Japan photo contest" account.
3. Choose your theme
4. Submit your photo online!

Prizes

All prizes details will be announced on the website and also on our official Facebook page.





Japan Photo Contest
Japan Tourism Agency

Share your **WOW!** moments from your time in Japan



Information:

<https://japanphotocontest.jp/eng/>
<https://www.facebook.com/Japanphotocontest>



... speaking of which

Awa Life is currently looking for budding photographers to help decorate our pages!

We're hoping to feature a couple of shots per month, so if you have any photographs taken in Tokushima that you want to share with your fellow readers, please send them in!

Please send your photographs to **awalife@gmail.com**, along with your name and some information about the photograph. A brief description of the moment you captured is always appreciated!



"sharing the joys of reading is an ideal way to develop your bond"

Autumn is fast approaching, and in Japan, Autumn's the season where when we get things done, we do them properly! Why not take the opportunity to spend some quality time reading through a picture book with your child?

Sitting on a mother's lap, being read to from a picture book not only teaches children the joys of reading, but is an opportunity to connect as a family.

In an age where parent-child relationships appear to be weakening, sharing the joys of reading is an ideal

way to develop your bond.

Which books are most appropriate for the respective age ranges?

0-1years: Picture books featuring food, animals, vehicles, pop-up books

2-3years: Picture books featuring scenes from everyday life, fables with repetitive vocabulary, simple storylines

Tips for maintaining a child's love of picture books

1. When reading, always place the book in your child's view
2. Always be prepared to read if your child asks you to
3. If your child takes to a book, be prepared to read it over and over again
4. Don't get carried away with how many numbers

Cup-and-Ball Game

Preparation:

- Newspaper (1/4 of a side)
- String (Approx. 60cm)
- Sellotape
- Elastic band
- A paper cup

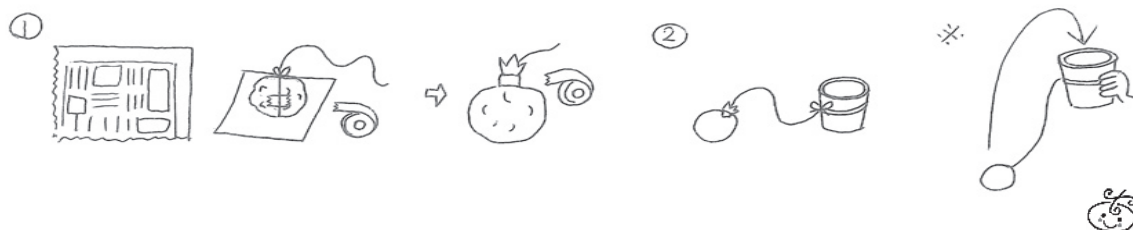
Instructions:

1. Scrunch the side of newspaper into a ball, and attach one end of the piece of string to the top of the ball. Tape the sides of the newspaper ball to make it sturdy.
2. Tie the loose end of the string to the elastic band, and fasten this around the paper cup.

How to Play:

Hold the paper cup and try to toss the ball into the cup.

* This game can even be replicated out-and-about using Pine Cones!!



日本語指導ボランティア養成講座 開催時期・場所 の お知らせ

TOPIA では、今年度もボランティアで外国の人に日本語を教えるための HOW TO が学べる講座を県内2箇所で開催予定です。詳細は、本誌やホームページで今後掲載します。
お楽しみに!!

★阿南会場 : 11月~12月にかけて

★吉野川会場 : 1月~3月にかけて

Tempura is one of Japan's signature foods.

Though introduced to Japan by the Portuguese, the Japanese perfected the art of frying vegetables and seafood to a light and crisp result. Making Tempura is just a matter of dipping Fish and vegetables into batter and frying them.



Wellthere are some things to keep in mind to perfect your technique.

- Good tempura batter requires minimal beating and ice cold water. This prevents the batter from absorbing excess oil.
- Dusting ingredients lightly with flour before dipping in the batter prevents them from soaking in too much moisture thus creating a light and crisp tempura.
- The oil should be between 170-180 degrees Celsius. If the batter goes down halfway then rises up, that's perfect.
- Don't overcrowd the oil and use a non fragrant variety.
- Fry root vegetables first ending with seafood. Traditional tempura ingredients include prawns/shrimp, conger eel, pumpkin/squash, eggplant, sweet potato, lotus root[renkon] shiitake mushrooms, shiso[perilla leaves] etc.

Dipping sauce:

3 parts dashi to
1 part mirin and
1 part soy sauce.

Bring them to a boil and let cool.

Batter:

1 egg yolk
1 cup sifted flour [cake flour/hakurikikou]
1 cup ice water [fill a cup with ice and top with cold water.]

Beat egg yolk lightly and mix with ice water. Put flour all at once and mix with a few strokes. Don't mind the lumps or ice chunks.

Serve with:

Grated daikon radish and grated ginger or
Just sprinkle plain sea salt/salt and pepper/powdered green tea.
Yuzu/ lemon slices etc.

Ingredients (4 servings):

8 shrimps/prawns [peel and devein. Leave tails intact].
1 medium egg plant[cut diagonally into about 5mm slices.]
4 shiitake mushrooms
8 shiso leaves
8 [5mm] round slices lotus root.
8 string/french beans parboiled and cooled.
Couple slices of pumpkin/carrots per person if using.

Directions:

- Heat oil to 170-180 degrees.
- Meanwhile dust the ingredients with flour and dip in the batter shaking off any excess and fry till crisp. Take off onto a rack to drain excess oil without stacking.
- Serve in individual plates while still hot with a small bowl of dipping sauce, grated ginger and daikon radish.

Enjoy!



omission in japanese sentences

According to a survey by National Institute for Japanese Language, 74% of subjects of sentences in conversation in Japanese are omitted. (Or some people even argue that those subjects do not exist in Japanese.) You may sometimes be confused and wonder who did what to whom.

Look at the following examples & try to fill in the blanks. (Omitted parts do not appear in the actual conversation in Japanese, but are crucial in the English equivalent)

- | | |
|--|--|
| 1) 母 ^{はは} がでかけたら、(が) そうじする。 | 1) After mother leaves home, () will do cleaning. |
| 2) マリアは 来 ^く ると (が) 思 ^{おも} う。 | 2) () think Maria will come. |
| 3) (が) 妻 ^{つま} に そのことを 話 ^{はな} すと、(が) 同 ^{どう} 意 ^い し | 3) () told my wife about it, and () approved it. |
- てくれた。

Answers:

1) わたし / I 2) わたし / I 3) わたし / 妻 / I / she

You can guess the subject of 1) from the context. 2) is an example of a verb whose subject is usually the first person. In 3), くれた indicates who is the subject. Thus, **there are various cases of omission but this month's Japanese lesson focuses on (2) Predicates that restrict the person of the subject, especially the first person (I / we).**

1. The following predicates that indicate intentions or hope are used only for the first person. Therefore even when the subject is omitted, you can deduce that it would have been either "I" or "we".

Note: first / second / third persons are denoted by 1 / 2 / 3 and * mean ungrammatical. () can be omitted

「思^{おも}う」 think, 「考^{かん}える」 consider, 「信^{しん}じる」 believe, 「V ことにする」 decide to V, 「V- ないことにする」 decide not to V, 「V- たい」 want to V, 「V- よう」 will V (volitional form), 「V- ておく / V- ないでおく」 keep V / keep not V, 「わかる」 understand, 「思^{おも}い出^だす」 remember, 「V- つもりだ」 intend to V, 「V- てるみる」 try V-ing, 「V- てしまう」 finish V-ing etc.

Examples:

- | | |
|--|---|
| (a) (1 / *2 / *3 が) 行 ^い くつもりだ。 | 1 / *2 / *3 intend to go. |
| (b) (1 / *2 / *3 が) 行 ^い こうと (1 / *2 / *3 が) 思 ^{おも} う。 | 1 / *2 / *3 think 1 / *2 / *3 intend to go. |
| (c) 1 / 2 / 3 が 行 ^い くと (1 / *2 / *3 が) 思 ^{おも} う。 | 1 / *2 / *3 think 1 / 2 / 3 will go. |
| (d) (1 / *2 / *3 が) 行 ^い きたいと (1 / *2 / *3 が) 思 ^{おも} う。 | 1 / *2 / *3 think 1 / *2 / *3 want to go. |

If you want to use these predicates to refer to the third person, you should change, for example, おもう to おもっている .

(d) (わたしは) 行^いきたいと思^{おも}う→ジョンは行^いきたいと思^{おも}っている。

Note that 「V- た い 」 cannot be used to describe the intention of superior, even when honorifics or question form is used.

× 先生は 行^いきたいですか／いらっしゃりたいですか／行^いきたいとお考えですか。

○先生はおいでになりますか／いらっしゃいますか。

2. Predicates that indicate emotion or feeling

「うれしい」 be glad, 「^{かな}悲しい」 feel sad, 「^{いた}痛い」 feel painful, 「^{こま}困る」 be worried, 「^{ざん ねん}残念だ」 feel sorry, 「ねむい」 feel sleepy, 「いやだ」 hate, 「^{つか}疲れた」 get tired, 「はずかしい」 be ashamed, 「いそがしい」 be busy

The subject of these predicates is usually the first person. If you want to use them with the second or third person, expressions such as ～そうだ、～ようだ should be added.

(e) (1 / *2 / *3 が) 試験に合格して、(1 / *2 / *3 が) とてもうれしい。

1 / *2 / *3 am very glad that 1 / *2 / *3 passed the exam.

(*1 / 2 / 3 が) 試験に合格して、(1 / *2 / *3 が) とてもうれしい。

1 / *2 / *3 am very glad that *1 / 2 / 3 passed the exam.

1 / 2 / 3 が、試験に合格して、*1 / 2 / 3 が とてもうれしそうだ。

*1 / 2 / 3 are/is very glad that 1 / 2 / 3 passed the exam.

Exercise : Fill in the omitted subject in each sentence.

- ① たなかさんは、あした、休むと () が) 思 (おも) います。
- ② たなかさんは、あした、休もうと () が) 思っています。
- ③ あしたは、雨^{あめ}が降りそうだから、() が) 休もう。
- ④ 香川選手^{かがわせんしゅ}が欠場^{けつじょう}した。() が) 試合^{しあい}に出られなくて、() が) 残念^{ざんねん}だ。
- ⑤ 香川選手が欠場した。() が) 試合に出られなくて、() が) 残念そうだ。

Answers: ①わたし ②たなかさん ③わたし ④香川選手、わたし⑤香川選手、香川選手

参考図書 /Reference : How can we know who did what to whom in Japanese?

memoranda

Foreign Language Legal Support

Houterasu (Japan Legal Support Center) now offers advice in English, Chinese, Portugese, Spanish, and Tagalog.

Ask Houterasu about Loans, Divorce, Labour, Accidents, Natural Disasters and more in your native language. Houterasu now operates a telephone interpretation service, Monday - Friday between 9 and 5. Information offered on the Japanese legal system and introductions to relevant bodies is provided free of charge and can be achieved by following 4 simple steps:

1. Call 03-5366-6008 (Interpretation Service)
2. Tell the interpreter about your inquiry
3. The interpreter will connect you to a worker at your nearest Houterasu regional office or affiliate
4. You, the staff, and the interpreter will be able to communicate through a 3-way conversation.

*For people with a Japanese address, regular status of residence and that cannot fulfill certain economic requirements, we offer free legal advice from lawyers and experts, in addition to legal fee loans. Please consult your regional office for further details.

German Festival in Naruto

An annual festival celebrating German-Japanese relations is open all day, featuring performances of Beethoven's 9th Symphony, and a variety of exhibitions.

When: October 28th (Sunday) 10:00 - 16:00

Where: Naruto German House

Cost: Children ¥100, Adult ¥400

Info: Naruto German House

Tel: 088-689-0099

ドイツ・フェスト in ならと

毎年恒例、地域の方と盛り上げる、日独交流イベント。

地元の方や子どもたちによる「第九」のミニコンサートや、物産展、展示会などが1日中行われます。

日時: 2012/10/28 (日) 10:00 - 16:00

開催地: 鳴門市ドイツ館

料金: 大人 400 円 小中学生 100 円

問合せ: 鳴門ドイツ館 088-689-0099

Baby Sumo Festival

At Minatobashira shrine in the town of kaifu, there is a custom of dressing one year-old boys as sumo wrestlers and having them enter the sumo ring. This 300 year ceremony is meant to ensure that the boys grow up to be big and strong like sumo wrestlers.

When: October 20th (Saturday) 9:00 - 12:00*

Where: Kaiyo-cho Yamashita Hiroba (Tomura Fishing Association in the event of rain)

Cost: Free!

Info: Kaiyo-Cho Tourist Association

Tel: 0884-76-3050

*end time is dependant on volume of participants

湊柱神社奉納 赤ちゃんの土俵入り

みなとばしらじんじゃほうのう あかちゃん
のどひょういり

湊柱神社の神事として、数百年の歴史をもつ奇祭で、かわいい赤ちゃん達が勇壮な化粧まわしを付け次

日時: 2012/10/20 (土) 9:00 - 12:00 *

*参加人数次第

開催地: 海部郡海陽町鞆浦 山下広場 (津波避難施設前)

※雨天の場合は鞆浦漁業協同組合の下

料金: 無料

問合せ: 海陽町観光協会 ・ 0884-76-3050

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)

正しい知識で差別解消