



TOPPY

249

APRIL

阿波ライフ

AWA ILIIE

Shaking Up Memories

Lance Kita

I just happened to be watching TV and calling home when the tsunami hit the Tohoku Coast. At first, it seemed like localized flooding, but the cars and boats kept cascading over the seawall, and I soon realized a major disaster was unfolding in front of me again.

My memories flashed back to 1995. I had just returned from a year's study in Kobe, my first time in Japan, and as the new semester started I spied a newspaper headline: "KILLER QUAKE IN KOBE." I rushed to my dorm to find other Japanese students anxiously huddled around phones, trying to connect with family. All we had were pictures of toppled expressways, crumbled streetscapes, and clouds of black smoke rising over burning neighborhoods.

Our hearts and minds were dominated with a sense that there was nothing we could do to stop it from happening. However, people raced back

*The destruction after the Kobe quake.*

to their rooms and starting contacting anyone they could in Kobe. As we got information, we shared it with friends in Hawaii, Australia, Canada, and the U.K. One of the Kobe students flew back to his hometown and used his bilingual abilities to assist foreign residents and international rescue teams. Both Japanese and Hawaiian students stood in the campus center and collected donations. My host family had electricity back on

that day, and told me they felt so bad that they had survived unscathed, so they made rice balls and tea and delivered them into the city with my host brother's moped.

The human spirit was determined to stem the tide of nature's destructive force. Individuals rose to the challenge of contributing what they could, from spare change to manpower, at a time when the Japanese government was sharply criticized for its sluggish response.



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AWA LIFE

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Dearest Awa Life Readers,

I can't tell you how relieved I was when I walked out of TOPIA the other day at 6:00 at night and it was still light out. That made my day. Spring is well on its way and I could not be happier for it. I'm a little weary of spending all my time in the one room in my apartment that has a heater.

But I digress. We have a brand spanking new Awa Life issue for you to devour, with a reflection on the recent devastating Tohoku earthquake from Lance, and some helpful information on earthquake preparedness. But it gets a little more melancholy after that, with farewell messages from four of our staff at TOPIA. *Le sigh* Dig in folks, and also enjoy the photos near the back of AJET's recent musical performances of "Treasure Island."

Best,
Sarah

awa life

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

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An electronic version of Awa Life is also available for download from the TOPIA homepage.

So when the deadly waves washed over fields and houses in Tohoku, what happened from 16 years ago immediately resonated with many people in Japan. Again, individuals felt the urge to take action in the face of adversity. Social networking sites quickly became multilingual lifelines when phone calls couldn't go through. News footage showed schools rallying their teachers and students to set up evacuation centers as dazed survivors wandered in from flooded towns. Seafood processing plants offered fish from their failed freezers when shelters were short on food, even volunteering to make soup and man the barbecue grills. People lined up around the country, asking local municipalities how to volunteer and donate supplies.

Here in Tokushima, university students were collecting donations in front of the station just two days after the quake. A week after the quake and tsunami, several charity parties were held around Tokushima to raise funds for the relief effort, including one that had been planned for the recent Christchurch quake but was quickly modified by local New Zealand teachers to include Tohoku.

In the face of absolute destruction, lost lives, and uncertain rumors, people and communities pulled together to make the best of the worst.

Residents of all nationalities were inspired to pitch in and contribute, as if the survivors in Tohoku were their own family. Amid human tragedy, humanity was not forgotten. Indeed, the foreign media reported with awe about how survivors took things in stride, waited in line for what little supplies were available, and relied on each other until outside help came.

Lessons learned from tragedies past become lights of hope for the future. In fact, the 1946 Alaska and 1960 Chile megaquakes sent a destructive tsunami to my father's home island in Hawaii, which led to the establishment of the Pacific Tsunami Warning Center and the field of tsunami research, which contributed directly to the early warning systems that no doubt helped reduce the number of casualties during this quake. It's remarkable when people and events oceans apart, generations apart, can make a difference for one another.

The disaster is far from over, and there is a long road ahead for the relief and rebuilding effort. What can each of us do, how can each of us respond to those images on the TV screen? All of us should be inspired to find some way, large or small.

The following are excerpts on earthquake preparedness taken from the English Living Guide available on the prefectural website: <http://www.pref.tokushima.jp/docs/2009092400208/files/>

[livingguide_english.pdf](#)

Earthquakes

Japan is a country prone to earthquakes. The Hanshin-Awaji Earthquake of 1995 was an invaluable lesson in which countless precious lives and property were lost in an instant. It is important to be prepared mentally and materially for earthquakes, no matter where or when they may occur, so that losses are kept to a minimum.

Everyday Measures

*Check where the safest place in your house or apartment is.

*Store enough drinking water – 2-3 litres per person, per day.

*Prepare a rucksack or emergency bag and store it in a place familiar to everyone in the family. Example of items to put in the rucksack / emergency bag: (a) flashlight and batteries, (b) drinking water and food, (c) portable radio (d) money (including some 10 yen coins for using a public telephone), (e) copies of identification materials such as passports and bankbooks, etc., and other valuables, (f) matches, lighter and candles, (g) a first-aid kit (including medicine for those requiring regular medication), (h) a helmet or other protective headwear, (i) cotton work gloves, socks and underwear, (j) heat insulating and waterproof blankets, (k) rope, etc.

*Use metal fittings to secure furniture and prevent it from falling over.

Goodbye Dear Colleagues, Hello New Team

It is that time of the year again. Usually the members at TOPIA change every few years, but never have there been changes as drastic as this year. This April five members are going to leave us for different reasons. Having to part with so many colleagues we have worked with for a long time and started having a good relationship with is tough, but at the same time we are going to meet our new co-workers who will hopefully also become dear colleagues in the future. So, to all our parting staff members: "Farewell and good luck!" and to our new staff: "Let's work together and become a good team!"

Yoroshiku Onegaishimasu!

*Fumie
Murasawa*

I would like to thank everyone from the bottom of my heart for the 10 years I spent at TOPIA doing work involved with international exchange. Last year I had the privilege of helping to create the DVD and panel on multiculturalism, and this year I was a part of TOPIA's 20th Anniversary Festival. In addition to activities, the experiences I had working on these critical projects are a treasure to me, and something I am



Photo by Shoko Nomizu, left to right Keiko Kasai, Jin Yanling, and Fumie Murasawa

proud of. I will hold them in my heart forever.

To the foreign residents I had the opportunity to meet through this work, as well as the volunteers and registered organizations at TOPIA, thank you so much. Also, I would like to express my gratitude to the members of the International Affairs and Strategies Division of the Prefectural Government, the other staff at TOPIA, and others involved for so many years in the work of international exchange, for guiding me as a member of TOPIA. I wish you the best of health and luck in your future endeavors. Let's meet again!

Keiko Kasai

Time flies! These words best describe my feelings

right now. During my two years here, TOPIA became an unforgettable work place that taught me many new things about the world, and I would not have been able to get by without the warm support of my fellow staff.

TOPIA has enriched my life with two fulfilling years of interacting with people from many different countries and lifestyles, making mine a truly multicultural experience. Even after I leave I hope to continue forming bonds with foreign and Japanese friends and exchange and increase information on international understanding and education. I also hope to use the knowledge I gained at TOPIA to make the best of my next job, and cherish every day with my students. To everyone who supported

me along the way, thank you very much!

Sumiyo Fukuda

For the past three years I have had the pleasure of working as Coordinator of International Cooperation for JICA at TOPIA, handling public relations and answering inquiries related to international cooperation. I also worked to inform citizens of Tokushima about opportunities to volunteer at JICA, and the work of ODA, among other NGOs operating in and outside the prefecture.

At TOPIA I was lucky enough to meet people from all backgrounds and walks of life and hear about their experiences. During my time there, I was also inspired by how foreigners as well as international organizations and civilians in the prefecture are striving to deepen their understanding of foreign countries and cultures.

I hope that I can continue to tell others about this kind of international appeal that binds us all together. Thank you for a great three years!

Jin Yanling

It is hard to believe it has been a year since I came to Tokushima last April, but now it is already time to leave again. I still vividly remember everything I experienced here as though it happened yesterday.

When I look back on it, it was a very fulfilling experience as my first time living and



Sumiyo Fukuda

working abroad. I was very anxious at the beginning, but with a little help from my friends I was able to overcome the difficulties. As a Coordinator of International Relations working at the Prefectural Office I enjoyed using my Japanese skills to facilitate exchange between China and Tokushima. Japan and China are different in their ways of thinking and doing things, and when dealing with this there were times when I felt lost and unsure of my actions, but because of this I became even better acquainted

with the culture of both countries.

I was impressed by Japanese people's kindness to others and how methodical and earnest they are with their work, and I fell in love with the beauty of Tokushima: its clear Shinmachigawa river, the bridges that lead to it, and the majestic Mt. Bizan. In particular, participating in the Nichuren Awa Odori dancing troupe and having a rousing good time with everyone on stage despite my clumsy dancing was the best feeling.

I also had the privilege to offer support services at TOPIA to local Chinese, assist with the Japanese Speech Contest and Multicultural Festival, and become acquainted with the volunteers at these events. I don't think it is too much to say that my perspective and way of life were greatly influenced by these encounters. Even after I return to China, I would like to continue my exchange with Tokushima.



Sketch by Sarah Nelson

*Use shatter-prevention film on windows, cupboards, shelves, etc. where glass is used.

*Make a note of emergency contact telephone numbers and the contact details of someone who can communicate in your language.

*Confirm where your nearest emergency shelter and hospital are and how to get there. Inquire at your city, town or village office to confirm the whereabouts of your nearest emergency shelter.

When an Earthquake Occurs

*Ensure your personal safety and get to the nearest safe place.

*Switch off the gas and all gas-powered cookers and appliances in use. Switch off all other appliances such as cooking and heating appliances that may cause a fire.

*If a fire breaks out, extinguish it immediately with the nearest fire extinguisher.

*Open all doors, including the front door, to ensure a clear escape route.

*Listen to the TV and radio regularly, or telephone for earthquake information.

*Do not rush out of a building. Wait until the earthquake has temporarily stopped, then get your emergency bag, put on a helmet or other protective head covering and make your way to an open space.

*Try not to become

separated from family members or neighbours. Check you are all together and make your way as quickly as possible to a shelter.

*If you are driving, avoid braking suddenly. Reduce your speed slowly and move over to the left shoulder of the road. Do not park the car next to a gasoline station or high-pressure gas facility, or under a pedestrian bridge.

*If you are walking along a wide road, move out to the centre. If downtown, be careful of falling objects such as signs, telegraph poles and glass from windows, etcetera.

After an Earthquake

After an earthquake, there is the danger of after-shocks and tsunamis. If possible, get accurate information from the radio, newspaper, television, etc. If you find you cannot return to your residence after a big earthquake, inform your country's embassy or consulate, your place of employment or school of the

safety of both you and your family.

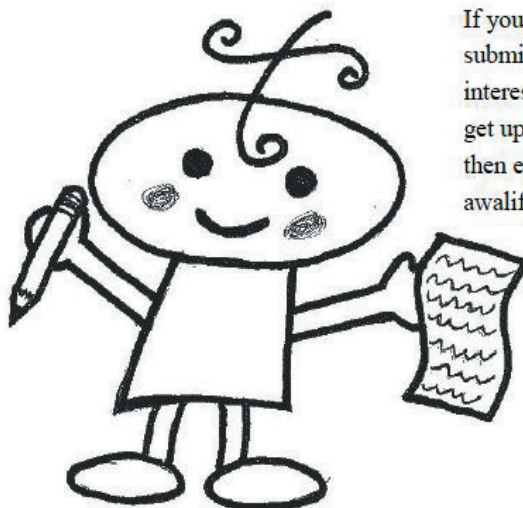
Emergency Telephone Message Service (Saigai-yo Dengon Dial) - Tel. 171

When a disaster occurs, it is often difficult to make phone calls to the affected area. In such circumstances, use the Saigai-yo Dengon Dial service (telephone message service in times of disaster). People outside the area can listen to recorded messages made by those in the affected area regarding their safety, etcetera. It is like a voice recorded message board.

Similarly, people outside the area can send messages to people in the affected area. Notification of the introduction of the NTT Saigai-yo Dengon Dial service is made on the radio and television, etcetera. You use the service by dialing 171 and following the guidance in Japanese to record or listen to messages.



Contribute to
Awa Life!
~share your stories~



If you would like to submit articles about the interesting things you get up to in Tokushima, then email the editors at awalife@gmail.com!

Letter from Suketo Hoikuen

Kazue Inoue

The beautiful sakura are in full bloom, and it is a fun season for going out of doors. When you go out into the fields and parks, you will encounter dandelions, white clover flowers, as well as insects and all kinds of small living things. This month, I will introduce a craft you can enjoy outside.

Dandelion:

1. Flute: Cut both ends of the stem, crush one end between your fingers, and put the crushed end between your

lips to blow and make music!

2. Blowing the seeds: blow on the fuzzy white seeds of the dandelion as hard as you can and watch them fly.

White Clover:

3. Use a hair band as the center ring and wrap the clovers around one at a time. Tie it off with a stem and you're done!

4. Clover Sumo: Twine the leaf stems together and pull, and watch them come apart.

Pine tree:

5. Pine Needle Sumo: Put two

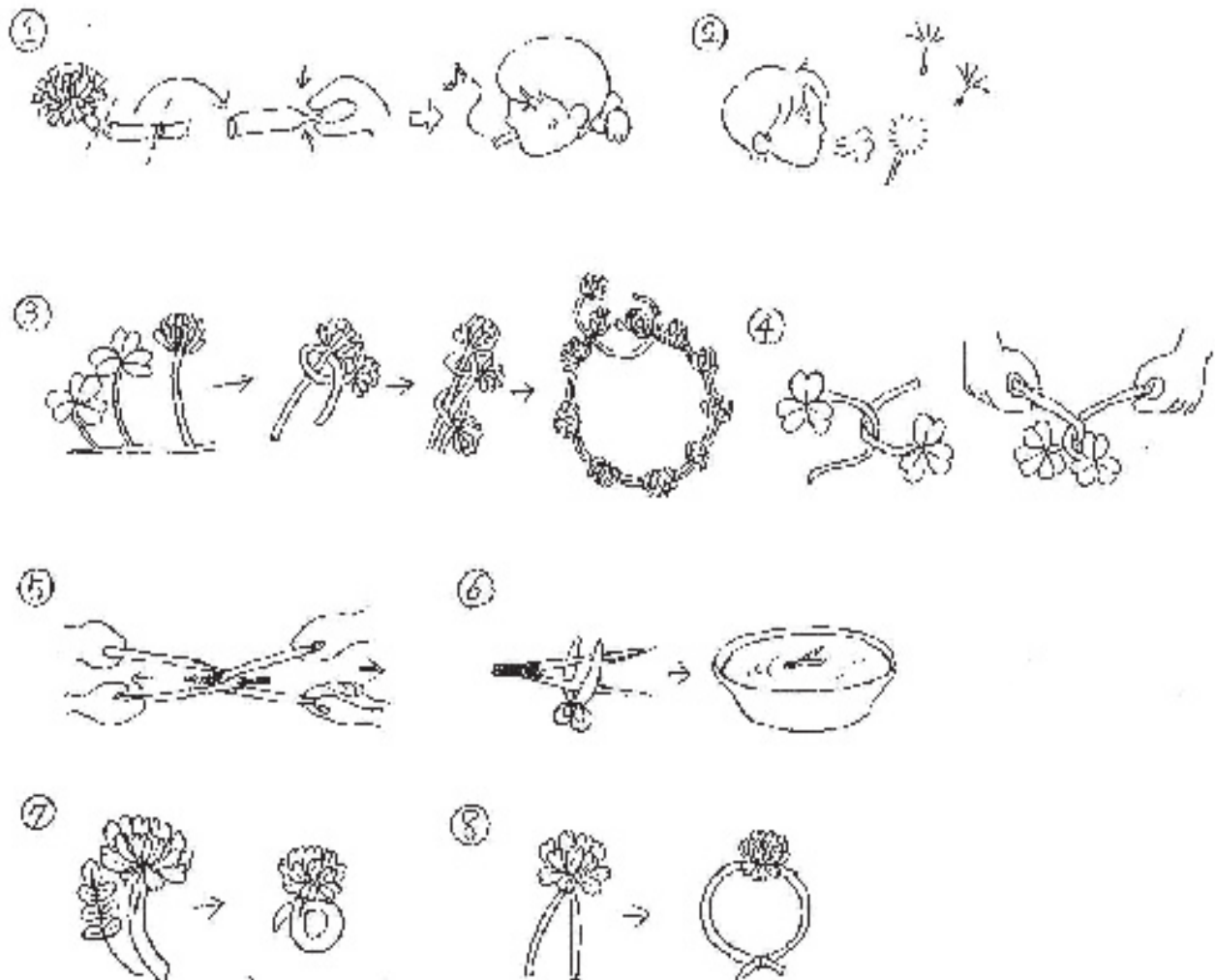
pine needles in V shapes together and pull on them. The first one to come apart loses.

6. Cut a pine needle in half and put it in water to watch it swim around.

Lotus:

7. Ring: Insert a notch in the stem of one flower with your nail and pull the bottom of the stem through to make a ring!

8. Bracelet: Peel one flower's stem into two, and tie the ends to make a bracelet.



Are you good at katakana ? Many advanced students of Japanese believe that they are not good at katakana. In addition, compared to hiragana or kanji, not much attention is given to it. But the number of foreign loan words in katakana increases everyday !

So this month's Japanese lesson deals with katakana.

★ Is it really important to learn katakana?

Let's take a look at the following writing. Please guess what is written here by reading the parts written in hiragana.

ホテルに着いたら、まずフロントでチェックインします。受付のカードに名前、住所、電話番号を書いて、外国人はパスポートを見せます。チェックアウトするときは、忘れ物がないか、部屋の中をよく見ましょう。

Isn't it difficult to understand the content? Next, try only reading the katakana in the sentence.

ホテルに着いたら、まずフロントでチェックインします。受付のカードに名前、住所、電話番号を書いて、外国人はパスポートを見せます。チェックアウトするときは、忘れ物がないか、部屋の中をよく見ましょう。

Different from hiragana, katakana helps a lot to understand the entire sentence. Now let's read the entire article. This shows that katakana is very important to be able to read !

ホテルに着いたら、まずフロントでチェックインします。受付のカードに名前、住所、電話番号を書いて、外国人はパスポートを見せます。チェックアウトするときは、忘れ物がないか、部屋の中をよく見ましょう。

Understanding kanji is usually very important as everyone knows. But katakana is almost equally as important.

These are some Katakana exercises!

【Practice】 Choose the most appropriate word among a ~ f to complete the sentences below.

a. メモ b. マーク c. シャンプー d. アピール e. パンク f. ファックス

- ① 自転車じてんしゃのタイヤが () している。
② 急いでいますので、すぐにこの資料しりょうをわたしの家いえに () してください。
③ 来週らいしゅうの予定よていを言いますので、 () してください。
④ 美容院びよういんでは、 () するとき、頭あたまのマッサージもしてくれる。
⑤ 見たいテレビ番組ばんぐみがあったら、赤ペンあかで () しておいてね。
⑥ あなたの一番いいところいちばんがみんなにわかるように、大きな声おおこえで () してください。

Answers : ① e ② f ③ a ④ c ⑤ b ⑥ d

Treasure Island Photos!

Photos by Christine Clifford



For the most recent news and event information, check Living in Tokushima at our.pref.tokushima.jp/e_living/. To post an event of your own, send the details via email to Awa Life at awalife@gmail.com.

Tokushima LED Art Festival 2013 HOP

徳島 LED アートフェスティバル 2013 HOP

As a lead-up to the next triennial LED Art Festival in 2013, there will be a 2011 event called HOP! In Tokushima city center affectionately called Hyotanjima by locals, there will be displays of LED art, and the Hyotanjima Light Up Project will decorate night time Tokushima. There will also be a river-side restaurant and a Hyotanjima Music Festival going on, making it into a Water Town Tokushima experience you won't want to miss.

When: April 22 (Fr.) – April 24 (Sun.), 2011

Where: Tokushima City Hyotanjima Area

Info: Tokushima City Division for Commerce and Labor Administration
Tokushima LED Art Festival Executive Committee

TEL: 088-621-5225

Cost: free!

トリエンナーレ（3年に一度）形式で開催が決まった徳島 LED アートフェスティバル。次回開催の 2013 年に向けて、2011 年は HOP と題し、イベントが開催されます。徳島市の中心部にある「ひょうたん島」を舞台に、LED アート作品の展示や、ひょうたん島ライトアッププロジェクトが夜の街を彩ります。また、「水上レストラン」や「ひょうたん島音楽祭」などのイベントも満載で、「水都・とくしま」を体感できる内容となっております！

日時: 2011 年 4 月 22 日（金）～ 24 日（日）

場所: 徳島市ひょうたん島周辺

問合せ: 徳島市商工労政課内
徳島 LED アートフェスティバル実行委員会事務局

TEL: 088-621-5225

入場料: 無料！

Hana-Haru-Festa 2011 (Flower-Spring-Festa 2011)

はな・はる・フェスタ 2011

This is the big event that comes in a close second to the summer Awa Odori Festival! At Shinmachigawa park, nearby Tokushima station, famous Awa Odori dancing troupes will be bringing their superb, energetic routines to attract visitors from in and outside the prefecture, making this a truly powered up performance! Tokushima food vendors and souvenir stands will also be available, along with many famous troupes performing.

When: April 22 (Fr.) – April 24 (Sun.), 2011

Where: Tokushima City Aibahama Park (Main Stage)

Info: Hana-Haru-Festa Executive Committee
(Tokushima Shinbunsha Planning Project)

TEL: 088-655-7331

Cost: free!

夏の阿波おどりに次ぐビッグイベント！

徳島駅近くの新町川公園一帯で繰り広げられる有名連による華麗でエネルギッシュな演舞は、県内外の観客を巻き込んで、ますますパワーアップ！

徳島のグルメや土産も盛り沢山。有名連も一挙大集。

日時: 2011 年 4 月 22 日（金）～ 24 日（日）

場所: 徳島市 藍場浜公園（メインステージ）

問合せ: はな・はる・フェスタ実行委員会事務局
(徳島新聞社企画事業部内)

TEL: 088-655-7331

入場料: 無料！

Tokushima Marché

徳島マルシェ

Tokushima Marché is held on the last Sunday of every month and features canopy-covered vendors selling local and processed produce on the boardwalk along the Shinmachigawa river. Marché is French for "marketplace" and is a strikingly stylish event resembling a real French market that is fun just to go to. Also nearby, there is Wakuwaku Nichoshi, in Koyacho close by the boardwalk, where you can buy fresh produce on the last Sunday of every month.

When: Last Sunday of every month,
9:00 a.m. – 3:00 p.m.

Where: Tokushima City, Higashisenbacho 1

Info: Tokushima Marché office

TEL: 080-4030-7140

Cost: Free!

徳島産のこだわりの農産物や加工品をパラソルショップで販売する「とくしまマルシェ」が、徳島市の新町川ボードウォークで毎月最終日曜日に開催されます。マルシェとは、フランス語で「市場」を意味する言葉で、本場フランスのようなおしゃれで楽しい空間で「行くだけで、元気になれる」場所を演出します。また毎月最終日曜日は、ボードウォークからすぐ近くの紺屋町で新鮮な農産物などを販売する「わくわく日曜市」も開催されています。

日時: 毎月最終日曜日のみ開催
9:00 ~ 15:00

場所: 徳島市東船場町 1 丁目

問合せ: とくしまマルシェ事務局

TEL: 080-4030-7140

入場料: 無料!

Japanese Lessons at Suketo Hoikuen (free)

助任保育園の日本語教室 (無料)

When: Every Thursday, 11:00 - 12:00
Cost: Free, and child care is also available!
Info: Call TOPIA at
TEL 088-656-3303

日時: 毎週木曜日、11:00 ~ 12:00
金額: 託児付き (無料)
問合せ: トピアまで
TEL 088-656-3303

Kitajima Tulip Fair

北島チューリップフェア

Kitajima's specialty tulips are blooming in great numbers at this time of year and have been released in all their glory. While they are in bloom, every Sunday will feature mini events going on. This park has 2000 square meters of cultivated land, with 40,000 tulips in about 45 different varieties in bloom.

When: April 2 (Sat) – 30 (Sat), 2011
9:00 a.m. - 5:00 p.m.
Where: Itano-gun, Kitajimac-cho, Nakamura
Azahigaino, Kitajima Central Park South Side,
Kitajima Tulip Park

Info: Kitajima Life and Industry Department

TEL: 088-698-9806

Cost: Free!

北島特産のチューリップを多数植え付け、開花期は公園として開放しています。期間中の日曜日はミニイベントも行っています。この公園は 2 千平方メートルの圃場に 45 種類約 4 万本のチューリップが咲き並びます。

日時: 2011 年 4 月 2 日 (土) 4 月 30 日 (土)
9:00 ~ 17:00

場所: 板野郡北島町中村字日開野 (北島中央公園南正面)
北島チューリップ公園

問合せ: 北島町生活産業課

TEL: 088-698-9806

入場料: 無料!

Japanese Classes by Awa City International Association

Period: April 10th to September 18th
Every Sunday, 10:00 - 12:00

Location: Tomioka Kominkan (Anan City, Tomioka Town Nishi Ikeda 135-1)

Lecturer: Ms. Rika Tsuyutani (addition civic volunteer)

Cost: 1000 yen (for 20 lessons)

Text: 2500 yen each – 'Minna no Nihongo 1', 'Minna no Nihongo 2'

Please select the text applicable to your Japanese level. Lessons from "Minna no Nihongo 1" will begin at chapter 1 and lessons from "Minna no Nihongo 2" will begin at chapter 26. Lessons for individual levels are also available on consultation.

Application Process:

Please write and send the following information to the Association:

1.) Name 2.) Address and e-mail address 3.) Telephone number 4.) Nationality 5.) Which characters you are able to read (hiragana, katakana, kanji) 6.) Previous study of Japanese.

Please also indicate which textbook you would like to use ('Minna no Nihongo 1' or 'Minna no Nihongo 2'), which you may pay for, along with the class fee, at the Association during the first lesson.

Please use this address for your reply:

774-0005

阿南市向原町天羽畠 103-1

西野建設 (株) 内

阿南市国際交流協会 行き

For more information, contact

Midori Hayashi at:

E-mail: etonne@stannet.ne.jp

TEL: 088-423-5599

FAX: 088-423-1383

Weather, Earthquake and Tsunami Information Updates

The Japan Meteorological Agency (JMA) provides a web site containing the weather, earthquake and tsunami information in Japan's disaster regions in English:

http://www.jma.go.jp/jma/en/2011_Earthquake.html

Additionally, there is a Tohoku area, pacific offshore earthquake multi-language support center available here:

<http://eqinfojp.net/>

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)

受け止めていますか人権の重み
