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# awa life

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november 2013

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wander-ful tabi: our momiji spots  
by lance kita



*fall colors contrast the stark moat walls of Tokushima Castle (austin smith)*

Fall is upon us, and the leaves are losing their chlorophyll to reveal brilliant hues of red, orange, and yellow. Where are the best spots to view momiji (紅葉) in Tokushima? I

decided to ask foreign residents, former and current, for their favorite places. The responses are as varied as the hues of the leaves themselves.

One of the popular responses was Tokushima Central Park (徳島中央公園), a favorite for cherry blossoms as well. Leminh (Canada) often walks to work through there, and sometimes stops

wander-ful tabi: our momiji spots...continued on page 3

## inside awa life this month

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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!

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## show tokushima some love: awaglot

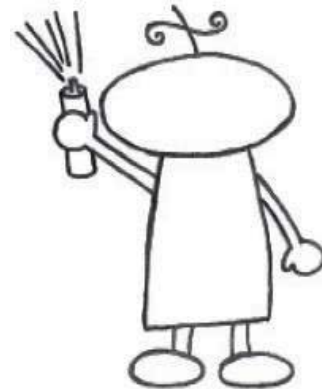
The literary corner of AwaLife, Awaglot, is a combination of the words "awa" and "polyglot", which means multilingual. Be it fiction, nonfiction, prose or poetry; funny, sad, long or short, we want your submissions! If you like to write, then express yourself!

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](mailto:awalife@gmail.com)!



*Mt. Tsurugi adorned in fall colours (jenifer tanikawa)*



*fallen leaves, quiet space...autumn in Tokushima Central Park (leminh luc)*

to have lunch amid the colors. Austin (U.K.) cycles through it every day and notices the gradual changes. Stephen (Ireland) loves the little park near the Tokushima City Hall (徳島市役所). Though small, the trees are tall and few people stop there, making it a quiet spot.

Others chose to highlight their favorite local spot. Richard (U.K.) likes to cycle to Kamiyama (神山) just to see the trees. Ricardo (Portugal) says that the view from Kiri-hata-ji Temple (切幡寺) along Route 318 is "wide and privileged...an

ever changing carpet of warm colors." Robert (Germany), who works in the Bando area of Naruto (鳴門市板東), mentions that it "is nice to walk the street to Oasa Hiko Shrine and explore the area around it with the leaves changing their colors" and also recommends Ryozenji Temple (霊山寺) and Gokurakuji Temple (極楽寺).

The next gems require a little more driving and effort to find. Ian (U.K.) found the fall colors in Kamikatsu Town (上勝町), his former workpost, "absolutely breathtaking." Dianne (New Zealand)

recommends the Naruto Skyline (鳴門スカイライン), noting that "the leaves shower over you as you drive up and down the windy roads." Craig (Australia) says that Route 282 running west of Hanoura (羽ノ浦) along the south bank of the Naka River (那賀川) "is quite narrow in many of the parts, but the forest is really dense and beautiful...you pop out of the forest every now and again to get a glimpse of the river. It's really like taking a small trip away from everything."

A couple of people



*the Kazura (Vine) Bridge in Iya Valley, surrounded by brilliant fall foliage (brianna forster)*

regarded Mt. Tsurugi (剣山) the best place in the prefecture. Liz (U.K.) says “the view is especially amazing when the sun is out and you are coming down on the ropeway.” Andrew (Australia) says one should spend the weekend at a nearby onsen, and it’s like “stepping into another world as you move deeper into the mountains and the surrounding trees take on a sort of old-world feel.” One adventurous trip is to the Konosekyo

Gorge (高の瀬峡) in the Kito region of Naka Town (那賀町木頭). Anna (New Zealand) suggests one to “park your car and wander up the road. Look across the valley to views you wish your camera would do justice to...If you're artistically inclined, set yourself up on a comfortable stone with some water-colours.”

My personal pick is also loved by Chris (U.S.) and Brianna (U.S.). Brianna says “This is probably a

no-brainer, but for me it was definitely Iya Valley (祖谷溪). Just the scale of the surrounding mountains covered in bright greens, reds, and yellows was absolutely breathtaking, both at the destination and during the drive there.” Chris adds, “Specifically the area around the vine bridges. Absolutely gorgeous. Plus, soaking in a rotenburo in the Iya Valley with the leaves changing color and gently falling around you? Priceless.” Couldn’t have said it better myself.

I hope you found a new discovery in this article, and thanks to everyone who contributed their ideas. Get out and enjoy the brisk weather among the glorious colors of the season!

(Contributors’ full comments and more pictures can be found on my blog: [wanderfultokushima.wordpress.com](http://wanderfultokushima.wordpress.com))

### The Best Autumn Foliage Spots in Tokushima

#### East

Jorokuji Temple (Tokushima City)  
When: Late November – Early December  
Where: 20 min by car from Tokushima Stn.  
Info: Jorokuji  
TEL: 088-645-0334

Taisanji Temple (Kamiita-cho)  
When: Late November – Early December  
Where: 25 min on the Donari IC  
Info: Taisanji  
TEL: 088-694-5525

Tonokawachi Keikoku (Kamikatsu-cho)  
When: Late October – Early November  
Where: 130 min by car from Tokushima Stn.  
Info: Kamikatsu-cho Industry Division  
TEL: 0885-46-0111

## wander-ful tabi: our momiji spots (con't from page 4)



South	West	
Otodoro no Taki (Naka-cho)	Mt. Tsurugi (Mima City)	Oboke/Koboake (Miyoshi City, Yamashiro-cho)
When: Early November – Late November	When: Mid to late October	When: Mid to late November
Where: 150 min by car from Tokushima Stn.	Where: 90 min by car on the Mima IC	Where: 40 min by car on the Ikawa Ikeda IC
Info: Naka-cho Tourism Association	Info: Mima City Commerce and Tourism Division	Info: Miyoshi City Tourism Division
TEL: 0884-62-1198	TEL: 0883-52-2644	TEL: 0883-72-7620

## fitness corner

### by clint eckstein

Hey everyone! Well, we're moving into the time of year where we can all quit complaining about the heat and humidity, and instead start to complain about the cold! What happens when it starts getting cold? If you don't brave the elements do you have to hibernate through the winter? Of course not!

But Clint, you say, it's too expensive to join a gym, I'd rather save my money for traveling than buy a bunch of weights, and my apartment is small, there's nothing I can do!

There are actually tons of things you can do where you only need about 4 square meters of space to have an awesome workout. Here's one workout that you can finish in 20 minutes, and will give you a full body workout without leaving your cozy apartment! Perform these exercises back to back without resting:

- 10 push ups

Keep your hands a little wider than shoulder width apart, and lower your chest to the floor while keeping your back and legs straight and your core tight.

- 15 squats

Squat down, leaning slightly forward, your knees should be behind your toes so you do not put extra pressure on your knees, pretend you are sitting in a chair

- 20 lunges (ten each leg)

Keeping your back straight, step forward with one leg so that your front and back leg make approximately 90 degree angles. Return to standing and repeat with the other leg

- 20 one-legged calf raises (ten each leg)

Keep one foot off of the ground. On your grounded foot, raise your heel off of the ground as far as you can while you stand on the tips of your toes. Use a chair or countertop for balance if you need to.

- 15 chair tricep dips

Find a chair (without wheels!). Place your hands shoulder width apart on the front edge of the seating area of the chair

with your fingers pointing forwards and your legs straight out in front of you. Bending your elbows, lower yourself down until your forearm and upper arm make a 90-degree angle before pushing back up.

- 10 burpees

My favorite full body exercise. Start in a standing position. Squat straight down and put your hands on the floor. In one motion, push your arms straight and jump back into a high plank position. Then jump forward so that your feet and hands are close together and you are back in a squatting position. In one motion, jump straight up in the air from the squat position. That is one repetition. If you want to make this more difficult, add in a push up!

This is one complete set. Depending on your fitness level, you can take 1-2 minutes to rest in between each set, and complete 3-5 sets. Have fun, and make sure to warm up before and stretch after!

**SUDACHI**

It's raining sudachi. Left, right, everywhere you turn, you'll know its sudachi season in Tokushima. If you are like me, and dear friends are gifting you with kilos of sudachi, there's only so much grilled fish you can use on. So, why not try other new ways to use this green citrus fruit and up your vitamin intake while at it...

**Sudachi syrup****Ingredients**

- Equal amount sudachi and rock candy sugar
- A glass jar, pickling or (just plain jam jar)

**Directions**

1. Wash and dry off the sudachi.
2. Cut them into halves, quarters or rounds and deseed.
3. In a glass jar add alternating layers of sudachi and sugar.
4. Cover tightly and refrigerate until all the sugar is dissolved.
5. Use as you would any other sweet/tart syrup, comes especially handy in the cold months ahead, just add hot water for a cup of warmth.



*sudachi syrup (irene wachuga)*

**Sudachi Dressing****Ingredients**

- 3-4 sudachi
- 2 Tbsp mayonnaise
- 1 tsp sake
- 1 tsp olive oil
- Salt...to taste

**Directions**

1. Cut the sudachi in half and squeeze out the juices into a bowl.
2. Take out any seeds.
3. Add sake, olive oil, mayonnaise and salt to taste.
4. Mix thoroughly.
5. Use instead of just plain mayo.

**Notes**

- Sudachis freeze very well. Freeze them whole and just thaw out in room temperature when needed.
- Use instead of vinegar.
- Good for colds and lots of vitamins.



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# letter from suketo hoikuen

by kazue inoue



Last month, we roasted sweet potatoes in our nursery school courtyard. Sweet potatoes taste delicious steamed or roasted, but another great way to eat it is by boiling it then air drying it. Dried sweet potatoes were even featured in the October issue of "Cooyon," a parenting magazine, as a "tasty pacifier." The type of dried food that you should be using as this "tasty pacifier" is something that is a bit larger in size than your baby's hand and something hard enough so that it can't be crushed or chewed through.

If you are using sweet potatoes, boil them (or steam them) and then cut them into 3 millimeter slices and lay them out to dry until hardened. (You can also bake hardened rice or use dried white radishes or fruit as a "pacifier." As well, nowadays they even sell dry food makers that will let you make dried food more

easily and quickly.)

Using food items that help increase the production and release of saliva as a pacifier will contribute to the development of the digestive system, foster hunger, and will help train the jaw, which is a great way to prepare for eating baby food.

## **This month's craft: Treasure Box made from a milk carton**

### Materials

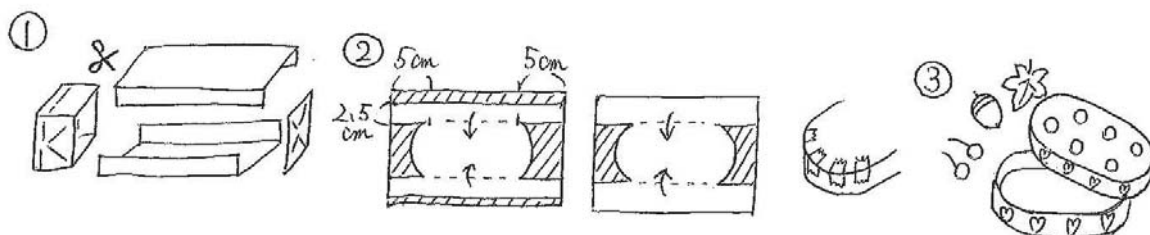
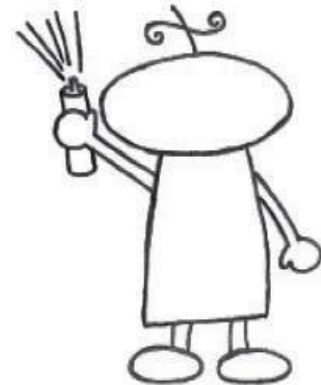
Milk carton  
Scissors  
Tape  
Pens, stickers, etc.

### Instructions

1. Cut off the bottom and top of a 1 liter milk carton. Cut the remaining carton length wise, as shown in the picture below, so you end up with two parts.  
2. You will first make the lid of the box by cutting out the shaded parts as

shown in the picture. Next fold up the carton on either side on the dotted line to form the side of the box. Tape up the side to create your lid. For the bottom portion of the box, you will be using the same template, but make sure you cut the template approximately 2 millimeters smaller than the lid.

3. To finish, decorate your treasure box by drawing on it, putting stickers on it, or with anything else.  
4. Every time you find a leaf on the ground or tree nuts, you can store it away in your very own treasure box.



This month, we will be studying the use of noun modifiers. By using noun modifiers, you can provide a more detailed description or explanation of people, objects, or places. In Japanese, when you modify a noun, the modifier will always be placed in front of the noun you are modifying. Taking a look at the following sentence formations, 「この<sup>ほん</sup>本」 demonstrative pronoun + noun 「私<sup>わたし</sup>の本」 noun + の+noun 「新<sup>あた</sup>しい本」 adjective + noun, you get 「この私の新しい本」, you can see that in all of the above examples, 本 (noun) is being modified at the front of the sentence and all of the sentences are describing the 本 (noun).

We will now look at situations where a verb is being used to modify the noun. By combining a sentence that contains a verb, 「これは本です。父<sup>ちち</sup>が<sup>か</sup>買いました。」 will result in the following sentence, 「これは父<sup>ちち</sup>が<sup>か</sup>買った本<sup>ほん</sup>です。」 買いました → 買った (普通形). 「これは本です。私<sup>わたし</sup>はこの本<sup>ほん</sup>を<sup>よ</sup>読みます。」 → 「これは私<sup>わたし</sup>が<sup>が</sup>読む本<sup>ほん</sup>です。」 読みます → 読む (普通形). As well, the subject being modified will change from 「は」 to 「が」, shown in bold text.

Please look at the following examples.

- ① これは本です。イギリスで買いました。・・・ これは**イギリスで買った本**です。
- ② これはケーキです。母<sup>はは</sup>が<sup>つく</sup>作りました。・・・ これは**母が作ったケーキ**です。
- ③ それはペンです。ジムさんにあげます。・・・ これは**ジムさんにあげるペン**です。

The following are examples of sentences where the modified noun sentence becomes the subject or the object of the sentence.

- ① これは**イギリスで買った本**です。この本<sup>おもしろ</sup>は面白いです。 →  
**イギリスで買った本** は面白いです。  
(主語になる)  
 私はこの本を読みました。 → 私は**イギリスで買った本** を読みました。  
(目的語になる)
- ② これは**母が作ったケーキ**です。このケーキはおいしいです。 →  
**母が作ったケーキ** はおいしいです。  
 私はこのケーキを<sup>た</sup>食べます。 → 私は**母が作ったケーキ** を食べます。
- ③ それは**ジムさんにあげるペン**です。そのペン<sup>か</sup>は書きやすいです。 →  
**ジムさんにあげるペン** は書きやすいです。  
 私はそのペンをなくしました。 → 私は **ジムさんにあげるペン** をなくしました。



**Exercise**

Please change the verbs in the ( ) into the correct form.

1. いつも（行きます・・・） レストランの料理はおいしいです。  
りょうり
2. この写真を（撮ります・・・） 場所は京都です。  
ばしょ きょうと
3. 来週の結婚式で（着ます・・・） ドレスが欲しいです。  
ほ
4. 明日、旅行に（行きます・・・） 人は何人ですか。  
なんにん
5. 眼鏡を（かけます・・・） 人が山田さんです。  
やまだ
6. 父が（書きます・・・） 手紙を先生に渡しました。  
てがみ せんせい わ



**Answers**

1. 行 > 2. 撮った 3. 暮る 4. 行 < 5. かけている (かいた) 6. 書いて

embracing the inaka life  
by clint eckstein



*inaka life! (clint eckstein)*

As a first year JET, I've spent most of the first two months here in Tokushima just trying to figure out which way was up. I hit the ground with zero knowledge of or background in Japanese language or culture, and I've been so busy trying to study Japanese and work on

fitting into my school that I haven't really had much of a chance to take a breath and see what Tokushima has to offer. That all changed over the long weekend when I finally had a chance to experience the real inaka. A friend in Katsuura was kind enough to invite a

number of JETs, including my wife and I, to spend a day swimming, hanging out, and enjoying a late summer day in September. We arrived in Katsuura and the beauty of Tokushima outside of the city became immediately apparent. Just the view from the car window was breathtaking. Rolling hills of lush green surrounded us. They may not have been the Rocky Mountains, but the stifling humidity that I often complained about finally paid off in the density of vegetation and trees lining the hills. It is so dry in Colorado that I never get the opportunity to see anything but rocks in the mountains. Our first stop was at a crystal clear river for some

swimming.

We were sandwiched between two people fishing, but they were very accommodating, and there was plenty of room on the river for good fishing and good swimming. The water was amazingly cool (a bit too cool for some) and clear. It felt so good to swim in the middle of this peaceful place. The water was deep, the current was mild, and if you got too cold you could warm yourself on the beach. After a great time here, we hit the road and headed just down the road to Kamikatsu. Another JET lived here, and was fortunate enough to be within five minutes of a waterfall. Walking up boarded path through some trees, I listened to my friend talk about the first time he was here, "It was just surreal, I didn't know what to say, and I almost started getting kind of emotional because it was so beautiful." He didn't oversell it. Even though it has been fairly dry over the past few weeks, the waterfall was powerful and striking.

There was a large rock where you could jump off into the water, and it was kind of scary because the



*who wants some veggies? (clint eckstein)*

water was so clear it almost looked like you were jumping straight into the rocks!

I decided to take the plunge anyway and had a bit of a shock since this water was considerably colder than the river! The shock quickly wore off when I looked around and realized that I was swimming...in a waterfall... on an island... in Japan. Surreal doesn't really even begin to describe the experience. After swimming, climbing on the rocks, and taking a number of pictures, we packed up and headed back to make dinner in Katsuura. We stopped at a fruit and vegetable stand to pick up some delicious fresh ingredients.

Everything looked so good, and it was so inexpensive! Maybe this whole "inaka life" thing

wasn't so bad after all. We finished the evening by making burritos and playing some games. It was a nice bit of home cooking, and with the ingredients everyone brought, we had a pretty good selection for dinner!

I returned to the city, stuffed full of good food, good friends, and my first experience of the countryside. Though I still love my apartment in the city, I definitely will be taking more trips out west and down south to try and enjoy all of the beauty that Japan has to offer. I feel so fortunate to be living in Japan, and I can't wait to see what else is in store for me in the future!



藍住町国際交流協会・NPO 法人美馬の里

## 日本語指導ボランティア養成講座 受講者募集！

●●● 外国の方への実践的な日本語の教え方を勉強しませんか ●●●  
—文化庁の事業— 協力：(公財) 徳島県国際交流協会・徳島県

**藍住会場** 土曜日 10:00 ~ 15:00 (お昼休憩 12:00~13:00) 4時間/1日

前期：① 11/9 ② 11/16 ③ 11/23 ④ 12/7 ⑤ 12/14 ⑥ 12/21

後期：① 1/18 ② 1/25 ③ 2/1 ④ 2/8 ⑤ 2/15 ⑥ 2/22

★場所：藍住町福祉センター2F (088-692-9951)

★問い合わせ：藍住町国際交流協会 松田 TEL 088-692-9951



**美馬会場** 日曜日 13:00 ~ 16:00 3時間/1日

前期：①10/20 ② 10/27 ③ 11/3 ④ 11/10 ⑤ 11/24 ⑥⑦ 12/1 ⑧ 12/8

ただし 12月1日(日)のみ午前の部 9:30~12:30 午後の部 13:30~16:30

後期：①12/15 ② 12/22日 ③ 1/12 ④ 1/19 ⑤ 1/26 ⑥ 2/2 ⑦ 2/9 ⑧ 2/15 (土)

ただし 2月15日(土)のみ 午前9:30~12:30

★場所：美馬文化会館(美馬市美馬町養泉 11 0883-63-4646)

★問い合わせ：NPO法人美馬の里 林：090-4507-1055 丸山：090-5148-4533

○受講料：無料

★この講座では、徳島県立総合高等学校「まなびーあ徳島」の生活環境学部の単位が取得可能です。(前期・後期 各12単位)

★詳細は、先月号の阿波ライフ・TOPIA ホームページ (<http://www.topia.ne.jp/>) でもご確認ください！

### 1st "Let's Go Watch Joruri" Tokushima Performance 第1回「じょうるりに行こう」徳島公演

From a cheerful and easy to understand performance of "Sanbasou" for first time Joruri puppet theater watchers, to the old and the new works, there is something for fans of Joruri and fans of just music and recitations alike to enjoy. So, even if it's your first time, why not come out and enjoy some Joruri.

人形浄瑠璃をより身近に楽しく、わかりやすいものにすべく、オープニングはみんなで賑やかに楽しく「三番叟」を行います。これまでの浄瑠璃ファンだけでなく、音楽・朗読ファンもぜひ聞いてみたい、観てみたいと思われる舞台となります。人形浄瑠璃を観た事のない人、ぜひ気軽にじょうるりに行ってみませんか。

When: November 3 (Sun)  
17:00 (Doors open at 16:30)  
Where: Tokushima Prefecture Education Centre; Tokushima City  
Kita-Tamiya 1-8-68  
Cost: General ¥2000; Students free  
Info: "Let's Go Watch Joruri"  
Committee  
TEL: 080-6383-3755

開催期間：11月3日(日)  
17:00 開演(16:30開場)  
場所：徳島市北田宮1丁目8-68  
徳島県教育会館ホール  
料金：一般：2,000円 学生：無料  
問合せ：「じょうるりに行こう」徳島  
実行委員会  
TEL: 080-6383-3755



## Misato Plum Wine Festival 美郷梅酒まつり

Misato, in Yoshinogawa City, is the first ever area to be designated as the “plum wine zone” in all of Japan and the plum wine festival will be happening again this year. Why not spend a relaxing day trying out a variety of plum wine and food.

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。開催期間中は、いろん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。

When: November 23-24 (Sat/Sun)  
10:00-16:00

開催期間：11月23日（土）/24日（日）  
10:00-16:00

Where: Yoshinogawa City, Misato

場所：吉野川市美郷

Cost: For 6 tickets: Advanced ¥1000;  
Same-day ¥1200

料金：梅酒クーポン券6枚綴（前売券：  
1000円 当日券：1200円）

Info: Misato Plum Wine Festival  
Committee

問合せ：美郷梅酒まつり実行委員会  
（美郷梅酒会）

TEL: 0883-43-2216

TEL: 0883-43-2216

## Supernatural Yokai Creature Festival 妖怪まつり

At the Supernatural Yokai Creature Festival there will be a Yokai shrine, band, processions, homemade yokai costumes, local goods and food market and much more.

三好市山城町上名 藤川谷周辺で開催される妖怪まつりでは妖怪みこし、妖怪バンド、妖怪行列、手作り妖怪コンテストなどの催しや、地元の特産品の販売などもあります。

When: November 24 (Sun)  
10:00-16:00

開始期間：11月24日（日）  
10:00-16:00

Where: Fujinosato Park  
Miyoshi City, Yamashiro-cho,  
Kamimyo

場所：三好市山城町上名  
藤の里公園

Info: Fujikawadani no Kai

問合せ：藤川谷の会

TEL: 0883-84-1155

TEL: 0883-84-1155

## 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)

受け止めていますか人権の重み