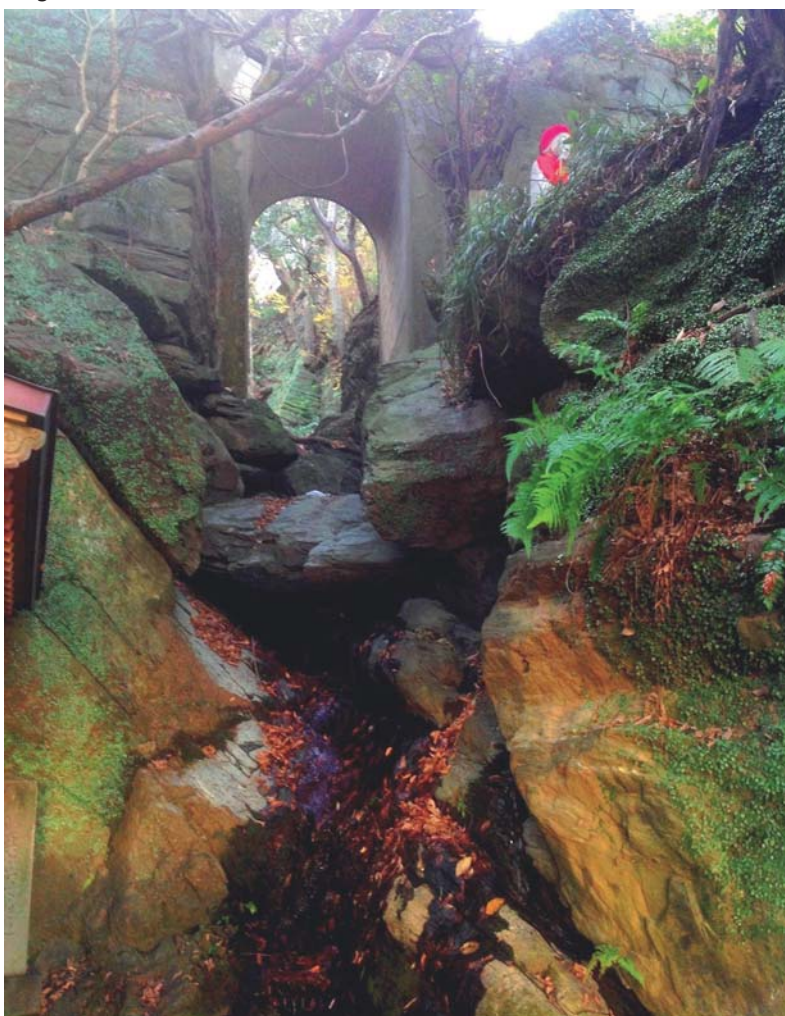


## A Walk Through the Woods

By Jesse Shelton



*Little Arch Bridge nestled behind a couple of shrines  
(Jesse Shelton)*

The sun has gone beyond the mountain. The last rays sweeping across the tops of the trees as they head toward Tokushima City down below. The air is crisp, cool. Full of life. Life in the form of scent from the dirt and dead leaves I'm sitting on. Life in the form of sounds from the birds overhead. There are so many birds. Even to my untrained ear, I can pick out at least five different species. They seem quite happy up there; content to continue their conversations over my head, well outside my reach. To get here I had to climb. Past the ovens where the Shinto priests are burning the relics of the New Year's celebrations just finished. Past shrines with devotees praying outside, seeking soothing touches from the gods. Above their heads,

## Inside awa life This Month

Page 1,3-5: A Walk Through the Woods  
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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!

## Show Tokushima some Love: Awaglot

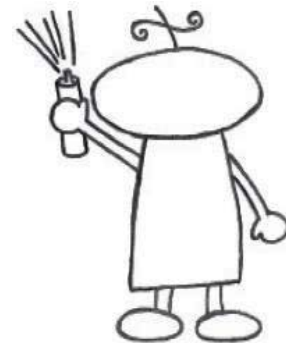
The literary corner of AwaLife, Awaglot, is a combination of the words "awa" and "polyglot", which means multilingual. Be it fiction, nonfiction, prose or poetry; funny, sad, long or short, we want your submissions! If you like to write, then express yourself!

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)!



*The Udatsu Street (Martin Rathmann)*

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## A Walk Through the Woods

(con't from page 1)

surrounded by the calming peace of nature, I think I've found what they're looking for.

Unbeknownst to most of us foreigners living in Tokushima, there is an area with forest paths and gardens that rival any in Japan. No exaggeration included. Mt. Bizan is the figurehead of the city in many ways; everyone knows the mountain and uses the landmark to guide themselves when traveling nearby. But it's not the views from the mountain's top that are the most awe inspiring thing about it; it's the network of temples and shrines that surround its base that set this mountain apart from the others. Getting here is easy: from the foot of the mountain, where the cable car departs, turn right and walk away from the museum and the part of Bizan most are familiar with. As you walk, you will notice the old privacy walls that are now crumbling. A mixture of clay, sand, and sharp, flat stones, they are a little-noticed introduction to traditional Japanese construction methods. They are deteriorating now; long since neglected in favor of their new concrete neighbors. Still, the two neighbors look oddly right together.



*Stairs to the top of Mt. Bizan (Martin Rathmann)*

They complement one another; the old showing what it was once like and the new showing how the old once looked. In the midst of these white and brown walls, after taking a left turn to stay close to the mountain, you will pass a little shed. Every time I've gone there is at least one person inside, facing away from the road. This is the communal spring that spills from Bizan's base. At one time, so the sign beside it says, Kinryosui Spring, along with water from the Akui River, was the main source of fresh water for Tokushima City and a guard was posted here daily to watch over the important community resource. Although water from the spring is no longer necessary for many in the community (I think it still is for some), it's still part of the community. It's

part of the physical legacy of Tokushima City's rich history. Drink some of the water and connect with the mountain you are about to walk on. It tastes wonderful.

On a more practical note, you may also want to fill up your water bottle while you're there.

As you continue walking, you may begin to wonder if I'm telling the truth about this complex of beautiful paths crisscrossing through the woods as there is no obvious entrance. But this inconspicuousness, and the solitude it gives those inside, is another thing that makes the temple district of Bizan so magical. There are, in fact, many entrances, and every time I take one I constantly wonder if I'm trespassing on someone's private property. No one has said anything yet and I

(con't from page 3)

get the feeling that even if some of the areas are privately owned, there is a general understanding that access to the mountain through them is for everyone. The first chance you get, turn left toward the mountain and follow the road as it turns into stairs. Once you leave the street below, a whole complex of paths opens up before you. As you walk over fallen leaves and moss-covered stone steps, stop to think about what you're experiencing. Don't just walk over the stones; feel them beneath your feet. Smell the rich soil on the forest floor. Listen to the sounds around you; the chirping birds and wind-rustled leaves. Even mundane places become beautiful when you're more aware of them. Beautiful places, like Bizan,

become pure magic.

You're not likely to meet anyone as you walk. Continue to press forward. It's an easy walk, mostly lateral, and the paths don't turn uphill for long. Even if they did, a slow conscious walk makes even the steepest hillside seem like flat land. Parts of the temple district seem anything but Japanese to me; arched bridges spanning small gaps and carefully-laid stone walkways cutting back and forth look more like Rivendell than Japan. The retaining walls and handrails, covered in lichens and crumbling, lifted from the ground in places by tree branches who've found space to grow, look centuries old. Yet, upon closer inspection, you will see that they are made of concrete, the iron

rebar showing through in places. Perhaps they date from the 1960s or '70s rather than the 1200's. Somehow, it doesn't matter. The actual age has little effect on their impression. Constantly, as you walk around one corner, over a new bridge, or cross this stream, the scenery changes. It's like being in an old Chinese garden; a relatively small area and yet it seems, because of the various landscapes inside, that you've traveled to new places, new areas of the mountain.

A little higher on Bizan, you will pass a statue of a squat man who looks just like Gimli. Perhaps this is Middle Earth after all.

At this point, notice the trees around you. Look at their size. All around there



*Sunrise at Mt. Bizan (Martin Rathmann)*

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## A Walk Through the Woods

(con't from page 3)

is evidence that the area was not as densely forested in the not-too-distant past. I don't know enough about Japanese tree species to be able to date them, but I wouldn't be surprised if those surrounding the pathways were seedlings less than

70 years ago. You can even tell by the paths themselves. Trees have begun to take over, pushing up concrete here, dislodging it there, and in general putting their stamp on the land. It gives off the impression that many grew, and closed in,

after the walls were put up. Still, this may not be the case and I'm just imagining it. Either way, the facts are irrelevant as the impression remains the same; I can't help but think how lucky I am to be here when Bizan is so lush and beautiful.

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## Wander-ful Tabi: Sengu Shrines Pt.2

By Lance Kita

Though the lands of Izumo Taisha Shrine (Dec. 2013 Awa Life) are shrouded in myth and legend, the Grand Shrines of Ise (伊勢神宮) are steeped in sacredness. Amid a deep forest along the coast of Mie Prefecture, the main two complexes are the Inner Shrine (Naiku 内宮) and the Outer Shrine (Geku 外宮). The first is dedicated to Amaterasu no Omikami (天照大神), the Sun Goddess, and the latter to Toyouke no Omikami (豊受大神), the goddess of agriculture and industry. One of the Three Sacred Imperial Treasures, the bronze mirror, is housed in the Naiku.

I started my New Year's visit to Ise along the coast, at a pair of sacred rocks (Meoto Iwa 夫婦岩) in Futaminoura (二見浦) that are said to embody the creation gods Izanagi (伊邪那岐) and Izanami (伊邪那美命). I visited a low hut where sacred salt used in Ise rituals is made. It's no wonder that many people come here first to



*The rooftop of the Inner Shrine peeks out over a fence (Lance Kita)*

purify their bodies in the waters of Ise Bay.

I visited the Geku in the evening, which is only allowed on the first few days of the New Year. The ancient trees of the forest swallowed up any sound, and my approach to the main shrine was accompanied only by my footsteps on the gravel. The buildings were unadorned cypress, which thatched roofs reminiscent of ancient granaries. This shinmeizukuri (神明造) style is unique to Ise, though similar to Izumo Taisha's roof lines.

After paying my respects, I turned my attention to the darkened buildings to my right...what makes Ise Shrine unique is that all of the

shrine buildings are rebuilt every twenty years in a ceremony called shikinen-sengu (式年遷宮). The buildings are erected alternately on adjoining lots, and the kami (神 deity) moved to the new shrine. Not only the buildings, but all of the ritual objects and accompanying items are also replaced. This massive undertaking perpetuates the traditional craftsmanship and arts in a wide variety of disciplines (Be sure to visit the Sengukan 遷宮館 near the Geku for a glimpse into the effort needed to rebuild Ise, and a life-size model of the shrine buildings). Ise has been faithfully rebuilt since Emperor Temmu's wife started the practice in 692 A.D. It just happened last year, and so the old

complex hadn't been dismantled yet. Staring at the weathered fence and mossy roofs, the old shrine exuded an aura of quiet emptiness, having fulfilled its duties and devoid of the deity it housed for the last two decades.

My visit to the Naiku the next morning was less contemplative as this is one of the busiest places for hatsumode (初詣 first shrine visit of the year) in the country. Throngs of people filled the forested walkways and it was all I could do to throw my coin and clap twice to pray. However, I also walked around the perimeter of the old shrine there, and reflected back on when its gray walls were gleaming beige...when I first came to Ise.

The rebuildings happen to coincide with the Japanese rites of passage in my own life. I was studying abroad, and had just made twenty, which is the age when Japanese consider you an adult (Coming of Age Day 成人の日 in January celebrates this). Now, the freshly thatched roofs next door signaled a new cycle in the life of the shrine, just as I approach my yakudoshi (厄年), a sort of "mid-life crisis" year for men. The next shikinen-sengu is when I'm sixty, another rite of passage year called Kanreki (還暦), and I hope to be in Japan (either as a visitor or resident) to see these buildings



*The Inner Shrine is packed with visitors during the new year holidays. (Lance Kita)*

relieved of their duties.

During the Edo Period, the Ise-mairi (伊勢参り Ise Pilgrimage) was wildly popular, with millions of people participating. It was a time of personal and spiritual growth. Can't make it to Ise? How about a fresh start on 2014 by doing the Shikoku 88 Pilgrimage (四国遍路 88 力所)? This is a great time to prepare, and the weather in March will be perfect for setting out for the first 23 temples which are all in Tokushima. Start at Ryozenji

Temple (靈山寺) and head west until Temple #10. Follow Route 192 back down to the city (#13-16) and turn south for the temples until #23. I've made it to #12, and hope to keep going as the weather gets clearer.

What will the next cycle in my life bring? Only my feet know where the road goes, but this mini-pilgrimage to Ise and Izumo during an auspicious time made me appreciate the journey I'm on.



*The Meotoiwa rocks at Futaminoura (Lance Kita)*

# Japanese Lesson

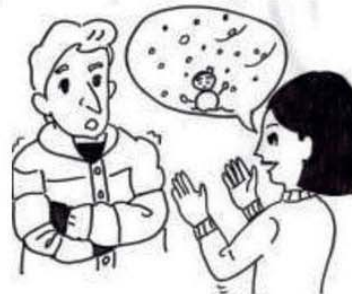
By Fusa Tamaki



We will be learning how to relay information you gain from a third party, like from TV, newspapers, or from another person, to a listener. Please read the following conversation and fill in the  with a 「～そうだ」 sentence.

Tanaka-san and Jimmy, an exchange student who lives in the neighborhood, are having a conversation.

ジミー：田中さん、おはようございます。  
 田中：おはようございます。今日はとても寒いですね。  
 ジミー：はい、日本の冬はとても寒いんです。  
 田中：天気予報によると、夕方から雪がよ。  
 ジミー：ほんとですか。



Did you get the right answer?

The answer was 「天気予報によると、夕方から雪がよ。」

Did any of you think of the following answer?

「天気予報によると、夕方から雪がよ。」 This is wrong. For a detailed explanation of why this is wrong, please check out the JTM website at the following link:

JTM Tokushima Japanese Language Network: [homepage2.nifty.com/jtmtoku/](http://homepage2.nifty.com/jtmtoku/)

When relaying information that you have learnt from a third party to someone, form the 「～そうだ」 sentences using the structures in the following chart.

動詞	な形容詞
ふる ふらない ふった ふらなかった } + そうだ	暇だ 暇じゃない/暇ではない 暇だった 暇じゃなかった/暇ではない } + そうだ
い形容詞	名詞+だ
忙しい 忙しくない 忙しかった 忙しくなかった } + そうだ	雨だ 雨じゃない/雨ではない 雨だった 雨じゃなかった/雨ではなかった } + そうだ

## 【Exercise】

Please change the following sentences into the 「～そうだ」 form.

- 今朝、テレビ見ましたか。週末に大きな台風が(来ます→ )。
- 新聞によると、逃げていた犯人が神奈川県で(つかまりました→ )。
- 田中さんから聞いたんですが、駅前にオープンしたレストランは(おいしいです→ )。
- 雑誌で読んだんだけど、この前徳島に来た歌手、沖縄ではとても(有名です→ )。
- インターネットで調べたんだけど、あさっては(雨です→ )。

## 【Answers】

1. 来るとです 2. つかまりました 3. おいしいです 4. 有名だとです 5. 雨だとです

Reference : 初級日本語文法と教え方のポイント スリーエーネットワーク

By Kazue Inoue

Have you taken earthquake countermeasures and earthquake proofed your home? 19 years have passed since the Great Hanshin Earthquake. Here in Tokushima, awareness towards disaster prevention and mitigation is growing and just the other day, a "Disaster Prevention Lifelong Learning Promotions Forum" was held.

Apparently, 80% of those who passed away from the Great Hanshin Earthquake died as a result of being crushed to death by falling furniture or collapsing buildings. Which means, by securing furniture and by reinforcing building structures, 80% of the people can be saved! As well, there is a

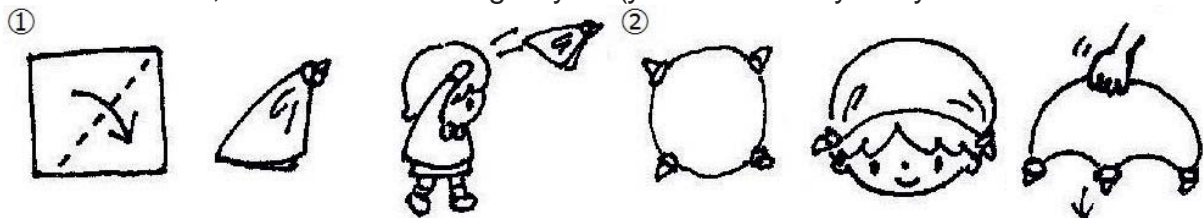
positive correlation between how long it shakes and the size of the earthquake or magnitude. If it continues to shake for over a minute, there will be a tsunami, so evacuate to higher ground right away! Especially for families with children or seniors, your split second decision will make a difference.

Historically, the Nankai Trough Earthquake has been occurring every 100 to 150 years and the probability of it occurring within the next 30 years is about 60-70%. It is important to prepare in advance by discussing with your family where the evacuation sites are, discussing how to keep in contact and to prepare an emergency kit (you will need

things like milk, diapers and toys if you have children). Nowadays there are more and more opportunities to take part in disaster prevention training and education programs organized by your local community or by schools, but you can always contact the Tokushima Prefectural Disaster Prevention Center (Tainohama, Kitajima-cho, Itano District/ TEL: 088-683-2100) to find out more.

### <Playing with a Handkerchief>

If you fold a handkerchief in half into a triangle and tie one end of it, it will become an airplane! Also, if you tie all four corners of the handkerchief separately, it will turn into a hat or a parachute right before your eyes!




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## Irene's Recipe Corner

By Irene Wachuga

### Egg Sauces; Mayonnaise/ Tartare

Winter is the perfect time to try your hand at home made mayo. With fish at its best, mayo is the first step into making tartare sauce which goes so well with grilled or fried fish.

#### Ingredients

2 egg yolks, 2 Tbsp vinegar, ¼ tsp each, salt, pepper and mustard, pinch of sugar, 2

cups olive oil

#### Directions

1. Place the egg yolks, vinegar, salt, pepper, mustard and sugar in a clean bowl.
2. Whisk with a fork/wire whisk until creamy.
3. Add the oil, drop by drop, beating well continuously.
4. When half the oil has been used up, add the rest in a steady stream.

5. Beat until it forms a thick smooth sauce. If it's too thick, just add a little boiling water.

#### Tartare sauce

1 ¼ cup mayonnaise, 1 tsp each, chopped capers, gherkins, mixed herbs, 1 hard boiled egg white, chopped, Salt and pepper

Combine all ingredients together. Season to taste.

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## Aparna's Recipe Corner

By Aparna Matale



### Persimmon Coconut Dango

Preparation time: 10 min

Cook time: 20 min

#### Ingredients

1 cup Ripe Persimmon Pulp,  
2 Tbsp Sugar (add depending on the sweetness of fruit),  
1/2 cup Milk Powder (add more to form ball if required),  
2 cup Desiccated Coconut

Powder, 2 Tbsp to roll balls, 1/4 Tsp Mixed Nuts powder (Almond, Cashew), Few pinches of Cardamom powder

#### Directions

1. In a non stick wok, heat Persimmon pulp on a medium flame, cover lid and stir occasionally as water content from Persimmon starts to evaporate add sugar and let it cook until it thickens just more than a pancake batter.  
2. At this point add milk powder (add more to form ball if required), mixed nuts powder, coconut powder, cardamom powder.

3. Take it off from flame, let it cool a bit and start making golf size balls. If required add more desiccated coconut powder. In a separate bowl take just enough of desiccated coconut powder to roll these balls for even coating.



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## Fitness Corner

By Clint Eckstein

If you're like me, you've spent the better part of the winter thinking about working out... and then crawling back under the kotatsu, eating some karinto, and pleasantly forgetting about staying in shape. It's ok! We can turn this around!

Here's a good way to start working your way back into shape, even if you can't go to the gym and don't have very much room in your apartment. It not meant to be hyper intense, just to help you get back into the game! As always, make sure to warm up, cool

down, and stretch before and after working out!

Set one – cardio intervals – each interval lasts for 30 seconds – no rest in between

- Jump rope (if you don't have a rope, just pretend)
- Push ups
- Mountain climbers
- Squats
- Jump rope
- Push ups – hands wide
- Flutter kicks – sit down, leaning back and using your hands for support, straighten your legs and do flutter kicks like you are kicking in the water

- Chair tricep dips
- Lunges with a twist
- River hops – roll up a towel, put it on the floor and hop laterally back and forth over the towel
- Push ups – hands narrow close to your torso

Rest for one minute and repeat the same cycle 3-5 times.



# TOPIA Events & Memoranda

## Come Join Futsal!

Once a month every Sunday afternoon, come out and enjoy international futsal!  
Foreign residents are more than welcome to join!

When: February 16. (Sun), March 16. (Sun)  
13:00-17:00  
Where: Tokugin Tomoni Plaza (Tokushima-Ken Seishonen Center) Indoor facility  
Leaders: Kazuya Goto, Adam G.  
Info: Tokushima International Association  
TEL: Weekday 088-622-6066/ Weekend 090-4976-9402

## 52nd Tokushima Jazz Street 第 52 回 徳島ジャズストリート

When: February 23 (Sun) Event starts at 19:00	日程: 2月23日(日) 19:00 開始
Where: In the Akita-machi area (Tokushima City)	場所: 徳島市秋田町周辺
Cost: 2500 Yen (in advance) 3000 Yen (at the door) *Tickets come with 1 drink	料金: 前売 2500 円 当日 3000 円 (各1ドリンク付)
Info: Tokushima Jazz Street Committee Email: info@tkjs.jp	問合せ: 徳島ジャズストリート 実行委員会 メール: info@tkjs.jp

## 26th Big Hina Matsuri - Doll Festival 第 26 回 ビッグひな祭り

The Big Hina Matsuri Doll Festival is an event that was started to herald the arrival of spring, and this year marks its 26th year. Acting as a "foster parent," Katsuura sends out their dolls to locations nationwide. As this event is welcoming the spring, it is gaining popularitiz nationwide. In the center of the venue stands a 100-tiered doll stand, rising up like a pyramid with more stands surrounding it, totaling 300 tiers. With over 30,000 dolls, this big-scale hina matsuri doll festival is said to have originated here.

昭和 63 年 4 月、「春ですよ～おひな様、子供たちに夢を」で始まったビッグひな祭り、今年で 26 回を迎えます。勝浦に集まったひな人形が「里親」として全国に贈られ、日本各地で春を呼ぶイベントとして、その広がりはとどまることを知りません。会場中央にそびえ立つピラミッド型 100 段のひな壇(8m)、周辺には 300 段。ひな人形が約 30,000 体の絢爛豪華なひな飾りは「元祖」を名乗る 日本一のビッグひな祭りです。

When: February 23 (Sun) to April 6 (Sun) 9:00 – 16:00	日程: 2月23日(日)～4月6日(日) 9:00 – 16:00
Where: Ningyo Bunka Kouryu-kan Katsuura-gun, Katsuura-cho, Oaza Ikuna Aza Tsukinose	場所: 人形文化交流館 勝浦郡勝浦町大字生名字月ノ瀬
Cost: 300 Yen adults 200 Yen groups (>10 people) 100 Yen elementary student	料金: 大人 300円 団体 200円 (10人以上) 小学生 100円
Info: Ningyo Bunka Kouryu-kan TEL: 088-542-4334	問合せ: 人形文化交流館 TEL: 088-542-4334



# Events & Memoranda

## Awa Folk Art Forum -moment of returning home- あわ民俗芸能フォーラム～こころのふるさとに還る瞬間～

Come and enjoy, revel in the depth of and feel the passions of the performers of Tokushima's folk art. Why not share a moment of nostalgia about home with others?

徳島県の民俗芸能の面白さ・奥深さと、演じる人たちの熱気を感じとり、みなさんのところにあるふるさとの風景が懐かしくなる瞬間と一緒に味わいませんか。

When: February 9 (Sun) 13:00-16:00	日時: 2月9日(日) 13:00-16:00
Where: Wakimachi Odeon-Za Theater Mima City, Wakimachi, Oaza Inoshiri Aza Nishibun 140-1	場所: 脇町劇場オデオン座 美馬市脇町大字猪尻字西分 140-1
Cost: Free	料金: 無料
Info: Tokushima Pref. Regional Traditional Culture Promotions Committee	問合せ: 徳島県地域伝統文化総合活性化 委員会
TEL: 088-621-3161	TEL: 088-621-3161

## 地域社会をともに生きる ～女性のチャレンジ支援～

日時: 2月16日(日) 13:00-15:40(12:30 開場)  
場所: ときわプラザ (男女共同参画交流センターフレアとくしま)  
2Fブライダルコアときわホール・展示ギャラリー  
徳島市山城東傍示1(アスティとくしま内) Tel: 088-655-3911

内容: ★開会 13:00-13:10  
★シンポジウム 13:10-15:00  
「がんばるAWAおんなのホンネ と そこちから」  
★スティーリングパン演奏 15:10-15:40  
地域で生き生き活動する演奏グループ《Pendre》  
★展示 (一社)国際女性教育振興会活動パネル

お問い合わせ: (一社)国際女性教育振興会徳島県支部 (Tel: 088-668-3767)




## コミュニティ通訳を開催いたします!

徳島県には様々な文化的背景を持つ人々が共に暮らしており、地域の国際化が進んでいます。しかし、言葉や母国との制度の違いにより、毎日の生活の中で様々な支援を必要としている人も沢山います。語学ボランティア通訳として活動している方や外国人支援をしている方のみならず、これらの活動に関心のある方を対象に、医療、司法、行政、そして災害時等を含めた社会生活の様々な場面で必要な通訳について、ロールプレイをまじえての研修を行います。

講師: 東京外国語大学世界言語社会教育センター特任講師 内藤稔氏  
日時: 3月16日(日) 13:00-16:00  
場所: (公財)徳島県国際交流協会 会議室  
参加費: 無料  
詳細: 3月号 awa lifeと当協会のホームページに掲載をいたします。

**第20回徳島AJET英語ミュージカル**  
**FINDING NEMO**  
 入場無料！ぜひご覧ください



**EVERYONE'S  
FAVORITE FISH  
ARE COMING TO  
TOKUSHIMA!**

<u>Schedule</u>		
2/22	Ishii Chuo Kominkan	16-18
3/1	Yume Hall - Anan City Cultural Center	18-20
3/2	Tokushima Pref. General Education Center	14-16
3/8	Kitajima Sousei Hall	16-18
3/15	Wakimachi Theater - Odeon-za	18-20

<b>2月22日</b>	石井町中央公民館	<b>16:00 - 18:00</b>
<b>3月 1日</b>	夢ホール・阿南市文化会館	<b>18:00 - 20:00</b>
<b>3月 2日</b>	徳島県総合教育センター	<b>14:00 - 16:00</b>
<b>3月 8日</b>	北島創世ホール	<b>16:00 - 18:00</b>
<b>3月15日</b>	脇町劇場・オデオン座	<b>18:00 - 20:00</b>

中学生レベルの英語で行われます。（日本語の解説あり）詳細：[www.ajetmusical.com](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.

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