

April 2014

1200th Anniversary of the Shikoku Pilgrimage

A Look at Temple 1 Ryozen-ji

By David C. Moreton



Temple 1, Ryozen-ji taken by Alfred Bohner in 1927

Spring has arrived and with it many people from inside and outside Japan are coming to experience some or all of the renowned

Shikoku pilgrimage. 2014 is very important in its history because it is believed that 1200 years ago Kukai (Kobo Daishi, 774-835)

visited all of the sacred sites around the island connecting them into this pilgrimage route. Increasingly more and more people are coming

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

Editors:

Jenifer Tanikawa & Martin Rathmann

Contributors This Month:

David C. Moreton, Junko Kimura, Clint
Eckstein, Tsuyoshi Amabe, Jiangning Tong,
Kazue Inoue, Yoshie Motoki, 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@topia.ne.jp

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

Download a PDF file of awa life or view the
online version by going to TOPIA's website!

Show Tokushima Some Love: Awaglot

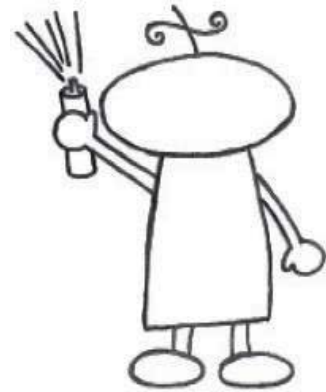
The literary corner of
AwaLife, Awaglot, is a
combination of the words
"awa" and "polyglot", which
means multilingual. Be it
fiction, nonfiction, prose
or poetry; funny, sad, long
or short, we want your
submissions! If you like to
write, then express yourself!

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!



Dog lost in the scent of spring flowers (Junko Kimura)

A Look at Temple 1 Ryozen-ji (Con't from Page 1)



to follow in his footsteps. In fact, some recent reports give a number of between 100,000 and 300,000 who annually participate in this pilgrimage. Of these, it is estimated that about 5,000 are walkers and perhaps about fifty are foreigners. Since this is a commemorative year, many of the eighty-eight temples along the route are holding special events between December 2013 and January 2015. For example, Temple 71, Iyadani-ji will publicly display a statue of Kobo Daishi. This is the first time to do so in 320 years!!! So, if you have time, please go and experience these rare events. (For an English translation of the event list see, shikokuhenrotrail.com/shikoku/1200YearAnniversary.html)

With so many people now making the pilgrimage and it attracting a lot of coverage in the media there is a huge amount of information on the Internet, so I will try to refrain from repeating basic information here. In fact, numerous articles have been published in Awa Life on this topic in the past. I will only say that if you are looking for a great site in English I highly recommend: www.shikokuhenrotrail.com. My aim is to give a brief history of the temple, suggest

interesting things to look at when you visit, and present what foreigners in the distant past have said and written about their visits to the temples.

Let's start with Temple 1, Ryozen-ji:

About a fifteen-minute walk from JR Bando station in Naruto is Ryozen-ji (霊山寺), the temple where many pilgrims start their journey. On the temple grounds and close by there are stores that sell all the necessary pilgrim accoutrements, including Shikoku Japan 88 Route Guide (Buyodo Publishing) – the only map/guidebook in English. Regarding the history of the temple, it is believed that during the 8th century a Buddhist priest, Gyogi Bosatsu (668-749), established Ryozen-ji under the direction of Emperor Shomu (701-756). Then when Kukai came to Shikoku to make the pilgrimage in 815, he trained here, carved the statue of Shaka Nyorai and consecrated this place as the starting point of the pilgrimage. During the 16th and 19th centuries, most of the buildings were destroyed by fire, but were later restored. One building to take notice of is the one to your right when you enter the main gate. It is normally closed, but above you can see a sign that reads from

right to left: Kishu Settaisho (紀州接待所). "Kishu" is present-day Wakayama prefecture and "settaisho" means a "place for giving settai." (settai means tangible or intangible gifts) For more than two hundred years two groups have come here from Wakayama to distribute settai, such as fruit and other items, to pilgrims on a few days in March and April.

As you might know, during World War I there was a German POW camp between Temple 1 and 2 and that there was a lot of interaction between the local people and the POWs. Between March 8 and 19, 1918 an art exhibition was held on the grounds of Ryozen-ji and at a public hall across the street (now a gravel parking lot) during which time the Germans sold food, played music, and displayed things that they had made. The event was such a success that over 40,000 people attended. After the war one of the Germans from the Bando camp stayed in Japan and worked in Osaka. His younger brother, Alfred Bohner, could not find work in Germany so, thanks to his older brother, secured a teaching job in Matsuyama from 1922. Five years later, Alfred embarked on the

Shikoku pilgrimage and took this photo of Ryozen-ji. Alfred later published a book "Wallfahrt zu Zweien" (Two on a Pilgrimage), which has been republished in English and German, that describes his research on the pilgrimage and journey around Shikoku. He is perhaps the first Westerner to produce a book on the Shikoku pilgrimage.

Comparing the main gate of 1927 with today, you can see that nothing has changed, but now there is a very busy road running left to right in front of the gate. On nearby hydro poles there are path markers that point the way to Temple 2, but I suggest ignoring them and walk the original route, which runs straight down from the gate. Follow the green

line painted on the road, which actually goes all the way to Bando station, but turn right at the two large stone pillars that state "Temple 1, Ryozen-ji" (四國第一番霊場霊山寺) and proceed through the tranquil streets to Temple 2, Gokuraku-ji.



There are a lot of great workouts you can do without weights or the need for a lot of space. So far I've been listing some workouts, but if you're like me, sometimes it's really nice to have someone showing/telling you what to do so you can just workout and not think about it.

This month I wanted to list some great free websites you can use to help kick start your workout program. You can always search youtube videos, but that can be a little hit and miss, so I'm going to list some of my favorites and you can pick and choose from there.

www.bodyrock.tv

A great site filled with HIIT

(high intensity interval training) workouts from 12 to 60 minutes long. Be warned, some of these workouts require some equipment, and a lot of them are tough! Awesome and challenging.

www.fitnessblender.com

An easy to navigate site that allows you to search workouts by training type, body focus, difficulty, time, and calorie burn

www.sparkpeople.com

A great workout site for beginners. It has separate sections for eating better, feeling better, and looking better

www.youtube.com/user/BeFit

This is a massive YouTube channel with hundreds and hundreds of videos

Fitness Corner By Clint Eckstein

Shameless plug. If you like interacting and working out with live human beings that aren't on a screen, and want to do fun workouts with great people once a week, I'll be starting up a free boot camp every weekend starting at the end of March. If you have Facebook you can find information by going to the open group, Tokushima Social Scene. You can also contact me (Clint Eckstein) on Facebook or e-mail me at clinteckstein@hotmail.com. The boot camp is free, open to all fitness levels, and to both native English and Japanese speakers! I hope to see you there!



Farewells

By Tsuyoshi Amabe and Jiangning Tong



Tsuyoshi Amabe and Jiangning Tong

Internship at TOPIA

By Tsuyoshi Amabe

I started my time as an intern at TOPIA in April 2013. Though my work here was completely different from my work at a middle school as a teacher, bit by bit I became used to my job with the help of the kind people around me and the words of advice from the other staff. When TOPIA changed their official name to add the kanji 公益 (koueki) meaning for the public interest, I had to manually stamp thousands of envelopes with the new names, but looking back at it now, it is a fond memory. Just as the words that I had laboriously stamped symbolized, it harbored a new sense of motivation to work hard for the people.

If I were to describe TOPIA in one sentence, it would be “the unsung hero.” At TOPIA, we work towards the promotion of international exchange and of mutual understanding between those from other countries and the local people of Tokushima through various activities. We provide day to day support by giving information to tourists, offering Japanese language classes to foreign residents and providing support to foreigners living in Japan. As well, we promote and foster exchange through events such as the Japanese Speech Contest, Summer English Seminar, and the Arasowa-ren dance troupe at Awa Odori.

As part of my duties, I was predominantly involved with TOPIA's International Understanding Support Instructor Dispatch. In particular, I remember this one time when we visited an elementary school with instructors from Tonga and Portugal. It really was a great moment, watching the children's eyes sparkle and seeing their smiling faces as they heard about the different cultures and as they looked at photos and artifacts. Meeting these children, who grew up in a loving environment being warmly watched over by their teachers, guardians and the local people, reminded me of the phrase “people are shaped by their environment.” A few days after the lecture, I was reading the feedback forms, and on one of the form it said “I want to be friends with Mr. Maka (one of the instructors),” I was so overjoyed, it brought tears to my eyes, it truly was the first step into multiculturalism.

I have made countless other memories, everything from the lecture I attended at Tokushima University on International Cooperation, to the time when I forgot to bring the projector during the Junior High School Summer English

Seminar and thankfully the ALTs helped me. I now understand the words of my predecessor, "Your view of the world will change, and so will your values for the better." I

would also like to tell my successor, "The way that you view the field of education and your life will change," and I hope to take my experience from TOPIA and use that in my

work in the field of education and while contributing to society. Thank you so much for everything during my year here.



My Farewell Message

By Jiangning Tong

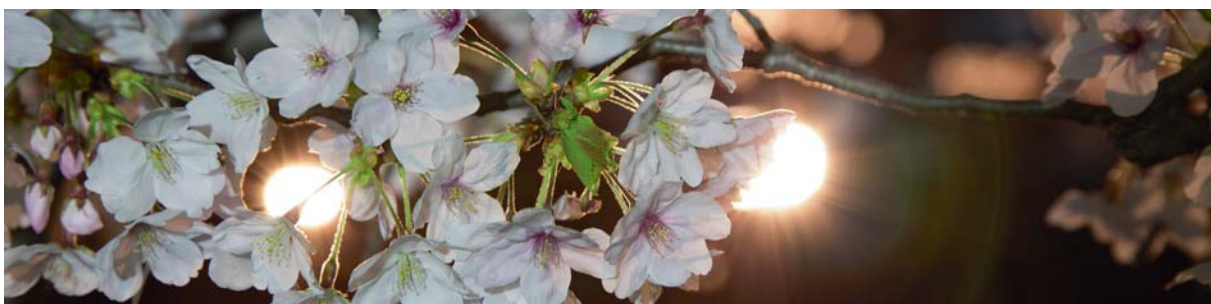
There is a Japanese proverb that goes, "a meeting is the beginning of a parting." But when the time actually comes to say goodbye, I can't help but feel the sadness and loneliness welling up inside of me. It reminds me of the feeling of emptiness that you get when watching the soft pink sakura trees in full bloom, knowing that the petals will eventually fall to the ground with the wind. Thinking about this, I cannot come to agree with the words of the proverb.

Looking back at my year in Tokushima as I get ready to leave, the memories of the fun, sad, new, interesting experiences, each a short film of its own, replays in my mind. But more than

anything I have nothing but gratitude for all those who welcomed my awkward self warmly with smiles or with words of encouragement. One of my biggest tasks at TOPIA was being the editor of the Chinese language version of Awa Life. Though this monthly publication is a mere eight pages long, knowing that this may be able to help someone, fueled me to publish the best product that I could. I also enjoyed visiting the elementary schools and middle schools as part of the cultural exchange promotion initiative. I really had a great time introducing a new side of China that they would otherwise never know and discussing the Japanese Chinese relations with the students. It is important to

treasure these cultural exchanges at a grassroots level with people in the local community. I believe that in order to promote cultural understanding and exchange, regardless of one's nationality or race, it is important to foster interest towards other cultures and to be open minded.

We now live in the 21st century, a generation where technology has made a lot of things easier to do, and it feels as if the world is getting smaller. When the time comes to bid farewell, instead of saying sayonara (goodbye) , I would like to say zai jian (再見 see you again). Whether it is in Japan or China, I look forward to meeting you all again someday.



Sakura blossoms in the night (Junko Kimura)

Letter From Suketo Hoikuen

By Kazue Inoue



With the start of the new school year, whether your child is starting kindergarten or primary school, they will be embarking on a new lifestyle. With all of this going on, how is everyone doing? For children, April is both the most exciting time of the year and is also daunting. During this time, they have much to look forward to but at the same time it can be the most nerve-wracking time with all the changes going on around them! But, all in all, what we all hope for is for your child to be able to enjoy a fun-filled day every day. In order to help achieve this, it is very important to take the time to understand your child.

How to better understand your children

Infants

Having physical contact with your child is of utmost importance. Give them lots of hugs and smile when you are talking to them. And of

course, you can try this with older children.

Children who have already begun to speak

Make sure you carefully listen to what they have to say. If they know that you are listening to them and they know that you are trying to understand them, it will help motivate them to work harder.

Praise them for their accomplishments

Instead of telling them to keep trying hard, tell them that they have done a great job. They will appreciate this more and this will help foster motivation.

*Depending on your child's personality and past experiences, it will change how long it takes for them to adjust to their new surroundings. But until they do, do not feel like you need to rush, be patient and work through it together.

* * *

This Month's Craft Milk Carton Frog

Materials

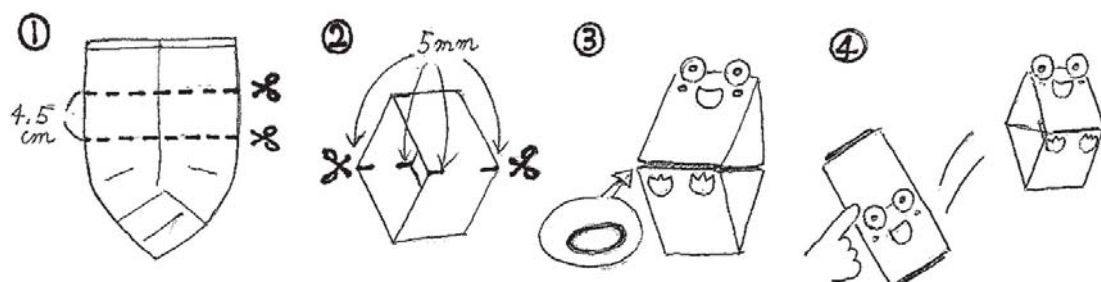
1000 ml milk carton
Scissors
Elastic band
Materials to make the eyes, mouth, and leg
Glue

Instructions

- 1) Open up a 1000 ml milk carton from the top and flatten the box. Cut out a portion of the carton as shown in the picture.
- 2) Cut a 5 mm slit into the four areas that are indicated in the illustration.
- 3) Put an elastic band around the carton where the slits are. Attach eyes, mouth, and legs to transform the milk carton into a frog!

How to play

Hold down the milk carton to stretch out the elastic band, and when you let go of the carton, it will hop away.



はじめまして

こんげつ しょうたいめん ひと あ とき じ こしょうかい かん に ほん ごひょうげん しょうかい
今月は初対面の人と会った時のあいさつや、自己紹介に関する日本語表現を紹介します。

<This month, we will be learning about self-introduction expressions that are useful when meeting someone for the first time.>

(子どもの学校で) <At your child's school>

マリア：はじめまして。

1年2組のたかはし けんとの 母です。

これから よろしくおねがいします。

きむら：きむら ゆみの 母です。

こちらこそ よろしくおねがいします。



(日本語教室で) <In Japanese Class>

わたしは ① たかはし マリア です。

② フィリピンから 来ました。

今、③ 徳島市の昭和町に住んでいます。

わたしは ④ 主婦です。

趣味は ⑤ 本を読むことです。

家族は ⑥ 3人です。

⑦ 主人と、子どもが 1人 います。

⑧ 子どもの 名前は けんとです。⑨ 4 歳です。

どうぞよろしくお願いいたします。



- ① 名前 Name
- ② 出身 Place of origin
- ③ 住んでいる所
Current place of residence
- ④ 職業 Occupation
- ⑤ 趣味 Hobby
- ⑥ 家族の人数
Number of family member
- ⑦ 家族構成
Family structure
- ⑧ 家族の名前
Name of family member
- ⑨ 年齢 Age

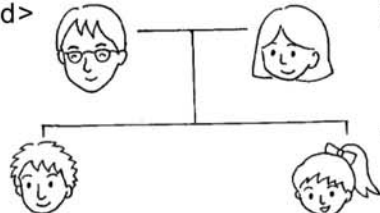
家族の呼び方 <Family Relationship>

夫 <Husband>

妻 <Wife>

息子 <Son>

娘 <Daughter>



数え方 <Counters>

人数 <People>

ひとり ふたり さんにん よにん ごにん ろくにん ななにん はちにん きゅうにん じゅうにん なんにん
1人 2人 3人 4人 5人 6人 7人 8人 9人 10人 何人

年齢 <Age>

いっさい に さい さんさい よんさい ごさい ろくさい ななさい はっさい きゅうさい じっさい/じゅっさい なんさい
1歳 2歳 3歳 4歳 5歳 6歳 7歳 8歳 9歳 10歳 何歳/おいくつ



Easy steamed pudding (Irene Wachuga)

EASY STEAMED PUDDING

Spring is here, and warmer days are creeping in slowly. Spring also ushers (O)hanami “cherry blossom viewing” and parties and gatherings are calling. So, here’s something sweet to add to that bento box and hopefully a falling blossom

will find its way into your cup thus showering you with good luck.

Ingredients...makes 4

2 eggs (M-L) size
250ml milk
30g sugar
Butter (unsalted) for coating the pudding cups
Honey, maple syrup, etc

Directions

1. Butter the pudding cups lightly but thoroughly.
2. Add enough water in a steamer and bring to a boil, reduce heat and let simmer gently.
3. In a bowl, break the eggs and whisk gently without incorporating too much air.
4. Add the sugar and milk and mix gently until the sugar dissolves.
5. Strain.
6. Pour gently among the cups in equal measure.
7. Cover each cup with a piece of foil, put in the steamer and steam, over low heat for 5-7 minutes.
8. If a skewer comes out clean, they are done.
9. Take off heat and let cool at room temperature.
10. Add syrup if using any and cool completely in the fridge if so desired.

Ohanami Flower Viewing Spots in Tokushima

Mt. Bizan (Tokushima City)

Not only will you be able to enjoy the beautiful view of the city from atop the mountain, but you will be surrounded in a sea of pink of 1500 cherry blossom trees. At night paper lanterns will be lit up for a romantic atmosphere.

Best time to visit:
Late March to early April

Myokensan Park (Naruto City)

One of the well known cherry blossom viewing spots in Tokushima, when the flowers are in full bloom, the entire mountain will be a shade of pink. You can enjoy the flowers at night as well as they are lit up from 18:00-22:00.

Best time to visit:
Late March to early April

Ikuna Riverside (Katsuura Town)

Sakura blossoms will adorn either side of the Ikunatani River for a stretch of 1km. You can take a leisurely stroll along the river and enjoy the breathtaking sight. Perfect for families and couples alike.

Best time to visit:
Late March to early April



Events & Memoranda

TOKUSHIMA PREFECTURE 2014 JAPANESE SPEECH CONTEST

1. PURPOSE True internationalisation cannot be achieved without first coming in touch with other cultures and ways of life, fostering a sense of international awareness and gaining mutual understanding with people of the world to create a society in which we can all work and live together in harmony. This speech contest seeks to give a voice to the international residents of Tokushima Prefecture and engage them in a dialogue to further discourse on cross-cultural understanding and fostering multiculturalism.
2. DATE & PLACE July 13th, 2014 (Sunday), 13:30 - 16:30
Awagin Hall (Tokushima Prefecture Kyodo Bunka Kaikan)
Small Hall (5F)
3. ELIGIBILITY Only foreign residents whose native language is not Japanese are eligible to apply. (However, foreign residents who have had over three years of compulsory education in Japan and those who have previously won the Grand Prize or the Tokushima Prefectural Assembly's Federation of International Exchange Assembly Members Chairman's Award are not eligible to apply.
4. SELECTION Application will be open to all foreign residents of Tokushima Prefecture that fulfil the eligibility requirements. We will ask all applicants to submit an outline of their speech (between 400-800 words), and after reviewing all of the applications, roughly 10 or so applicants will be chosen to proceed to the final contest.
5. THEME The topic is left to your discretion, but it should relate to the event's purpose of fostering cross-cultural understanding and multiculturalism.
6. LENGTH Speeches should be no more than 6 minutes in length.
7. AWARDS Grand Prize --- one person (Prize: 50,000 yen gift certificate)
The Tokushima Prefectural Assembly's Federation of International Exchange Assembly Members Chairman's Award --- one person (Prize: 30,000 yen gift certificate)
Runner Up Awards --- two people (Prize: 30,000 yen gift certificate)
Special Awards --- to be decided (Prize: 10,000 yen gift certificate)
Special Effort Awards --- to be decided (Prize: 5,000 yen gift certificate)
*All participants will receive a participation award.
8. HOW TO APPLY Please fill out the application form available at TOPIA and mail it to the above address or fax it to the above number. Alternatively, you may submit your application in person.
9. DEADLINE May 28th, 2014 (Wednesday)
Applications must be turned in by 17:00.
10. SPONSORED BY Tokushima Prefecture International Exchange Association (TOPIA)
11. CO-SPONSOR (TBA) Tokushima Regional Conference for Promotion of Student Exchange
12. WITH THE SUPPORT OF (TBA) The Tokushima Prefectural Assembly's Federation of International Exchange Assembly Members
Tokushima International Association (TIA)
Awa Bank
Tokushima Bank
13. ADDITIONAL SUPPORT FROM (TBA) NHK Broadcasting Tokushima Bureau, JRT Shikoku Broadcasting, FM Bizan, FM Tokushima, Tokushima Newspaper
14. WHERE TO APPLY Tokushima Prefectural International Exchange Association. (TOPIA)
〒770-0831 Tokushima-shi, Terashima-honcho, Nishi, 1-61,
Tokushima Clement Plaza 6F
TEL: 088-656-3303 FAX: 088-652-0616

Events & Memoranda

JLPT Japanese-Language Proficiency Test (JLPT) 日本語能力試験

The following are the guidelines for the 2014 July JLPT.

Test Information

Test Date: July 6 (Sun)

Start Time: 12:30

Test Sites: Tests will be administered in 45 prefectures, including Tokushima

Application Information

Application period: April 1 (Tue) - April 30 (Wed)

Online application: Please submit by 17:00

Mailed application: Postmarked by April 30

Test Fee: 5,500 yen

*Application Guide is available for 500 yen at bookstores nationwide.

For more information visit: info.jees-jlpt.jp

2014 年 7 月の第一回日本語能力試験の実施案内です。

試験について

試験日：7月6日（日）

試験開始時間：12時30分

開催地：日本全国45都道府県で開催される予定です（徳島も含む）

申込み手続きについて

申込期間：4月1日（火）－4月30日（水）

インターネットの場合：17:00まで提出

郵便の場合：4月30日付け消印有効

受験料：5,500円

*受験案内は1部500円で全国主要書店にて販売中。

詳しくは：info.jees-jlpt.jp

Hana Haru Festa 2014 はな・はる・フェスタ2014

2014 marks the 17th anniversary of the Hana Haru Festa. Just like the other years, they will have the same events and activities, but this year they will be adding on special entertainment shows including a comedy skit and magic show that is fun for the whole family! Entry to the two day "Awa Dance Spring Stage" show (March 19 and 20) at the Awagin Hall will be free this year! This fun filled event will put a smile on everyone's face!

When: April 18 (Fri) – 20 (Sun)

Where: Locations across Tokushima City (Awagin Hall, Aibahama Park, Shinmachi Boardwalk, etc.)

Info: Hana Haru Festa Organizing Committee

TEL: 088-655-7331

第17回目の開催となる2014年の「はな・はる・フェスタ」は定番の人気コンテンツに加え、新企画として家族で楽しめる漫才やマジックショーなどのエンターテインメントステージを展開！19日（土）、20日（日）の2日間「あわぎんホール」にて実施される今回の「阿波おどり 春舞台」は入場無料となりました！さらなる充実内容で笑顔満開の3日間をお届けします♪

開催期間：4月18日（金）－20（日）

場所：徳島市

あわぎんホール、藍場浜公園、
しんまちボードウォークほか

問合せ：はな・はる・フェスタ実行委員会事務局

TEL: 088-655-7331

Hana no Sato: Moss Phlox Festival 花の里芝桜祭り

Every year in April, when the moss phlox are in full bloom, they organize a moss phlox festival where all of the local residents come together to put on various events. The fields will be a sea of white and pink, and it almost looks like a flower carpet.

毎年、シバザクラの見頃である4月に芝桜祭りを開催しており、期間中は地域住民により案内板が設置され、いろんなイベントが開催されます。白やピンクで畑一面が彩られて、まるで花の絨毯のような絶景です。

When: End of March – April 30 (Wed)
Where: Mima City, Wakimachi Aza Nishi Matamyo
Info: Moss Phlox Festival Committee
TEL: 0883-53-1905

開催期間：3月下旬 – 4月30日（水）
場所：美馬市脇町字西俣名
問合せ：芝桜祭実行委員会
TEL：0883-53-1905

Yoshinogawa City Sakura Festival 吉野川市 さくら祭り

The flowers will be lit up with 500 lanterns.

500 個の提灯が桜の花を引き立てます。

When: March 22 (Sat) - April 15 (Tue)
Where: Egawa Kamojima Park
Yoshinogawa City, Kamojima-cho,
Kamojima
Info: Yoshinogawa Chamber of Commerce
TEL: 0883-24-2274

開催期間：3月22日（土） – 4月15日（火）
場所：江川・鴨島公園
吉野川市鴨島町鴨島
問合せ：吉野川商工会議所
TEL：0883-24-2274

Tokushima Marathon 2014 とくしまマラソン 2014

Come cheer on the 10,000 or so competitors as they race around Tokushima!

約 10,000 人のランナーが徳島県内を駆け巡ります、応援しに来て下さい！

When: April 20 (Sun) 9:00
For more information visit:
www.tokushima-marathon.jp/index.html

開催日：4月20日（日） 9:00
詳しくは：
www.tokushima-marathon.jp/index.html

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 (closed during the New Year's holidays)
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