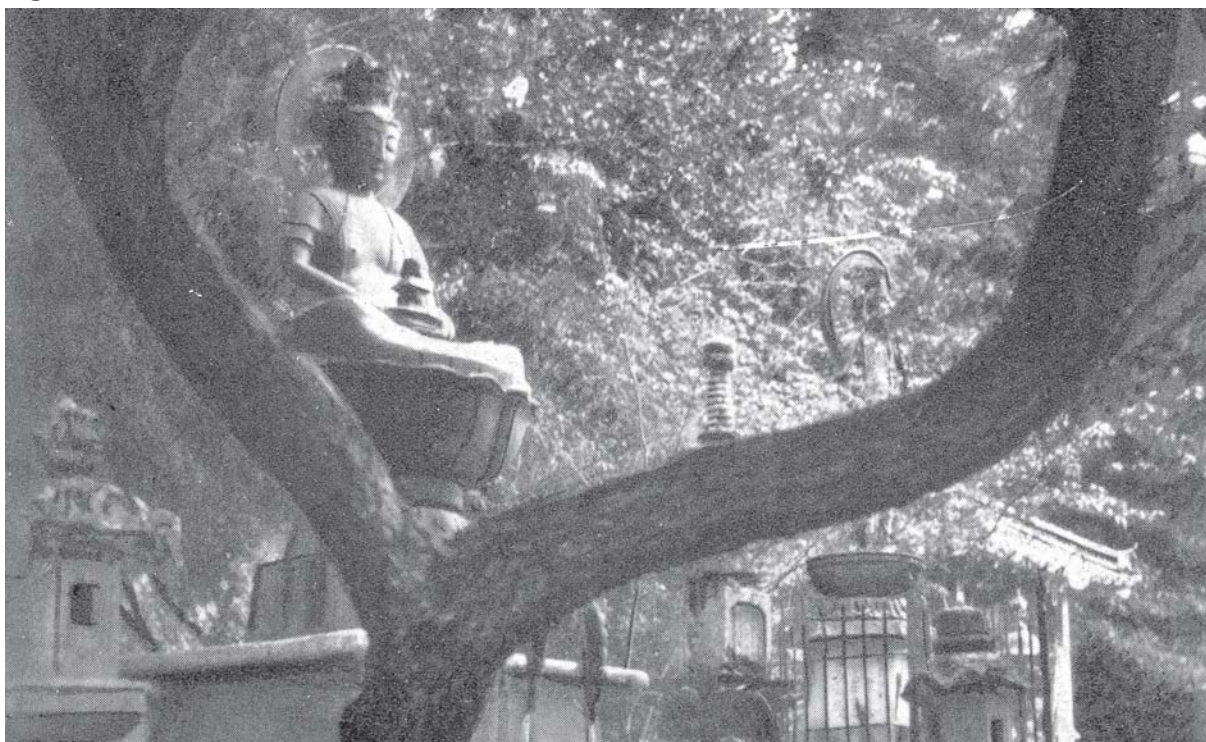


1200th Anniversary of the Shikoku Pilgrimage Temple 2 Gokuraku-ji

By David C. Moreton



Temple 2 Gokuraku-ji taken by Alfred Bohner in 1927

At about the midway point along the quiet route between Temple 1 to 2 is a reconstructed World War I German POW camp that

was used as a set for the movie, *Baruto no Gakuen* (2007). The set, which was on a much larger lot located beside Oasa Hiko

Shrine, north of Ryozen-ji, had to be dismantled and removed after the three-year land lease expired; yet local people wanted to

Temple 2 Gokuraku-ji...continued on page 3

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Page 8: Irene's Recipe Corner; Page 9: 'Tis the Season for Strawberries!

Page 10-12: Events & Memoranda

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

Editors:

Jenifer Tanikawa & Martin Rathmann

Contributors This Month:

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Irene Wachuga

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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

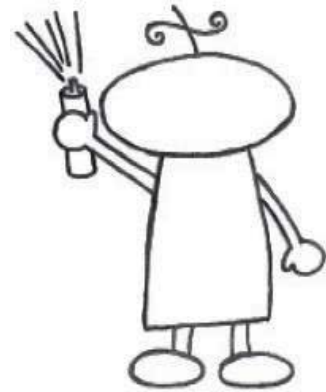
The literary corner of AwaLife, Awaglot, is a combination of the words "awa" and "polyglot", which means multilingual. Be it fiction, nonfiction, prose or poetry; funny, sad, long or short, we want your submissions! If you like to write, then express yourself!

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!



Koi Nobori - carp streamers swaying in the wind

Temple 2 Gokuraku-ji (Con't from Page 1)



somehow preserve it and make it open to the public. As a result, it was rebuilt with fewer buildings at this new and smaller location. Admission is 400yen and the tour starts with a five minute clip from the movie. A Japanese guide shows you around and explains what seemed to be very relaxed camp conditions. Included in the price of admission is a coupon for a free cup of tea or coffee at the canteen where they also sell fresh bread made using a stone oven on site. If have you more time and are interested in seeing the site of the original POW camp, head north from the movie set for about three minutes.

Back on the pilgrim path you will soon reach Temple 2 and after passing through the red temple gate you will see the wonderful gardens called Unkai no Jōdo or “the Pure Land on a field of clouds.” Look carefully for among the bushes and rocks, are some old short stone pillars, which are actually very old henromichi (pilgrim path) markers that have been moved from their original site. Follow the concrete path along the garden and you will come to a short flight of stairs. To the left is the gigantic

chōmei sugi (cedar of longevity) said to have been planted by Kobo Daishi in the 9th Century. There is a rope on one side of the tree, which according to the accompanying sign in English states that you will feel a strange power when you touch it because you are indirectly touching this revered tree.

Proceed up the steep flight of stairs to reach the main hall and Daishi hall. The main hall contains a statue of the main deity, Amida Nyorai, said to have been carved by Kobo Daishi. For hundreds of years pilgrims have believed in the power of Amida Nyorai and have offered words of thanks to Amida for illnesses and disabilities cured. In fact, an American anthropologist, Frederick Starr, who visited here in 1921 wrote in his diary, “Here we noticed crutches left by [the] lame [who had been] miraculously cured.” One example of a miracle tale that occurred here is noted in “Shikoku Reigen Kioki”, a 3-book set containing 100+ stories published in 1825:

“During the summer of 1808 at Gokuraku-ji a man called Haiya Benzō from Kajiyamachi town in Wakayama prefecture and his nine-year-old son called

Kamekichi were on the Shikoku pilgrimage. From the port of Muya in Tokushima, Kamekichi came down with a high fever that gradually got worse. The inside of his mouth turned black and it seemed like his life was in danger. Benzō prayed with all of his heart to Amida Nyorai at this temple, soaked his mie (a paper slip with an image of a Buddhist deity) in water and gave the water to Kamekichi to drink. Strangely, after doing so, Kamekichi said that he wanted to eat chazuke (green tea poured over cooked rice and toppings). Until now, he could only digest soft food like gruel, but now, his wishes came true and he could eat chazuke. Gradually his condition improved and he and his father were full of joy. They shed tears of happiness and with heartfelt thanks expressed words of gratitude to Amida Nyorai.”

Beside the main hall is the same statue that Bohner took a photograph of back in 1927. Beside it you can see a very small statue that you can pick up and make a wish. If it feels light then your wish will come true. There is also a board of many ema (votive tablets) that some mothers

have hung here wishing for safe childbirth. Beside it is a statue called Anzan Koan Daishi (safe childbirth, safe childhood) that was presented by a woman from Osaka during the Meiji period (1868-1912). It is believed that despite being very sick she became pregnant and when she prayed for a safe childbirth,

Kobo Daishi appeared in her dream and said, "Go on the Shikoku pilgrimage." She made it to Gokuraku-ji and began to feel labor pains. When she eventually returned home, she safely gave birth to a boy and in gratitude presented this statue, which has attracted many people from around the country ever since.

To commemorate your trip here you can have your nokyo-cho (pilgrimage book) signed and stamped at the pilgrim goods store by the parking lot and then you are ready for the 2.5km walk to Temple 3, Konsen-ji.



Introducing the New Staff at TOPIA By Mio Morimoto and Fushi Cui



Mio Morimoto (left) and Fushi Cui (right)

Self Introduction By Fushi Cui

My name is Fushi Cui, it is very nice to meet you all. I am from Hunan Province, China. I felt an affinity to the Japanese language as it was similar grammatically to my native language Korean, and I started studying Japanese in high school. Thereafter, I became more and more interested in Japan and in

university I majored in Japanese and pursued my studies of the language. During my third year of university, I had the opportunity to do a one year exchange in Japan.

After graduating university and up until now, I worked for the Foreign Language

Department at the Hunan Province Agricultural University in China as a professor, teaching both Japanese and Korean. As well, I also worked at the Hunan Province Japanese Cultural Research and Exchange Center to help further the Chinese-Japanese relations. It is an honor to have this

Introducing the New Staff at TOPIA (Con't from Page 4)



opportunity to work for the Prefectural Government as a Coordinator for International Relations. I believe that it is very important to meet and be exposed to various people. I will take this valuable opportunity to tell more Japanese people about

Chinese culture, society and the way of life. As well, through meeting and interacting with many Japanese people and through experiencing various things, I hope to further increase my Japanese language abilities and hope to further my understanding of Japanese culture and

society. I will work hard to become the bridge that connects Tokushima Prefecture and Hunan Province, and work towards fostering stronger ties between the two areas.



Starting my Internship at TOPIA By Mio Morimoto

Hello, my name is Mio Morimoto. I'm an elementary school teacher. But I had taught at junior high schools for a long time. Communicating with people from overseas countries

is really interesting. I want to be a bridge between the Japanese people and foreign people. I'd love to have a lot of experiences that I can only get while working at TOPIA. My

hobbies are both playing and listening to music, watching movies, and travelling. I want to use my passport to go abroad this year. Nice to meet you!

Fitness Corner By Clint Eckstein

Playtime!

Living in Japan as a part of the JET program provides an amazing opportunity for play and exploration. Our jobs keep us busy, but give ample space for getting out in the community and around Japan. Spring is here, and the weather is beautiful. This fitness corner is all about taking advantage. So here's what I want you to do for this month's workout.

Step 1: Find a playground

There are giant playgrounds all over Tokushima. Get yourself to one of them! They aren't burdened with

silly safety regulations like in America, so they are almost universally awesome.

Step 2: Play!

Get back to being a kid. Climb ropes, ladders, and other playground equipment. Flip around the bars. Play hopscotch. Jump on and over benches. Play tag. Duck under and jump over obstacles. The more you play and the more different equipment you use, the better your workout is going to be!

If you need something specific to make it seem more like a workout, focus

on anything that makes you push, pull, climb, jump, or run. Throw in some push-ups, pull ups, and spend some time going back and forth on the monkey bars. You get bonus points for riding your bike to the park.

As it continues to heat up, make sure you are drinking lots of water, and enjoy the spring!

As always, questions or comments can be directed to:

clinteckstein@hotmail.com

たまごは どこですか

こんげつ か もの い みせ ひと か もの ばしょ き ひょうげん まな
今月は買い物に行って、お店の人に買いたい物のある場所を聞く表現を学びます。

This month, we will be learning expressions that you can use when asking store staff about locations of certain items.

会話 1 (スーパーで) 〈At the supermarket〉

マリア： すみません。
店員： はい。
マリア： たまごは どこですか。
店員： あちらです。
マリア： ありがとうございます。



here	there	that place	where
ここ	そこ	あそこ	どこ
(こちら)	(そちら)	(あちら)	(どちら)

() はより丁寧な表現
The words in the () are the more polite form.

😊 スーパーのちらしを見ながら、練習しましょう。

Let's do a few practice conversations while using the supermarket flyer.

会話 2 (デパートで) 〈At the department store〉

マリア： すみません。かさは ありますか。
店員： はい、2階に あります。
マリア： 2階ですね。
ありがとうございます。

* 会話 1 を使って、人の居場所が聞けます。

Using conversation 1, try asking where a certain person is.

例) 木村さんはどこですか。

😊 デパートのイラストを見て、練習しましょう。

Let's do a few practice conversations using the department store floor plan.

5F	デパート	おみず
4F	マーティン	テレビ
3F	ふじもと	本
2F	さむら	傘、バッグ
1F	ふじむら	洋服
B1	まっ太郎	パン

階の数え方 〈How to count building floors〉

1階 2階 3階 4階 5階 6階 7階 8階 9階 10階 何階

地下1階

* 10階の読み方：「じゅっかい」、または、「じっかい」

Letter From Suketo Hoikuen

By Kazue Inoue



Children's Day is a holiday that takes place in May. This day is dedicated to celebrating the health and well-being of children as they grow. Families with a boy will celebrate by displaying warrior dolls. Other families will celebrate by attaching a koi-nobori, which is a carp streamer, to a tree or to a pole and let it drift or "swim" in the wind. Just as the carps will swim about with much energy under the big blue sky, this is the season when we encourage children to go outside and play about outside in the sun. This month I would like to talk to you all about breakfast, which is very important to fuel your children for the day so that they have enough energy to play.

The benefits of eating breakfast!

- 1) Breakfast will act as fuel for the brain so it can start working.
- 2) Eating breakfast will

get you warmed up so your body temperature will increase and you will feel more awake

3) By eating breakfast on a regular basis, it will help set a schedule for your body.

4) The food you eat in the morning will help stimulate your intestines, thereby improving your bowel movement.

*Tip: Apparently adding carbohydrates into your breakfast is good for your body. Rice, a big part of Japanese food, and is a great way to add carbohydrates to your meal. If you don't have very much time, a quick and easy alternative is to shape rice into onigiri or rice balls.

This Month's Craft Spinning Kite

Materials

Flyer (back of the flyer should be white/blank)

Scissors

Coloring pencils, markers, crayons, etc. (Anything that can be used to decorate your kite)

Tape

String (about 30 cm long)

Milk carton or any other thick paper or cardboard

Instructions

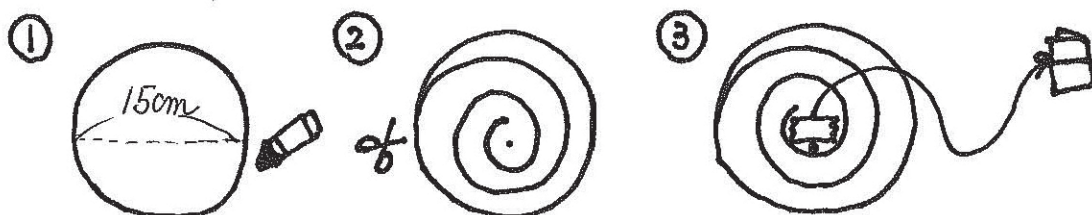
1) Take a flyer (anything as long as the back portion is blank) and cut out a circle from it. Color in that circle with the color of your choice.

2) Take a scissor and cut in a spiral (refer to picture)

3) Tape down a string (at least 30 cm in length) to the center of the kite. Attach a milk carton or any thick cardboard to the end of the string to create a handle.

How to Play

While holding the end of the string, if you run about outside, the wind will catch the spinning kite and will make it spin around in the air.





Easy strawberry jam (Irene Wachuga)

EASY STRAWBERRY JAM (WITHOUT PECTIN)

Pectin, extracted from citrus fruits is usually used as a gelling agent especially in jams and jellies. But, few of us, usually have it at hand at most times. Well, strawberry season is still upon us and lack of pectin should not stop us from enjoying this soft and delicious spread. If you've never made jam, try this, you'll be amazed at how easy it is.

Since we are not canning

it, use it within a few days to a week in the fridge.

Ingredients

(Makes 2 cups)

1 pound (450 grams) strawberries, wiped clean and hulled.

1 cup sugar, about (200 grams) sugar, use less sugar if you don't like too sweet.

2 Tbsp, lemon juice

Directions

1. In a big bowl, crush the strawberries or quarter them if you don't mind chunks in the jam.

2. In a heavy sauce pan, add the strawberries, sugar and lemon juice.

3. Melt the sugar over low heat then increase the heat to high and bring to a full rolling boil. Boil, stirring often, until the mixture reaches 100-110 degrees C. about 5 minutes. Reduce the heat to medium low and simmer, stirring, occasionally for about 10 minutes or until it thickens to a syrupy consistency. It should coat the back of a wooden spoon without running.

4. To test, cool a small plate in the fridge and spoon a teaspoon of jam onto the plate. Let rest a minute. If it jellies, it's done. It will thicken as it cools so it shouldn't be too thick when you take it off heat.

5. Let cool to room temperature and enjoy.



Spring flowers shining under the sun

Tis the Season for Strawberries!

Strawberry-picking locations in Tokushima



Like every year, with the arrival of spring comes strawberry season. picking, fun for children and adults alike. heart's content!

There are many locations across Tokushima Prefecture where you can go strawberry Why not spend a day munching on delicious juicy strawberries to your



Eastern Tokushima

Fruit Garden Yamagata

At this farm they put their best foot forward in growing the high quality strawberry, beni hoppe (rosy cheeks). As the planters are set high above the ground, it receives more sunlight, producing delicious tasting strawberries. If you bring the strawberries that you pick to the on-site cafe, they will make parfaits and smoothies with it for you.

Where: Naruto City, Otsu-cho, Oshiro 642-1

When: Until May 31 (10:00 – 17:00)

Reservation: Needed

Sasaki Farm

The three different types of strawberries are grown on the ground with plenty of sunlight and water, giving it a deep rich sweetness.

Where: Naruto City, Oasa-cho, Ushiyajima, Aza Naka kita 16-2

When: Until late May (10:00 – 16:00)

Reservation: Needed

First Farm

There are eight greenhouses, and the strawberries grown here are as big as a child's fist. These large, fragrant strawberries are characteristic for being very juicy. You can borrow the fondue set for free (you will have to pay for the chocolate) and enjoy eating the strawberries in a multitude of ways.

Where: Komatsushima City, Tatsue-cho Miyamae 40

When: Until the end of May (10:00 – 17:00)

Reservation: Needed (at least 5 days before)

Ozumi Strawberry Farm

As you can pick the strawberries from spring to summer, you can enjoy the changing strawberries as they change with the season.

Where: Itano-gun, Matsushige-cho, Hiroshima, Aza Kitagawa

When: Until May 25 (10:00 – 16:00)

Reservation: Needed

Eastern Tokushima con't

Minomi Farm

The Sachinoka strawberry grown in this farm has a perfect balance of sweet and sour. If you would like to celebrate a special event, let them know, and they can arrange something for you.

Where: Itano-gun, Kamiita-cho, Kanyake Daiyama 70

When: Until the end of May (8:00 – 18:00)

Reservation: Needed (at least 3 days before)

Southern Tokushima

Minami Farm

A computerized hydroponics system that releases fertilizer depending on the temperature and amount of sunlight is used. They are safe to eat without even washing them.

Where: Miyoshi-gun, Higashi Miyoshi-cho, Hiruma Tsukuda 2401-2

When: Until the end of May (10:00 – 16:00)

Reservation: Needed (at least 3 days before)



Events & Memoranda

日本語指導ボランティア養成講座（初心者向け）

*****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？*****
石井町国際交流協会では、文化庁の事業として（公財）徳島県国際交流協会（トピア）・徳島県との協力で「日本語指導ボランティア養成講座」を開催します。

【テキスト】前期『みんなの日本語初級Ⅰ 第2版 本冊』

後期『みんなの日本語初級Ⅱ 第2版 本冊』

（スリーエーネットワーク発行・各 2700円）

【講師】徳島県国際交流協会 日本語教室講師 元木 佳江 先生

【場所】高川原福祉会館 公会堂2F TEL 088-674-0403

【受講料】無料

【日時】前期・後期：各 24 時間 13:00～17:15（15:00～15:15 休憩）

前期6月 7日（土）、14日（土）、28日（土）、7月 6日（日）、7月 12日（土）、19日（土）

後期9月 6日（土）、13日（土）、20日（土）、10月 4日（土）、11日（土）、18日（土）

■参加希望の方は、氏名 住所 TEL & FAX & mail アドレス（ある方）を下記（遠藤）までお知らせください。テキスト購入の有無（とりあえず前期のみ）もお願いします。

（テキスト初版お持ちの方は、それを使っていただいても結構です。）

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

■申込締め切り 5月 20日（火） 定員 20 名（先着順）

【主催】石井町国際交流協会・教育委員会内（矢部） TEL088-674-7505

【お問い合わせ先】（遠藤） TEL 088-674-8717・FAX 088-674-7893

日本語指導ボランティア スキルアップ講座（経験者向け）

外国の方に日本語を教えていて、直面することはどんなことですか？

「この言葉や、文法をどのように説明したら、もっと分かりやすく教えられるのだろう」とか、「同じようなニュアンスの言葉の微妙な違いの説明の仕方は？」など、たくさんありますね。

この講座は、これらの具体的な問題や困難な点を解消するための実践的な研修です。ぜひ、この機会に、それぞれのスキルアップをはかってください！

講師：鳴門教育大学院 田中大輝先生、アナウンスグループカインド代表 平木彰子先生、TOPIA日本語講師 青木洋子先生

日時：5月 24日（土）・31日（土）・6月 28日（土）・7月 5日（土）・7月 12日（土）
午後 13:30～16:30

場所：徳島県立総合福祉センター（国道 55 線沿い）会議室（無料駐車場有）

対象：TOPIAやほかの日本語教室で教えている方。

TOPIA日本語指導ボランティア養成講座終了者等

主催・申し込み：（公財）徳島県国際交流協会 088-656-3303

★この事業は、文化庁「生活者としての外国人」のための日本語教育事業として開催します。

★内容・テーマなど詳細は、当協会ホームページでご確認ください。

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

*Note: We have made updates and changes to the prizes. We apologize for the misinformation.



Events & Memoranda

Oboke River Festival 2014 大歩危リバーフェスティバル 2014

Many participants, including world champions, will be racing down the rapids in this world class race. We have many events planned for everyone to enjoy, including a rafting tour, supernatural yokai creatures parade, farmers market and much more!

世界王者も参戦する世界レベルの激流レース。
参加選手以外の方にもお楽しみいただける体験ラフティングツアー、妖怪パレード、産直市など盛りだくさんの催しを予定しています！

When: May 24 (Sat), May 25 (Sun)
Where: River Station West-West
Yoshino River
Info: Oboke River Festival Office
TEL: 0883-76-0745

開催期間：5月24日（土）・25（日）
場所：リバーステーション West-West
吉野川
問合せ：大歩危リバーフェスティバル事務局
TEL：0883-76-0745

Takegashima Shrine Summer Festival 竹ヶ島神社の夏まつり

This summer festival is famous for the mikoshi event where they run through the ocean with the mikoshi on their shoulders. At night, there will be many stalls and events, such as the children's mikoshi and fireworks.

海中に入る暴れ神輿が有名です。宵宮は夜店で賑わい、子供神輿や花火打ち上げ等が開催される予定です。内容に変更がある場合がございます。

When: May 13 (Tue), 14 (Wed)
Where: Takegashima Shrine
Kaifu-gun, Kaiyo-cho
Info: Kaiyo-cho Tourism Association
TEL: 0884-76-3050

開催期間：5月13日（火）・14日（水）
場所：竹ヶ島神社周辺
海部郡海陽町
問合せ：海陽町観光協会
TEL：0884-76-3050

The Mt. Tsurugi hiking routes are now open

On April 29th (Mon), Mt. Tsurugi had their official opening ceremony for the year. Now that the hiking trails, chairlift, and businesses are open, enjoy a fun day of hiking and take in the beautiful view as you climb.

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)

人権を守って輝く明日