

June 2014

Sorcery, a Dragon and a Long, Dark, Narrow Cave – A Trip to Jigen-ji

By David C. Moreton



Do you like to go spelunking or contorting your body in all sorts of directions in order to pass through small rock crevices? Do you like tales of mystic rituals, sorcery and battles with dragons? If so, then I highly recommend going

Jigen-ji (Keiho Fukuda) to Jigen-ji, which is number three of twenty bekkaku (other) temples along the eighty-eight temple Shikoku pilgrimage, and going through the cave there called Anazenjo (place of ascetic training). This temple, located on top of a

mountain in Kamikatsu town about 35 kilometers from central Tokushima, can be best reached by car although it is possible to get somewhat close by bus.

It is said that in 793, when

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awa life is a monthly publication of the
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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

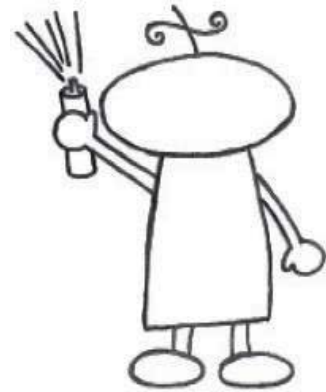
The literary corner of AwaLife, Awaglot, is a combination of the words "awa" and "polyglot", which means multilingual. Be it fiction, nonfiction, prose or poetry; funny, sad, long or short, we want your submissions! If you like to write, then express yourself!

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!**



A swallow in the Rain (Junko Kimura)

A Trip to Jigen-ji Temple (Con't from Page 1)



Kukai came to this place to pray that humankind be spared suffering from misfortune and illness, he discovered the cave and for three weeks sat in front of the cave reciting sutras and conducting a fire ritual. From the depths of the cave an evil dragon emerged and tried to torment Kukai as it had done with the local people, but Kukai drew a Sanskrit letter on a small rock, threw into the dragon's mouth, and the dragon was entrapped into the walls of the cave. In fact, at one point along the cave tour the guide will show you where the dragon's body, head, horns and tails are believed to be.

Let me explain some of the details of the cave tour, which does not run on a regular schedule. First, take the cave test. If you fail this, you will not be allowed to enter the cave. Find two round pillars approximately 25 centimeters apart beside one of the temple buildings and squeeze your body between them. If you can get through, then you should be able to get in and out of the cave.

Second, if you pass this test, go to the temple office and pay the tour fee of 3,000 yen, which applies to one person, or two or three people. A staff member will lend you a 3/4 length white robe that has a

cloth belt, and present you with a 15cm candle. Make sure to return the robe after the tour. Since the cave is considered to be a sacred site all participants must wear the robe and in a practical sense it keeps your clothes from possibly getting wet and dirty. The candle is the only light you will be allowed to use in the cave and you will quickly find out how difficult it will be to hold on to it and try to squeeze through the tight spots. You can keep the candle afterwards. Be grateful that you can wear your regular shoes in the cave because in the past participants had to put on straw sandals.

Third, place any valuables, bags, hats and other bulky materials in a free locker located just inside the temple building. There will be no room to carry such items through the cave. Even carrying a digital camera might be difficult. Note – If necessary, go to the bathroom and perhaps eat and/or drink something because it will be a couple of hours before you get back to your stuff. The cave is about 100 meters long and if there are few people on the tour, it will only take about an hour to go in and come back out, but if there is a large group, it can take two to three hours!!! Fourth, follow the trail for

about fifteen minutes up the mountain until you reach the main hall (hondo) and two other buildings. Here you will meet your experienced guide, some of whom have been leading groups of people in and out of this cave for decades. Some give tours up to five or six times a day!

Fifth, you will first climb some steep stairs and see the spot where Kukai sat for ascetic training, then you will go to entrance of the cave, light your candle, and proceed in. The guide will give you very precise directions, which must be followed exactly or else you will not be able to get very far into the cave. However, you might find that the guide speaks super-fast as I certainly did, and I could not follow what she was saying; but do not panic and take your time. You should be able to make it through the super-tough spots. Note – No directions or explanation will be given in English. At certain spots the guide will stop the group and give commentary about the special meaning of certain rock formations. At the "end" of the cave – a small room-like area- the guide will lead the group in sutra reciting including the Heart Sutra. As well, the guide will ask, "Is there anyone who wants to make a wish? Candles are 100 yen. Please



Jigen-ji (Keiho Fukuda)

pay when you get back to the temple office.” If you say yes, then the guide will ask your name and your wish, will light a candle, place it on the candle rack, and repeat what you said to the statue of Kukai/Kobo Daishi with a petition of “Yoroshiku onegai shimasu.” (May this wish come true) Then you will begin the trip back, which I think you will find easier than coming

in, but I am sure you will be very relieved to see the light at the entrance.

Finally, walk back down the trail to the temple, return your robe to the office, pay for any candles that you bought to make a wish, and congratulate yourself or others you are with for making it through the cave. Your body may hurt in places for a few days, but

it is said that if you make it through the cave something good will happen to you, for example, unexpected money, continued good health, being able to pass any tests, and not getting in any traffic accidents, so wait and see. Your cave tour will not have been made in vain.

Temple website (Japanese): www.anazenjo-jigenji.com/

Photographs of the temple and cave: ohara98jp.exblog.jp/20199856/

Uniting Tokushima and the World through Baseball

By Martin Rathmann



Left to Right: Kentaro Ueda, Joe Wilson & Danny Fernando Cruz Ayala (Indigo Socks)

Having claimed the top spot in the 2013 season of the Shikoku Island League plus, the Tokushima Indigo Socks (IS) have been gaining momentum on the baseball field. One of the team's philosophy is to unite or to connect the local people of Tokushima to the world, and true to those words, they have been recruiting foreign players from around the world to play on their team. We sat

Uniting Tokushima and the World through Baseball (Con't from Page 4)



down with Danny Fernando Cruz Ayala and Joe Wilson to hear about their experiences playing in Tokushima.

a long time. I didn't play baseball for a year. And then I kept trying to throw again and again, and I

What's your favorite place in Tokushima?

For now, the sushi place. I like sushi.



Danny Fernando Cruz Ayala
Pitcher/ El Salvador

Why did you become a baseball player?

I liked it. When I was 8 years old, my two brothers played baseball and they invited me to play. In the beginning I didn't like baseball, but they kept encouraging me, including my father, and I finally said okay. And so I started playing at 8 years old, and at 14 years old, I was offered a scholarship to play baseball in the capital, San Salvador, so I moved to the capital to play. Then at 17 years old, I was signed to the Seattle Mariners (minor league) and I played in Venezuela and the United States with them. I got released from Seattle because I had a Tommy John surgery in my arm, so I can throw more. Then I came back to El Salvador and stayed for

decided to try out for this team.

Ayala has played in the Dominican Republic, Venezuela and the US and started playing in Tokushima just under 3 months ago.

How do you like it? What are your impressions of Tokushima?

It's a good city size, quiet city, I like it, and it's nice. The culture is very interesting, I like it. I want to learn more about the culture.

Before or during the game do you do something like a custom or ritual?

I'm Catholic, so I always pray to God. Also, before the game I listen to music. I try to move my mind to another place. During the game I focus on the guys around me, so I don't like to think about other things.

Message to the readers:

Que siempre luchen por sus sueños y que nunca digan que no pue den hacer algo, nada es imposible.

Always fight for your dreams and never let anyone tell you that you can't do something, nothing is impossible.



The Tokushima Indigo Socks (Indigo Socks)



Joe Wilson
Infielder/ United States

Why did you become a baseball player?

My father was a baseball player, but that wasn't the main reason. I just enjoyed the game a lot. I've always been quite small, but I don't play small. I always surprise people with how I play, so I like having that feeling. I enjoy playing and it helps that I've been good. I just knew that it was something that always made me happy, so that's why I continued to play.

I started at 10. Which is pretty late in the game in America. A lot of kids start at 3 or 5. A lot of that had to do with my father not pushing me into doing something. My parents are really okay with what I wanted to do.

Wilson initially came to tryouts in November but officially moved to Tokushima to play for the IS in March of this year.

How do you like Tokushima so far?

I like it a lot. Kentaro (IS teammate) has a lot to do with that. If he wasn't here, it would be a completely different story. But he makes the transition a bit easier. I played in Europe the last couple of years, and that made transition a bit easier too. But there is a language barrier. The big question everyone asked me was how I handle the food. Well, my mother is Korean, so it's really not much different with food that is there.

Is there any food that you particularly like?

Sukiyaki. Udon noodles.

Where else have you been?

I was in Vienna, Austria. Mainly the last 2 years I was in Mannheim, Germany. And through those few years, I spent time in Venice, Italy and in Paris for a little while.

Any differences between Japan, Europe and the US?
Between the States, Japan

and Europe, every country, mainly it's the continents, they have their own style that comes with the talent and the body type that most of them have. The Japanese are much smaller in stature and are much quicker. They don't have as much talent I would say as far as power goes. They really try to work on repetition and quantity. In Europe, they are much bigger but they are slower in their movements. But their size makes up for some of that. I think that America has the best baseball because they have the mix of most talent. But each continent, each country, runs practice differently, they run the games differently.

In terms of culture in general, was there anything surprising?
Biggest thing that shocked me when I came, my number one answer is the non-Western toilet that's here. That's definitely something. As far as living goes, I didn't realize how there's not really much furniture. There's just the futons there on the floor, they don't really have couches. The wooden floor and the paper thin walls makes it different too.

Besides baseball, there's not a lot of down time to be doing stuff. And people ask me how do I really like the city, but I don't know it very

Uniting Tokushima and the World through Baseball (Con't from Page 6)



much. They say there's a big festival in August (Awa Odori). If we have time I would like to see it. But Tokushima City is nice.

Any particular habit or ritual you do before or after the game?

As baseball players, we are quite superstitious. Every individual article of clothing or equipment that I have that is a right or a left, I always put the left one on first. Whether it's my sock, or my shoe or my batting gloves. I always put it on left first. I don't know where it

came from, why it started happening but I do it.

Where do you see yourself with baseball?

Right now, I don't know. Each place I've been too, it's all about trying to get to a higher level and improve myself. Well I'm injured at the moment, so I'm trying to get back from that and go from there. But I could see myself staying here to play, I could see myself going somewhere else also, I'll see what opportunity comes next.

Message for the readers:
I hope that I can continue to improve myself every day. Whether it be winning, losing, any type of awards, I just want to continue to try and improve myself as a player and as a person. I don't know what I can do to get more people to come watch the game, but that would be nice.



June Home Game Schedule

Date	Time	Teams	Venue
June 6 (Fri)	18:00	IS vs. Kagawa Olive Guyners	JA Bank Tokushima Stadium
June 13 (Fri)	18:00	IS vs. Ehime Mandarin Pirates	Oronamin C Stadium
June 15 (Sun)	13:00	IS vs. Kagawa Olive Guyners	JA Aguri Anan Stadium

Fitness Corner

By Clint Eckstein

Burpees!!!!

This workout is as brutal as it is simple. You're doing one exercise, a burpee. Start in a standing position. Squat straight down, putting your palms on the ground. Jump your legs back so that you are in position to do a push up. Jump your legs back up to meet your hands. Stand up and jump straight up as high as you can. You can make this exercise harder by adding a push up each time you do it.

Here's the workout:

10 burpees 40 seconds rest
5 burpees 30 seconds rest
2 burpees 30 seconds rest
10 burpees 40 seconds rest
5 burpees 30 seconds rest
3 burpees 20 seconds rest
10 burpees 40 seconds rest
5 burpees 20 seconds rest
4 burpees 20 seconds rest
10 burpees 40 seconds rest
5 burpees 10 seconds rest
5 burpees

That's it! It will work your whole body without using weights. It is a great aerobic/

anaerobic workout because it combines both strength and cardio. What's that you say? 74 burpees aren't enough for you? If you're in beast mode, rest for a minute or two and do the circuit again. A bit too much? Cut the ten burpees in half to 5, or if you're not there yet, just eliminate each set of 10 burpees.

Questions or comments can be sent to:

clinteckstein@hotmail.com

どこか いいところは ありますか

This month, we will be learning expressions that we can use when asking the local Japanese people around us for recommendations for places to go to that is nearby. Usually the local people know of the best kept secrets of the area, so if you get a chance, try using these phrases to ask them for recommendations.

【会話】【Conversation】

マリア：こんどのやすみに 子どもと でかけたいです①。
静かなところで②、どこか いいところは ありますか③。

木村：徳島中央公園は どうですか。

緑も たくさんあるし、池も ありますよ。

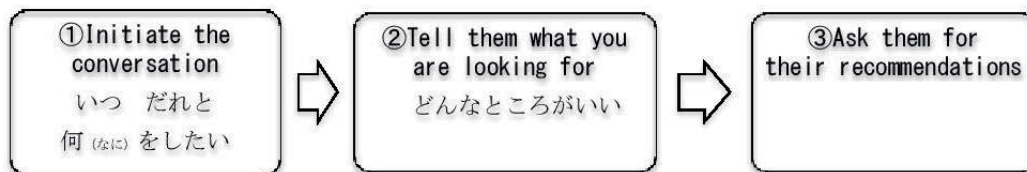
今は、バラも 咲いていますから、きれいですよ。

マリア：いいですね。どこに ありますか。

木村：徳島駅の すぐそばにあります。



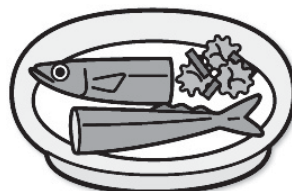
【Flow of the conversation】



【Practice Questions】

Practice step ② "Tell them what you are looking for" using the following descriptions

- (1) 空気の いい ところ (A place where the air is fresh)
- (2) 自然が ある ところ (A place where there is lots of nature)
- (3) 買い物が できる ところ (A place where you can go shopping)
- (4) 子どもが 楽しめる ところ (A fun place for the kids)
- (5) 日帰りできる ところ (A place where you can go on a day trip to)
- (6) 魚料理が 食べられる ところ (A place that serves seafood)
- (7) ハイキングが できる ところ (A place where you can hike)
- (8) バスや電車で 行ける ところ (A place where you can take the bus or train to)



Letter From Suketo Hoikuen

By Kazue Inoue



As it gets warmer, more and more preschool children are starting to play outside, and one of their favorite pastimes this time of the year is playing in the sand. Sand has many excellent properties that are perfect for playing with. For example, you can play with sand by digging holes with a shovel or even creating a mountain. They can also use various items like buckets and food containers to add more variety to sand play. As well, they can engage in pretend play by creating mud dumplings and soup by just adding water to the sand or they could mold various things such as rivers and cities out of it. The best part about playing with sand is, you can create and recreate as many times as you like, it's fun for children of all ages, and there are no limits to how many children can participate.

If there are sandboxes that you can use in your nearby

park, preschool or kindergarten, I encourage all of you to go and explore. (Some preschools and kindergartens have play areas that are open to the public so please check with your local city hall or ward office to find these locations.) And of course, Suketo Preschool is open to the public and anyone can come and play.

This Month's Craft Flying Rocket

Materials

- 2 Newspaper pages
- Colored plastic tape (optional)
- Straw
- Elastic bands
- Toilet paper roll
- Construction paper
- Tape
- Scissors

Instructions

1. Take 2 pages from a newspaper and lay it on top of each other. Fold the

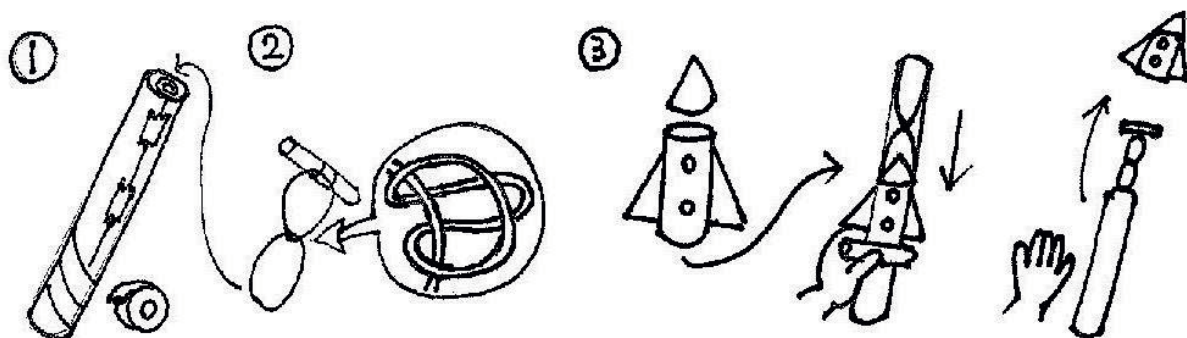
newspaper into four, then roll up into a cylindrical shape. (You can make it look extra fancy by wrapping it up with colored plastic tape.)

2. Tie two elastic bands together and tape it onto a straw (cut into 6cm length). Attach the elastic band and straw to the end of the newspaper stick. And there you have it, your very own launching device.

3. Take a toilet paper roll and cover it with construction paper to create a rocket. You can customize it by decorating it in different colors and patterns.

How to Play

Pull the straw and elastic band downwards and set the rocket on top of the straw. As you let go of the straw, your rocket will go soaring through the air.



By Irene Wachuga



Japanese Vinegar dressing

As the weather heats up, our body's need to bring down the temperature makes us crave cooler drinks and food. Vinegar is especially good for us in the

summer heat and helps preserve food. In Japan, vinegar is quite popular as a dressing. This 3 ingredient sauce (Japanese: 三杯酢; aptly called so for using one spoonful each, vinegar, mirin, soy sauce) is the

most popular. These days however, most people use sugar in place of mirin and add a splash of stock to lessen the acidity. Use it to dress veggies or fish.

Ingredients (serves 4)

- 3 TBSP vinegar
 - 1 TBSP sugar
 - 2 TBSP stock (vegetable/ fish)
 - 1 TBSP light soy sauce
 - Octopus (boiled) 100-150g
 - Wakame seaweed (soaked and softened if dry)
 - Shimeji/ enoki mushrooms (boiled) one bunch
- All cut into bite size pieces.

Aparna's Recipe Corner

By Aparna Matale



Tea Time Salty Snack (Salted Flaky Biscuits)

Preparation time: 10 min

Cook time: 20 min

Ingredients

- 500g all purpose flour
- 125g refined oil
- 1 TBSP cumin or parsley
- 1 TBSP Salt (according to your taste)
- Refined Oil to fry

Method

1. Take All purpose flour and add oil, salt, and knead it by adding 100 grams of water to make a dough.
2. Cover it and leave the dough for half an hour.
3. Make small sized balls from the dough and roll them to make flat disc on the rolling board.
4. Make 5-6 holes into the disc with the help of a knife. Prepare 5 - 6 biscuits in the same manner.
5. Heat some oil in a pan and put these biscuits into it. Deep fry the biscuits and take them out once they turn brown in colour. You can prepare 5-6 more biscuits, till the first slot of

the biscuits gets completely fried. Spread a napkin on a plate and keep the fried biscuits on the napkin. Napkin will soak all the excess oil in the biscuits. Now put the next slot of the biscuits into the pan and fry them in the same manner. Take them out of the pan once they turn brown in colour and keep them on the plate.

Salted Flaky Biscuits are ready. You can serve them hot with tea or coffee and can store the rest in an air-tight container.

Tip: These can be stored up to 1 month.



2014 年 外国人による

徳島県日本語弁論大会

徳島県外国人日本語演讲比赛

Tokushima Prefecture Japanese Speech Contest

Foreign residents whose native language is not Japanese will be giving a speech in Japanese on various topics such as cultural differences, their experiences with life in Tokushima, and more.

Date/

Sunday, **July 13**, 2014
1:30pm – 4:30pm

Place/

Awagin Hall, Small Hall 5F
(Tokushima Prefecture Kyodo Bunka Kaikan)
TEL (088)622-8121

Sponsor/

Tokushima Prefecture International Exchange Association
TEL (088) 656-3303

Entry
is free



Crime Prevention Tips: Protecting Your Bank Account

Crimes involving bank account information theft via internet hacking

Recently, there has been a surge in illegal money transfer cases (*1). The criminal will access internet banking illegally, then they will transfer money from someone else's account into the criminal's fake account. By creating an account under someone else's name, they can prevent their own identity from being exposed. As well, there are criminals who will buy bank accounts off others with the intention of reselling them (broker). To prevent such a crime from happening, even if you no longer need your bank account, please do not sell your account to others.

Law on buying and selling account details

Japan is one of the countries that has signed the United Nations treaty (*2), and has established laws (*3) to prevent the use of bank account information for criminal purposes. As stipulated by the law, it is illegal to set up a bank account under a false identity and to buy or sell bank account related information including, bank books, debit card and other account information (personal identification number, customer number, password, etc.).

*1. In 2013, there were 1,315 cases, with an estimated 1,406,000,000 yen in total damages

*2. International Convention for the Suppression of the Financing of Terrorism

*3. Act on Prevention of Transfer of Criminal Proceeds





Events & Memoranda

Workplace Japanese Course: Useful Japanese to help you find employment 就職のための日本語講座

A course for the foreign residents of Tokushima.

Come and learn useful Japanese for the workplace and learn business etiquette!

期間： 5月20日（火）－7月14日（月）、週5回（月曜日～金曜日）
時間： 9:30－12:30
場所： わーくぴあ徳島 2階（徳島市昭和町3-35-1）
内容： 中級日本語講座、仕事のマナー講座
受講料： 無料
定員： 12名（定員になるまで受け付けます）
詳細： URL <http://tokushima-rofuku.net/>
主催： 公益社団法人徳島県労働者福祉協議会
Tel： 088-625-8387



Futsal World Cup TOKUSHIMA 2014 フットサルワールド杯 TOKUSHIMA 2014

We will be hosting the much-requested "World Cup TOKUSHIMA 2014" event to celebrate the start of the 2014 FIFA World Cup in Brazil. Come and cheer them on!

ブラジルW杯開幕を祝して、又留学生や研修生らの熱烈な要望で「ワールド杯 TOKUSHIMA 2014」を開催致します。



When: June 15 (Sun)
13:00－17:00

開催日： 6月15日（日）
13:00－17:00

Where: Tokugin Tomony Plaza
(Prefectural Seishonen Center)

場所： とくぎんトモニ PLAZA
(県青少年センター)

Contact: Satoru Fukui 090-4976-9402
Adam Gibson 080-5662-4179

Tel: 福井 暁 090-4976-9402
Adam Gibson 080-5662-4179



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