

July 2014

The Many Possible Benefits of Taking a Journey to Five Temples in Tokushima City

By David C. Moreton



Temple 14., Jōrakuji in 1934

If you would like to experience part of the Shikoku pilgrimage route close to central Tokushima city, then I recommend going to Dainichiji (No.13), Jōrakuji (No.14), Kokubunji (No.15), Kannonji (No.16) and Idoji (No.17). Visiting these temples

is called gokasho mairi - a five-site pilgrimage that it said to have been created more than 300 years ago. The total distance is only about eight kilometers and since the route is on flat ground it can be easily completed in a few hours.

Here are some details about each of these temples that all seem to offer relief from physical problems or cures from sicknesses or ailments.

Dainichiji (大日寺) - Before 1868, Ichinomiya Shrine, which

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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

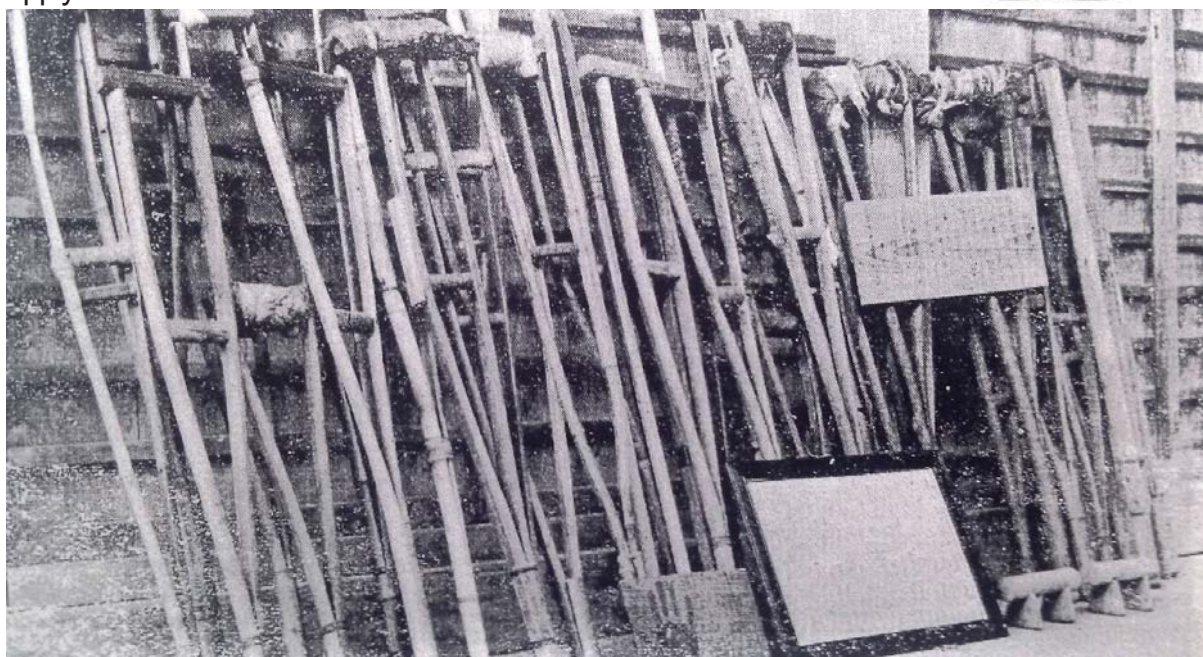
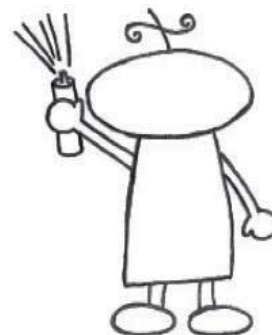
The literary corner of Awa Life, Awaglot, is a combination of the words "awa" and "polyglot", which means multilingual. Be it fiction, nonfiction, prose or poetry; funny, sad, long or short, we want your submissions! If you like to write, then express yourself!

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!



Crutches left behind by cured pilgrims at Temple 88 from 1934

Benefits of Taking a Journey to Five Temples (Con't from Page 1)



*Temple 16: Woman Pilgrim
Story from 1934*

is across the street from the temple was the official sacred site, but when Buddhism and Shinto were forced to separate in 1868 the temple took over this position. This is the only temple of the five that offers accommodation for travelers and is the only one among the eighty-eight that is administered by a woman priest. The temple grounds are very small. At the main hall there is a red statue of the deity Binzuru and it is believed that if you touch the part of his body that corresponds with the same place that is not well with your body, you will be cured of that ailment.

Jōrakuji (常楽寺) - Unlike other temples, this one does not have a main gate (sanmon or niomon) and the buildings are situated on an outcrop of

sedimentary rock called Ryusuigan no niwa (garden of running water rocks). To the right of the main hall up high in a tree there is a statue of Kōbō Daishi called Araragi Daishi to which people pray to for cures of diabetes and eye problems. And, in front of the main hall there is a statue of Jizō Bosatsu to which people pray to prevent children from wetting the bed and crying at night, as well as to be cured of toothaches and foot pain.

Kokubunji (国分寺) - During the 8th century Emperor Shomu declared that national (kokubun) temples be built in each of the sixty-six provinces in Japan and this is the one for Tokushima. At that time the temple grounds were much larger and there was a seven-story pagoda and other buildings. The large rock garden beside the main hall is several hundred years old and the new Daishi hall was completed this spring. The Ususama Myōō hall contains a statue of the "god of toilets" (secchin) and there are tales of people being punished by this god for not keeping their toilets clean, but there are also stories of others who were cured of hemorrhoids or eye problems.

Kannonji (観音寺) - The temple is located in a residential area and the grounds are extremely small. Parents come here to pray to the yonaki (cry at night)

Jizō statue beside the Daishi hall so that their children will stop crying at night. In the main hall there is a painting of a woman whose clothes are on fire. It is believed that she when visited here on a rainy day in 1884 her wet clothes suddenly burst into flames. She realized that she was being punished for treating her mother-in-law cruelly, so she repented and drew this picture. Other people suffering from eye and lung ailments, rheumatism, and hemiplegia are said to have become well after visiting this temple.

Idoji (井戸寺) - The grounds are quite large and include a cemetery and large parking area. The main hall, originally built from wood, was repeatedly destroyed by fire so the present building was made from concrete. When Kōbō Daishi visited here someone said to him, "We suffer from a



*Main Hall of Kokubunji (No. 15)
from 1934*

lack of clean water for our fields, so can you do something to help us?" Kōbō Daishi dug a well (ido) in one night and pure water came up making the fields fertile. It is said that if you look into the well and do not see your reflection that something unfortunate will happen to you within three

years. You can take some of the well water, which is believed to have medicinal benefits.

The gokasho mairi gives you a small taste of the Shikoku pilgrimage and will surely be beneficial for your mental and physical well-being, but if you would like to read in detail about

how people from the 19th century benefitted by visiting these five temples, please see: ci.nii.ac.jp/naid/110008426437

Photos are provided by David C. Moreton.

Access:

From Tokushima station, take No. 56, 57 or 58 bus (A4 bus stop), which goes via Myodo (名東) or Enmei (延命) areas to Ichinomiya fudasho mae (一宮礼所前) bus stop (about 30 min, 410 Yen)

Bus route: www.tokushima-tdm.jp/bus/bus/rosennzu/p027.pdf

To return, walk to Ko (府中) JR station from Idoji and take the local train to Tokushima. (about 12 min, 220 Yen) Train schedule: www.hyperdia.com

The Tokushima Air Raids Digital Archive

By Austin Smith

Tokushima was one of a number of Japanese cities bombed during a major assault which coincided with American Independence Day. The bombing began on the evening of 3rd July 1945 and continued throughout the night. Sixty-two percent of the city was hit by incendiary bombs from B29 bombers. An area of 4,620 square kilometres was reduced to ash and over 16,000

homes were destroyed, affecting more than 70,000 people. Approximately one thousand people died and about two thousand were injured. Tokushima was paralysed, all methods of communication and transportation were suspended as well as electricity and water supplies.

The Tokushima Air Raids Archive is a small photographic collection which is exhibited

every July to mark the anniversary of this event. The exhibition is held in the former Takahara Building, a western-style building that survived the bombing. It stands on the banks of the Shinmachi River and the room in which the exhibition is held retains the original windows which were cracked on that night. The photographs in the collection span the twentieth century



Awa Odori at Shinmachi Bridge, pre-war

This photograph shows a line of Awa Odori dancers passing over the Shinmachi Bridge. Bon Odori was re-branded as "Awa Odori" by the Tourist Association of Tokushima in 1932 to promote the event nationally as a tourist attraction.

The Tokushima Air Raids Digital Archive (Con't from Page 4)



history of Tokushima City, including pre-war, wartime and post-war images.

The Tokushima Air Raids Digital Archive was launched in 2013 and is available all year round. I have written English explanations for the collection to coincide

with the 2014 exhibition and to make the modern history of Tokushima accessible to a wider audience for years to come.

Every effort has been made to retain the essence of the original Japanese text and all of the information provided.

Some contextual information has been added to aid understanding for the foreign reader. The responsibility for any in-accuracies is entirely my own.

Images are courtesy of the Tokushima Prefectural Archive.



The Sako Otani area in the aftermath of the bombing

There was almost nothing left of the Sako Otani area. Yet, surrounded by the misery of war, an elderly couple relax in an open-air bath. Beautiful colours usually grace Sakoyama in spring but this wartime scene is desolate.

Awa Odori in front of City Hall after the war (1946)

The famous dance festival which had been suspended during the war years was restored in 1946. This is a scene from that time, in front of Tokushima City Hall. The presence of occupying soldiers watching is a symbol of the post-war era.



If you would like to view the full collection visit the second floor of the former Takahara building this month or visit the links below:

Tokushima Air Raids Digital Archive (Japanese): www.shinmachigawa.com/tarda_photo.html

Tokushima Air Raids Digital Archive (English): impressionsofeastasia.com/tokushima-air-raids-digital-archive/

Wander-ful Tabi: What Remains of the City?

By Lance Kita

The American air raids of 1945 (see accompanying article) destroyed much of Tokushima City's center, but a few remnants of the past can be seen. They are wonderful examples of Western-style Showa architecture,

which are sadly disappearing as buildings are modernized.

Former Takahara Building (旧高原ビル)

The cracks in the second floor German fire-resistant windows

are testimony to the intense heat generated from the burning rows of wooden shops that once lined this street. This Registered Cultural Property is presently home to an anime production office and gallery space for



Former Mikawa House (Lance Kita)

community exhibitions, like the one this month about the Tokushima Air Raids. Located on the Shinmachi River Boardwalk, the scratch-tiled Romanesque façade is unmistakable along the street side.



*Former Nihon Kangyo Bank Bldg.
(Lance Kita)*

Former Nihon Kangyo Bank Building (旧日本勧業銀行徳島支店)

Though its name has changed several times since its construction in 1929, this has always been a bank, and is

the only example of classic architecture in Tokushima. Its arches and columns gleam white across the street from the former Takahara Building.

Former Mikawa House
(旧三河家住宅)

Ever notice the German “gingerbread house” along the JR tracks as they cross the Shinmachi River near the Prefectural Office? Concrete house, concrete balconies, concrete fence, and even a concrete cave storehouse typical of Baroque gardens... Dr. Yoshiyuki Mikawa’s reinforced abode survived the fires from the air raids (though his wooden clinic next door didn’t fare so well). Tokushima City was gifted this Important Cultural Property, and hopefully will open it to the public in the future, but for now, you can stroll by and admire this one-of-a-kind architectural

gem from outside its iron gates. Look for the concrete gargoyle on the roof and concrete lion in the garden. Two more of note:

1) The original Prefectural Office building also survived the bombing, and a portion of it was relocated to Bunka-no-Mori to be used as the Prefectural Archives (徳島県立文書館). Even if literary materials are not your cup of tea, make the visit to walk through the foyer with its granite floor and plaster ceiling, and climb the ornate staircase.
2) Miraculously, the former Harada residence, a wooden samurai house topped with a tile roof, did not burn down in the flames that engulfed its neighborhood. Read the April 2012 Awa Life online issue for a write-up about this amazing house and its special cherry tree.



*Former Takahara Bldg.
(Lance Kita)*

Tokushima Vortis - From Brazil to Tokushima

By Jenifer Tanikawa

The world is abuzz with soccer fever, but for Tokushima, they have long been in soccer fever since 2013 when the Tokushima Vortis won against the Kyoto

Sanga F.C. to advance into Division 1 of the Japan Professional Football League, a first for any soccer team in Shikoku!

We had the opportunity to interview midfielder, Kleiton Domingues Barbosa (K), and forward, Dyanfres Douglas Chagas Matos (D), both soccer

Tokushima Vortis - From Brazil to Tokushima (Con't from Page 6)



players on the Vortis team hailing from Brazil, the host country of the 2014 FIFA World Cup. We sat down and asked them about soccer and about their experience in Tokushima.

month ago and Douglas has been here for five years. They both aspired to play overseas, so upon receiving an offer from the Tokushima Vortis they both happily accepted.

have been playing soccer since eight years old. Kleiton joined a team when he was 13 and Domingues when he was 17, and since then they have been playing soccer.



Dyanfres Douglas Chages Matos (© Tokushima Vortis)

First of all, what inspired you to be a soccer player?

K: I have an older brother. Ever since I was young, he lived away from home and was training to become a soccer player. And I aspired to be a soccer player just like him as well.

D: Brazil is known for being the 'Country of Football' and since the moment you are born, you will be presented with a soccer ball. So many aspire to be a soccer player from a very young age, even if it doesn't come true, many dream to be one, and for me, I'm really happy that dream came true.

What are your impressions of Tokushima?

K: The atmosphere of this city is very relaxed and calm. It's also very quiet, which reminds me of my hometown. It's a really easy place to live in.

D: The people here are so warm and have such an open heart. When I first arrived here, there weren't many people from Brazil living here, but they still welcomed me with open arms. I also think that Tokushima reminds me of home and it's a quiet and more rural area. The culture isn't too hard to adjust to either. Even after five years, my impressions of Tokushima are still the same. I still think Tokushima is full of warm hearted people.

What has your experience been like, living here as a non-national?

K: There are major cultural differences like language and food, but Japan as a whole is a well-developed country, so I never really had a hard time adjusting in that sense.

D: I feel the same as Kleiton, both Tokushima and Japan are well-developed so I never had much of an issue. And even if I can't eat something, there are options available.

Is the soccer here different from than in Brazil? Things like rhythm and play style seem to differ, but has the way you looked at it changed since coming here?

D: It definitely has changed. I'm completely used to Japanese soccer now, so I don't notice much of a difference anymore. I am so used to the play style, all over again here that if I were to ever go back and play soccer in Brazil, I'll have to get used to their style all over again.

K: The rhythm of play is different. Because the players play as one big group as opposed to as individuals within a team, the rhythm is much faster. As Brazil focuses more on individual



Kleiton Domingues Barbosa (© Tokushima Vortis)

Kleiton moved to Tokushima 6

Kleiton and Douglas both

skills, the rhythm is much slower.

What is special about Vortis?

D: The team really is united. For example, we're not in the best of positions right now, but we're all still holding our heads up and giving it our very best as a team. The resilience and team spirit of Vortis really defines the team.

K: I agree with Douglas, even though I haven't been here for that long, I really feel like they work hard as a team. It's not just a bunch of individuals playing, but rather, we play as one, we play as one team.

Where do you foresee yourself in the future?

K: I want to improve as a football player, so wherever that takes

me, I'll go. But since Vortis has a great playing environment and the team is strong, I wouldn't mind staying here at all.

D: I've been here for a while, but I wouldn't mind staying for as long as I can. But of course, I'm also open to playing soccer elsewhere as well.

What do you want to the fans to look for when they come to watch?

K: No matter what the situation is, either good or bad, once we're on the field we give it all that we can, we give it our 100%.

D: I'm injured right now, but since we're not doing too well right now, once I'm back on the field, I want to do all that I can to change this situation. I want to win some games and

I want to win it for the fans. (He is currently back on the field, but back on the field, but was injured at the time of the interview)

This month we will be doing a special giveaway! Please email us your name and contact information to:

awalife@gmail.com

We will be drawing a name at random from all our entries and the lucky winner will receive a notebook signed by Kleiton and Dyanfres! We're looking forward to your emails!



Vortis July and Early August Game Schedule			
Date	Time	Team	Location
Jul 19 (Sat)	19:00	VS Nagoya Grampus	Toyota Stadium (AWAY)
Jul 23 (Wed)	19:00	VS Urawa Reds	Naruto Pocari Sweat Stadium (HOME)
Jul 27 (Sun)	19:00	VS Omiya Ardija	NACK 5 Stadium Omiya (AWAY)
Aug 2 (Sat)	18:30	VS Ventforet Kofu	Naruto Pocari Sweat Stadium (HOME)

Irene's Recipe Corner

By Irene Wachuga

Pancakes (Thicker than crepes, thinner than hot cakes. No fuss. Super easy.)

Ingredients

- 500g all purpose flour,
- 400-500cc water
- 2 Tbsp sugar
- 2 whole eggs (slightly beaten)
- Oil (for cooking)



Directions

Mix all the ingredients together, just add enough water to

make a smooth consistency. Rest the batter for 15-30 minutes. Oil a griddle or fry pan lightly and pour a ladleful, swirl to make it round, cook about a minute, when it browns on the underside, flip and cook the other side. Serve with jam, honey or whipped cream.

Japanese Lesson

By Yoshie Motoki



～まで おねがいします

It might be a bit of a nerve-wracking experience getting a taxi in Japan. So, for this month, we will be learning simple expressions we can use when riding a taxi.

【会話】 Riding a taxi

マリア：みどり 町 5丁目まで お願いします。

さくら小学校の 近くです。

運転手：はい、わかりました。

マリア：あの 信号を 右に 曲がって ください。

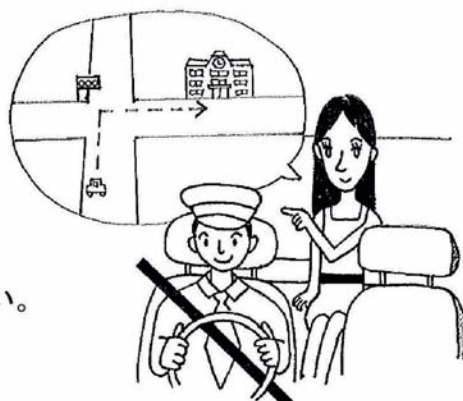
運転手：はい、あそこですね。

マリア：そのまま まっすぐ 行って、

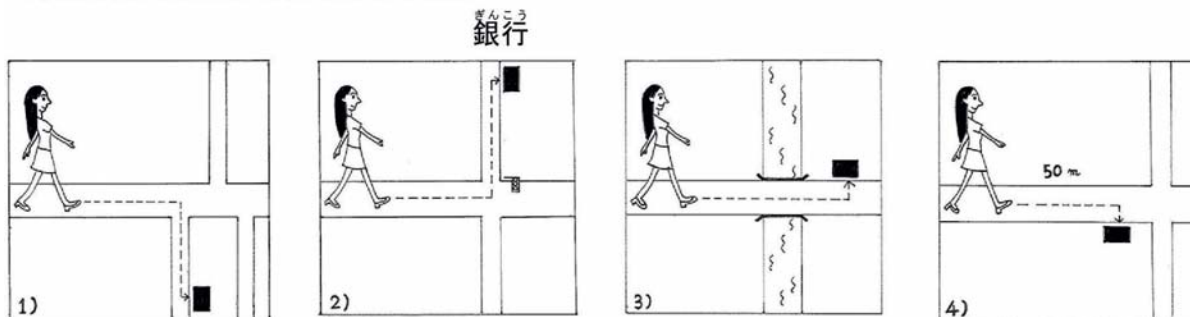
小学校の 前で 止めて ください。

運転手：ここで いいですか。

マリア：はい、どうも。



【練習】 Use the dialogue above to give various directions by interchanging the underlined sentence with the sentences below.



1) 次の 角を 右に 曲がって、少し行ったところで止めてください。

Please, turn right at the next corner and stop soon after turning.

2) 交差点を 左に 曲がって、銀行の前で止めてください。

Please turn left at the intersection and stop in front of the bank.

3) 橋を わたったところで、止めてください。

Please stop after crossing the bridge.

4) 50mくらい行ったところで、止めてください。

Please stop about 50 meters from here.

Once the rainy season is over, summer will be fully upon us. One of the illness that you need to be careful of during this season is heatstroke.

Heatstroke happens as a result of being in a high temperature and a very humid environment. If you notice you are experiencing various symptoms associated with heatstroke, such as a red face, excessive sweating or dry lips, you may be experiencing the early stages of heatstroke. You need to go to a hospital right away if you experience nausea or vomiting and can't hold down liquids, your face is red and you are not responding to anyone's call, and if your fever is not going down.

Here are ways to prevent heatstroke:

- 1) Wear a hat when you are outdoors (make sure you periodically wipe your sweat too)
- 2) Stay hydrated – dissolve 1 gram of salt (pinch of salt) in 1 liter of water to make salt water
- 3) Avoid going out during the

day (from 10:00-14:00). As well, take breaks periodically, especially for younger children, they can't manage themselves well, so it is the responsibility of the adults to make sure they are okay.

There are many events and activities that are fun for families, including going to the pool or the ocean and summer festivals or camping. By looking out for your own health and your family's, we hope that you'll have a fun-filled summer.

This Month's Craft Playing with Colored Water

Have fun playing with flower petals (morning glory and four o'clock flower)!

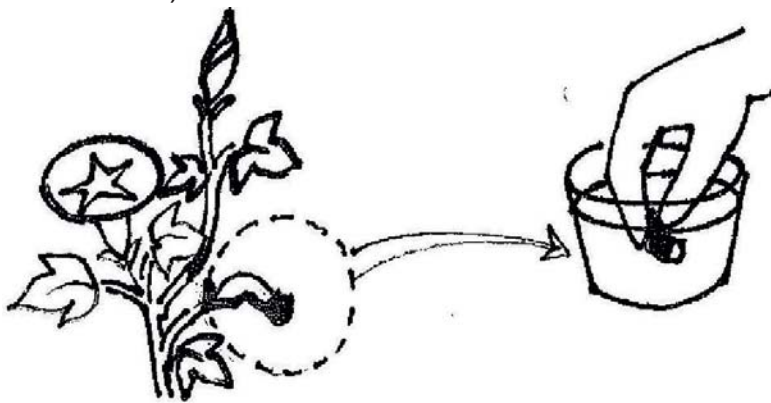
Materials

- Container (you can use old food containers, tofu cases, or even ice cream cups)
- Water
- Flower petals (after they have finished blooming)

Instructions

- 1) Fill a container with water
- 2) Rub the petals in the water with your fingers.

*There are many ways to play with colored water, you can even pretend to be a juice shop (For example, red water can be strawberry and pink can be peach. You can also use other materials like grass to make green tea and soil to make coffee.)



Events & Memoranda

Fireworks in Tokushima 花火大会 in徳島

Tokushima Suito Carnival

When: July 13 (Sun), 20:00-

Where: Aibahama Park

Komatsushima Port Festival

When: July 21 (Mon), 20:00-

Where: Komatsushima Port

Yoshinogawa Festival

When: July 25 (Fri)-27 (Sun), 20:50-21:20

Where: Yoshinogawa Riverside Grounds,
Tokushima City

中高校生夏期英語セミナー 参加者募集中!

今年も8月12日から14日に英語セミナーを開催いたします。外国語指導助手(ALT)と一緒にさまざまなゲームやアクティビティを行います。詳しくは当協会のホームページをご覧ください。

担当: 木村

URL: www.topia.ne.jp

TEL: 088-656-3303



Events & Memoranda



Apply to Participate in the Arasowa-ren Dance Troupe! あらしわ連参加者募集中

The chance to join the Arasowa-ren and secure your place in the 2014 Awa Odori Festival is here! Make sure you sign up soon, as places go quickly! You can also sign up to play an instrument. No experience is necessary, and there will be practice sessions before the event.

When: Thursday, August 14
Location: Meet at the Awa Kanko Hotel
Time: 15:00 - 15:40 Assemble
16:00- Opening Ceremony
and pre-dance party
17:40- Dancing
21:30 End

Participation Fee: 3000 Yen Japanese
2000 Yen non-Japanese

Applications:

- Apply in person at TOPIA or reply via paid postcard (see below)
- On receiving your application, TOPIA will mail you whether you can participate or not. We will include a post-office bank account number to where you can pay the participation fee within one week. Or you can pay at TOPIA. PLEASE NOTE: We cannot accept applications by fax or telephone. You cannot apply on the day of the event. Also, we cannot refund the participation fee for any reason. In the event of rain, the party and dance will take place inside the Awa Kanko Hotel. Participants will be limited to the first 80 applicants. Musicians Wanted!!!!

日時:

・8月14日(水)

集合場所:

・阿波観光ホテル

スケジュール:

・15:00 - 15:40 集合
・16:00 - 開会式
・17:40 - 踊り開始
・21:30 踊り終了



参加費(中学生以上):

・日本人 3,000 円、外国人 2,000 円

申込み方法: 往復はがきにて、①名前 ②性別 ③住所 ④電話番号 ⑤国籍 ⑥年齢(20歳以下の方のみ)を御記入の上 TOPIA までお申し込み下さい。また、女踊り(先着30名)ご希望の方はその旨をはがきに御記入下さい。(それ以外の方は男踊りとなります。)応募者には返信用はがきにより参加の可否をお知らせ致します。参加可能な方には郵便局の振込口座番号をお知らせしますので、返信はがき到着後1週間以内に参加費をお支払い下さい。尚、一度払い込まれた参加費は、いかなる場合でも払い戻しできませんのでご注意下さい。注意: 電話・FAX での受付はご遠慮ください。当日参加は不可能です。募集定員 80 名になり次第締め切ります。★ 当日受付は午後4時で終了いたします。鳴り物の方、大募集!

Front

<input style="width: 30px; height: 30px;" type="checkbox"/> 往信	〒〒〒・〒〒〒 Tokushima Prefectural International Exchange Association (TOPIA) Clement Plaza 6F 1-61 Terashima Honcho Nishi, Tokushima City	leave this space blank
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Back

<input style="width: 30px; height: 30px;" type="checkbox"/> 返信	〇〇〇・〇〇〇〇 write your name and address here	Write the following information here: 1. name 2. gender 3. address 4. telephone number 5. nationality 6. age (if under 20) also state if you want a women's style dancing costume (subject to availability)
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Fold the postcard so the address of the intended recipient is facing out and post it like a regular postcard. Return-paid postcards (往復ハガキ - oufuku hagaki) can be purchased at the post office or at convenience stores for 104 Yen.

TOPIA Events & Memoranda

Tokushima Prefecture Japanese Speech Contest / 日本語弁論大会

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. Please come watch and cheer on the participants!

When: July 13 (Sun), 13:30 - 16:30
Where: Awagin Hall, Small Hall, 5F
(Tokushima Pref. Kyodo Bunka Kaikan)
TEL: 088-622-8121
Entry: Free

English Rakugo/ HIROBA国際交流サロン 英語落語

Performance of traditional Japanese comedic rakugo, in English! Stories include "The Substitute Quack", "A Cat and Goldfish", etc. There is also a rakugo workshop, magic and shamisen performance. Attendance limited to 60, contact HIROBA by July 31!

英語落語は「代脈」、「猫と金魚」など3題、落語高座体験、マジック、和楽器と歌のプチ・コンサートも行ないます。定員は 60名、7月 31日までにお申し込みください。



When: August 3 (Sun), 14:00 - 16:00
Where: Tokugin Tomoni Plaza, 6F
TEL: 090-2787-3597
Email: welcometotokushima@yahoo.co.jp
Entry: 500 Yen (actual cost)

日時: 8月 3日(日), 14:00 - 16:00
場所: とくぎんトモニプラザ, 6階
TEL: 090-2787-3597
メール: welcometotokushima@yahoo.co.jp
入場料: 500円(実費)

Crime Prevention Tips: Combatting Cyber Crimes

Protecting yourself from unauthorized access to your online accounts

Please be extra careful of your online account information such as your user ID and your password. Avoid using easy to guess combinations, such as "12345" or "password" for your password. If you share one among several accounts and if a third party figures out the password for one of your accounts, they will be able to access all your other accounts,

so please choose a different password for every account you create.

As well, avoid downloading applications that requests unnecessary permissions.

Protecting yourself from computer viruses

Always make sure your operating system is up to date. As well, install a virus protection software and always make sure that it is updated. When downloading applications on your smart phone, make sure that you can trust the site that you are getting the app from.

Protecting yourself from billing scam websites

While browsing a free website, if a pop-up suddenly appears with an unwarranted request, asking you to pay for registration or to unregister, before you make a decision to pay or to call to talk to them, make sure that you consult someone you can trust.

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