



November 2014

Walking the Kamo-michi up to Temple 21, Tairyūji

By David C. Moreton



Recently various organizations and governmental groups have been working to get the Shikoku 88-temple pilgrimage route recognized as a World Heritage Site. However, to do so it is necessary to prove to UNESCO that the sacred sites and paths leading to them have outstanding universal importance. While the pilgrimage route might have been significant to people hundreds of years ago, a lot has disappeared with modernization or is in a state of disarray. Thus, one strategy is to find and reestablish original sections of the route. One example is a short section by Temple 20, Kakurinji (鶴林寺) and another by Temple 21, Tairyūji (太龍寺), which are now designated national historical sites (国指定史跡).

(Continued on page 3)

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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!



Stone marker no. 35 along the Kamo-michi

Walking the Kamo-michi up to Temple 21, Tairyūji (Con't from Page 1)



For this article I would like to introduce a recently restored and re-opened 4.4 km portion of the Shikoku pilgrimage route called Kamo-michi (かも道), which leads to Tairyūji from a direction other than the usually traveled route from Kakurinji. There are references to the Kamo-michi in maps and guidebooks from the 17th century, so its history is long, but it fell into disuse for many generations. Here are some important things to notice as you walk this path:

* Isshukuji (一宿寺) (one-night temple)

This temple, which was built on the spot where Kōbō Daishi spent a night, is the start of the route. There are six stone markers here, which are believed to have been along the path, but at some time were pulled up and collected here. These markers, which are called cho-ishi (丁 or 町, 石) [cho means 109 meters and ishi means stone], were placed along the route every 109 meters and have numbers

etched on them. No.41 is at Isshukuji and No. 3 is at the temple gate of Tairyūji. Unfortunately, however, of the original forty-one markers only twenty have been confirmed. No. 33 is significant because it was placed there in 1365, earlier than any other path marker in Shikoku. On the 32nd marker is etched, "右かも" (migi, kamo), which told pilgrims to take the right fork in the road. This is the first evidence of this route being called kamo. The 10th marker is unique because the two lines at



the top are a simplified version of a gorinto (五輪塔: a kind of stupa composed of five different shapes of stones stacked atop one another, which represents the five universal elements of earth, water, fire, wind and sky).

* Ishimuro (石室)(stone chamber)

According to an old document these stone shrines were built in 1864. Originally there were thirty-three of them each with a statue of Kannon inside, however, because this path was not maintained until recently the statues were moved to the grounds of Isshukuji. There should be thirty-three ishimuro, but presently only twenty-two have been confirmed with most of them in a collapsed state.

* Sitting statue of Kōbō Daishi (弘法大師座像)

This statue near the 28th marker is said to have been built in 1805. On the left side is an inscription that states that Kōbō Daishi jumped from this spot to Temple 20, Kakurinji. In



fact, you can see an indented spot in the rock platform where Kōbō Daishi thrust his staff to make this super-leap across the valley.



* The fist rock of Kōbō Daishi (弘法大師の拳石)

It is believed that when Kōbō Daishi was traveling along this path, this huge rock fell towards him, but by putting up his left fist he was able to stop the rock. You can see an indentation where he grasped the rock.

* Nijiri-ishi (にじり石)(moving rock)

Near the 26th path marker is a large rock, which is believed to have been close to Isshukuji, but is slowly moving towards Tairyūji and when it does reach the temple the world will sink into a sea-like swamp.

* Henro haka (遍路墓)(pilgrim grave)

Just past the 21st marker is a grave of a pilgrim who fell down and died while traveling along this path. The date on the stone is 1851 and it seems that the person came from Wakayama. In the past there was a risk of dying along the pilgrimage, so all pilgrims carried a will that stated, "If I fall down and die (along my journey), I ask that you place a grave marker (on the spot)."

The local people have done a great job in restoring the Kamo-michi and I highly recommend experiencing this historically and culturally rich, mountainous route. It will only take a couple of hours to reach Tairyūji and when you do you can take the ropeway (cable car) down from

Tairyūji or head back down the Kamo-michi to Isshukuji to head back to Tokushima.

Getting there:

Go by car and park at a shrine called Omatsugongen (大松権現) next to Kamodani Junior High School (加茂谷中学校) or take a train to Anan station and then a bus going west headed for Omatsugongen bus stop. The bus will take about 40min and cost 490yen. Walk from there to Isshukuji, but make sure you have food and drink because there are not any stores in this area.

Walking the Kamo-michi up to Temple 21, Tairyūji (Con't from Page 4)



Reference sites:

Photos of Isshukuji:

<http://fudasho.web.fc2.com/bangai/awa/hh/h02ittshukuji/ittshukuji.html>

Article in Japanese:

<http://www.city.anan.tokushima.jp/docs/2012102400044/files/>

P02_09.pdf

Photos and topographical map:

http://shikokunomigishita.jp/docs/2014012700016/files/01anan_kamo.pdf

* All photos were by provided by Kiminori Mukai, except for

the sitting statue of Kobo Daishi, which was provided by David C. Moreton

* The English Kamomichi map is a translation of one that was distributed on January 26, 2014 during a walking tour of the Kamomichi

A Green Tokushima

By Till Dumke

Where does our electricity come from and what sacrifices do we have to make in order to secure a constant supply?

In the past, unfortunately the eco system of our planet has fallen victim to our thirst for energy ever so often. Energy sources deemed safe in the past such as nuclear energy have caused problems on a scale no one could have ever imagined. The crippling of the Fukushima Daiichi Power Plant in the aftermath of the Great Tohoku Earthquake has taught us what great danger can lie within conservative energy sources. That is why the world is moving towards eco-friendly energy production. Tokushima is determined to take part in the green energy movement

and to be at the forefront of an environment-friendly Japan.

With its tall mountains, deep valleys and roaring rivers,

Tokushima has always been a place where nature is cherished. In this rich land the people of Tokushima have always been trying to make use of the natural resources they are surrounded by. Thus the fishing and forestry industry have always been a big part of Tokushima's economy. But looking back the famous Aizome (indigo



View from Okawara wind farm

dyeing technique) has brought great wealth to the prefecture. Which is proof that an affinity

to technology and innovation is embedded in the very heart of this prefecture.

In order to move forward with their businesses and to secure a sustainable future fisherman and farmers throughout Tokushima are considering to venture outside of their conventional business lines and to link up with renewable energy

companies in order to thrive towards a brighter future.

Uncultivated land could be used for solar panels that could power greenhouses or agricultural machinery for a more efficient environment in the agricultural sector.

The fundamentals of fixed bottom offshore wind turbines could become fish reefs and therefore become new fishing grounds for the

local fishermen. But not only that, there are many more opportunities to use green energy efficiently. Nevertheless,

there are also a lot of challenges that have to be overcome for a shift to an environment-friendly prefecture.

Wind energy

Currently there are 15 wind turbines in the wind farm of Okawara (see picture on this page) south west of Tokushima City with a capacity of 1,3 MW each (altogether they are able to supply 11,400 households). That can of course only be the beginning because according to the "Strategic Project Team for Renewable Energy Sources of Tokushima" the full potential of usable wind energy in Tokushima is equal to 1,508 GWh per year. To make use of the full potential on land substantial changes in the landscape and the scenery are inevitable which is reason enough to

consider moving out on the sea. The installation of offshore wind turbines is not an easy undertaking though. Fixed bottom wind turbines can only be installed in waters not deeper than 50m anything deeper than that demands for floating wind power plants. The sea surrounding Japan is very deep so fixed bottom wind farms are only an option in certain areas close to the shore.

Maintenance for off shore power plants is relatively high, not to mention the installation that particularly in Japan can be quite costly. Plus marine rules and regulations have to be obeyed which could also cause complications as far as desired locations for potential wind farms are concerned.

To successfully install wind farms on the ocean it is essential to find a solution



that is beneficial not only to the power companies but also to the local fishing industry. Therefore, investments through the private participation program are encouraged which enables local businesses to profit from renewable power plants first hand. If the newly produced green energy could also be used to power fish processing facilities by the coast that could mean substantial cost

reductions and therefore an economic boost for the fishing industry.

Solar energy

Solar energy has a lot of advantages over other energy sources but also some disadvantages. You might have seen solar panels in Tokushima already since efforts have been made to implement solar energy wherever possible. E.g.

on the roof of the prefectural office or the city hall. Unless the target area is used for agriculture, restrictions for the construction of solar power plants are not very strict and the bureaucratic processes don't take very long. But since space on the ground is limited facades and roofs of houses have to be considered, too. Unfortunately it is still very difficult to store energy

on a large scale which is why solar power can only be used during the day. And bad weather conditions can cause huge slumps in the energy production. Hence solar power is not a very consistent form energy.

Right now there are two new mega solar power plants with a capacity of 2MW each being build right now.

A Green Tokushima

(Con't from Page 6)



Other energy sources

Biomass, tidal power and marine current power production are other potential energy sources that are being researched right now. Biomass is already being used in Tokushima although it is not always possible to make use of the resources on site. Since transportation and storage use energy and are cause for CO2 emission a lot of the existing resources cannot be used efficiently. Nevertheless there are two wood biomass facilities in Naka Town. One "Biomass to Liquid" facility where wood is being



The Naruto Whirlpools

turned into fuel and another facility where wood is being turned into plastic and fuel. The Meiken facility in Okayama works with local sawmill in

cooperation to sell the good wood and turn the rests into energy. That also has a positive effect on the disposal processing costs.

It is not easy to completely switch to renewable energy sources but every effort has to be made to accelerate the process. Tokushima is willing to move forward although there are still a lot of obstacles that have to

be overcome.

(All information taken from the "Strategic Project Team for Renewable Energy Sources of Tokushima")

Letter from Suketo Hoikuen

By Kazue Inoue

As the acorns fill the trees in our nursery school courtyard, the trees are taking on a brown hue, adding to the shades of orange, red and yellow that has been slowly emerging with the arrival of autumn. This season is also the time when the leaves and tree nuts begin to fall, a perfect time to gather them to use in arts and crafts. I hope that all of you will be able to spend some time outdoors, enjoying everything that autumn has to offer.

The cold and flu season will be upon us in the next few

months. To prevent yourself from coming down with a cold or other illnesses, washing your hand and gargling is important, but it is just as important to make sure that you maintain a healthy body so you can fight off anything. According to an article in the November issue of "COOYON", a parenting magazine, the higher your body temperature is, the better your immune system will be, and you will be less likely to come down with a cold or other illnesses. As well, the more muscle mass you develop through exercise, the higher your body temperature

will be. Besides exercising, there are other ways to improve your immune system including, warming up your body by taking a bath (going to a hot spring works just as well too), warming your body from the inside by eating fermented food (such as miso soup and natto), and wearing things like haramaki (stomach warmer) to help warm your stomach. By doing this, it will help your internal organs, which then helps stimulate the lymphocytes in your body, which in turn helps maintain your immune system.

If your child is prone to having a lower body temperature, please give the above ideas a try. (Apparently the best body temperature to maintain for your health is about 36.5 degrees.)

2. Cut out bunny parts such as ears, eyes and nose out from construction paper and tape it onto the container using double sided tape.

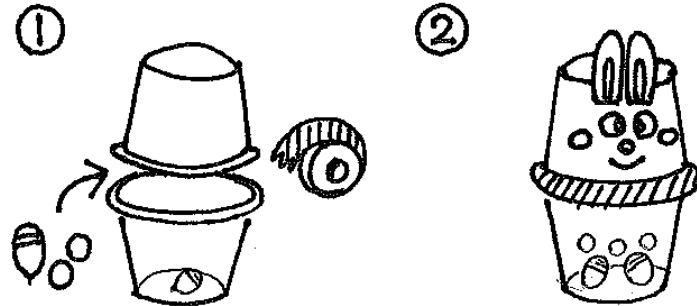
Shake the maracas to the rhythm of any music. Try filling the container with different things (such as beans and rice) to get a different sound each time.

This Month's Craft

Bunny Maracas

Instructions

1. Find two empty jelly (or pudding) containers and fill one up with acorns and other tree nuts. Tape the two containers together (refer to picture) with electrical (vinyl) tape.



Japanese Lesson

By Yamada Takako

外国で、病気になったりけがをして病院に行くとき、とても不安ですね。

今月は、病気の症状の説明や、薬の飲み方など、病院や薬局での会話を練習しましょう。

Seeing a doctor after getting sick or hurt when you are overseas can be a daunting experience. This month, we will be learning expressions that you can use at the hospital or pharmacy when describing your illness or symptoms and learning how to take medication.

会話 1

* 診察室で

医師：どうしましたか。

マリア：昨日から①頭が痛いんです。それから②熱があるんです。

* 診察の後で

医師：③風邪ですね。5日分の薬を出しておきます。

マリア：あとう、④お風呂に入ってもいいですか。

医師：今日は ⑤お風呂に入らないでください。



Practice 1

上の会話の①②③④⑤に下の表の言葉を入れて練習してみましょう。

Replace the underlined sentences labeled ① ② ③ ④ ⑤ in the conversation above with the corresponding words/sentences in the chart below.

④⑤の動詞は形を変えて入れましょう。(④て形、⑤ない形)

For ④ and ⑤, change the ending (④ te-form, ⑤ nai-form).

Japanese Lesson

(Con't from Page 8)



	①症状	②症状	③病気の名前	④⑤してもいいか、聞く
練習 1	お腹が痛い My stomach hurts	吐き気がする I feel nauseous	胃炎 Gastritis	辛い物を食べる To eat something spicy
練習 2	喉が痛い My throat hurts	咳が出る I have a cough	風邪 A cold	シャワーを浴びる Take a shower
練習 3	目がかゆい My eyes are itchy	目やにが出る I have eye discharge	結膜炎 Conjunctivitis	プールに入る To swim in a pool

会話 2

次は薬についてです。診療所では、診察後受付で薬を出してくれるところもありますが、大きい病院では、処方箋をもらって、薬局で薬をもらいます。

Next, we will be learning about buying medicine. At most clinics, they will also provide the necessary medication; however, at a hospital they will give you a prescription, whereby you will have to go to a pharmacy to purchase the medication you need.

* 薬局で

薬剤師：高橋マリアさんですね。

マリア：はい

薬剤師：①飲み薬が ②14日分 出しています。

③1日3回 ④食後に、⑤2錠ずつ ⑥飲んでください。



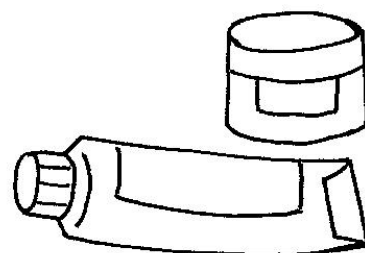
Practice 2

①⑥を入れ替えて練習してみましょう。

Replace the underlined sentences in the conversation above with the ones below.

①薬の種類と⑥動詞

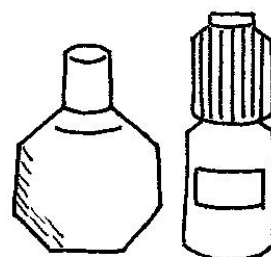
飲み薬（錠剤、カプセル、粉薬、シロップ）を 飲みます
塗り薬 を 塗ります
貼り薬 を 貼ります
目薬 を 入れます



②何日分：3日分、5日分、1週間分

③1日に何回？：1回、2回、3回、4回

④いつ？ 食前（ごはんを 食べる 前）
食中（ごはんを 食べている とき、ごはん と 一緒に）
食後（ごはんを 食べた 後）
食間（ごはん と ごはんの 間）
いたい時、かゆい時



⑤1回に、どのくらい？ 1錠ずつ、3錠ずつ、1枚ずつ、1滴ずつ



Tips for Pedestrians

By the Tokushima Prefectural Police

1. Sidewalks

- (a) Pedestrians should stay on the sidewalk or roadside belt if there is one.
- (b) Where there are none, pedestrians should walk on the right side of the road.
- (c) There are areas where pedestrians are prohibited from, such as roads, highways and vehicle-only roads, so pedestrians should follow the road signs.

2. Crossing Streets

(1) Where to cross

- (a) Pedestrians should cross at pedestrian crosswalks or traffic lights if there is one nearby.
- (b) As well, they should take the overhead and underground pedestrian walkways if available
- (c) Pedestrians should not cross if there is a sign prohibiting you from doing so.
- (d) Do not cross from right in front of or behind a parked car.

(2) Crossing in the presence of traffic lights

- (a) Cross when the light turns green.
- (b) Even if the light has turned green, please check both sides before crossing.
- (c) If the green light is flashing, please do not cross.
- (d) At a pedestrian controlled crosswalk, please press the button and wait for the light to turn.

(3) Crossing in the absence of traffic lights

- (a) When there are no crosswalks nearby, please cross where you have a clear view of the street
- (b) Before crossing, pedestrians should stop to look both ways to make sure there are no oncoming traffic.
- (c) As you are crossing please be alert for oncoming traffic.
- (d) Do not jaywalk.

3. Railroad Crossing

- (1) When crossing railroad tracks, even if the warning signal is not ringing and the boom gates are still up, please stop and look both ways before crossing.
- (2) If the warning signal is ringing and the boom gates are down, please do not cross.

4. Walking at night

- (1) Please be extra cautious when walking at night by wearing brightly colored clothes or add reflective material to your clothes, shoes, bags or cane so that the oncoming traffic can see you easily.
- (2) When you are crossing a street where there are no traffic lights, choose a well-lighted place to cross, such as near streetlights.

Fitness Corner

By Clint Eckstein

This is a good end of workout burnout, or a good thing to throw in with your regular chest/back/shoulder workout. It's simple, and sounds pretty easy...until you get into it.

Do one push up, then move to your knees, sitting up, and do a shoulder press, starting your

with your hands even with your shoulders, pressing your hands above your head 4 times. Then do two push ups, and 8 presses. Continue adding a push up and doing 4 times as many shoulder presses until you can't go any higher, then work your way back down. So, for example, If you make it up to 5 push ups and

20 shoulder presses and can't go any higher, go back down to 4 push ups and 16 presses, 3 push ups and 12 presses, 2 push ups and 8 presses, and 1 push up and 4 presses. You don't need any weight, and I guarantee your shoulders will be burning at the end!

Tofu Steak with Mushroom Sauce (4 servings)

1. Wrap the tofu in a paper towel. Put a weight on it to drain the liquid out of it. Cut the tofu in half across the length of the cake. Sprinkle a pinch of salt and pepper and dust with flour.
2. Heat 1/2 tbsp vegetable oil and 1/2 tbsp butter in a skillet. Put one cake of tofu into it and brown both sides. Cook the other three cakes in the same way.
3. Cut away the root cluster of the mushrooms. Break the enoki mushrooms into small clump with 3 - 4 each. Break off each individual shimeji mushroom. Cut shiitake mushrooms into 4 - 6 triangular pieces.
4. Heat vegetable oil and butter in a frying pan. Saute the mushrooms over high heat, add a pinch of salt and pepper and a small amount of chicken bone broth. Add soy sauce and grated daikon radish before removing the pan from the heat.
Put the mushroom sauce on top of the steak.
5. Cut sudachi in half crosswise. Add sudachi and cherry tomatoes to the steak.

Ingredients

Tofu Steak: 2 cakes of tofu
a pinch of salt and pepper
2 tbsp flour
2 tbsp vegetable oil
1 tbsp butter
1 package shimeji mushrooms

Mushroom Sauce:

1 package Enoki mushrooms
4 Shiitake mushrooms
a pinch of salt and pepper
a little chicken bone broth
2 tbsp butter
2 tbsp vegetable oil
1 tbsp soy sauce
1/4 cup grated daikon radish



Side: 2 sudachi, 2 cherry tomatoes

Events & Memoranda

Japanese Class for Foreigners living in Japan

●**Kanji Class**

This class is for everyone who wants to read Japanese letters that are sent to them but they cannot read the words.

Let's study Kanji together.

期間：11月6日～2015年1月22日

時間：週2回（月・木曜日）13：30～15：00

●**Lesson for Nurses on their 1st Employment**

資格をとって即戦力となる介護職員として就職しようー

期間：11月4日～2015年1月23日

時間：週5日 月曜～金曜 9：30～12：30

対象：「介護の日本語講座」修了者 日本語能力試験N2レベルの人

場所：わーくぴあ徳島2階（徳島市昭和町3丁目35-1）

受講料： 無料（テキストも無料）

主催・問合せ 徳島県労働者福祉協議会 088-625-8387

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

徳島から世界へ、世界から徳島へ ～グローバル化をめざして

～外国人留学生の話を聞いて、グローバルな世界へ一歩踏み出そう！お気軽にご参加下さい～

日時：1月29日（土）10：00～14：00 時

場所：徳島大学国際センター（新蔵町2-24・地域国際交流プラザく日亜会館＞1・2階）

内容：留学生・日本人学生等による講演会・パネルディスカッション・世界の料理・個別発表（8～10か国）

主催・申込み：徳島大学国際センター・（担当：大石／申込：原井）11月26日まで（当日参加も可）
kokukikakuc@tokushima-u.ac.jp
TEL 088-656-7491 FAX 088-656-7597

入場無料 / すべての講演やディスカッションなどは日本語で行われます！ / 子どものための「手遊びコーナー」もあります



Events & Memoranda

HIROBA Japanese Cooking Class/HIROBA 日本料理教室

We will make make desserts, prepare matcha tea and also drink it properly and also make japanese sweets from Naruto Kintoki sweet potatoes or chestnuts.

Date: November 30th 13:30 - 15:30

Place: Uchimachi Community Center (Tokushima-shi Saiwai-cho 1-71-1: close to the city hall)

Entry fee: 500 Yen (Cost for the ingredients)

Max. participants: 20

Please inquire or apply at:

welcometokushima@yahoo.co.jp

090-2787-3597 (Ms. Yamada)

日本のお菓子作りと、抹茶のたて方、飲み方体験
鳴門金時（さつまいも）や栗を使った和菓子をつくります。

日時： 11 月 30 日 午後 13 時 30 分～ 15 時 30 分

場所： 内町コミュニティセンター（徳島市幸町 3-71-1: 徳島市役所近く）

参加費： 500 円（材料費）

募集人数： 20 名

問合せ・申込み：

welcometokushima@yahoo.co.jp

090-2787-3597 （山田）

Ghost Festival/ 妖怪まつり

妖怪 児啼爺（こなきじじい）の故郷、三好市山城町上名 藤川谷周辺で 妖怪まつり が開催されます。 当日は「怪フォーラム」も同時開催！

The Ghost Festival in Miyoshi City, Yamashiro Town, Kamimyo the home of the "Grandpa with a crying baby" ghost will be held in the area around Fujikawadani.

On that day the "Specter Forum" will also be open to visitors!

Date: November 23rd

Cost: Free

Location: Miyoshi-shi, Yamashiro-cho, Kamimyo; Fuji no Sato Koen

Inquiries: Fujikawadani Association (Office: Yamashiro Chagyogumia)

Tel: 0883-84-1155

Access: 40min by car from the Ikawaikedada exit (井川池田 IC); 10min by car from JR Ôboke Station (JR 大歩危駅)

Matsushige Culture Festival/ 松茂町文化祭

松茂町文化協会の会員による作品展示や芸能発表が催されます。

The members of the "Culture Association of Matsushige Town" will be exhibiting goods and show various performances.

Date: 11/8th 9:00~21:00 exhibition;
10:30~12:00 elementary/ middle
school students' concerts

11/9th 9:00~16:00 exhibition

12:00~around 15:30 dance and
play performances

Location: 板野郡松茂町広島字東裏 30 松茂町総合会館 (Itano-gun, Matsushige Town, Hiroshima Aza Higashi Ura 30, Matsushige Community Hall)

Inquiries: Matsushige Board of Education

Tel: 088-699-8719

Access: Bus from Tokushima Station (20 min), 5min by foot from "Hiroshima"

Counseling 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