

awa life

February 2015
295

AJET Musical
*Anna and the
Snow Queen*

Stories About
Water along the
Shikoku Pilgrimage

The
Shinmachi
Nanairo Band



Awa Life is a Monthly Publication of the Tokushima Prefectural International Exchange Association

Every article you send us is appreciated so please consider becoming a writer! A few rules will apply though so please look below to see what content we encourage you to write about and what kind of stuff we cannot publish.

You can totally submit articles about concerts, lectures, and other event information, cultural, sporting, and other community group information, etcetera.

BUT, the following will not be posted: Religious, political, or commercial activities, businesses searching for clients or employees, things the Awa Life editors deem inappropriate.

If you have something you would like to share with the Tokushima community, email the editors at:

[awalife@gmail.com!](mailto:awalife@gmail.com)

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Stories About Water Along the Shikoku Pilgrimage

By David C. Moreton

Water, an essential element for living, plays a significant role in the religious culture of people around the world. For example, water in certain rivers and wells is believed to have curative properties. Water is used for purification, and/or water has mysteriously gushed up from where a spiritual person has thrust a staff on the ground. The close relationship between water and the people on the

island of Shikoku is no different and so, I would like to describe some well-known and some less known stories related to water along the Shikoku pilgrimage route.

First of all, upon entering the grounds of any sacred site, whether it be a temple or shrine, you will notice that there is a basin to use to wash one's hands and cleanse one's mouth as a symbol of purification before worshipping. Then, a

pilgrim with a wish in mind might use a ladle to splash water on a statue on the temple grounds as an offering and as a hope that the wish might come true. Or in the case of a Mizumuke Jizō (water covered Jizō: 水向地藏), people make offerings and throw water at the Jizō statue to pray for someone who has died. At Temple 32, Tanemaji (種間寺) there are many bottomless wooden ladles hanging in the Kannon hall (観音堂). A pregnant woman brings a ladle to the temple and the priest knocks the bottom out of it so that it cannot hold water. This is to signify her hope that the baby will come out as smoothly as water passes through the bottomless ladle. The priest prays for two nights and three days for a safe childbirth and returns the ladle. Then when the child is born, the



The well at Temple 3, Konsenji

Stories About Water Along the Shikoku Pilgrimage

mother gives the ladle back to the temple.

Other people who wish that an illness would go away, will go in search of water that might cure them. One place is get such water is Temple 17, Idoji (The temple of the well: 井戸寺) in Tokushima where it is believed that Kōbō Daishi solved the water shortage in the area by digging a well in only one night with his staff. Not only is drinking the water said to

have medical powers

(you can take

some home in a

small bottle for

100 yen), but

if you can see

your reflection

in the well then

misfortune will not

come upon you. If you

cannot see your reflection

then something bad will happen

to you within three years. The

same thing is said for the well

at Temple 3, Konsenji (Temple of the Golden Well: 金泉寺)

also said to have been dug by

Kōbō Daishi. Further along the

pilgrimage route you can also

buy sacred water at Temple 22,

Byōdōji (平等寺), at another

yet well dug by Kōbō Daishi, but

this time the container will cost

you 200 yen.

There are also stories of people

who prayed to Kōbō Daishi and

asked that their fields become

fertile. For example, in the

spring of 1808, there was a man

called Kumakichi who lived in the village of Nishibun in the district of Itano in Tokushima prefecture. He always had faith in Kōbō Daishi. The fields that he owned received too much sunshine so they could not be used as a rice field and were too damp to be used as a vegetable plot, so with each year the lot worsened. One evening a priest appeared in his dreams and

rice field. Not wanting to disrupt the flow of harvesting, they dug the well a little to the side. However, no water came up. While they were deciding what to do, Kumakichi returned and said, "No! No! You've made a mistake! I asked you to dig right in the middle of the field, but you have done it to the side. Quickly, dig in the middle!" The hired people did so and strangely well water emerged. As a result,

not only the owner of this land, but also his neighbors people benefited by this water.

Farmers in

Tokushima

are fortunate

because they

have the large

Yoshinogawa River

to use for irrigation, yet

those in Kagawa prefecture

have had to build reservoirs

to store rainfall because of

the lack of rivers. In fact, Kōbō

Daishi was asked to come back

to Kagawa from Kyoto in order

to supervise the construction

of a dam for the reservoir in

Mannō-town, an endeavor

which had not been successfully

completed. It was a huge

project, but completed in only a

few months due to the charisma

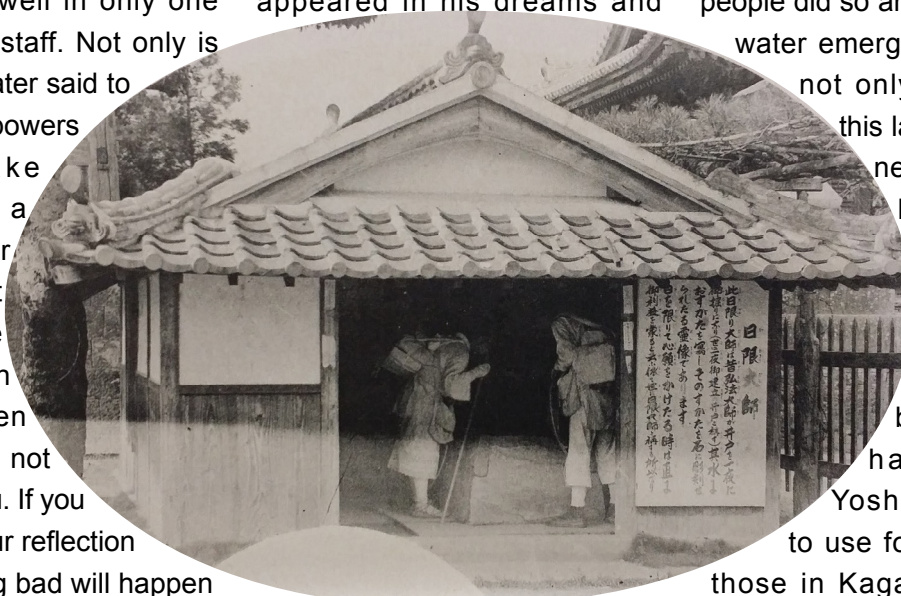
and leadership of Kōbō Daishi

and the overwhelming strong

support of the people in the

area. In fact, according to a

recent TV program where a



Two pilgrims looking down the well at Temple 17, Idoji (1934)

said, "Place a rope around the four sides of your land and dig a well in the middle. If you do so, water will come up and make your land fertile." He quickly awoke, expressed thanks in his mind that Kōbō Daishi had given him such instruction, and hired people to dig a well in the middle. However he had to suddenly leave on official business to the castle town. People gathered and did not know the reason for digging the well in the middle of the

Stories About Water Along the Shikoku Pilgrimage

group of engineers calculated how much earth had to be moved into place to form the dam, they declared that the number of people needed to do the work in such a short period of time far exceeded the population in the immediate

area. For a detailed description about the building and history of this dam, read this four page article:

http://davidmoreton.com/documents/Mannoike_English_brochure.pdf

Life would not be possible without water, yet in our modern day, we seem to take it for granted. Next time you embark on the Shikoku pilgrimage look for and learn more about the stories about water, giving thanks for its existence.

Japanese Lesson

By Yoko Aoki

今月のことは「疑問詞 interrogative 動詞 verb た形 form たら いいですか」です。

What/When/Where/Which/How/Who shall/should I ~ ?

「～たら いいですか」is used when the speaker asks the listener for some advice or instructions about what to do. For example, 「どこで 携帯電話を買ったら いいですか」 “Where should I buy a mobile phone?” In this sentence, the speaker wants to buy a mobile phone but does not know where to buy one, so the speaker asks the listener to recommend a good shop. 「細かい お金がありません。どうしたら いいですか」 means, “I don’t have any small change . What should I do?”

では 会話を 見てみましょう。

【会話】

マリア：すみません。①このゴミは、何曜日に 出したら いいですか。

(What day should I take this type of garbage out?)

管理人 (janitor) : どんなゴミですか。

マリア：②缶 や③瓶 やペットボトルです。

管理人：じゃあ、第2と第4水曜日に 出してください。

出す前に、簡単に水洗いをしておいってくださいね。

(Please rinse them out before you put them in the bag.)

マリア：はい。

管理人：それから ④燃えるゴミは 毎週月曜日と木曜日に 出してくださいね。

マリア：紙や ⑤生ゴミですね。わかりました。ありがとうございました。

2015年 2月

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 可	3	4	5 可	6	7
8	9 可	10	11 可	12 可	13	14
15	16 可	17	18 可	19 可	20	21
22	23 可	24	25 可	26 可	27	28

①ゴミを出します put out the trash ②缶 can ③瓶 bottle

④燃えるゴミ burnable (combustible) waste ⑤生ゴミ food scraps

練習をして 使ってみましょう。

【練習】(例) (安いテレビを 買いたいです) どこ・買います → どこで 買ったら いいですか。

① だれ・聞きます

② どのバス・乗ります

③ いつ・行きます

④ どうやって・使います

答え: ①だれに聞いたらいいいですか。 ②どのバスに乗ったらいいいですか。 ③いつ行ったらいいいですか。 ④どうやって使ったらいいいですか。

Letter From Suketo Hoikuen By Kazue Inoue

With the temperature dropping even more, I hope you are staying warm and well. Even during this cold winter season, unfazed by the cold, the children are romping around outside energetically. Watching these children, one Japanese proverb comes to mind “kodomo wa kaze no ko genki na ko” (子どもは風の子元気な子), this basically means, even if it is cold outside, children should get some fresh air and play outside to dispense their energy instead of doing nothing inside all day.

However, you still need to take precautions to stay healthy. Please make sure that your child is eating right and is getting enough sleep to combat any illness like the cold. Vitamin deficiency will make your body more susceptible to illnesses, so making sure to eat food that is high in vitamin is essential. For example, spinach, carrots, and Japanese mustard spinach are high in vitamin A which helps keep your throat, skin and the mucous membrane of your nose healthy. Food that are high in vitamin C, such as apples and mandarin oranges, help

make your body more resistant to viruses and will also help speed up the recovery process. As well, protein, such as fish, meat, egg, and soy products, will help you regain strength lost fighting off this cold weather. As important as it is to look after your child's health, it is also important to look after your entire family.

So I hope you stay healthy and enjoy the rest of the winter.

This Month's Craft Rabbit Yo-yo

Materials

- 5 Plastic shopping bags
- 1 White plastic shopping bag
- 3 Rubber bands
- Pen

Directions

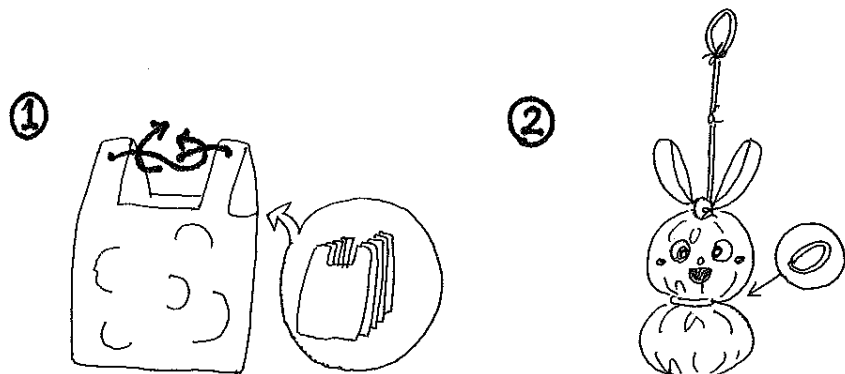
- 1) Roll up 5 plastic shopping

bags and put inside a white plastic shopping bag. Tie the handle two times. (The handles will be the rabbit ears) Cut two rubber bands and tie them together to make a long string. Tie one end of the string to where you tied the handles. (The other end will function as a handle for your yo-yo)

- 2) Wrap the middle of the plastic bag with a rubber band to separate into two parts (the head and body). Draw the rabbit's face on with a pen.

How to Play

Hold the end of the elastic band and bounce it up and down like a yo-yo. You can also hang the rabbit off somewhere in the room and once you pull down on the rabbit and release, you can see it bounce about.



Recipe Corner: Banana Puff or Poori

By Aparna Matale

Banana Puries are delicious fried Indian puffed bread. Puries have the richness of banana flavor enhanced with cardamom. Banana Puries are good for festive occasions . Puries are especially good for picnic or good for kids bento . This recipe will make about 40.

Ingredients

1/2 cup ripe mashed banana (about 8" long banana)
1/2 cup sugar
1 tablespoon melted ghee or butter
1/8 teaspoon crushed cardamom powder
Pinch of salt
3 tablespoons coarsely ground almonds about 18 almonds

Approx ¾ cup whole-wheat flour
Approx ¾ cup all purpose flour
Oil to fry

Directions

1. Peel and mash the banana, add the sugar, almond, butter, salt and cardamom mix it well.
2. Add whole-wheat flour and all-purpose flour to the banana mix and make a firm and smooth dough. Keep it aside for about 2 hours.
3. Grease the fingers and knead the dough for a minute and divide in four equal parts.
4. Roll them into small round pieces or roll a big round piece and cut using a cookie cutter.
5. Heat the oil in a frying pan on medium heat. To check the

heat to see if the oil is ready, put one piece of dough in oil, dough should sizzle and come up slowly.

6. Fry the puries 2-3 at a time. Puries will puff and fry them till they are dark brown all around. It will take about 2 minutes to fry each batch.

7. Take them out of the oil and put on top of a paper towel so it can absorb the extra oil.

8. Puries are ready.

Notes:

Here I use Japanese whole wheat flour and all purpose flour. Check the label of the bag to see which one it is. There is no need to use Indian whole wheat flour.

Rising Stars of Tokushima

Interview with Shinmachi Nanairo Band

Having undergone several transformations, since the band was first formed in 2010, the Shinmachi Nanairo Band has taken on a new identity as a three piece rock band, and what sets them apart, all three of the girls are born in 2002. On September 24 of last year, the young group of talents made their major record label debut with their single "Chineeshoes." We sat down with lead singer and guitarist, Natsumi Tokozakura, bassist, Hana Inoue, (drummer, Kyoko Sugiyama, could not make it to the interview as she lives in Mie Prefecture) and their manager

to hear more about the band.

Was Shinmachi Nanairo Band always a rock band?

When the bassist left the band, as a rock band, it was really hard for us and it affected whether we could continue on as a band. That's when we decided to perform with ukuleles. So we had 2 ukuleles and a cajon instead of drums.

Why did you name the band Shinmachi Nanairo Band?

Shinmachi used to have a big department store, this was before SOGO was made, and the Shinmachi area was where

all the life of the city was. It was bustling with so many people that it was almost as busy as the shopping streets of Osaka. The young people of Tokushima at the time all yearned to visit this area and when they said they were going into the city, it meant they would all conglomerate here. So that's why we decided



Rising Stars of Tokushima

to add *Shinmachi* to the band name. we hoped that through the band's activities, it would help bring more attention to Tokushima and will one day be able to revive the city to what it was in the past. As for *nanairo*, the initial members of the band all had "na" or "nana" in their names, so we decided to include *nanairo*.

How did the band come to be?

Shinmachi Nanairo Band was formed in December (2010) and in February 2011, they entered a band competition put on by FM Tokushima as part of the "Tokushima Musicians' Fes". The theme of the competition was bands that can liven up the atmosphere and it just so happened, we had a musician friend who just finished writing a song called "Sudachi-kun," so we asked him if the band could use the song and so we entered the contest with that song. I guess that's where it all really started.

How were the members chosen?

Natsumi started singing when she was 4 years old. And she started playing instruments in her third year of elementary school. At first she would sing and play the guitar by herself on stage and it wasn't until later that we recruited the other two

members. All the members were daughters of our friends. For example, one of them received a guitar as a present so we asked her to join.

How is the style of the music chosen?

Well, going back to that story about the band competition, the winner is chosen by the audience and the band won second place and that motivated them to keep performing. During that time, K-ON (an



anime about a 5-member high school all-female band) was gaining popularity and the girls really liked the show, so they began covering songs featured on the show. So that continued for some time and the Shikoku Broadcasting Company did a feature on the band and the band was even invited to perform in Shiga Prefecture, which is where the anime takes place. Thereafter, the band started listening to Chatmonchy, currently a two member band but back then they were a

three piece girls band formed in Tokushima, and they started covering Chatmonchy's songs. Chatmonchy became a band they aspired to be and they still look up to them now.

How would you describe your music?

We want our performance to be fun to watch. We try to move around a lot on stage and try to get the crowd going. We think that if we're truly enjoying ourselves then the crowd will too.

Since you're both from Tokushima, what's your favorite place or thing about Tokushima?

We do love the Awa Odori since the whole town comes alive with excitement. The rural parts of Tokushima are really nice too since it's full of nature. Since we started in Tokushima, it would be nice if we could help shine more light on Tokushima through our activities.

Is it hard balancing work and practice?

We try and practice at least once or twice a week and practice usually takes place after school. And since it's hard for all three members to get together, we often film ourselves and send it to each other to

Rising Stars of Tokushima

check. So a lot of the times, when we have big events, the rehearsal would be the first time that all three of us practice together.

What are your future aspirations?

It would be nice if we could perform overseas one day. We

would also love to continue performing in the future, even when we are all grown up. And we would love to write our own songs in the future. This way, we can relay our own messages directly and connect with the audience more. With our major record label debut, I hope that

more people will find out about us and that's something we look forward to, seeing a new type of crowd. Whatever the future holds, we will continue smiling and giving it our best at the performances. We want to become a band that can give joy to others.

Timeline of Major Events

December 2010

Band is established with 3 members (Natsumi Tokozakura is the only original member left)

March 2012

Kyoko Sugiyama (drum/percussion) joins the band

July 2012

Hana Inoue (bass) joins the band

August 2012

Appeared on AKBINGO (a variety show starring idol group AKB48) in their band championship segment and out of the 231 bands who entered the contest, was one of the 12 chosen to appear on TV for the finals and came in 2nd place overall.

Summer 2014

Was scheduled to be the opening act for the music festival "Exciting Summer in Wajiki '14" but the event was cancelled due to the typhoon

September 2014

Major record label debut with single Chineeshoes



Member Profile

Name: Natsumi Tokozakura

Birthdate: February 22, 2002

Hometown: Tokushima City, Tokushima Prefecture

Favorite color: Orange, purple

Musicians I look up to: Chatmonchy

Memorable songs: "Hana no Yume" by Chatmonchy

Favorite movie: Eight Ranger

Hobbies: Computer/video games, guitar

Places I want to visit: London, England

Name: Hana Inoue

Birthdate: July 2, 2002

Hometown: Anan City, Tokushima Prefecture

Favorite color: Red

Musicians I look up to: Chatmonchy

Memorable songs: "Koi no Kemuri" by Chatmonchy

Favorite movie: Ghibli movies

Hobbies: Base guitar

Places I want to visit: England

Name: Kyoko Sugiyama

Birthdate: October 12, 2002

Hometown: Gifu Prefecture (Currently residing in Mie Prefecture)

Favorite color: Pink

Musicians I look up to: Chatmonchy

Memorable songs: "Hana no Yume" by Chatmonchy

Favorite movie: Harry Potter

Hobbies: Cooking, reading

Places I want to visit: Australia

2015 AJET Musical: Anna and the Snow Queen

By Jaymie Udan

Tokushima's newly-crowned queen flees the castle into an endless winter in the upcoming Tokushima AJET Musical, Anna and the Snow Queen, opening March 1. Adults and children alike are sure to recognize the story—this year's show is an adaptation of the hit movie from 2013, complete with English-language songs, original dance choreography, and the occasional pop-culture reference.

The AJET Musical event itself celebrates its twenty-first year this spring, following up from last year's 20th anniversary presentation of Finding Nemo. The annual event connects foreign participants of the Japan Exchange and Teaching Program along with other foreign and Japanese volunteers from the Tokushima community, pooling together talents in acting, dancing, singing, crafting, stage tech, and more. The group takes no profit from the performances and aims to bring a free and fun English-language educational experience to towns across the prefecture.

第21回徳島AJET英語 ミュージカル

Anna and the Snow Queen

入場は無料です!

英語を身に付ける経験として楽しんでください!

3月 1日	石井町中央公民館	16:00 - 18:00
3月 7日	コスモホール (阿南市情報文化センター)	14:00 - 16:00
3月 8日	四電プラザ徳島	14:00 - 16:00
3月14日	北島創世ホール	14:00 - 16:00
3月15日	吉野川市アメニティセンター	16:00 - 18:00
3月21日	脇町劇場・オデオン座	18:00 - 20:00

中学生レベルの英語で行われます。(日本語の解説あり) 詳細: www.ajetmusical.comお問い合わせ: TOPIA (徳島県国際交流協会) まで (088)656-3303
フェースブックで「いいね」したら、ミュージカルについての最新情報と写真がアクセスできます!

Facebook.com/AJETMusical

Preparations for this year's production began last October—much earlier than ever before. It's definitely a labor of love for this year's

English dialogue with a minimal amount of Japanese; audience members at any level can enjoy the musical, while students of English can practice listening skills with easily-understandable content from native speakers.

Local cultural touches are also added to the story to make for a fun, fresh take on the well-loved story.

This year's show features Elsa and Anna as princesses of Tokushima. Elsa's frustrations over



2015 AJET Musical: Anna and the Snow Queen

keeping her ice magic a secret come to a head when she accidentally freezes Tokushima Bay during her coronation as Queen. Her sudden departure causes Anna, with kakigori salesman Kristoff and magical snowman Olaf, to go on an adventure in search of the runaway queen. Getting some help along the way from a cheerful band of forest tanuki, Anna and company race to bring back summer with an ambitious prince and a greedy Daimyo stirring up trouble back home.

Anna and the Snow Queen opens **March 1** at venues throughout the prefecture and closes on Saturday, March 21. For a more detailed list of all performances, or for more information on the musical or

Tokushima AJET, please go to <http://www.ajetmusical.com/about>.

Or look us up on Facebook: The Tokushima AJET Musical. Entry to all performances is free of charge.



Events & Memoranda

2015 International Understanding Support Forum 平成 26 年度 国際理解支援フォーラム

Come join in on discussions surrounding multiculturalism.

徳島県在住外国人のみなさんと一緒に「多文化共生」について考えませんか？

日時：平成 27 年 2 月 8 日（日）13:30 ～ 16:00

場所：（公財）徳島県国際交流協会 会議室（徳島駅ビル 6 F）

内容： 第一部 蓮井孝夫氏による講話

（NPO 法人 香川国際ボランティアセンター代表理事、元 RNC 日本放送アナウンサー）

第二部 協会登録在住外国人講師による国際理解プレゼンテーション

第三部 意見交換 交流会

* 第三部では在住外国人の方のパフォーマンスや心ばかりのお茶やお菓子もあります。
すてきなひとときを過ごしませんか？ふるってご参加下さい。

* 入場料は無料

* Entry into this event is for free. Part 1 through 2 will be conducted all in Japanese.

申し込み・問い合わせ：当協会 Tel.088-656-3303 FAX 088-652-0616

E-mail: coordinator3@topia.ne.jp

詳細については、当協会のホームページをご覧ください。

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

当日参加も大歓迎ですが、できれば事前に電話か FAX またはメールでお申し込みください。



Events & Memoranda

Awa Dekobako Mawashi Performances

阿波木偶箱まわし

“Dekobako Mawashi” means popular puppet theatre performed as street shows. Puppeteers travelled with their dolls inside wooden boxes, either alone or as a couple in the case of husband-and-wife shows: the artists toured the country and performed on street corners.

木偶箱廻しは、芝居小屋や農村舞台で演じられた人気外題を路傍で簡易に演じた大道芸です。箱廻し芸人は、2人か3人が一組になり、ふたつの木箱に数体の木偶を入れ、天秤棒で担いで全国を移動し稼ぎました。数体の木偶を一人で操りながら浄瑠璃を語ります。

Part 1: Hako Mawashi Preservation Promotion Committee Announcement and Lecture
Part 2: Single-Puppeteer and Junior High School Hako Mawashi Performances

午前の部：箱まわし伝承推進事業報告会
午後の部：一人遣い人形の公演と、中学生による箱まわしの公演

When: February 7 (Sat)

Part 1: 10:30-12:00

Part 2: 14:30-16:30

Where: Awagin Hall

Admission Fee: Part 1-Free; Part 2-1000 yen

Info: Awa Dekobako Mawashi Preservation Committee

TEL: 088-642-0749

日時：2月7日（土）

午前の部：10:30-12:00

午後の部：14:30-16:30

場所：あわぎんホール

入場料：午前の部 無料、午後の部 1000円

問合せ：阿波木偶箱まわし保存会

TEL: 088-642-0749

Akadani Plumtree Festival

明谷梅林まつり

With 4000 plum trees planted in the area, the Akadani Bairin area is famous within southern Tokushima for its plum trees. Around early February, many will flock to see the blossoming flowers and to welcome spring in. On February 15, there will be an opening event.

県南で最も大規模な梅の名所で4000本の梅の花で覆いつくされます。見頃は毎年2月の上旬からで、阿南市に春の訪れを告げる歳時記として、花見に訪れる人々で賑わいます。2月15日（日）にはオープニングイベントが開催されます。

When: February 15 (Sun) - March 20 (Fri)

Where: Akadani Bairin

Anan City, Nagaike-cho, Suminotani

Info: Anan City Commerce, Tourism, and Labour Relations Department

TEL: 0884-22-3290

日時：2月15日（日） - 3月20日（金）

場所：明谷梅林

阿南市長生町角ノ谷

問合せ：阿南市商工観光労政課

TEL: 0884-22-3290

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)