

# awa life

October 2015  
# 303

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## 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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Download a PDF file of awa life or view the online version by going to TOPIA's website!



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## *The Early Life of Kūkai and His Stay at Dōgakuji Temple*

By David C. Moreton

It is almost impossible to talk about the Shikoku pilgrimage without mentioning the name of Kūkai (空海:774-835), or his posthumous name Kōbō Daishi, the renowned Buddhist priest who founded Shingon Buddhism in Japan during the 9th century. His name permeates Japanese history and there are countless stories based on legend and fact about his life and amazing accomplishments. For example, we know that he was born in 774 near the present-day Temple 75, Zentsūji (善通寺) in Kagawa prefecture and was given the name of Mao, but details about his childhood are few and perhaps unreliable. One interesting story is that about 500 meters past Temple 18, Onzanji (恩山寺) in

Tokushima, there is a small plot of land with some gravestones, stone footsteps of Buddha, and a building with the name of “Kōbō Daishi's diaper hut.” (弘法大師おむつき堂). According to sources from as early as 1923 it is said that when his mother came to visit him here in 815 she enshrined some of his nappies in the hut here, but why she did this no one will ever know? For further details on his childhood the website of

Mt. Kōya, the headquarters for Shingon Buddhism, states:

The childhood play of Mao involved making Buddhist images in the dirt, collecting grass and wood to make shrines, and worshipping the Buddha. At about seven years of age, he scaled the nearby Shashin ga dake peak (捨身ヶ嶽) and prayed to the Buddha, “When I become big, I want to aid the ailing. If I shall have that power, please bless

me with a long life,” and he jumped into a ravine. Thereupon, from somewhere, a rather beautiful sound was heard, and a celestial maiden appeared who took Mao firmly into her grasp.” (1)

For those interested in visiting this peak it is behind Temple





## The Early Life of Kūkai



73, Shusshakaji (出釈迦寺) in Kagawa prefecture, but please don't take a leap of faith as he did. Then, what then did Mao do between jumping off the cliff at age seven and going to study in Nara at age fifteen? It is believed that he came to Dōgakuji (童学寺), a large temple in the town of Ishii, about a thirty minute drive west of Tokushima station for that span to study calligraphy and Mikkyo Buddhism. And while he was here he is said to have created hiragana, the basic Japanese phonetic script, as well as the Iroha, a poem that uses all of the syllables in the Japanese syllabary. (2)

According to legend, Dōgakuji (the temple of learning as a child), the temple was founded under a different name by the well-known Buddhist priest Gyoki Bosatsu (668-749) by the command of Emperor Tenmu (reign 673-686). It is considered to be the oldest temple in Shikoku and the name was changed to Dōgakuji after Kūkai stayed here. Then, in 815, when Kūkai was making

a pilgrimage around Shikoku he revisited the temple, built more buildings, and carved statues of Yakushi Nyorai (main deity and national treasure), Amida Nyorai, Kannon Bosatsu, Bishamonten, Jikokuten, and

Kankiten. After this nothing is known about the temple history until the Muromachi period (1336-1573) when the temple was enlarged and prospered, but during the Tenshō period (1573-1592) almost everything was destroyed by the troops of the warlord, Chosokabe Motochika (長宗我部元親: 1539-1599). After a period of disuse several buildings were restored during the Genroku period (1688-1704) and then in 1868 a new eleven-meter main hall was constructed and the statues that Kūkai carved were moved in here. The old main hall



became the Daishi hall, and people pray to the young Kōbō Daishi enshrined here for help to pass school examinations. In fact, you can see wooden amulets hanging beside the hall for this purpose. To one side of the Daishi hall there is a corridor with eighty-eight statues of the



main deities from the Shikoku pilgrimage. One the other side is a building containing statues for the twenty sites of the Bekkaku pilgrimage. One is of a sleeping statue of Kōbō Daishi covered with quilts representing the place in Ehime prefecture where he had to spend the night sleeping under a bridge while he was making the pilgrimage around Shikoku. There are also thirty-three statues of the main deities from along the Saigoku pilgrimage route located in the Kansai area of Japan. Walk between the main hall

## The Early Life of Kūkai

and temple office and you will see the spring that Mao used when he practiced calligraphy. The water is called “Gohitsu no kajimizu” (御筆の加地水), which means “the prayer water of the brush” and it is said that if you drink the water that you will be cured of any illness. You can fill your own bottle for free or pay 200 yen to fill one of the bottles provided. Across from the spring is a garden where it is said that Mao took walks in.

Admission is 200 yen.

Dōgakuji has been designated as No. 2 of the twenty Bekkaku (別格) “special other” sacred sites around Shikoku. Others in Tokushima prefecture include No 1. Taisanji (site of an annual rice cake carrying festival), No. 3 Jigenji (with the very narrow caves called Anazenjo - see June 2014 Awa Life article) and No. 4 Saba Daishi (site of the story of fish (saba) and

Kobo Daishi). Come and visit Dōgakuji, a significant place in the early life of Kūkai.

(1) <http://www.koyasan.or.jp/en/shingonshu/kobodaishi.html>

(2) See: “The Weaving of Mantra: Kūkai and the Construction of Esoteric Buddhist Discourse” by Ryuichi Abe p. 392

## Letter from SUKETO NAKAYOSHI

By Kazue Inoue (Center for Early Childhood Education and Care SUKETO NAKAYOSHI)

Now that it is October, autumn has finally arrived. The sweet potatoes we planted in our garden at the center at the beginning of summer are steadily growing beneath the soil. Once they are fully grown around mid-October, we are planning on digging them up and roasting them. There are lots of delicious foods in autumn, so eat a lot of these fresh and delicious produce and stay healthy.

This month I would like to introduce food that is perfect for breakfast, lunch and dinner (information is from the September issue of Cooyon, a parenting magazine).

**Breakfast:** Carbohydrates like rice and bread are great for stimulating the brain and for raising the blood glucose levels.

Food made from soy, like natto and miso, or seaweed help stimulate the digestive tract, thereby improving your bowel movement.

**Lunch:** I highly recommend food that can give you energy and stimulate the internal organs, such as carrots, hen-of-the-woods mushroom, taro, soybean in the pod, pumpkin, etc. Eating food that is high in protein, like meat or fish, or fried food is best to do during lunch as your body will require more effort to digest them, and during the day your body can break down and absorb more things.

**Dinner:** It is best to eat things that are easy to digest like radish and turnip or food that can stimulate the release of digestive juices like onion. I also recommend mushrooms as they

are low in calorie and high in Vitamin B1, which is known to boost your metabolism.

**\* \* This Month's Craft \* \***  
Paper Ball Catapult

### Materials

- Wooden chopstick
- Clothespin
- Electrical (vinyl) tape
- Double-sided tape
- Plastic bottle cap
- Box
- Any item that can be used as a weight
- Duct tape
- Newspaper or tissue

### Directions

1) Take a wooden chopstick (still attached together) and sandwich the metallic ring on the top of the clothespin with the tip of the chopstick (the side that is not attached). Secure the

chopstick in place with electrical (vinyl) tape. Do the same for the other side of the clothespin.

2) Using double-sided tape, tape on a plastic bottle cap (wrong side up) on top of the chopstick, on the side farthest away from the clothespin.

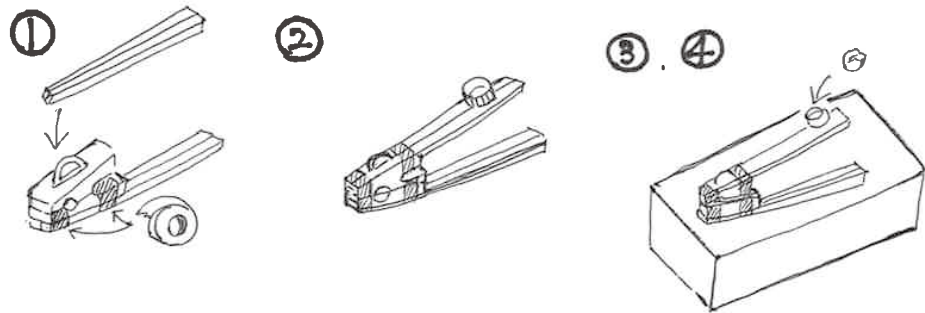
3) Take an empty box and tape down the contraption on top of that box with duct tape to secure it. (Put something heavy in the box to weigh it down

in place so it does not move about)

4) Create paper balls from newspapers and tissue papers. Load the plastic bottle cap with the paper ball.

### How to Play

Hold down the tip of the chopstick where the cap is taped on. Release and watch your paper ball soar through the air.



## HIROBA Japanese Cooking

By Takako Yamada

With many delicious and fresh crops budding in fields and trees all around during autumn, many delectable dishes can be made using these freshly harvested vegetables. In Japan, autumn and chestnuts are synonymous with one another and so one of the major Japanese dishes that is often associated with autumn is the *kuri gohan* (cooked rice with chestnuts). HIROBA has kindly provided us with a recipe to make *kuri gohan* and also a recipe for making cooked rice with sweet potatoes, an easier variant of the former. For extra goodness, you can use the locally grown Naruto Kintoki sweet potatoes.



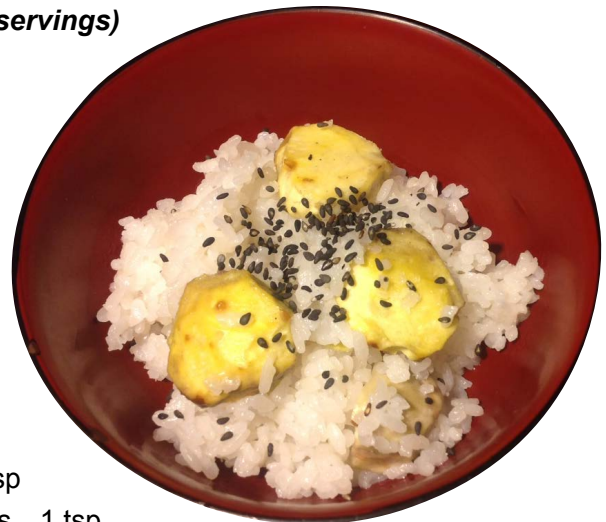
### Chestnut Rice (4 servings)

#### Ingredients

Rice 3 cups  
Water 3.6 cups  
Chestnuts 400g  
(raw chestnuts in their shell)  
Or 300g if you are using peeled chestnuts  
Salt 1.5 - 2 tsp  
Cooking sake 1 tbsp  
Black sesame seeds 1 tsp

#### Directions

1. Wash the rice and drain in a strainer. Place it in a rice cooker, add water (3.6 cups) and leave to soak for 30 minutes.  
2. Bring water to a boil in a pot, turn the heat off. Place the chestnuts into the pot and leave covered for 30 minutes, allowing it to soak to soften the shell. Peel the hard shell and inner



skin, soak in water for 30 minutes to remove the harsh bitter taste.  
3. Add the chestnuts and the salt into the rice cooker (you can also add in sake at this point if you like). Switch the rice cooker on and wait till it is finished. Let it stand for 12-13 minutes, then stir lightly. When serving, sprinkle black sesame seeds on the top.



## Japanese Cooking

### **Cooked Rice with Sweet Potatoes (4 servings)**

#### **Ingredients**

Rice	3 cups
Water	3.6 cups
Sweet potatoes	300 grams
Salt	1.5 – 2 tsp
Cooking sake	1/2 tbsp
Black sesame seeds	1 tsp

#### **Directions**

1. Wash the rice and drain in a strainer. Place it in a rice cooker,

add water (3.6 cups) and leave to soak for 30 minutes.

2. Peel the sweet potatoes and cut into 1 to 1.2 cm cubes. Soak in water for a few hours to remove the harsh bitter flavor and rinse well.

3. Add the sweet potatoes and the salt into the rice cooker (you can also add in sake at this point if you like). Switch on the rice cooker and wait till it is

finished. Let it stand for 12-13 minutes, then stir lightly. When serving, sprinkle black sesame seeds on top.



## Autumn in Tokushima

By Jenifer Tanikawa

When we are no longer breaking into a sweating frenzy from even a slight movement, we all know that the dreaded summer heat and humidity is retreating and the nice cool autumn is approaching. For many, autumn means the arrival of the beautiful autumn foliage, coloring the trees and shrubs in and around the area in a variety

of yellows, reds and oranges. However, for those living in Japan, autumn is also associated with many different activities. With the subsiding heat, many more activities will be more enjoyable and for many, their appetite will once again return. So, in Japan, there are several set phrases involving autumn such as, shokuyoku no aki (食欲の秋 appetite-rousing autumn),

mikaku no aki (味覚の秋 the delicious foods of autumn), sports no aki (スポーツの秋 autumn of sports), dokusho no aki (読書の秋 autumn of reading), geijyutsu no aki (芸術の秋 autumn of the arts), kouraku no aki (行楽の秋 autumn of excursions) and more!

There are several ways to maximally enjoy Tokushima Prefecture during this wonderful autumn season. First up, excursions and a bit of sports with a beautiful autumn landscape to top it off!

Mt. Tsurugi is included in the list of Japan's top 100 mountains and at 1,955 meters, it is the second tallest mountain in all of Western Japan. Now, it might sound daunting to conquer but worry not, there is a chairlift



that takes you up to basically the middle of the mountain where you can officially start your ascent, so even small kids can partake in this trek up the mountain. The view from the very top is absolutely breathtaking on its own, but this paired with the beautifully colored leaves makes for an unforgettable experience.

All throughout October, the Mt. Tsurugi Tourism Promotion Council will be running a “Momiji Festival”, which first began in 1983, to fully enjoy the sights of the autumn foliage. The best time to visit will be from the beginning to the middle of October, where the trees will begin changing color starting at the summit to about Minokoshi, where the chairlift starts from.

Another highly recommended

location would be out West. The gorges and the valleys will be colored from the very bottom to the top, catching the attentions of the passersby. As well, you can take a tour boat down the Oboke Gorge while enjoying the autumn landscape or take a daring walk across the Vine Bridges in Iya.

Autumn is also the bearer of delicious food, and in Japan, chestnuts-related foods can be found everywhere during this time. For us, when we hear chestnuts I’m sure the melody for “Chestnuts Roasting on an Open Fire” comes to mind and we tend to associate it with winter, but in Japan chestnuts are an autumn delicacy. We introduced a chestnut recipe earlier on, but did you know, you can actually go pick chestnuts in

a chestnut farm for yourself?

The Ito Chestnut Farm offers chestnut-picking to the public from late September to early October for a price of 500 yen for 1 kg of chestnuts that you can take home (there is a 300 yen entrance fee). Of course, the prime time to pick these chestnuts change from year to year so make sure you check before you go.

The Ito Chestnut Farm is located in Miyoshi City but there are other places that you can pick chestnuts so take a look around. For more information about the Ito Chestnut Farm, please call 0883-74-5513 or for more information in general about farms that offer fruit-picking, please check out Awa Navi at <http://www.awanavi.jp/mikaku.html>.



These are really just a small peak into what autumn brings in Tokushima, and there is so much more to do, see and eat! So I encourage you all to get out there and enjoy the cool autumn air and beautiful foliage before the cold sets in.





## Japanese Lesson

By Sachiko Muramatsu

This month we will be learning how to express our desires to do something. By adding on “～たい” to verbs in the masu-form (ます形), you can relay to the listener that there is a particular action that you want to take. Let's take a look at the conversation below.

先生：来月も続けてパソコン講座を受けますか。

生徒 A：はい、受けます。来月も続けたいです。

生徒 B：私も続けたいと思っていますが、

ちょっと時間がなくて。

先生：そうですか。Bさん、だいぶ上手になったので、

できれば続けてくださいね。

生徒 B：はい、わかりました。



「～たいです」 is very direct; however, by using 「～たいと思っています」 the sentence becomes less direct and more polite. As well, it also expresses that you are actually thinking about taking whatever action you said you want to.

「～たいです」 is used to express the speakers wishes and desires, so when used to describe another person's desires, such as 「山川さんはりんごが食べたいです」, it sounds unnatural. If you are trying to relay a third person's desire to do something, you should add on either of the following endings, 「そうだ」「らしい」「と言っている」.

(例) 田中さんは古い車を売りたいそうです。(伝聞)

Ex. I heard that Tanaka-san wanted to sell his car. (Hearsay)

(例) 林さんは会社を辞めたいらしい。(推量)

Ex. It seems like Hayashi-san wants to quit his job (Guess)

(例) 息子は学校に行きたくないと言っています。(引用)

Ex. My son says he doesn't want to go to school. (Quotation)

Exercise: Choose the correct one.

- 私は大学を卒業したら、1年くらい外国で暮らしたい (①そうです。②と思っています。)
- 私は老後は暖かい所でのんびり過ごしたい (①と思っています。②らしいです。)
- 山下さんは転職したい (①です。②と言っています。)
- 佐藤さんは静かな所に引っ越したい (①そうです。②です。)
- 私は広い庭のある家に住みたい (①らしいです。②と思っています。)

References 初級日本語文法と教え方のポイント (スリーエーネットワーク)  
日本語文型辞典 (くろしお出版)

# Events & Memoranda

## Japanese Intensive Conversation Class at TOPIA TOPIA 日本語集中講座

Come down to TOPIA to learn Japanese so that you can communicate better with your friends, coworkers and neighbors! Two different classes for two different levels will be offered. The beginner/elementary class is for individuals who have just started learning Japanese and the elementary/intermediate class is for individuals who can engage in a basic conversation.

Lesson Description <i>Similar topics will be covered in each class but the levels for each class will be different</i>	Beginner/Elementary Class		Elementary/Intermediate Class	
We will be learning useful Japanese phrases that can be used during emergencies, whether it be a natural disaster or an accident while you are out and about or travelling. You will learn how to call for help, how to seek information and how to relay the current situation to others. As well, this course will also cover phrases that you can use if you are involved in an accident or if you are sick.	Nov 7 (Sat) 10:00-13:00	Yoko Aoki	Nov 3 (Tue, holiday) 13:00-16:00	Yoshie Motoki Takuya Yoshikawa
There will be lots of end of the year parties in December and New Year's parties in January. There are lots of other events such as welcome parties, farewell parties, trips and events that you may be invited to or ones organized by you that you may invite others to. In this course, we will be learning useful phrases that you can use to accept or decline invitations or for inviting someone yourself. As well, we will also be learning about conversation starters and ways to maintain a smooth conversation.	Nov 28 (Sat) 10:00-13:00		Nov 28 (Sat) 10:00-13:00	Maki Omichi Nobue Sakamaki Nanami Hayashi

Location: Tokushima Prefectural International Exchange Association (TOPIA) Clement Plaza 6F

Fee: FREE

For more information or to apply please contact: TOPIA TEL: 088-656-3303 E-mail: [coordinator2@topia.ne.jp](mailto:coordinator2@topia.ne.jp)

*This event is run by TOPIA under the auspices of the Agency for Cultural Affairs*

## Pilgrimage Tour to Temple #20

The NPO Tokushima Kyoseijuku Ippokai is organizing another free pilgrimage walk. Come and enjoy a mountain hike up to Kakurinji Temple - the 20th temple along the Shikoku Pilgrimage route. Only the first 25 applicants will be chosen.

When: October 24 (Sat), 8:00-16:00

Fee: FREE!

For more information, visit: <http://www.topia.ne.jp/english/docs/2015082100027/>

## MyNumber Announcement

Every individual residing in Japan will be given a national identification number, also known as the "My Number." Individual Numbers will be sent out at the beginning of October.

- The Individual Numbers, each one unique to its holder, are important because they are required for procedures at municipal offices, etc.
- Starting October 2015, your municipality will mail an envelope to your residence (at the address registered therewith).
- The envelope contains a "Notification Card" with your Individual Number on it.
- "Individual Number Cards" will also be available, so if you are interested in getting a card, which also serves as an ID, please fill in and return the application form included in the same envelope as the Notification Card.



For more information, please check the official website of the Cabinet Secretariat:

<http://www.cas.go.jp/jp/seisaku/bangoseido/english-faq.html>



# Events & Memoranda

## Enjoy a Game of International Futsal 国際交流フットサルに参加しませんか

Volunteers will be hosting a futsal event once every month on a Sunday afternoon.

ボランティアが毎月一度、日曜の午後に開催しています。

When: October 4, November 29, December 20, 2015  
January 10, February 14, 2016

日時: 2015 年 10 月 4 日、11 月 29 日、12 月 20 日  
2016 年 1 月 10 日、2 月 14 日

Kids/beginners: 13:00-14:00

初心者・子供: 13:00~14:00

Youth/Adults: 14:00-17:00

中級者・上級者・大人: 14:00 ~ 17:00

Where: Indoor soccer field in Tokugin Tomony Plaza  
(10 minute walk from JR Tokushima Station)

場所: とくぎんトモニプラザ屋内運動場  
JR 徳島駅から徒歩 10 分

Fee: Kids (Elementary school or younger): 50 yen  
Youth/adults: 100-500 yen (depends on the number of participants)

料金: 小学生以下は 50 円、その他は 100 円 ~ 500 円 (参加人数次第)

Contact: Weekday 088-622-6066 (TIA)  
Weekends 090-4976-9402 (Mr. Fukui)

問合せ: 088-622-6066 (平日 TIA)  
090-4976-9402 (週末 福井さん)

## Challenge Tokushima Art Festival 2016

The Challenge Tokushima Art Festival calls for applications for exhibition space or performance.

How to Enter:

Capacity: 42 Exhibition spaces, 18 Performances

- Fill out the entry form on

Applicants must be:

<http://www.art.tokushima-ec.ed.jp/challenge/2016>

- Born in Tokushima

- Submit your Entry Form by October 31st.

- Currently residing in Tokushima

Main Event

- Able to attend the Kick-off meeting on Nov. 8th

Exhibition: January 19th - 31st, 2016

Performance: January 24th, 2016 9:45-16:40

## Hiwasa Hachiman Shrine Festival 日和佐八幡神社秋まつり

In this thrilling festival eight portable shrines will be rushed into the roaring waves at the Ohama Beach, which is famous as a sea turtle hatching area. With its history of over 220 years this is truly an autumn tradition. People pray for safe fishing, a good catch and a rich harvest.

8 台のちょうさ (太鼓屋台) がウミガメの産卵で有名な大浜海岸を駆けまわり、波濤の中に飛び込む勇壮なお祭りです。

Events: Sat. 10th - Opening Ceremony, Women's Dance, Sumo Wrestling, Festival Play, Fireworks  
Sun. 11th - Main Festival (The portable shrines get carried into the ocean etc.)

約 220 年前から続く、大漁祈願・海上安全・五穀豊穡などを祈願する、伝統ある秋祭りです。

・10/10 (土) 式典・町廻り・巫女の舞・奉納相撲・奉納演芸・奉納花火

・10/11 (日) 本祭り (お浜出・お入り・手打ち式)

When: October 10-11 (Sat-Sun)

開催期間: 10 月 10 日 (土)・11 日 (日)

Info: Hiwasa Hachiman Shrine

問合せ: 日和佐八幡神社

TEL: 0884-77-2474

TEL: 0884-77-2474

# Events & Memoranda

## White Horse Theater in Tokushima 2015

England's professional theatre company, White Horse Theatre is coming to Tokushima. They specialize in using theatre as an aid in teaching English and they have grown to become Europe's largest professional education touring theatre. They first performed in Tokushima in 1997, and now it will be their sixth time performing here.

Date: Saturday, October 10 (2 shows)

15:00 – Hamlet

Location: Event Hall, Bunka no Mori 21st Century Cultural Information Centre



### ***The Princess and the Soldier***

English Level: Beginner (From elementary/middle school students to adults)

When: 11:00 (1 hour long)

Price: General admission 2000 yen (tickets at the door 2200 yen)

Students 1700 yen

Synopsis: A retelling of a fairy tale written by Hans Christian Andersen using basic English.

### ***Hamlet***

English Level: Intermediate (From high school students to adults)

When: 15:00 (1.5 hours long)

Price: General admission 2500 yen (tickets at the door 2700 yen)

Students: 2200 yen

Synopsis: William Shakespeare's famous play shortened to 1 hour and 30 minutes.

For more information or to purchase tickets, please contact:

Ms. Masami Nagai

TEL: 090-9452-8798

Email: masamimt.alley@gmail.com



## 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)