

awa life

June 2016

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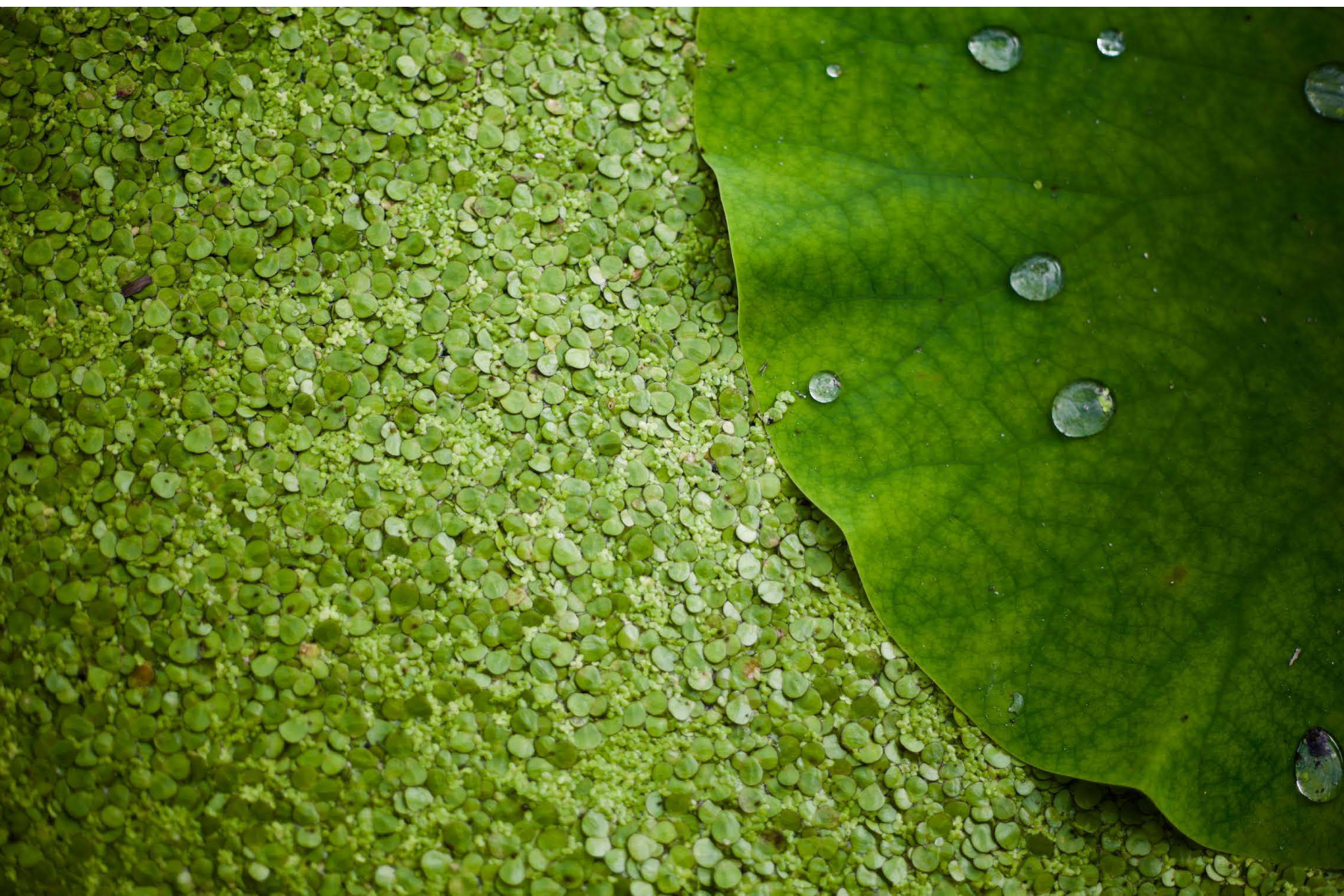
Kamikatsu's Leaf Business:
Empowering the Elderly (Part 2)

HIROBA Japanese Cooking
Class

An Interview with the
Tokushima Indigo Socks
Take Me Out to the Ball Game

Naruto: Beautiful
Home Away from Home

Awa Shoku: Tokushima's
"Sweet in Savory" Tooth



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

Alas, the rainy season will be upon us soon, so get your rain boots and rain coats out and prepare for the seemingly endless days of rain. Once that's over, for better or worse, it'll be summer!

For all of those who like writing, please feel free to submit an article to us at any point in time about basically anything. There are a few limitations though, such as you can't write about religion, politics, commercial activities or businesses or anything that we deem inappropriate. But, other than that, we would be more than happy to receive articles about anything and everything including but not limited to, concerts, lectures, other events, culture, sports, community group information or anything cool that's happening in your local community.

We highly appreciate all of your articles and we love reading them. So if that writing bug of yours is buzzing about, grab a pen or a computer and write and send away! Please send all submissions to our email:

awalife@gmail.com

Your editor,
Jenifer

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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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Jenifer Tanikawa

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Take Me Out to the Ball Game

Interview with the Tokushima Indigo Socks

On a cloudy brisk morning in March, we headed down south to Kaiyo Town to catch up with Tokushima's very own baseball team, the Tokushima Indigo Socks (IS), at their pre-season spring training camp.

The training camp took place at the Zao Sports Park located right next to the Maze no Oka Campground from March 7th to March 13th. The last time we sat down with the Indigo Socks was back in September of last year and since then

the team members had changed quite a bit going into the current baseball season. Edward William Brandsema from the United States of America returned again this year and was also joined by four other foreign players.

Amidst their busy training, we had the opportunity to talk to three of the new foreign players and Edward Brandsema about their thoughts on baseball in Japan and about their future aspirations.

Anthony Hawkins (#44)

Position: Infield

Nationality/Region: United States of America

When did you arrive in Tokushima?

I arrived in Tokushima last Thursday and I'm still getting used to the time difference.

How did you find out about IS?

I tried out for the team in California and also, my friend plays for this team.

How is American baseball and Japanese baseball different?

There is a difference in play and practices are longer too. In California, we would practice for two

hours but here it's like six hours. Lots of fielding, hitting and drills in general. Here it's more a family thing, but change is good.

What are your future aspirations?

I would like to play baseball professionally for the Nippon Professional Baseball (NPB). I would like to stay and make a career in Japan.

What do you hope to learn from your time with the IS?

Learn how baseball is played here because it's different. It's more traditional here.

Message to the readers:

Please come out and watch the Indigo Socks. Lots of big things this year!

*Take Me Out to the Ball Game***Gabriel Garcia (#34)***Position: Pitcher**Nationality/Region: Venezuela**When did you arrive in Tokushima?*

I arrived two days ago. There's a 12 hour difference so I was jetlagged yesterday.

How did you get into baseball?

I like baseball and I've played from a young age. My brother invited me to practice one day since he used to coach little kids. I still fondly remember that.

How did you find out about the IS?

My agent told me about it. He actually sent a video of me to the team. I just started practicing

yesterday, just a soft practice like exercising though. Today is the official practice, bullpen, stretch, everything. The practice is very different here, stretching time is long but that's good because it's good for the body. There's a different baseball culture here.

What are your future aspirations?

I want to continue playing baseball here and would love to sign with a big team in Japan, so for me, this is a great opportunity to learn about baseball in Japan and learn what baseball in Japan is like.

Message to the readers:

Come see the game! We'll give it our 100% to win!

Zawzaw Oo (#16)*Position: Pitcher**Nationality/Region: Myanmar**When did you arrive in Tokushima?*

I was actually with the Olive Guyners in Kagawa for the last 3 years and this year is my first year in Tokushima. I came here because I heard it was a good team.

Who do you look up to?

In terms of batters, Ichiro and pitcher, Darvish Yu. I really liked Ichiro as a child.

Do you have any future aspirations?

There are only about 50 baseball players in Myanmar. In the future, I want to teach baseball to the kids in my home country and spread the word about baseball.

How do you feel about being part of the IS?

So after Kagawa I went back to Myanmar and now I'm back in Tokushima. I'm really happy they asked me to join the team.

Edward William Brandsema (#25)*Position: Pitcher**Nationality/Region: United States of America**This is your second year on the team now, when did you arrive back in Tokushima?*

I got back a week ago in February.

Has anything changed since then?

Half the team is new now. I've even got a new roommate, so everything is new. Overall, a little new and a little old. There has been a change in the team altogether. It's more laid back now.

What do you hope to achieve this year?

I really hope we can get to the playoffs this year, the league championships. I really hope we can build on last year.

What are your future aspirations?

NPB. I want to stay in Japan, I love it here.

Message to the readers:

Come see the Indigo Socks! We're going to win the championships this year!!

All of the players on the Indigo Socks are working really hard, so please come down to the baseball stadium and cheer them on! The first half of the regular season games finished in May, but games

will be starting up again on July 31st. Please read on for part of the schedule for the second half of the season and jot them down in your physical or digital calendar so you don't miss a single game!

Take Me Out to the Ball Game



Left to right: Anthony Hawkins, Gabriel Garcia, Zawzaw Oo, Edward William Brandsema

Tokushima Indigo Socks Home Game Schedule

Date	Team	Time	Location
July 31 (Sun)	vs Kochi FD	18:00	Aguri Anan
August 3 (Wed)	vs Kagawa OG	18:00	Aguri Anan
August 6 (Sat)	vs Soft Bank	13:00	Zao
August 7 (Sun)	vs Soft Bank	13:00	Miyoshi



*For more information on the location of the stadiums please see:
<http://www.indigo-socks.com/stadium/index.html>

Naruto: Beautiful Home Away from Home

By Colette Modagai Dadavana

Hello, my name is Colette Modagai Dadavana from Papua New Guinea. I am a student at Naruto University of Education and I have been here for the last thirteen months. I read Awa life journal every month and I am always fascinated with the diversity of articles and of course genres the articles cover monthly. Hence I have decided to share some of my experiences here in beautiful Naruto, Tokushima Prefecture. I hope that this piece of writing is just a shy beginning of more contributions to come in the near future.



I come from a tropical and ever green area and that life has made me love nature so much that I was quite worried that I might miss the ecological touch of the nature in the two years I will be in

Japan. However, I was very fortunate to be sent to Naruto city, Tokushima prefecture by the Japanese International Cooperation Agency (JICA). That

was my first ever trip to Japan and I did not know the kind of nature I would be enjoying or battling with upon my arrival. Nevertheless, I was actually sent to a very beautiful, quiet and natural environment surrounded by breathtaking mountains and clean beaches and peaceful ocean.

Beautiful in the sense that the nature always blends itself beautifully with the artificial makings of humans thus relieving ones anxiety and emotional tensions. A day's pressure can ease by just walking out and enjoying the prettiness of the multiplicity of flowers such as roses, daisies,

Beautiful Home Away from Home

marigolds, Sumire violets, morning glories, Cosmos and many, many more. I love the flower shown in the picture below because it symbolizes a butterfly and it comes in different colours. The assortment is so perfect and refreshing that once you see it, you can't resist looking for your camera.

The environment is also very quiet hence it naturally takes away the daily psychological tensions and provides oneself with a fresh mindset to keep enjoying each new day with so much beauty and renewed enthusiasm for new plans and ideas.

Finally, as I have mentioned earlier, I am surrounded by the sparkling seas, stillness of green mountains, sweet smelling fragrance of

colourful and attractive flowers and tripled with very beautiful heart people. As a visitor or rather a foreigner, what else more can you expect in a strange and new environment then appreciate and make use of the beautifulness of the surroundings and the people. Truly, Naruto provides the spirit of beauty and friendship one would dream of visiting or calling it a HOME AWAY FROM HOME.



Kamikatsu's Leaf Business: Empowering the Elderly

By Jenifer Tanikawa (An interview with Tomoji Yokoishi Part 2)

This is part two of Tomoji Yokoishi's interview. For Part 1, please refer to the May issue of Awa Life.

Seeing how successful Irodori was, did any other companies try to copy this business? Any new competitors?

None at all.

Why is that?

Yes, leaves can be found everywhere, but, when you break it down, first of all, you need people to do it and you don't normally find people way up in the mountains with soft skills. In agricultural communities in the mountain where you can find these leaves, you don't often find people with skills to sell and produce.

The other thing is, we are relatively close to the airport. Even though we are located deep in the mountains, we are only about an hour away from the city center. If we were to go to Iya, it would take about two and a half to three hours. Going down south would take just as long. Thinking about shipping, this would pose a problem. There

is value in places that are far away from the city center and in the deep recesses of the mountain, but distance is also important.

And finally, we use ICT a lot here. We have a system set up so that everyone can use computers skillfully.



*President of Irodori,
Tomoji Yokoishi*

It may sound simple, but having all three conditions meet up (leadership, ICT and the environmental condition) is actually quite hard. If one is missing then it won't work. It seems relatively simple, but in reality it's not.

With population decline being at the forefront of issues, how will you tackle this problem?

That's one of our biggest obstacles and is unavoidable. We have to create a town that's more self-sustainable.

One of the things we need to do is, get more people around the world to know about our products. We have to work with a more global market. Instead of just selling things globally, we

Kamikatsu's Leaf Business

need to try and get people to come here as well and to do that we need to create a community that's ready for it. We need people to see the value in our products, so getting more people to know about our brand is important.

We also need to create a connection with the younger generation. We need to think of how we can create a place or position for these young people, including our interns. If we only work with the elderly, we can't create a self-sustaining society, so we need more young folks in our community. The elderly will have their own responsibilities and so will the younger folks.

Lastly, through Irodori Mountain. Mountains are becoming more and more battered with natural disasters and becoming dangerous. We need to maintain a beautiful mountain and work with Irodori to develop the local community.

I think it's a balance of the three, the local community, the young folks and the kids. Young and old will both have their own duties and their own place within the community and work to develop a solid community. Our role as a company is to create jobs and create an environment where they can sustain themselves. I really want to make sure I have that down.

What would you like to tell the interns?

I often tell them this but, my goal and purpose isn't to revitalize the community or the town. And of course they are disappointed to hear that. But I tell them, "the elderly are just doing their job." I think that community revitalization isn't something you can just do because you want to do it. For example, the working elderly will contribute tax money. Medical fees will drop. Relations with their family will improve and they can buy their kids and grandkids anything they want with their own money. Unintentional contribution to the society happens. Compared to those who do nothing and live on money from the government, I think that the elderly here who work hard are just doing their job, but at the same time are contributing to the community. I think that's what's most important. Everyone goes on and on about contributing to society, to the community, but I think there's more important things in life.

What is Irodori to you?

A lost man. I've been doing this for about 30 years now. 37 years since I started working in this town. It's probably the longest community revitalization project in Japan. I would say it's my everything. It really is my everything, from morning to night, 365 days a year. It's been my everything for 30 odd years now. So in a way, I don't really see it as a job, but something I enjoy doing.

HIROBA: Japanese Cooking Class

By HIROBA International

Milk Jelly

Ingredients

Powdered agar 4 g (1 bag)
Water 1 Cup
Milk 2 Cups
Sugar 3 Tbsp
Small strawberries 6
Vanilla essence A few drops

Directions

1. Add water to a small pot and stir in the powdered agar and let it sit for a while. Heat the mixture over heat for 3 minutes while continuously mixing.

2. Add sugar and milk to the pot then take off heat. Add a few drops of vanilla essence.

3. Soak the bottom of the pot in water and mix gently to remove the heat.

4. Pour the mixture into a container and add strawberry slices for decoration. Let it cool to harden.



「～たり、」 と 「～て、」

This month, we will be taking a look at how to properly use “～たり” and “～て” as this is a grammar point that many Japanese learners incorrectly use.

今月は日本語学習者が まちがいがやすい「～たり」の接続と「～て」の接続について見てみましょう。

“～たり” is used when giving two to three examples of actions that occurred within a certain period of time.

「～たり」は ある期間の中での行為や出来事を 2つか3つ取り上げて、代表例として表現するのに使われます。

例1) A: 週末何をしましたか。

B: 友だちと 買い物をしたり、映画を見たりしました。

A: そうですか。



例2) A: 日曜日何をしましたか。

B: X 朝 起きたり、ごはんを食べたり、お風呂に入ったりしました。

“朝 起きる”, “ごはんを食べる” and “お風呂に入る” are things that you do on a daily basis, so are not actions that need to be specifically highlighted. On the other hand, actions such as “友だちといっしょに レストランで ごはんを食べたり、* 銭湯 (public bath house) の大きなお風呂に入ったりしました” are more special, so it sounds natural when “～たり” is used.

「朝 起きる」「ごはんを食べる」「お風呂に入る」は 日常的に当然する行為であって、特別に取り上げることでは「ありません」。「友だちといっしょに レストランで ごはんを食べたり、銭湯の大きなお風呂に入ったりしました」であれば、特別なことがらなので、違和感がなくなります。

Let's take a look at the next example.

また 次の例はどうでしょうか。

例) A: 昨日何をしましたか。

B: X 大学へ行ったり、実験をしたりしました。

If you are trying to explain that you were running experiments at the university, then use the following:

“大学へ行って、実験をしました”。

実験をしたのが大学である と言いたいのなら、「大学へ行って、実験をしました」と 言わなければなりません。

例) 「昼ごはんを食べて、シャワーをあびて、友だちに会いました。」

“～て” is used to describe a sequence of events.

「～て」による接続は 行った行為を 順を追って 言う場合に使われます。

Japanese Lesson

Exercise: Change the following sentences into the right form.

【練習】正しい文に直してみましょう

1. 日曜日 朝起きたり、せんたくをしたり、日本語の勉強をしたりしました。

↓

2. 銀行へ行ったり、ATMで *お金をおろしたり、それからデパートへ行きました。

↓

* お金をおろします : To withdraw money

Answers
1. 日曜日 朝起きたり、せんたくをしたり、日本語の勉強をしたりしました。
2. 銀行へ行ったり、ATMで お金をおろしたり、それから デパートへ行きました。

Letter from SUKETO NAKAYOSHI

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

The rainy season is just around the corner. Not only will it rain a lot, it will also be humid, making people feel more fatigued and unmotivated. So, instead of staying cooped up inside, why not do the opposite and go out as much as you can! Green plants glistening beautifully with the raindrops, snails hiding behind the leaves...you just might be able to see a scenery different from the usual. You can also change things up by visiting your nearby childcare facilities.

Many parents have been asking me for advice recently on how to stop their kids from sucking on their thumbs or biting their nails. A lot of the time, children engage in these compulsive habits out of comfort to ease their anxiety or to get your attention. If they are normally well-behaved and tend to only engage in these habits when they are sleepy, anxious or not feeling well, then you don't have anything to worry about. Don't worry too much about it and during those times, try and give them a bit more attention or shower them with compliments a little bit more. It's usually just a phase, so it will naturally disappear with time. If those habits are getting in the way of their daily lives or continuing for a prolonged time, I recommend seeing a professional like a doctor or a public health nurse.

** Handmade Toys: Bath Foam Stickers **

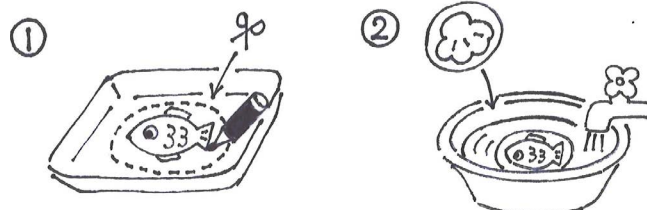
Materials

Styrofoam or Styrofoam food tray
Permanent marker
Scissors
Bucket
Water

Directions

1. Draw pictures of sea creatures, such as a fish or clam, on a piece of Styrofoam (Styrofoam food tray) using a permanent marker, then cut it out.
2. Put the Styrofoam sea creatures into a bucket full of water.
3. Once you thoroughly wet the fish, you can stick it onto windows.

*If you wet the fish with hot water from your bathtub, you can even stick them on the tiles of your bathroom.



Awa Shoku: Tokushima's "Sweet in Savory" Tooth

By Lance Kita

Regional differences in food can be tricky for foreigners to spot, as we take everything around us for granted. How are we to know that squeezing sudachi over everything is not commonplace in the rest of Japan? Recent TV programs have brought these local peculiarities to light, surprising and delighting even Japanese people.

Three such culinary quirks in Tokushima all have a common thread (read on and figure it out as we go along). The first involves a kind of **okonomiyaki** お好み焼き called **mame-tama** まめ玉. True to its name, the dish contains kidney beans (**kintoki-mame** 金時豆), but they're stewed in sugar. Yep, sweet beans in a savory cabbage-based pancake. Give it a try. The starchy beans add heartiness to the batter, and the sweetness enhances the saltiness of the other ingredients. Recently, **Mameten-tama** まめ天玉 is being promoted as a kind of "B-level Gourmet" soul food, with the addition of crispy tempura to the mix. You won't find these in Hiroshima or Osaka; they're a uniquely Tokushima menu item.

Another place the sweet beans appear is on mixed rice, called **chirashi-zushi** ちらし寿司 or **bara-zushi** ばら寿司. Though shredded egg omelet, red pickled ginger, shiitake mushrooms, and sliced green beans are staples all over the country, the sweet beans are Awa-only. Many housewives from outside the prefecture are perplexed by the brown morsels garnishing the mixed rice in the supermarkets. Again, something unique to this area.

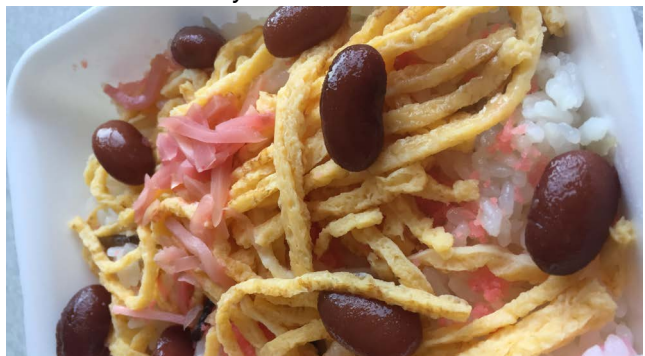
Sometimes, the tradition is localized one town or village. In Naruto, people will receive red beans and rice (**sekihan** 赤飯) for important occasions like weddings, funerals, and memorial services. Most people in Japan will eat this with black sesame seeds and salt (**gomashio** 胡麻塩), but Narutoites will top their sekihan with...**gomazato** 胡麻砂糖, a mixture of white sesame seeds and sugar! Not only that, but they like to put several tablespoons, making this rice definitely sweet. This is akin to pouring sugar over your French fries. (Though to be honest, the glutinous rice in

sekihan is also used to make mochi and other Japanese sweets, so sugar shouldn't actually be so far-fetched.)

Why this obsession with sugar on savory food? One theory notes that Naruto City was a major salt-making region for over 400 years. Tokushima was also a major producer of **wasanbon** 和三盆 sugar which led to its prosperity in the late Edo Period. So salt may have seemed too mundane for the auspicious beans and rice, so sugar (a luxury item at the time) may have become the topping of choice. Whether this has any correlation to the sweet beans on *okonomiyaki* or mixed rice is unclear, but perhaps these unusual twists harken back to the sweeter days of Tokushima...



Mameten-tama, a uniquely Tokushima flavor of okonomiyaki with the addition of...



Supermarket chirashi-zushi...sushi rice with all kinds of toppings, but something on there would surprise a non-Tokushiman...



Sekihan (red beans and glutinous rice) for special occasions, but instead of the usual sesame salt...

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34th Beethoven Ninth Symphony Concert 第34回ベートーヴェン「第九」交響曲演奏会

When: June 5 (Sunday), 13:30-15:30

Where: Naruto City Culture Hall

Admission Fee: Advance tickets 2000 yen General Admission

500 yen Students

Tickets at the door 2500 yen General Admission

500 yen Students

Info: NPO Hojin Naruto Daiku wo Utau Kai Office (088-686-9999)

日時：6月5日（日）13：30開演 15：30終演

開催地：鳴門市文化会館ホール

入場料：前売：一般 2000 円 学生 500 円

当日：一般 2500 円 学生 500 円

問合せ：NPO 法人鳴門「第九」を歌う会事務局（088-686-9999）



Hahagawa Firefly Festival 母川ほたる祭り

You'll be able to catch a glimpse of the fireflies dancing across the surface of the Hahagawa River. There will be lots of events planned for this festival, such as a boat cruise down the river or a bamboo leaf boat making class. Please note, depending on the condition of the river, the festival may be cancelled, so please inquire about it before heading down.

母川の水面を乱舞する幻想的な蛍の光を見ることができます。高瀬舟の遊覧や笹舟づくり教室などのイベントも行われます。

※天候・河川状況により中止する場合がありますので、必ず事前にお問い合わせ下さい。

When: June 11 (Sat) -18 (Sat)

Where: Hahaqawa riverbanks

Takazono, Kaiyo Town, Kaifu-gun

Info: Kaiyo Town Tourism Association

TEF: 0884-76-3050

日時：6月11日（土）～18（土）

開催地：海部郡海陽町高園

母川河川敷

問合せ：海陽町観光協会

TEL: 0884-76-3050

Uchizuma Hydrangea Festival 内妻あじさい祭

Approximately 4000 hydrangea blossoms adorn the roadsides of the former National Route. Take a leisurely, scenic walk along the 2km stretch of the hydrangea road.

牟岐町内妻の旧国道沿いに、約 4000 株のあじさいが咲き誇ります。全長約 2km のあじさいロードを散策しながら、色とりどりのあじさいを鑑賞することができます。

When: June 19 (Sunday), 10:00-14:00

Where: Along the former National Route
(2km long road)

Uchizuma, Mugi Town, Kaifu-gun

Info: Mugi Town Industry Division

TEL: 0884-72-3420

日時：6月19日（日）、10:00～14:00

開催地：海部郡牟岐町内妻

旧国道沿い（約2km）

問合せ：牟岐町産業課

TEL: 0884-72-3420

Events & Memoranda

Hisayabu Hydrangea Festival 久薮あじさい祭り

This festival is held at the Hisayabu Amida Hall every year during June when the hydrangeas are in full bloom.

毎年、あじさいが咲く6月に、久薮阿弥陀堂であじさい祭りが行われます。

When: June 19 (Sunday), from 9:00

日時: 6月19日(日)、9:00～

Where: Amida Hall

開催地: つるぎ町一字久薮
久薮阿弥陀堂

Hisayabu, Ichiu, Tsurugi Town

料金: 無料

Admission Fee: Free

問合せ: つるぎ町商工観光課

Info: Tsurugi Town Commerce and Tourism Division

TEL: 0883-62-3111

TEL: 0883-62-3111

2016 Tokushima Prefecture Japanese Speech Contest 徳島県日本語弁論大会

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 10 (Sunday) 13:30 - 16:30

Where: Awagin Hall (Tokushima Prefecture Kyodo Bunka Kaikan) 5F

Info: TOPIA 088-656-3303

Admission Fee: FREE

国際理解支援講師の派遣をします 楽しく愉快に異文化交流&異文化理解!

外国人との交流をとおして世界を知ろう

学校や市町村・民間国際交流機関が行う異文化理解や国際協力・人権・平和などに関する国際交流事業に外国人講師を派遣します。

出会う機会の少ないアジアやアフリカ出身の人たちとも交流してみませんか?

お問い合わせ先 公益財団法人 徳島県国際交流協会
〒770-0831 徳島市寺島本町西1-6 1クレメントプラザ6F
TEL: 088-656-3303 FAX: 088-652-0616
URL: <http://www.topia.ne.jp>
E-mail: topia@topia.ne.jp



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)