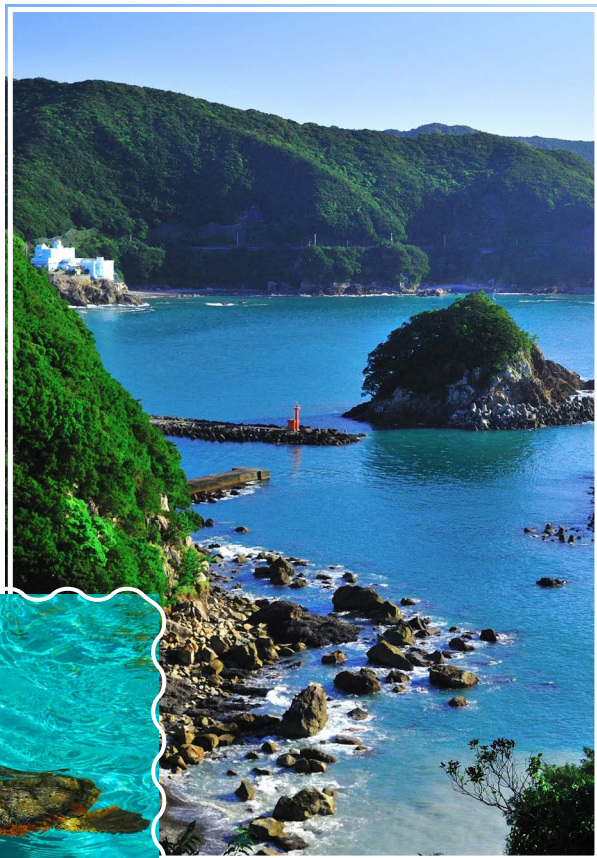


awa life



**Firework Festivals
in Tokushima**



July 2017
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**Recipe:
Kinako
Chiffon
Cake**

**Summer
Motifs in
Japan**



Awa Shoku



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

We hope everybody survived the rainy season last month and is well prepared for the hottest season of the year! Although it might be the muggiest and therefore a difficult time for some of us, it is also probably the most exiting one because of all the summer festivals, fireworks, beach adventures and of course the upcoming Awa Odori. So check out this months event section and get into your dancing shoes to practice for Tokushimas biggest event of the year coming up soon!

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 editors,
Daralyn and Franziska

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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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Summer Motifs in Japan

By Melissa Palsenbarg

With summer, comes the heat, the humidity, the insects, and a handful of flowers that just scream summer. You'll see them out in the gardens, on stationary, on kimono, on uchiwa, and represented at the local sweet shop. Keep an eye out for these flowers this summer!

Morning Glory/**Asagao** (朝顔)

Most summer flowers fall on the cusp between spring/summer and summer/autumn, but asagao is recognized as a true summer flower. It was originally introduced from China for medicinal use as a laxative during the 9th century, and it was well established in the floral pantheon by the Heian period. It even lent its name to a minor character in The Tale of Genji, Princess Asagao. During the Edo Period, the *asagao* was cultivated more as an ornamental plant rather than a medicinal one.



It's an easy flower to grow and some elementary school teachers will assign summer homework that includes planting and raising asagao. The *asagao*, even in a stylized form, is easy to recognize. The petals form a five-point star at the center of the flower.

Iris

You may have noticed that I have not included a Japanese name or kanji for the iris in the title. That is because there are different types of iris that grow in Japan, each with their own Japanese name and kanji. In order of popularity, they are **ayame** (菖蒲) siberian iris/sweet grass (Iris sanguinea), **shoubu/hanashoubu** (菖蒲 / 花菖蒲) Japanese iris (Iris ensata) and **kakitsubata** (杜若) rabbit ear iris (Iris laevigata). All of these types of iris bloom from early May to late June. This caused some ambiguity to Heian era poets. Should the iris be considered a spring flower or a summer flower? There was much debate over the centuries with arguments on both sides, but eventually the iris landed on the summer side of the divide. Traditionally, the iris is linked to Boy's Day (now Children's Day, celebrated on May 5th) because the leaves resemble swords and the name *shoubu* is a homonym for martial spirit. Iris of all kinds can often be found on boy's kimono. The most identifiable feature of the iris is the three petals that grow downwards. These petals can be smooth or jagged, but they all have a distinct vein

Summer Motifs in Japan

running down the center. Iris also have a clump of smaller petals that grow upwards. Finally, iris have long, thin leaves that usually accompany the blossom.



Hydrangea/*Ajisai* (紫陽花)

Japan's month long rainy season (*tsuyu*, 梅雨) usually ends in mid-July (depending on where you are in the country) and *ajisai* can be found all over during that time, and they are especially iconic of the month of June. *Ajisai* can be found in a wide variety of colors including blue, purple, pink, or white, and these colors are determined by

the acidity of the soil. *Ajisai* has many meanings associated with it in Japan. According to one legend, a Japanese emperor gave *ajisai* to a girl that he loved as an apology for neglecting her in favor of business. Because of this legend, *ajisai* are associated with heartfelt emotion, gratitude, and apology. Pink *ajisai* especially are associated with genuine emotion because they resemble small hearts.



So while you're out enjoying the summer, listening to the cicada, using your *uchiwa*, and eating *kakigori*, keep an eye out for these flowers all around you.

Recipe: Kinako Chiffon Cake

By Franziska Neugebauer

Back in my home country I loved to bake all kinds of things, for every birthday, mother's day or even just a regular party at someone's place. I made cakes, muffins or a variety of cookies. But since I got to Japan I find it really hard to find the appropriate ingredients for a decent price. Just getting baking chocolate is expensive and quite hard to find unless it is around Valentine's Day. Also when making cakes, I usually use a lot of cream cheese, sour cream and quark (a fresh dairy product made by warming soured milk) as the base for the fillings but I can hardly find these products here. First I was really struggling, no baking anymore I guess. But why complain if you have all these other ingredients you usually would not have around back home here in Japan! *Matcha* powder, *mochiko* (rice flour), red bean paste and my favorite ingredient: Kinako! Kinako (黄粉) is roasted soy flour and commonly used in making Wagashi (traditional Japanese sweets).

It has a nutty fragrance and its taste reminds me very much of peanut butter. Kinako is gluten-free and therefore great for everybody with an allergy. You can sprinkle it over your breakfast toast, mix it into yoghurt or with milk and of course it works as flavoring in cookies, pancakes or cakes! This recipe is really easy to make and you do not need a big oven for it, in fact I only used Daralyn's little oven toaster. Try it out!



Recipe: Kinako Chiffon Cake

What you need:

Mixture 1:

3 egg yolks
15g brown sugar
40g oil
40g water
30g flour
30g kinako powder



Mixture 2:

3 egg whites
30g caster sugar
6g flour
& a baking tin in the shape you like



How to make the cake:

① Whisk 3 egg yolks with a balloon whisk and add brown sugar. Gradually add the oil while whisking. Add the water. The next step combines the mixture with the flour and kinako powder. Sieve the mixture over the latter ingredients and whisk till the dry and liquid components are fully incorporated. Be careful not to overmix it.

② Now, mix the caster sugar with the 6g flour in a separate bowl and beat egg whites with an electric mixer in a clean bowl. It is just right when it becomes foamy and doesn't run anymore. Add some parts of the flour-sugar mixture and beat it on high speed with the mixer. Continuously add the rest of the sugar-flour mixture until the mixture appears smooth and glossy. Be careful again not to overmix it.

③ For this step do not use an electric mixer, but instead use a spatula or balloon whisk. Combine the beaten egg whites and the egg yolk batter gently in several batches. Stop as soon as it looks blended and don't overmix it.

④ Pour the mixture in a baking tin, I prefer the round bundt cake paper baking mold. Bake it for approximately 30 minutes at 180°C in a pre-heated oven. Insert a toothpick and check if there is any batter left on the toothpick. If there is no batter, it is ready to take out of the oven. Be sure to let it cool completely before unmolding it. You can serve the Kinako cake with sliced banana, syrup, or whipped cream. Yummy!

Letter from SUKETO NAKAYOSHI

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

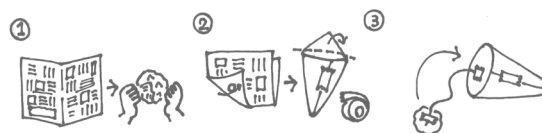
The heat has finally become unmanageable, and it has become a comfortable season to play at the pool. The children at the center love playing in the pool. However, because the rainy season is until the middle of July, there are a lot of days when it rains, and the children can't play in the pool. During those times, we cut up newspaper in small pieces, fill the pool up with it, and then have the children play in it.

Newspaper is a material that can be found easily, and played with readily. For example, you can also do things like open a hole in the middle of a newspaper, cut paper in to small pieces and pretend that it is a shower, or crumple the paper in to a ball and play catch ball. Also, if you roll the paper in from the corner, you can make a sword, and also a ring to spin around. You can also sit on it in place of a rug, wrap it over yourself like a blanket, or use your imagination to create something new. At the age of one, children learn to use their hands and fingers. Having your child rip up paper, and crumple it is connected to the stimulation of growth in the fingers. I recommend

this for when the rainy weather does not clear up. *Newspaper can be used as a fire lighter when making a fire. When it is folded in to a cup and a plastic bag is placed inside, it can be used as a dish in the case of an emergency. It may be a good idea to save a couple at home.

* * *

Newspaper Toy (Kendama)



- 1) Make a round ball with newspaper.
- 2) Fold one piece of newspaper in half and roll it up from the corner, and tape together to make a cone.
- 3) Connect 1 and 2 by taping on a string on both sides, and your newspaper kendama toy is complete. Play with the toy by trying to get the paper ball in to the cone.

Feelings of disappointment and regret

ざんねん き も こうかい き も
「残念な気持ちや後悔する気持ち」

This month, we will be learning how to express feelings of disappointment and regret.

かいわ
会話 Conversation:

A: どうしたんですか。(What happened?)

B: 財布を落としてしまいました。かばんの中を探してもないんです。

(Unfortunately, I lost my wallet. As much as I look through my bag, it is not there.)

A: それは大変ですね。早く交番に届けたほうがいいですよ。

(That is horrible. It is best if you report it to the police box right away.)

B: そうですね。すぐに交番に行きます。(You are right. I will go to the police box right away.)



ぶんけい つく かた どうし けい
この文型の作り方：動詞で形＋しました

How to form the sentence pattern: て -Verb + しました

This sentence pattern is used to express disappointment or regret, for example, when you did something you weren't supposed to do or when something became an inconvenient circumstance added to a situation. Verbs with a negative meaning like "to forget"「忘れる」, "to break"「割れる」, "to drop"「落とす」, "to make a mistake"「まちがえる」, "to be late"「遅れる」or "to fall down"「転ぶ」use this sentence pattern often.

れんしゅうもんだい
練習問題 Let's practice!

れい
例 Example:

さとう でんわ ばんごう き わす
佐藤さんの電話番号を聞きました。忘れました。

→ 佐藤さんの電話番号を聞きましたが、忘れてしまいました。

(I asked Mr. Sato for his phone number but unfortunately I forgot it.)



1. バス停まで走りました。バスは行きました。

→ _____

2. 友達の家へ行く前に地図を見ました。道をまちがえました。

→ _____

3. 気をつけていました。階段で転びました。

→ _____

4. きれいなコップを買いました。洗っているときに割れました。

→ _____

5. タクシーで行きました。約束の時間に遅れました。

→ _____



Answers: 1. 行っていました
2. まちがえてしまいました
3. 転んでしまいました
4. 割れてしまいました
5. 遅れてしまいました

Awa Shoku: Natsu = Nasu

By Lance Kita

Among the nest of green zucchini, okra, edamame, lettuce, and bittermelon at your supermarket now, you will find shiny purple globes: eggplants or aubergines (**nasu** 茄子), which are at their best during the summer months.

In Tokushima, our mild climate allows for year-round production of eggplants. Open-air crops are harvested from May through November, peaking in August and September. Through winter and spring, they are grown in hothouses. Unlike the oval fruits that live up to this vegetable's North American name, most of the Japanese varieties are long and slender. There is even one called **naganasu** (長茄子) that can grow up to 30 cm long! Some are round and small, often used for pickles, and **mizunasu** (水茄子) is a type popular in Kyoto that has a high water content and can be eaten raw. Native to Asia and carried to the Mediterranean region by Arabs, many of us already have a favorite eggplant dish. Roasted and mashed in baba ghanoush, pickled and spiced for chutneys and achaar, stir-fried in Mabo eggplant, stewed in ratatouille, and baked in melanzane alla Parmigiana.



Braised and chilled, nasu nibitashi is the perfect summer dish

The easiest way to prepare eggplant for cooking is su-age (素揚げ), where you simply deep-fry chunks or slices of eggplant in hot oil for a minute or two until the outside is lightly brown and the flesh is tender. This step helps the eggplant hold its shape and lose its bitter or astringent flavor. Some people say that lightly sautéing the slices in water first prevents the eggplant from soaking up too much oil, but using medium-high heat will sear the outside and prevent that. So what do we do with su-age eggplant? Rather than slave over a hot stove in the summer, just pour some **ponzu** (citrus soy sauce) or

mentsuyu (麵つゆ noodle soup stock) over the top and garnish with grated radish and minced green onions. Or try some sesame oil, salt, kochujang paste, and sesame seeds for a Korean flavor. Mabo eggplant uses this pre-frying method for its recipe, so stir-fry some garlic, ginger, minced pork, toubanjan chili paste, and soup stock and thicken with cornstarch slurry.

With larger pieces, you can use a technique called **nibitashi** (煮びたし), which is a braising technique where you quickly simmer the pieces in a lightly flavored dashi stock (use concentrated mentsuyu to keep things simple), then let them rest in the liquid as it cools. Serve at room temperature or chilled with a garnish of grated ginger or bonito flakes (**katsuo-bushi** カツオ節). Perhaps the most refreshing summer side dish you can make! Make a batch and it keeps in the refrigerator for a week. Eggplant is also amazing grilled. I love **nasu dengaku** (茄子田楽), where an eggplant half is brushed with oil and grilled over the fire (su-age also works fine) and topped with a sweet miso glaze. I highly recommend yuzu-flavored miso from the Kito District in Naka Town for a citrus accent that cuts through the oiliness of the eggplant. You can also make a straightforward **yakinasu** (焼き茄子) by charring the skin of small eggplants over a flame, peeling off the outside, and drizzling with soy sauce for another quick dish. This summer, dark-skinned eggplants will hatch some great light dishes for your bento or dinner table. Take advantage of Tokushima's summer veggie bounty and happy eating!



Nasu dengaku, grilled and slathered in sweet citrusy miso

Events & Memoranda

Dance with Arasowa-ren あらそわ連参加募集中

The name Arasowaren is a culmination of ren which has the meaning of “must not” in Tokushima’s dialect and “troupe” in Awa Odori lingo, and when added to “Arasowa”, it means one must not wage war, one must not fight. With the wish of “creating a peaceful world that does not fight”, we dance on August 14th, the day before the anniversary of the end of the Pacific War. At the same time, it is our hope that all participants are able to dance Tokushima’s traditional culture Awa Odori in a Japanese traditional yukata and happi coat, without relation to nationality, race, or religion. Every year, approximately 100 people from overseas participate, and overall our large dance troupe constitutes of 270 people. Those who participate often say “It was fun and I would like to participate again.” It is an honor for us to provide a good opportunity to deepen international exchange while having an enjoyable time. The 2017 application period for Arasowaren is currently being adjusted. We plan to post the information on the Tokushima International Strategy Center (TOPIA) homepage in the middle of July. If you wish to apply, please see our homepage for more information.



Tokushima Prefectural Disaster Prevention Center Study Tour

The Tokushima Prefectural Government, in conjunction with the Tokushima Prefectural International Exchange Association (TOPIA) is proud to announce a study tour for foreign residents at the Tokushima Prefectural Disaster Prevention Center to provide information on what to do in case of a natural disaster.

Date: Sunday, September 3, 13:00–15:30

13:00 – Leave Tokushima Station by bus for the center

15:30 – Arrive back at Tokushima Station by bus

Location: Tokushima Prefectural Disaster Prevention Center

Details: Disaster prevention guidance via video, simulation of strong winds/earthquakes, fire fighting and disaster control exercises (English and Chinese interpreting available)

Capacity: 30 people

Cost: Free

How to Apply: Please send in the following information by fax to the address below. You can also apply by sending the same information by email or postcard.

① Name

② Gender

③ Address

④ Nationality

⑤ Phone number

⑥ E-mail address

⑦ Occupation

Deadline: August 28th (Monday)

Send Applications To: FAX:(088) 652-0616 E-mail: coordinator1@topia.ne.jp

You can also apply by telephone. Contact: Ms. Kimura at (088) 656-3303.



Events & Memoranda

Summer School Japanese Lessons 夏休み子ども日本語教室

Why not enroll your child in the Summer School Japanese Lessons held at TOPIA? Japanese teachers will be on hand to help your child with their summer homework in class and there will be fun activities as well, like games and quizzes.

For: Elementary, junior and senior high school students whose first language is not Japanese.

When: July 25, 27, 28, 29, August 1, 3, 4, 5
10:30 - 12:00

Cost: Free

Deadline: Applications must be received by Thursday, July 14th.

Where: TOPIA, Tokushima Station Clement Building 6F

How to Apply: Fill out the application form and send it to TOPIA via post, fax, e-mail or drop it off in person.

For more information, please contact Ms. Nomizu at TOPIA (088-656-3303 or coordinator2@topia.ne.jp) or visit our official website www.topia.ne.jp.

2017 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 23 (Sun) 13:30 - 16:30

Refreshments 5:00PM-6:00 PM

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

Info: 088-656-3303 TOPIA

Admission Fee: FREE

Labour Consultation 駅前労働相談会

If you are experiencing any problems at your workplace, such as dismissal from work, power harassment and non-payment of wages, please feel free to consult us. Services are provided for free and will be kept confidential.

When: July 23 (Sun)
13:00-16:40

Where: Civic Center 4th floor (Amico Building)

Cost: Free

*Please make a reservation by 3pm on July 21th via phone or by using the QR code below.

*Please bring an interpreter with you if you cannot speak Japanese.

Contact: Tokushima Prefectural Labor Committee Office

Tel: 088-621-3234

賃金未払い、パワハラ等、労使関係のトラブルでお困りの方は、お気軽にどうぞ！相談無料、秘密厳守です。

日時：7月23日（日）

13時～16時40分

場所：シビックセンター4階（アミコビル内）

*21日の午後3時までにお電話または下記のQRコードから予約してください。

*日本語が話せない方は、通訳できる方と一緒にお願いします。

お問い合わせ：徳島県労働委員会事務局

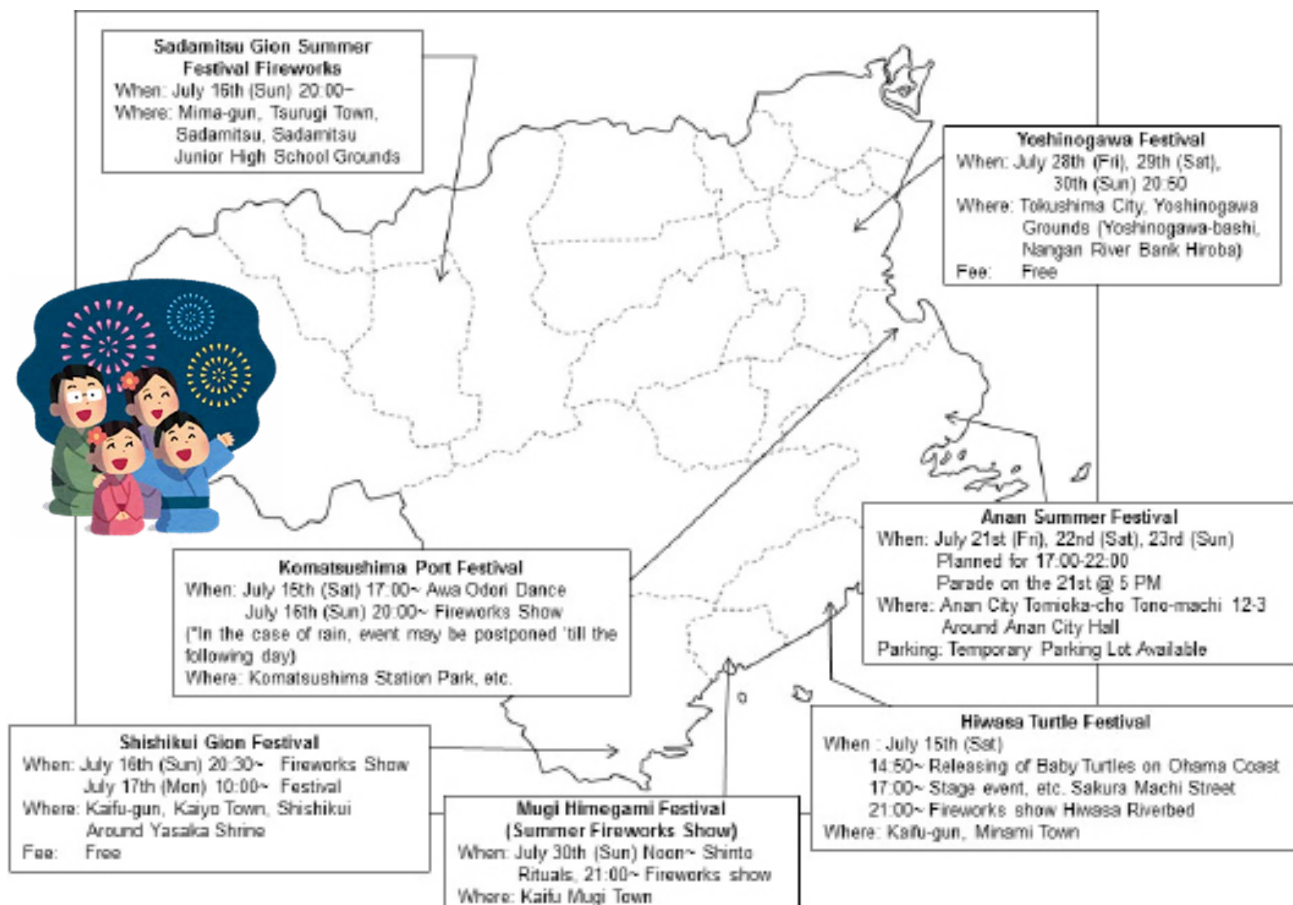
TEL: 088-621-3234



* For more information please see: www.pref.tokushima.jp/soshiki/roudouininkai/

Events & Memoranda

Firework Festivals in Tokushima Prefecture 徳島県内の花火大会



30th Big Camphor Tree Festival 第30回 大楠まつり

Enjoy bingo games, Awa Odori, Taiko performances, and food booths offering snacks such as yakisoba, fried foods and much much more.

When: July 30th (Sun) 17:00-21:00
Where: Miyoshi-gun, Higashi Miyoshi town, Kamo Okusu Park
Fee: Free
Info: Higashi Miyoshi Town Industry Division
Tel: 0883-79-5345

ビンゴゲーム大会、阿波おどり大会、青年和太鼓の他、楽しいイベントが開催されます。ヤキソバ、フライドポテト等の露店も並びます。

日時： 7月30日（日）17時～21時
場所： 三好郡東みよし町加茂 大クス公園
料金： 無料
お問い合わせ： 東みよし町産業課
TEL： 0883-79-5345

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)