

# awa life

August 2017

# 324



Living the **Awa Life** through  
Awa Odori



**Awa Shoku:** Eat cool, drink  
cool, be cool



The Key to **Language Learning**

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

Well, we don't need to tell you what's coming this month: it's Awa Odori season! You will hear the lovely Awa Odori song all around the prefecture, especially during the evening when all the groups are practicing outdoors. I always feel that this creates a special atmosphere and Tokushima just feels so lively and vibrant with all the dancers doing their best to put up a great performance. Let's enjoy this special time of the year and stay cool!

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](mailto: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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## *Living the Awa Life through Awa Odori*

*By Daralyn Yee and Nan Zhang*

**D**o you hear the voices of the Awa Odori dancers yelling “Yattosa, Yatto Yatto” in your neighborhood? Every year from August 12th through the 15th, the Awa Odori Festival is held in Tokushima. Through our work and numerous interpretation jobs, we have the opportunity to watch the dance many times throughout the year. Each time that I watch it, I always feel glad to have come to such an exciting and vibrant prefecture. Because I had come all the way to Tokushima, I really wanted to learn how to dance the Awa Odori while learning more about the culture of this area at the same time. However, I did not know where I could learn this wonderful dance. Coincidentally, a prefectural staff member that I met on a business trip invited fellow CIR Nan and I to come and try it out, and we have been practicing since then. It has been about 3 months since started practicing with Musou-ren (無双連 むそうれん; Note: Musou means unparalleled) , a famous Awa odori group.

### ***Experiencing Onna Odori (Womens Dance)***

***By Daralyn Yee***

Disclaimer: I have never been good at dancing. However, I wanted to learn more about the culture of Tokushima while trying something new



*Daralyn with fellow ren members Sayaka (left) and Hina (right)*

this year and joined Musou-ren in May, and now dance Onna-odori (women's dance). Every time I have watched it, I thought that it was such an elegant dance filled with passion. I had originally thought that Awa Odori was just sticking out your arms and legs, then bringing them back, but I

was wrong. In order to dance elegantly, it takes more than 5 minutes (the typical amount of time that Awa Odori is taught at a performance) to learn the dance in its entirety, with the appropriate postures and movements. Every time I go to practice, I end up sweating quite a bit and my muscles hurt a lot. However, when I concentrate on dancing, it is as if every problem of my life disappears and I feel very refreshed and ready to go to work the next day. It is also great exercise.

The lesson that I have been learning from Awa Odori is to not give up and to learn from my mistakes. In life I have tried many sports. I don't have good motor skills and take much longer to learn than most people to learn anything that includes body movement. I always think "it is impossible", and give up because I have never exceeded outside of the field of academics. The other dancers have been very kind to me and have supported and cheered me on. Even though I make numerous mistakes, they still say "Let's keep on going! I know you can do it."

When dancing onna odori, one must keep their eyes straight in front of them and continue to dance forward, no matter how much in pain one's legs and arms are. Similarly, in life there are a lot of difficult times, but I must continue to move forward and keep positive. Awa Odori has already made an impact in my life in these short three months. I am looking forward to being apart of the local community, and dancing in one of Japan's most internationally renowned festivals.

### ***Experiencing Otoko Odori (Males Dance)*** ***By Nan Zhang***

Compared to the elegant Onna Odori, the otoko odori is a dynamic and free spirited dance, graceful, but yet bold. Those who have experienced Awa Odori know that the characteristic of Awa Odori is sticking out arms and legs at the same time to the two rhythmed beat. If you are able to master this, you can dance to the beat of the music. However, joining a ren and learning Awa Odori is a different story. As it is said that "A journey of a thousand miles, there

is no doubt that Awa Odori also starts with one step as well. Every person who begins Awa Odori must start practicing with the feet. To be able to perform on stage, it takes many years of practice. In otoko odori, we bring our foot out and put the weight on our other foot. Holding this position is not easy and if I don't practice the dance with my body, it is difficult to move in the way that I'd like to. Awa Odori is 70% legs, and 30% arms. If you can master the movement of your feet, and add in the correct posture and hand movements, the dance will come together beautifully.

It's been 3 months since I joined Musou-ren. Under the encouragement of my teachers and my seniors I, who was not making any progress in the beginning, am now able to dance the Awa Odori while moving my Uchiwa to the rhythm. During the practice I'm also not treated any different because I'm a foreign resident, and am being instructed with sincerity and strict requisition.

With the main event being held in August, all of the members of our ren are putting in their best efforts in to their feet and hand movement for an outstanding performance. If you have come all the way here to live in Tokushima, you can't miss the Awa Odori. Apart from the famous rens, there is also the Arasowaren that gives overseas residents the chance to dance Awa Odori. Without any relation to age, nationality, race, or religion, all people can dance in a Japanese yukata or happi to the two beat rhythm. In this hot summer, will you dance with the group of passionate dancers and feel the excitement of Tokushima in this traditional Japanese summer festival?



## Perseverance and Motivation is Key in Language Learning

By Daralyn Yee

Recently I have been holding an “English Language Lunch”, for my coworkers to have the chance to practice their English freely. It is quite casual, sometimes I just get them to have a conversation, other times I teach useful phrases. The other week we talked about small talk in Western countries, and discussed the question “What is your spirit animal?” As the weeks pass, I notice that my colleagues are gaining more and more confidence in speaking up and are picking up new words as time passes.

Practicing conversation with them has brought me back to the days when I was studying Japanese. 10 years have passed since I started studying, but I never started having real conversations until about five years ago. Up until that point, I had never had a real conversation with someone in Japanese outside of the classroom. Though there are a lot of Japanese who visit and live in Hawaii, I was always too nervous to speak because I didn’t think anyone would understand. “Would that be correct to say?” “If I say that, would they understand?” I wondered.



It was not until I entered a training program that I started to have conversations in Japanese. The first rule of the program: If at all possible, please only speak in Japanese. When I saw this, I felt doomed because I had not had an adequate Japanese conversation up until that point. This was followed by planning for a group tour with people who came from non-English speaking countries. As we planned, I could understand a majority of what was said, but if I wanted to say something, I could not say everything that I wanted to say in Japanese. The following day, we went on the tour that we planned and it was really stressful. It was my first time to explore Osaka and I was not sure what was happening the whole time. The following day, I was so stressed out to the point that I felt ill.

However, things changed when I made some new friends from other countries around the world. I really wanted to talk with them and wanted to know about their home countries. It was enjoyable to spend time with them, so I tried my best to communicate what I could with the language knowledge that I had. Slowly but surely I started to understand what they were saying, and before long I was able to have a very basic conversation without giving myself a headache.

I don’t think that it is only language skills that determine whether a person can become able to communicate in a second language, perseverance is a characteristic necessary to be able to communicate in a foreign language. When one simply says “I can’t”, “It’s impossible”, that is already enough to stop them from fulfilling their fullest potential. Those two phrases are not just phrases that come out of one’s mouth, it is a mindset that can affect a person’s actions and attitude. Improvement starts within oneself, having an attitude of perseverance and believing that even though it is not possible now, that one day after putting in much effort.

Not only is perseverance vital, motivation is equally necessary in order to continue learning. In Japanese there is a saying 「初心を忘るべからず」 (*shoshin wo wasuru bekarazu*). It means “Don’t forget your first intentions”. In the midst of trying to achieve a goal, it is easy to feel weary and give up because things don’t feel possible. As for me, I often get to a point where I feel that I am just incapable of speaking Japanese. But it is important for me to take a step back and see how far I have come from the beginning, and what my intentions are so I can continue to work towards getting better at it rather than continuing to be pessimistic. It isn’t about what can’t be done, it’s about looking forward towards what is capable in

the meantime, and taking small steps in order to achieve a goal.

Also, it is very important to have fun and enjoy language sometimes. You may be wondering how language can be fun when it may just seem like a whole bunch of words and memorization. There are times where it is important to be diligent, sit down, and learn, but it is just as important to find something to enjoy. One of my favorite ways to enjoy any language that I learn (or attempt to learn), is listening to music in that language. The melodies are catchy, and I just can't help but to look up the lyrics, figure out the meaning in order to try to sing along.

Learning a new language is not easy, and there are many challenges and road blocks that may face us. However, it can be very rewarding, leading to new encounters in life. I hope that each one of you will be able to find your own way to stay motivated and continue to study Japanese, or whatever language you may be studying.



## Letter from SUKETO NAKAYOSHI

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

Last month, the parents and children of the education center came to make syrup out of *amanatsu* and *ume* enzyme syrups. An enzyme syrup is a syrup filled with enzymes and can be fermented by microorganisms that can be found on the body, and fermentative bacteria that can be found naturally in foods. It can be made by putting seasonal fruits and vegetables in sugar. When your stomach is not feeling well, and you don't have an appetite, add some enzyme syrup to water to dilute the syrup to create a drink that will make you feel better. It is also perfect to combat the summer heat. (If you are interested, please look online for more information)

There are a lot of illnesses that children can easily catch, so please be sure to keep aware of your child's health. Illnesses that children commonly catch:

- Pool Fever (Pharyngoconjunctival fever): The cause of this illness is the Adenovirus which causes a high fever and a sore throat.
- Herpengina (Acute viral pharyngitis): A high fever followed by blisters developing in the throat. One may be unable to eat because of a sore throat.
- Hand-foot-and-mouth disease: Rash and

blisters develop on the hands, feet, and inside and outside of the mouth. In some cases, a fever of 37 to 38 degrees Celsius may develop. One may be unable to eat because of a sore throat.

\* If your child shows signs of any of the above illnesses, please consult with a medical institution immediately.

\* \* \*

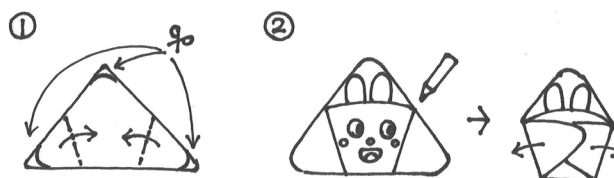
### Handmade Toys: "Peek-a-Boo"

**Materials:** paper, pen, scissors

#### Directions:

- 1) Cut a triangle piece of paper and cut the corners so that they are rounded. Fold the paper as shown with the dotted lines on the diagram.
- 2) Draw an animal that you like inside of the paper.

\*Instructions: Play with it by closing and opening the flaps of the paper, and saying "Peek-a-Boo"!



# Japanese Lesson

By Fusa Tamaki

「とき」

Today we will be learning how to use the word 「とき」 to connect two sentences.

- (1) ご飯を食べるとき、「いただきます」と言います。

Before I start eating my meal I say "itadakimasu".

- (2) ご飯を食べたとき「ごちそうさま」と言います。

After I finished eating my meal I say "gochisousama".



Sentence (1) implies "before eating" and the meaning of sentence (2) is "after eating". Let's have a closer look at both sentences. In sentence (1) the phrase "itadakimasu" already implies that it is an action before starting to eat as we know from general habits in Japan. But more importantly you will understand that the action is happening from now on if you take a closer look at the verb in front of the word 「とき」 which is in dictionary form. In sentence (2) the verb in front of 「とき」 is written in た - form which tells you, that the action is already finished. This is implied from the phrase "gochisousama" which is typically used after finishing a meal. By figuring out the time relation, you can figure out which form to use when utilizing sentence pattern 「A とき B」.

If both parts of the sentence have a time relation the verb in front of the 「とき」 can tell you whether the action in sentence A happens before or after the action in sentence B. In case that action A happens after action B the verb will be in dictionary form. If action A has already happened before action B the verb will be written in た - form. Even if you talk about an action in the past like 「昨日、晩御飯を食べるとき、いただきますと言いました。」 the verb in front of 「とき」 will still tell you, whether sentence part A is happening before or after action B.

Let's practice:

Please use the verb from the 「 」 and fill in the ( ) using the appropriate form of the verb.

- 日本へ ( ) とき、母に飛行場まで送ってもらいました。 「来ます」
- アメリカに ( ) とき、英語で買い物しました。 「行きます」
- 部屋に ( ) とき、ドアをノックします。 「入ります」
- 去年まで、母は新聞を ( ) とき、めがねをかけていました。 「読みます」
- ゆうべ頭が痛かったので、 ( ) ときに、薬を飲みました。 「寝ます」
- このことは、あした、田中さんに ( ) ときに、話しましょう。 「会います」
- 毎朝、 ( ) とき、「おはよう」と言いましょう。 「起きます」



- Answers: 1. 来る 2. 行った 3. 入る 4. 読む 5. 寝る 6. 会った 7. 起きた



## Awa Shoku: Eat cool, drink cool, be cool

By Lance Kita

**A**tsui desu ne!! Despite the Cool Biz casual attire in the office and air conditioning, Japan is SOOOOOO HOT in the summer! Even I as a Hawaiian can't deal with the sweltering heat and humidity. What can we do to keep from melting? Here is a Top 5 list of ways to beat the heat using some local culinary know-how... (in no particular order)

**#5 SHAVED ICE** – Frozen water is the fastest way to cool down, but pour sweet syrup over flakes of shaved ice, and you have a dessert that blows away a hot summer day. **Kakigoori** (かき氷) dates back as far as the Heian Period, but the shaved ice we know today rose to mass popularity during the Meiji Period. The stuff at festivals is nothing more than colored sugar water, but recently, sweet shops and cafes are offering gourmet *kakigoori* with syrups made of 100% real fruit and other natural toppings. Search out this great way to enjoy locally-grown fruits.



Shaved Ice - *Kakigoori*, perfect to cool down really quickly

**#4 TARAI UDON** – Drive to Awa City (阿波市) and head north through the Donari District (土成) up the Miyagochidani River (宮川内谷川) to find restaurants selling **tarai udon** (たらいうどん), noodles served in a large wooden tub.

The dipping sauce was originally made with stock from river fish, truly a taste of the mountains. Add some deep-fried river crabs and you have a pleasant lunch away from the city heat.



*Tarai Udon* - speciality from Awa City

**#3 CUCUMBER ON A STICK** – Tired of the neverending fried food options at local festivals?

Many stalls are starting to sell lightly pickled cucumbers (**kyuri** 胡瓜) on a stick. For a few coins, you can pick a chilled cuke out of the icy barrel of brine and be on your way without being exposed to hot oil or heated iron griddles. Not only are they low in calories, but the salt will keep you from getting dehydrated.

**#2 NAMBAN-ZUKE** – The hot sun is bad news for fresh seafood, so use the power of pickling. **Namban-zuke** (南蛮漬け) involves dredging fish in flour and deep-frying them until crisp. The fish is then covered in a vinegar sauce, often accompanied by julienned carrots and onions, and chilled. You can keep it in the fridge for 4-5 days, and this make a great safe dish for picnics. The tartness cuts through the oiliness of the fish and perks up your appetite on hot, humid days. With **horse mackerel** (*aji* 鰯) in season, why not have a regular stock on hand for an easy light supper or late-night snack with your sake.

**#1 SALTY DRINKS** – Water is one of the best things for your body in the summer sun, but without salt and other minerals, you'll sweat it all out in no time. Convenience stores

and supermarkets are offering an array of drinks fortified with salt and minerals, including salty lychee, salty watermelon, and salty lemon. Or make your own. Just squeeze a couple of sudachi into an empty drink bottle, add a large pinch or two of salt, and fill with water. Shake for a minute and chill.



# Events & Memoranda

## 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

\* For more details please refer to last months Awa Life.

\* If you have any questions please contact Ms. Kimura at (088) 656-3303.



## Rakugo in Easy to Understand Japanese やさしい日本語の落語会

Come and listen to Rakugo (Japanese traditional entertainment) in simple Japanese.

日本の伝統芸能「落語」をきいてみませんか？  
「やさしい日本語での落語会」

Storyteller: Katsura Shichifuku

Program: Toki Udon

When: August 20 (Sun)

10:30 - 11:45 (Doors open at 10:00 AM)

Where: TOPIA, Clement Plaza 6F

Apply: 088-656-3303/coordinator2@topia.ne.jp

(Max: 80 people, first come first serve basis)

噺家（はなす人）：桂 七福 氏

演目：時うどん

日時：8月20日（日）

10時30分～11:45時（10時開場）

場所：徳島県国際交流協会（TOPIA）

申込み：088-656-3303/coordinator2@topia.ne.jp

（定員80名申し込み順）

## Let's Dance Awa Odori 阿波おどりを一緒に踊りましょう！

T.I.A. (Tokushima International Association) will organize an Awa Odori group on August 12th. Overseas residents and Japanese nationals are welcome to join. Enjoy a festive summer night in Tokushima!

徳島市国際交流協会では、今年も阿波おどり連を編成し踊っていきます。外国から来られている皆様にも参加していただき、楽しい阿波おどりにしたいと思っています。

When: August 12 (Sat)

Light meal: 16:00 - 17:00

Practice: 17:30 -

Departure: 18:00

Where: T.I.A., 1-88 Shinkura-cho Tokushima city

Fee (including light meal):

500 yen: Foreigners & T.I.A. Members

1000 yen: Junior High and below

2000 yen: High School students and up

日時：8月12日（土）

受付・軽食：16時～17時

踊り練習：17時30分～

出発：18時

場所：TIA、徳島市新蔵町1丁目88

参加費及び軽食代：

500円：TIA会員及び外国人

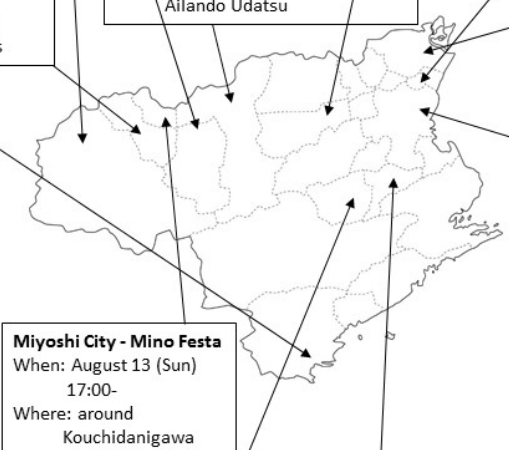
1000円：中学生以下

2000円：高校生以上

\* To register and for more information please call 088-622-6066 or send an e-mail to info@tia81.com.

# Events & Memoranda

## Awa Odori Performances in Tokushima 県内の阿波踊り大会



**Sadamitsu Summer Festival Awa Odori**  
When: August 15 (Tue) & 16 (Wed)  
19:00-22:00  
Where: Sadamitsu, Niso Udatu no Machinami

**Miyoshi City – Ikeda Awa Odori**  
When: August 13 (Sun) – 16 (Wed)  
Where: 13th: Ikeda Sogo Taiikukan  
14th-16th: Around JR Awa Ikeda station

**Higashi Miyoshi - Oasis Awa Odori Special Obon Performance**  
When: August 13 (Sun) – 16 (Wed)  
13:00-, 14:00-, 15:00-, 16:00-  
Where: Yoshinogawa Highway Oasis

**Kaiyo Town Asagawa Harbour Festival**  
When: August 1 (Tue) 18:30-  
Awa Odori starts 19:45  
Where: around Asagawa Fishery Cooperative Association

**Shishikui Harbour Festival**  
When: August 10 (Thu)  
Awa Odori starts 19:15  
Where: around Shishikui Harbour

**Awa Odori & Folk Songs**  
When: August 12 (Sat) 19:30-  
Where: former Kaifu Junior High School sports ground

**Nakazato Obon Dance**  
When: August 14 (Mon)  
19:00-21:00  
Where: Shishikui Kadozaka Sanson Plaza

**Yoshinogawa City Awa Odori**  
When: August 14 (Mon) - 16 (Wed)  
19:00-22:00  
Where: In front of Kamojima station

**Mima City Firework and Udatu no Machi Awa Odori**  
When: August 11 (Fri)  
Awa Odori: 17:00-20:00  
Firework: 20:00-  
Where: Around the roadside station Ailando Udatu

**Kitajima Hyotan Awa Odori**  
When: August 13 (Sun)  
11:00-12:30  
Where: Kitajima Town Library - Sousei Hall

**Naruto City Naruto Senbatsu Awa Odori**  
When: August 8 (Tue)  
18:30-20:30  
Where: Naruto Bunka Kaikan

**Naruto City Awa Odori**  
When: August 9 (Wed) – 11 (Fri, Holiday) 19:00-22:00  
Where: West side of JR Naruto station

**Tokushima City Senbatsu Awa Odori Zenyasai Stage Performance**  
When: August 11 (Fri, Holiday)  
11:00-, 15:00-, 19:00-  
Where: Asty Tokushima  
Fee: Admission fee

**Senbatsu Awa Odori**  
When: August 12 (Sat) – 15 (Tue)  
11:00-, 13:30-, 16:00-  
Where: Awa-Gin Hall  
Fee: Admission fee


**Tokushima City Awa Odori**  
When: August 12 (Sat) – 15 (Tue)  
Where: paid seats: Shiyakushomae, Aibahama, Konyamachi, Minamiuchimachi  
1.) 18:00 – 20:00 2.) 20:30-22:30  
Free for Ryogokuhoncho & Shinmachibashi

**Miyoshi City - Mino Festa**  
When: August 13 (Sun)  
17:00-  
Where: around Kouchidanigawa

**Naka Town – Aioi Festival**  
When: August 15 (Tue)  
19:00-  
Where: Aioi Junior High School

**Katsuura Awa Odori**  
When: August 16 (Wed)  
18:30-21:30  
Where: JA Higashi Tokushima Katsuura branch

**Asty Odori Hiroba**  
When: August 12 (Sat) – 15 (Tue)  
【Morning】 11:00-12:00 【Afternoon】 14:00-15:00  
Where: Asty Tokushima Multipurpose Hall  
Fee: Free



## Naruto Summer Fireworks Festival 鳴門市納涼花火大会

To celebrate this years 70 year birthday of Naruto city the Naruto Summer Fireworks Festival will be especially magnificent. About 7,000 rounds of fireworks will be on display.

When: August 7 (Mon)  
19:45 - 20:50

Where: Naruto Bunka Kaikan, Muyagawa Shinsui Park

Info: Naruto Chamber of Commerce and Industry 088-685-3748, Naruto Tourism Promotion Division 088-684-1157

阿波おどりシーズンの開幕を告げる鳴門市納涼花火大会は、撫養川沿いで行われ徳島県下一の規模を誇ります。今年は鳴門市市制施行 70 周年の記念して、7000 発の花火が打ち上げられます♪

日時： 8 月 7 日 (月)  
19 時 45 分～ 20 時 50 分

場所： 鳴門市文化会館・撫養川沿い親水公園

問い合わせ： 鳴門商工会議所 088-685-3748

鳴門市観光振興課 088-684-1157

## 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)