

awa life

New Challenges
with **Mt. Bizan!**

Fishing in Tokushima

November 2017

327

Awa Shoku: Dictionary of
Oden - What's in the Pot?

Umeshu Festival
in Misato



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

It's already autumn! We were able to publish our second colored version of Awa Life. We hope that we did it justice and that you will enjoy reading it. If you have any pictures you would like to share with us or see in our next colored version of Awa Life in the spring, feel free to submit them to us. Landscapes of Tokushima, food, or Japanese cultural items, please send us anything you think would make a great title page.

Also 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, Franzi, and Tom

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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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Moon Viewing: Tokushima Style

By Daralyn Yee

In the US, it is uncommon to participate in moon viewing unless there is a super moon or an eclipse, and it was something I never did back home. Luckily I had the opportunity to give moon viewing a try on top of Mt. Bizan with a Tokushima twist at an event called “*Bizan to Tsuki to Awa Odori*” (Mt. Bizan, the Moon, and Awa Odori). This year the event was held on September 30th.

Because I didn't know much about moon viewing, I decided to learn a little more about it before going to the event. A tradition that originated from China, Moon Viewing festivals, called *Otsukimi*, were brought to Japan between the Nara Period and Heian Period. It later became an established tradition from Edo Period. Originally there were three moon viewing periods during the year. The 15th day of the 8th month in the lunar calendar (typically around the middle of September/beginning of October) is called “*Chushu no Meigetsu*” (harvest moon in the middle of autumn) and is known to be exceptionally beautiful compared to the other full moons. During the moon viewing festival, people give thanks for the fall harvest while gazing at the beautiful moon. Some make offerings of *dango* (round rice cakes) and decorate with pampas grass, which is said to resonate the rice plant. Because the ends of

the plant are sharp it is said to protect against evil spirits.

With that information in mind, I made my way to the event. Unfortunately, we could only see a half-moon, but the moon had a crisp outline and the clear sky made it easy to see. The city was lit up and as I gazed down from the top of Mt. Bizan, the beauty of it all made me feel glad that I am here in Tokushima. After gazing at the moon and the beautiful night time scenery of Tokushima City, I watched the Awa Odori portion of the event put on by my dance group, Musou-ren. My *ren* has two sub groups called *Hana-musou*, that dances in the Edo Period style and *Mayu-musou* that dances in the Showa Period style. The costumes worn were vibrant in various patterns and colors,



Moon Viewing: Tokushima Style

and each individual performer wore a one-of-a-kind costume. During the show, the performers transported the audience back in time to a small Japanese town, where the residents of the town spent their evening dancing. In the middle of the performance, they even danced to “*Juukyuu no Haru*” (Spring of when I was 19), an Okinawan song that is well known in Japan. As all Awa Odori dance performances end, the audience was invited to dance along. In response, the audience joined in with carefree smiles and danced the rest of the night away under the beautiful half-moon.

The Moon Viewing Festival is a great opportunity to take time and look at the beautiful moon, while experiencing Japanese culture first hand. A combination of Awa Odori and moon

viewing during this event on top of the symbol of Tokushima, Mt. Bizan, only goes to show how proud the people of Tokushima are of their home and culture. Though the festival has passed, I hope that you can all get out in to the community and experience the numerous events during the year.



New Challenges with Mt. Bizan!

By Naomi Fukumi

Have you ever climbed Tokushima city's symbol, Mt. Bizan? Even among Tokushima locals, there aren't too many people who have hiked the mountain without using the ropeway or going by car. Mt. Bizan is really close to the city and with its height of nearly 300m, I think beginners could also give it a try. In fact, I am also new to hiking. In the beginning of September, when the heat died down, it took me 40 minutes to get to the top. There are many ways to get to the top of the mountain, but I took the path from Ten Shrine. On one hand, as an unathletic person with zero experience in hiking, it was really difficult and I was out of breath many times. On the other hand, smelling the scent of the wood, hearing the chirping of the cicada, and seeing the bright sun shining through the trees while walking, let me come in to contact with nature with all of my five senses. Also, waving to the people in the ropeway cars and greeting the other hikers climbing up and down



made this a fun experience without becoming too boring. After reaching the top, I was really exhausted but also felt refreshed. The wide view of Tokushima City in the front and Wakayama in the far distance made the *onigiri* I brought with me tasted wonderful. Depending on the season you come to Mt. Bizan, you can experience a different types of nature, for example cherry blossom in spring, fresh greenery at the beginning of summer, and fall foliage. The upcoming season of fall leaves in which the weather will be really comfortable, is very suitable for hiking. If you have time, strength, and energy, why not give Mt. Bizan a shot? Please wear some gripped shoes, don't forget to bring water, and walk at your own pace. Also, you may encounter poisonous insects such as hornets, ticks, and centipedes; so, be sure to take caution and wear long pants and long sleeves when you plan to hike. I went by foot both ways, but you can also ride the ropeway for one of the ways.

Activities in Tokushima: Fishing

By Yuki Manabe

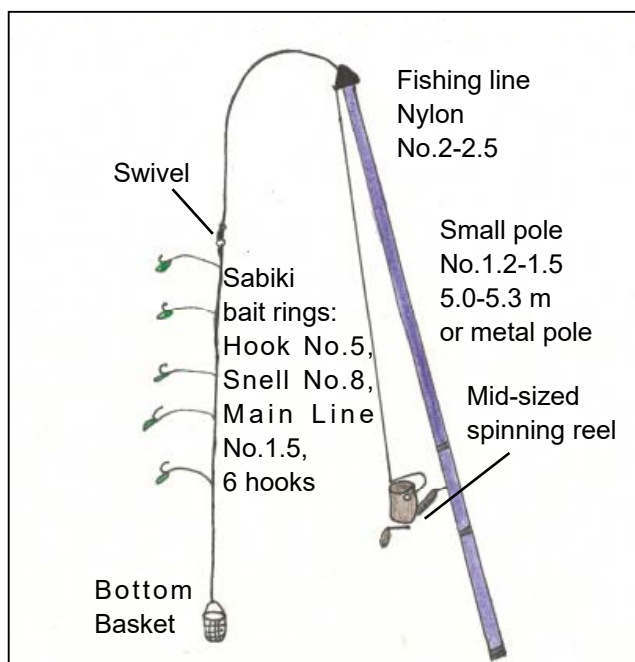
Do you know what one of the most enjoyable activities is in Tokushima is? That is fishing. Even if you mention the word “fishing”, there are various ways of fishing and different fields (ocean or river), and the fish that are targeted in each respective area are different. This is the first time for me to introduce this topic to you, so I would like to introduce the fishing style that targets sardines, horse mackerel, halfbeak, etc. in the Naruto City area.

These fish can be made in to various dishes such as *sashimi*, *sushi*, *tempura*, *karaage* and other Japanese dishes. The way to catch them is very simple and even those who are fishing for the first time can use this technique. If you are lucky it is possible to catch about 100 fish! When I

went fishing this time around, I was able to catch fish with the “Sabiki Fishing Pole (with bottom basket)”. (See figure on the bottom left)



The target when fishing depends on the period, location, tides, and time. Currently in Naruto City, in addition to the fish that I mentioned before, you can also catch Japanese sea bass, squid, Japanese Spanish mackerel, red snapper, young yellowtail, adult yellowtail, greater amberjack, black porgy, beltfish, black rockfish, etc. Why don't you all give fishing in Tokushima a try? If you ever need some guidance on fishing or cooking with fish, please feel free to let me know! Let's enjoy fishing!



Umeshu Festival in Misato

By Robert Gordon

**This event will be held on Nov. 25 and 26 this year.*

Do you remember that feeling of excitement when you woke up on Christmas morning when you were a kid? I remember the butterflies violently tickling the inside of my stomach while I had to wait until 8 o'clock to go downstairs and open my presents. Year by year that feeling got smaller, and until recently I thought it was gone. During my first year on JET I was recommended to go to the "Misato Umeshu Matsuri" by a friend.

Now, I'm someone who has enjoyed *umeshu* (plum wine) a bit too much in the past, and I'll take any opportunity to enjoy it a bit too much again, so I decided to check it out. First you arrive at Awa-Yamakawa station, and everything looks very rural and quiet, there's a few people waiting around for the shuttle bus. The shuttle bus comes and takes you up to Misato in the nearby mountains. You arrive at the Misato Hotaru Hall,

there's still no *umeshu*, instead there's several more shuttle buses, each one to take you to a different part of the village. Each area has several *umeshu* makers, from professionals to small households, each with their own style of *umeshu*. So even if you can't stand the sweet sickly taste of regular supermarket *umeshu*, here you can find a variety of dry *umeshu* and I've even tasted a no-sugar *umeshu*. You can definitely find an *umeshu* to your tastes here, and that is part of the magic of this festival, you can casually discover your own preferences in the huge spectrum of *umeshu* that I didn't even know existed.

And then there's the views. The shuttle bus will take you up to some little mountainside houses with spectacular views. So you can sip on your new favourite drink, eat some delicious homemade food like ume curry, and just relax while enjoying the beautiful mountain scenery.

Rush forward my second year, the morning of Umeshu Matsuri, I woke up to that same Christmas feeling from childhood, excited to start day drinking. I got to Misato on the first shuttle bus, and left on the last one. I was not disappointed, I even discovered that I didn't even visit all of the areas the previous year. I will be going again this year, I will not miss this festival, and I know there will always be more and more for me to discover.



Letter from SUKETO NAKAYOSHI

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

Recently there has been an increase in parents who bring two of their children to the parent-children gatherings. Having siblings is seen to be beneficial to a child's growth and does things such as build patience and grow a spirit of compromise, but as a small child this can be a very difficult situation. Especially, when a younger child is born in to the family, the older child may start to cling on to you all of a sudden, won't listen to what you say, and enter into a period of infantile regression. If you tend to the feelings of anxiety that the older child has during times like this, your child will naturally return back to their normal behavior.

How to Tend to your Child Based off of Behavior Type

Children that cling on: Understand your child's feeling of wanting to have your attention, and listen to the words that your child says and hold them tightly.

Children who talk in baby language: This is temporary behavior, so carry and piggy back your child to give them a sense of security.

Children who start to wet their bed: There are a lot of children under this behavioral category

who are sensitive. These children want all of their mother's affection and mothers of these types of children should consciously make some time for their children.

Children who are rough with the baby: Warn your child gently, and instead make an opportunity for your child to help out and communicate your appreciation and thanks.

Children who become irritated and emotionally unstable: Embrace them as hard as you can and read a picture book to them to calm them down. Don't try to do everything by yourself. Ask for the cooperation of your family to get through this situation because it is also important to take care of the stability of your own mind and body as a mother.

* * *

Spinning Flower Pinwheel

1) Cut a circle out of colored construction paper that is 12 cm in diameter and draw any picture you'd like on it. Use a perforation tool to make a hole in the middle. Make eight cuts along the circumference of the circle and fold a triangle at each cut.

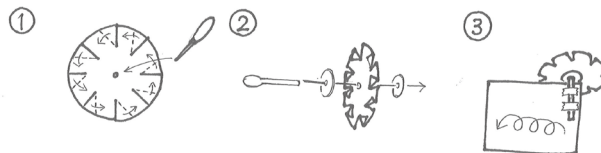
2) Cut a cotton swab in half. Create two circles

Letter from SUKETO NAKAYOSHI (continued)

out of thick paper that is 2 cm in diameter and make a hole in the middle. Stick the two small circles and cotton swab through the hole of the flower petal circle as seen in the diagram.

3) Make a stem with the stick part of the cotton swab, and wrap it with colored paper to make a stem. Attach the stem to the flower pinwheel.

* If you blow the petals or hold on to the pinwheel and run, the wind will run through it and make the toy spin.



Japanese Lesson

By Junko Nagamachi

まちが
間違いやすい敬語

Common Mistakes in Japanese Honorifics

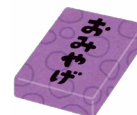
Have you ever spoken in *keigo* (Japanese honorifics)?

Japanese honorifics are broken largely in to three categories, 「尊敬語」, 「謙譲語」, and 「丁寧語」. In this lesson, let's think about examples of incorrect usage of 「尊敬語」 and 「謙譲語」.

Ex) There is a party today. When it was time to go home, the host said the following words.

それでは、そろそろ終わりにしたいと思います。(This concludes today's party.)

皆様、お土産をお持ち帰りしてください。(Please be sure to take home your favors.)



Which part of the sentence is incorrect?

・尊敬語 is used towards another person. It is a way to show another person that they are of a higher position, and is used when you want to directly express respect to them.

Ex) ここにお名前をお書きください。

Sentence Pattern: (お／ご＋動詞マス形＋ください)

・謙譲語 is used for yourself. It is a way to show that you are of a lower position, and is used when you want to indirectly show your respect towards the listener.

Ex) 私が代わりにお書きします。

Sentence Pattern: (お／ご＋動詞マス形＋します)

In the example above, even though the speaker should be speaking 尊敬語 (お／ご～ください) towards the guests of the party, 謙譲語 (お／ご～します) is being used.

The correct way to say it would be 皆様、お土産をお持ち帰りください。(「して」 is unnecessary).

Exercise:

If the sentence is correct, mark it with a ○. If it is incorrect, mark it with a × and correct the mistakes.

- () それでは、今日の予定を私からご説明します。
- () すみません、もう一度詳しくご説明してください。
- () 先生、どうぞこの椅子にお掛けしてください。
- () 皆様、どうぞこちらへお入りください。



○ (4) いそぎに椅子にお掛けください。先生、(×) (8)
すみません、もう一度詳しくご説明してください。(×) (2) ○ (1) : 景

Awa Shoku: Dictionary of Oden - What's in the Pot?

By Lance Kita

The chill in the air is met by the steam in the pot...autumn is the season for *oden* (おでん), which are miscellaneous vegetables, fishcake, tofu, and such simmered in a lightly flavored *dashi* (出汁) stock. It can be eaten plain, or dabbed with *karashi* (辛子 mustard) or *miso* (味噌) sauce. *Oden* has become a staple offering at convenience stores in the fall, and the store clerks will be happy to help you dish out any number of pieces into foam containers to take home. Here's a handy guide to what you'll find in a typical oden pot:

Daikon 大根: This is probably the best-selling type of *oden*. The thick disks of white radish burst with soup-laden juiciness. (I particularly like the darker ones that have been simmering a while and almost melt in your mouth)

Tamago 玉子: Hard boiled-eggs just sitting in the stock and soaking up the flavor. Great if you're hungry and want a filling snack.

Konnyaku 蒟蒻: This triangular gray wedge may not look appealing, but it's made from the root starch of devil's tongue, and are less than 10 calories a piece. There is also *shirataki* (白滝) which are white *konnyaku* noodles twisted into cute bunches. If you are dieting, be sure one of your pieces is *konnyaku* or *shirataki*.

Tofu 豆腐: Most convenience stores will offer a *yakitofu* 焼き豆腐 (grilled block of tofu) or *atsuage* 厚揚げ (deep-fried block of tofu). *Ganmodoki* がんもどき are deep-fried dumplings made with mashed tofu, vegetables, and sesame seeds.

Fishcake: Dumplings with a base of fish paste are very popular and add flavor to the stock. *Chikuwa* (竹輪) look like tubes, while *hanpen* (はんぺん) are white fluffy pillows floating on the top of the soup. *Satsuma-age* (さつま揚げ) are sweeter deep-fried patties, while *gobo-maki* (ごぼう巻) finds the fish paste around a stick of burdock root. Fishcake are some of the more

substantial sources of protein in the pot.

Miscellaneous: For a little more protein, try a skewer of *tsukune* (つくね chicken meatball), *gyu-suji* (牛すじ beef tendons), *dashimaki* (だし巻 rolled omelet) or even wieners (ウインナー). For more Japanese tastes, you can eat *kinchaku* (巾着, a pouch made of deep-fried tofu filled with *mochi* 餅 rice cake) or *konbu-maki* (昆布巻 a roll of kelp tied with a gourd string). Other common choices include *jagaimo* (じゃがいも whole potato), *ro-ru kyabetsu* (ロールキャベツ cabbage rolls), *kanikama* (カニカマ imitation crab stick), and *tako* (蛸 octopus).

Most *oden* pieces will run about 100-120 yen each at the convenience store. You can also buy assorted packs already in stock at your local supermarket. Many udon restaurants will have *oden* as a side dish during these cold months.

Oden can be surprisingly low in calories. A set of *daikon*, *konnyaku*, *chikuwa*, and *ganmodoki* will be around 120 calories. Have fun diving in and scooping out a few pieces the next time you need a late-night snack, a light lunch, or something non-fried to go with your bowl of udon.



From bottom center, going clockwise:
tamago (egg), chikuwa, daikon,
kinchaku, and konnyaku.

Events & Memoranda

Japanese Intensive Conversation Course 1 日本語集中講座 1

November 26, 2017 (Sunday)	10:30 - 12:30	In Japan, the end and beginning of the year is a special period. Let's study about the Japanese culture and customs of the end of the year and New Year's. We will learn about Japan's New Year culture and study about how to write a Nengajo (New Year's Greeting Card) to the people who have helped us this year. We will provide brush pens and color pencils, so that you can write and draw some illustrations.
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(Please be sure to bring the address of people you would like to send *Nengajo* to. Each card is 52 yen and will be passed out during the course.)

Please apply in advance so that we can prepare enough materials for this event.

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

For more information or to apply please contact: TOPIA

TEL: 088-656-3303 FAX: 088-652-0616

E-mail: coordinator2@topia.ne.jp



Japanese Volunteer Skill Up Lecture 日本語ボランティアスキルアップ講座

学習者が「話したくなる・学びたくなる教室」をめざして～生活の中から教室活動のタネを見つけよう～

「もっと生きた日本語を学びたい!」という学習者の声をよく耳にします。これに応えるには、実生活にリンクした教室活動が求められます。また、学習者が「自分のこと・自分の考えを語る楽しさ」を実感できることも大切です。学習者も支援者も「わくわくする教室」作りについて一緒に考えてみませんか。

日時: 12月2日(土) 13:00～16:30

場所: TOPIA会議室にて

料金: 無料

講師: 嶋田和子先生(一般社団法人アクラス日本語教育研究所 代表理事)

主催・お問合せ・申し込み:
徳島県国際交流協会

TEL: 088-656-3303

* 要申し込み(当日参加も可能ですが、準備の都合上できるだけお申し込みください)

Japanese Cooking Class - New Year Dishes 日本料理教室 - 正月料理



Let's learn how to cook traditional Japanese dishes for New Year including *ozoni*, vegetable soup with rice cake, and *osechi*. We will also introduce some traditional New Year's customs.

Please send an e-mail or call if you want to participate. Tell your name, nationality and contact information (e-mail or telephone).

Please don't forget to bring an apron.

When: December 10th (Sun), 10:00 - 13:00

Where: Uchimachi Community Center

Cost: 500 yen (for ingredients)

Capacity: 20 people

(Apply before November 30th)

Info: Takako Yamada, HIROBA International

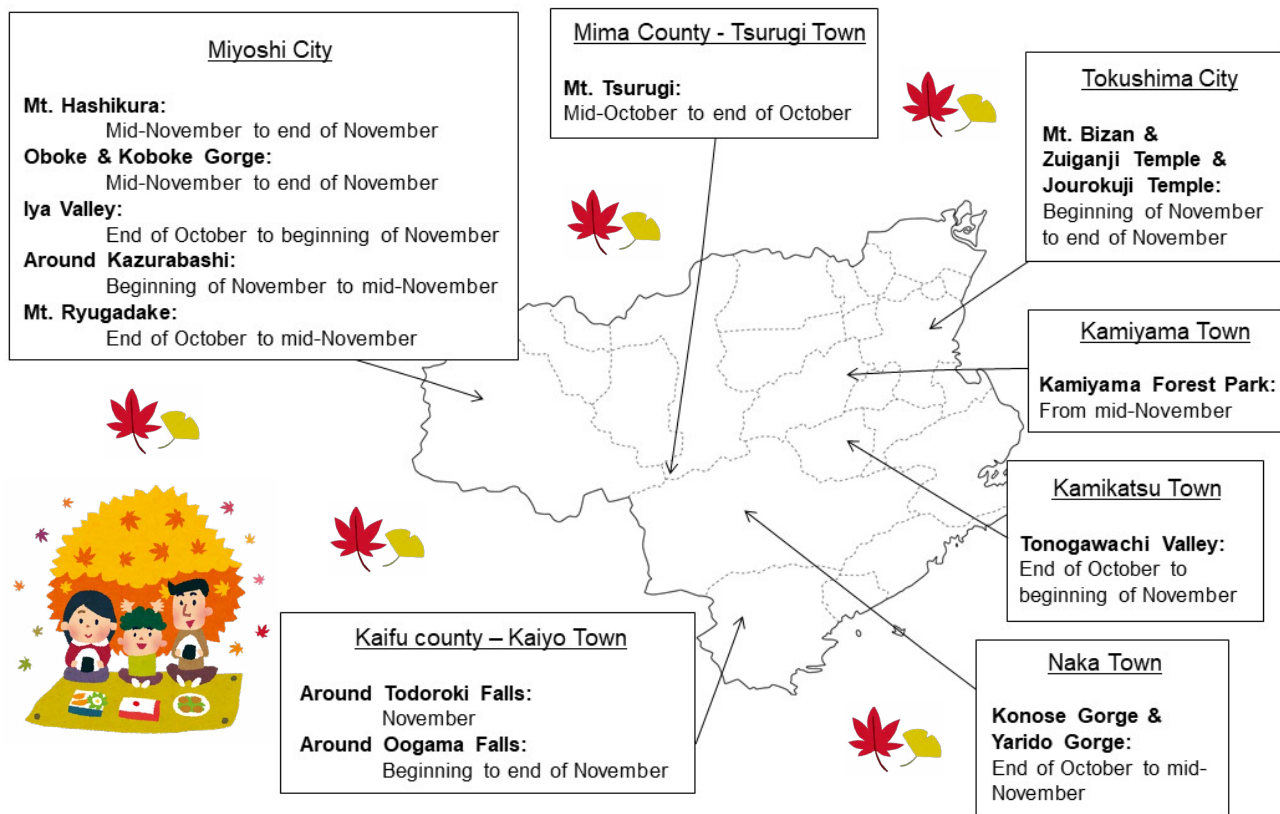
E-mail: welcometotokushima@yahoo.co.jp

Tel: 090-2787-3597

Fax: 088-652-4846

Events & Memoranda

Tokushima Fall Foliage Map 徳島県紅葉マップ



Indoor Soccer Festival to Promote International Friendship 国際親善 FUTSAL 大会

When: November 26th (Sun)
13:00 – 17:00
Where: Tokugin Tomony Plaza
Cost: 500 yen per person;
2,000 yen per team
Info: NPO Awa Project
Tel: 090-4976-9402
Mail: 2014nippon@gmail.com
Please apply via e-mail, first
come first serve basis.



日時: 11月26日(日)
13時～17時
場所: とくぎんトモニ PLAZA
参加費: 500円(一人ずつ)
2,000円(チームずつ)
問い合わせ:
NPO 法人 Awa Project
TEL: 090-4976-9402
E-mail: 2014nippon@gmail.com
メールでお申し込みください。
先着順です。

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)