

The title "awa life" is written in a large, black, cursive font with a white outline. It is decorated with several pink cherry blossom icons. The background of the letters is a photograph of a park with cherry blossoms and a radio tower in the distance.

# awa life

April 2018

# 331

A photograph of a green bronze statue of a person in traditional Japanese clothing, holding a long staff. The statue is surrounded by pink cherry blossoms.

**Monitor Tour:**  
New Discoveries  
in Tokushima

**Awa Shoku:**  
Sakura of the Sea

A photograph of a white torii gate and a stone monument. The monument has Japanese text on it. The background is filled with pink cherry blossoms.

Welcoming New  
**TOPIA Staff &**  
Farewell Message





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

First, we would like to apologize for not having an issue last month. We hope to make it up to you with a beautiful spring themed issue this month! Besides October, April is often considered the best time in Japan because the cherry blossoms are in full bloom in most regions of the country and the weather is pleasantly mild. Companies start their fiscal year, and schools start new classes from April. Moreover, a lot of things like marriage, traveling, moving, studying, and diet are talked about in this new season. April gives the feeling of being refreshed and starting something new. So let's not become bothered by spring fatigue and enjoy the various aspects of spring.

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, 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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## *Monitor Tour: New Discoveries in Tokushima*

*By Bethany Johnson*

Thanks to Discover Tokushima, I was fortunate enough to participate on a tour around Tokushima prefecture, visiting many places I'd never seen before. Although I have been in Tokushima for seven months, I feel like there are always new things and beautiful places to discover in this lovely prefecture.

On the tour, we first visited Omatsugongen Shrine in Anan, the "cat shrine." It's a very lovely wooded area, scattered with cat statues; we enjoyed taking a walk through the lush green and fading winter flowers that withered on trees and gravestones, and squeezing through rocky passages. Shinto shrines are inexplicably lovely, and discovering them buried deep in the mountains in the middle of nowhere is something I love about this history-rich place. Tokushima is ancient, and I always find myself wondering how many generations have tread the paths of old towns like Sanagouchi, Katsuura, Kamikatsu and Naka.

Next, we visited Tairyuji Temple, the 21st temple of the Shikoku 88 temple pilgrimage. We took a ropeway, gently floating over two mountains on



*The 10 minute ropeway ride to Tairyuji Temple offers a fantastic view over the surrounding mountains.*

the way to the top. The scenery below us was pillowed with fall colours; soft greens and warm yellows and browns. Despite it being winter, it amazes me that Tokushima's mountain trees retain so much greenery. In Canada where I'm from, when winter comes all the trees shed their leaves, staying barren and frozen with a layer of snow. But Tokushima doesn't get cold enough for the snow to stick around, which means a lot of different types of trees can thrive here, too, I suppose!



Riding the ropeway was one of my favourite parts of the tour. We spotted statues perched in the distance as we passed. The ancient Japanese must have been pretty tenacious to build a temple so high up on a mountain. Two of the other 88 temples, Shousanji and Kakurinji, are similarly situated atop mountains and are pretty perilous to get to, especially by bus. But the view is definitely worth it.



*Long stairs are leading to the main hall of Tairyuji Temple.* Tairyuji was my favourite of the temples I've visited thus far. There's a lot to see up there, and many routes to walk. I was surprised to even find a corner of the mountain with a sign pointing down. "Great Naruto Bridge" was written on it, meaning the bridge can be seen from that location! (Although we didn't spot it that day! I think we needed to walk further down.)



*The sign saying "Great Naruto Bridge" is pointing in the direction where the bridge can be seen under good weather conditions.*

My favourite part of the tour was visiting a storehouse in Katsuura where they keep shelves upon shelves of flawless *mikan* (mandarin oranges). These are stored and sold after the *mikan* season ends, but we were lucky enough to be able to sample some! *Mikan* are one of my favourite fruits, and Katsuura is famous for them.



These oranges were lush, juicy and perfectly sweet. Happiness! We ate them while enjoying Katsuura's gorgeous scenery; dipping mountains and layered rice fields. Then we tossed the orange skins into the nearby

*mikan* grove to fertilize the ground.

We were also able to do *kusaki* dyeing. Various natural dyes were laid before us, and I choose a lovely yellow made from bark and we dyed some handkerchiefs. Tokushima is known for its indigo dye, so it was neat to be able to choose from such a variety of other colours, and my handkerchief turned out so nice!



*Bethany and her friend Abby enjoying the Monitor Tour!*

All in all, it was a very enjoyable day. I've seen a lot of Tokushima, but I feel like there's still so much more to root out. My next goal is Iya Valley and Oboke Gorge!

## Welcoming New TOPIA Staff

By Yoshie Hamaguchi

Nice to meet you everyone. My name is Yoshie Hamaguchi and I started working at TOPIA from February. Everyone at TOPIA is wonderful and I am glad that they have allowed me to join the team.

Some of my hobbies include making pancakes, taking pictures, and singing songs. Lately one of the things that I have started to enjoy is going to Karaoke by myself, so I have added it as one of my hobbies. Unfortunately, I have not been abroad once. However, I am continuously hoping for world peace. Even though our countries and culture are different, our existence as humans is the same. I will put in my best efforts daily so that

visitors to Tokushima from abroad will feel that Tokushima is a splendid place.

I'm still new, but I look forward to working with you all.



## TOPIA Farewell Messages

### Thankful for Many Encounters

By Naomi Fukumi



When I came to TOPIA for the first time almost 3 years ago, I didn't know what kind of place TOPIA was and the specific type of work that was being done here. My main job at TOPIA was to give multilingual support to overseas residents in Tokushima, publish the Chinese newsletter "Awa Seikatsu", and also give tourist information to overseas visitors. Additionally, I did a wide range

of jobs unique to TOPIA related to activities such as Japanese class, Arasowaren, International Understanding Forum, and other various volunteer activities. Through this job, I gradually came to know about the circumstances of overseas residents in Tokushima and Tokushima's international relations, and information on tourist attractions. This job has also allowed me to meet a lot of people. I also want to thank the people who spoke with me directly, via e-mail or telephone, the readers of Awa Seikatsu, and all other people who have given their support in ways unbeknownst to me. Only because of your understanding and cooperation I was able to make it this far. All of the work that I did was not simple, but on the other hand I was satisfied by the work I did. It would make me happy to know that I was able to be of service to you. These three years at TOPIA have been an invaluable experience and my world has become larger.

In conclusion, I would like to use this opportunity to express my appreciation. Thank you very much.

### "Think Globally, Act Globally"

By Haruka Uenishi

As I look back at the two years that I have worked

as the Coordinator for International Cooperation in Tokushima prefecture, I would like to express my thanks to everyone I have worked with. Two and a half years ago, I finished my two-year



appointment as a Japan Overseas Cooperation Volunteer in Kenya. I remember that at the time, I, who had just come back home to Tokushima at the time, gazed at the city from the top of Mt. Bizan and thought, "I want to do a job that would connect the world with the wonderful people and companies of Tokushima." After that, I luckily was hired as a Coordinator for International Cooperation. Through my work, I was able to have countless encounters, and thanks to each and every one that I have met, I have been able to rediscover and recognize the wonderful things and people of Tokushima. I was once again able



to feel that the world is small, but still seems wide, and also far but still connected.

My position will change, but I would like to continue to use the experience that I have gained and make Tokushima and the world a better place with Tokushima's resources. I was able to work in this position for two years with the support of those who participated and cooperated with dispatched lectures, everyone who worked with me at TOPIA, and all of the JICA trainees. In the future I want to keep involved in international cooperation and regional revitalization, so I ask for your continuous support. Thank you.

## Letter from SUKETO NAKAYOSHI

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

In recent years, the number of children who have entered kindergarten and certified preschools has increased, and the amount of children from 0-3 who come to visit child support programs such as the Wanpaku Class and Child Raising Support Center has also become larger. When children pass the age of two, they become self-centered and depending on the situation, don't listen to their parents obediently. With this change in a child, it is difficult for parents to deal with and it is most likely the case that they end up scolding their children.

This period is really challenging for parents. On top of having an understanding of raising children, you must have patience with yourself as well. If you feel like you need to scold your child more than usual, take a step back, and take a deep breath. After you calm down, find a way to settle the situation. If you are still troubled, it is also okay to cry and tell your child that you don't know what to do either.

It is also important to find a way to calm your

frustrations. For example, some great ways to calm down include eating delicious food, and going out and wearing your favorite outfit. Sometimes it is important to spend time away from your child and take a moment to refresh. Soon it will be the perfect season to spend time outdoors. When you head out to a place where many parents and children gather, everyone can have a break. You may also be able to meet some great parents and children.



\* \* \*

### Rabbit Pen Holder

- 1) Open a 500ml milk pack and cut as shown in the diagram.
- 2) Form the cut portion that you made in step one in to a triangle shape, and attach with tape.
- 3) Open the legs and glue on thick paper. Draw a face on the rabbit and the pen holder is complete.

## Japanese Lesson

By Fusa Tamaki

## 「ちょっと」の使い方

In Japanese, a single word can have a variety of definitions. One of them includes the usage of “chotto” in beginner’s grammar, when rejecting an invitation such as the 「ちょっと」 used in the sentence 「アルバイトがあるので、ちょっと…」 . Let’s take a look at the other possible definitions that it has.

(1) 「断る」ときの「ちょっと」

A: 今晚、一緒にご飯を食べに行きませんか。

B: すみません、アルバイトがあるので、ちょっと…。

(1) Using “chotto” when rejecting

A: Why don’t we go out for dinner tonight?

B: Sorry, I have to work at my part time job tonight, so...

(2) 「すこし」という意味の「ちょっと」

A: お客様、このジャケットはいかがですか？

B: デザインは好きなんですけど、もうちょっと安かったらなあ。

(2) Using “Chotto” to mean “a little”

A: What about this jacket for you, ma’am?

B: I like the design, but only if it were a little cheaper...

(3) 「呼びかけ」の「ちょっと」

A: ちょっと、すみません。ハンカチ落しましたよ。

B: あ、ありがとうございます。

(3) Using “Chotto” to get someone’s attention

A: Excuse me, Sir! You dropped your handkerchief!

B: Oh, thank you!

(4) 「かなり」という意味の「ちょっと」

A: ほんと、おいしかった！ 料理の腕前、ちょっとしたもんだね。

B: そう、ほめてくれてうれしい。

(4) Using “Chotto” to mean “quite”

A: That was very delicious! You’re quite good at cooking aren’t you?

B: I’m glad you liked it!

(5) 「非難している」ときに使う「ちょっと」

A: ちょっと！ いつまで寝てるの。もう起きなさいよ。

(5) Using “Chotto” when criticizing people

A: Come on! How long are you going to sleep in for? Wake up!

## Exercises:

How is “Chotto” used in the following sentences? In the parenthesis bellow, fill in the appropriate usage with the corresponding number.

1) Rejection 2) “A little” 3) Get someone’s attention 4) “Quite” 5) Criticism

1. このかばん、実はちょっといいものなんですよ。( )

1. This bag is actually quite nice.

2. ねえ、ちょっと。そっちが終わったら、こっちを手伝ってくれる？ ( )

2. Hey, Excuse me. Once you are finished there, could you help me here.

3. その映画見たかったので行きたいんだけど、今度の土曜日はちょっと…。 ( )

3. I wanted to go since I wanted to see that movie, but since I have work...

4. すだちをちょっと絞っただけで、とてもさっぱりしておいしくなるのよ。( )

4. By squeezing the sudachi on it just a little, it gives it a very refreshing and delicious taste.

5. ええ！ ちょっと、また、財布、落としたの？ これで何回目？ ( )

5. What! Come on, you dropped your wallet again? How many times have you dropped it already?



## Awa Shoku: Sakura of the Sea

By Lance Kita

As the trees burst into cherry blossoms all over Japan this spring, the seas near Naruto are also blooming...with tidal eddies known as *uzushio* (渦潮), which are at its full whirling power in spring and fall. Fighting these intense currents are one of the most delicious and symbolic fish in Japan, and now is an extra special season for them.

If you look down into the water in Naruto and see flashes of silver, those are *madai* (真鯛 or *tai* 鯛 red sea bream, Japanese red snapper), often referred to as the “King of Fish” and fetching high prices in Japanese markets. Naruto’s sea bream are particularly good as the fish have to fight to swim in the straits, which builds up ample amounts of very firm flesh (think cross-training for fish). Japanese refer to this crunchy-firm texture as *korikori* (コリコリ), which is the perfect for *sashimi* and carpaccio. Incredibly, the fish will fight so hard against the currents here, they often develop thickened tumor-like growths on their bones, which is a sign that your fish really was caught in Naruto.

Spring is a good season for these fish as they swim into the shallows along the Seto Inland Sea to spawn, when their meat is rich with a fair amount of fat. Some female fish don’t spawn, and those are called *sakura-dai* (桜鯛), literally “cherry blossom sea bream”, and their meat is highly prized for its balanced fattiness.

There are so many ways to enjoy the meatiness of sea bream, but during this season you really want to choose dishes that showcase the whole fish. If you like *sashimi*, splurge on some *ike-zukuri* (活け造り) or *sugata-zukuri* (姿造り), where the fish is sliced and the meat is arranged back on the fish, served with head and tail for decoration, and body arched as if just out of the ocean. Your main course can also feature the entire fish. Try *houraku-yaki* (宝楽焼), where the fish is placed on rocks and kelp in a special pot of the same name, and surrounded by shellfish, shrimp, and vegetables. A sprinkle of salt and splash of *sake*, and the covered pot steam-roasts

everything to perfection. The classic dish is *tai-meshi* (鯛飯), where rice is placed in a *donabe* (土鍋, ceramic or clay hotpot), and a whole sea bream placed on top. The fish gently seasons the rice as it cooks, and the flaky meat is mixed into the rice before serving.



Sea bream's firm flesh is great for Western dishes like this Italian *aqua pazzo*.

Need a smaller, lunch-worthy option? Of course, *sushi* is always a great way to enjoy *tai*, and the raw slices are often marinated and served as a *donburi* (丼, rice bowl), or placed on rice with tea or *dashi* stock poured over it for a meal-ending (or drinking night-ending) dish called *ochazuke* (お茶漬). Many restaurants will not waste any part of this precious fish, and the head and bones are often simmered in sweet soy sauce and served as *ara-daki* (あら炊き) or *ara-ni* (あら煮), a tasty sidekick to your glass of *sake* or beer. Picking through the bones for tasty morsels of meat is a treasure hunt you’ll want to try.

You’ll often see whole sea bream at weddings, New Year, and other important occasions. That’s because its name “*tai*” is associated with with the word *medetai* (目出たい), which means “celebratory, auspicious.” Its red and silver color also match red and white, the traditionally auspicious colors for Japanese ceremonies and rites of passage. This king of fish truly has noble status among the Japanese people, and I can’t think of a better way to celebrate the coming of spring than by eating a celebratory fish with a fighting spirit from our local waters at the peak of its season. Enjoy!



# Events & Memoranda

## Tokushima Prefecture 2018 Japanese Speech Contest - Apply Now!

1. PURPOSE True internationalization cannot be achieved without first coming in touch with other cultures and ways of life, fostering a sense of international awareness and gaining mutual understanding with people of the world to create a society in which we can all work and live together in harmony. This speech contest seeks to give a voice to the international residents of Tokushima Prefecture and engage them in a dialogue to further discourse on cross-cultural understanding and fostering multiculturalism.
2. DATE & PLACE July 22nd, 2018 (Sunday), 13:30 - 16:30  
Awagin Hall (Tokushima Prefecture Kyodo Bunka Kaikan), Small Hall (5F)
3. ELIGIBILITY Only foreign residents whose native language is not Japanese are eligible to apply. (However, foreign residents who have had over three years of compulsory education in Japan and those who have previously won the Grand Prize or the Tokushima Prefectural Assembly's Chairman of the Federation of International Exchange Assembly Members Award are not eligible to apply.)
4. SELECTION Application will be open to all foreign residents of Tokushima Prefecture that fulfil the eligibility requirements. We will ask all applicants to submit an outline of their speech (about 800 characters), and after reviewing all of the applications, roughly 10 or so applicants will be chosen to proceed to the final contest.
5. THEME The topic is left to your discretion, but it should relate to the event's purpose of fostering cross-cultural understanding and multiculturalism.
6. LENGTH Speeches should be no more than 6 minutes in length.
7. AWARDS
 

Grand Prize, one person (Prize: 50,000 yen gift certificate)  
 The Tokushima Prefectural Assembly's Federation of International Exchange Assembly Members Chairman's Award, one person (Prize: 30,000 yen gift certificate)  
 Awa Bank Award, one person (Prize: 30,000 yen gift certificate)  
 Tokushima Bank Award, one person (Prize: 30,000 yen gift certificate)  
 Tokushima Chamber of Commerce and Industry Award, one person (Prize: 30,000 yen gift certificate)  
 Tokushima City International Association Special Recognition Award, three people (Prize: 10,000 yen gift certificate)  
 Special Effort Award, to be decided (Prize: 5,000 yen gift certificate)  
 \*All participants will receive a participation award.
8. HOW TO APPLY Submit your application form by mail or fax. Alternatively, you may submit your application in person.
9. DEADLINE May 29th, 2018 (Tuesday)  
Applications must be turned in by 17:00.
10. ORGANIZED BY Tokushima Prefectural International Exchange Association (TOPIA)
11. CO-ORGANIZER Tokushima Regional Conference for Promotion of Student Exchange
12. SPONSORS The Tokushima Prefectural Assembly's Federation of International Exchange Assembly Members, Awa Bank, Tokushima Bank, Tokushima Chamber of Commerce and Industry, Tokushima International Association (TIA), Otsuka Pharmaceuticals, Nichia Corporation, (TBA)
13. WITH THE SUPPORT OF NHK Tokushima, Shikoku Broadcasting, Tokushima Shimbun, Cable TV Tokushima, FM Tokushima, FM Bizan, (TBA)
14. WHERE TO APPLY Tokushima Prefectural International Exchange Association (TOPIA)  
〒 770-0831 1-61 Terashima Honcho Nishi, Tokushima City, Clement Plaza 6F  
TEL: 088-656-3303 FAX: 088-652-0616

# Events & Memoranda

## Hana Haru Festa 2018 はな・はる・フェスタ 2018

In addition to being able to watch indoor and outdoor performances of Awa Odori dance groups, this fun event is jam packed with a gourmet street where you can try Tokushima's delicacies, stage performances, and a corner where you can enjoy traditional culture. Scan the QR-code for more information.

When: April 21st & 22nd

Where: Tokushima City Aibahama Park,  
Shinmachi Boardwalk, etc.

Fee: Free

Info: Hana Haru Festa Executive Committee  
Office

Tel: 088-655-7331

日時: 4月21日・22日

場所: 徳島市 藍場浜公園、しんまちボード  
ウォークほか

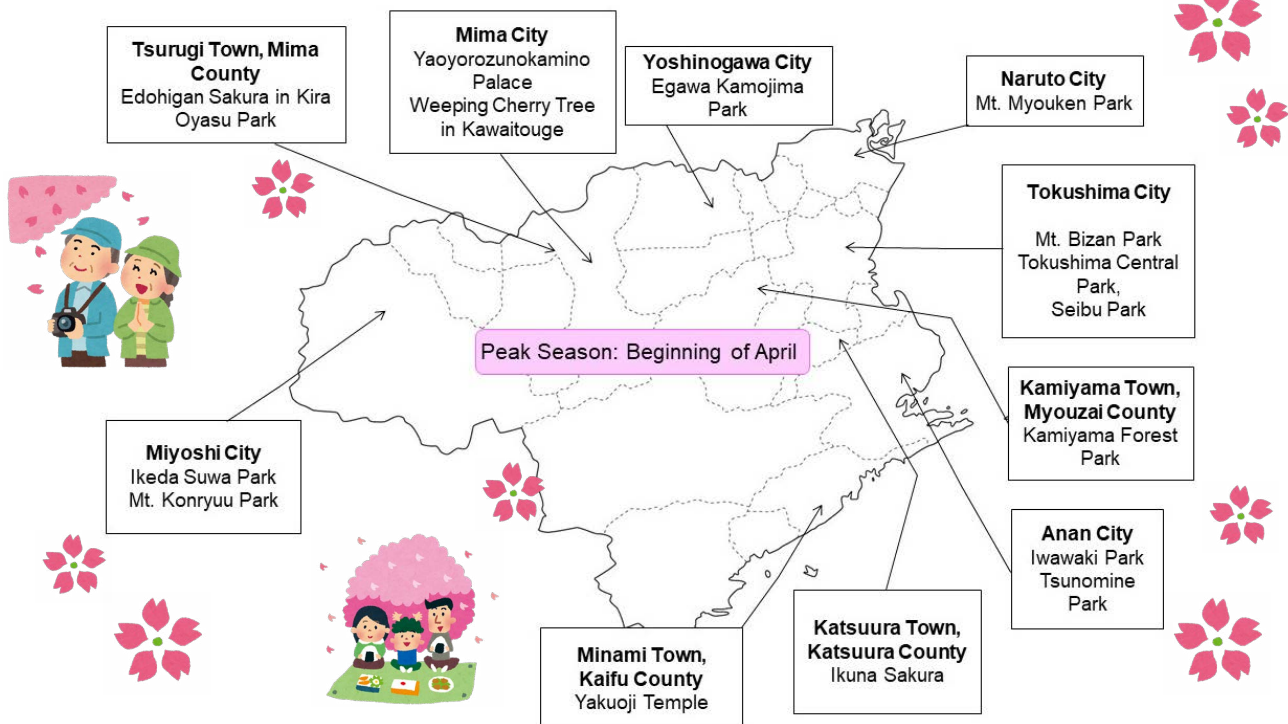
料金: 無料

問い合わせ: はな・はる・フェ  
スタ実行委員会事務局

TEL: 088-655-7331



## Tokushima Cherry Blossom Viewing Spots 徳島県桜名所



## 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)