

awa life

Awa Shoku: Reminiscing
of River Fish

Firework Festivals
in Tokushima

July 2018

334

German Bathing
Culture

Keep Smiling:
Arasowa-ren Special
Dance Team



TOPIA

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

Summer has finally arrived and brought its humid weather along. Luckily there are a lot of delicious options to help us cool down such as watermelon and shaved ice. One of the interesting things I (Daralyn) learned last summer is that adding a sprinkle of salt on watermelon is delicious! I never would have thought of putting salt on a fruit, but by adding salt, it actually makes the taste of the watermelon sweeter. You may think I'm pulling a prank on you, but I am only offering you the best advice out there!

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

Tokushima Prefectural International Exchange Association (TOPIA)

1-61 Terashima Honcho Nishi, Tokushima City 770-0831 JAPAN, Clement Plaza 6F

Tel: 088-656-3303 Fax: 088-652-0616

<http://www.topia.ne.jp/>

Download a PDF file of awa life or view the online version by going to TOPIA's website!



Editors:

Daralyn Yee, Franziska Neugebauer and Tom Wehrmann

Contributors This Month:

Danielle Gally, Lilli Buschmin, Kazue Inoue, Yoko Aoki, Lance Kita

Contents

Pg. 2-3: Keep Smiling: Arasowa-ren Special Dance Team

Pg. 4: German Bathing Culture

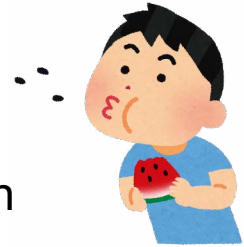
Pg. 5: Firework Festivals in Tokushima Prefecture

Pg. 5: Letter from SUKETO NAKAYOSHI

Pg. 6: Japanese Lesson

Pg. 7: Awa Shoku: Reminiscing of River Fish

Pg. 8-9: Events and Memoranda



Keep Smiling: Arasowa-ren Special Dance Team

By Danielle Gally

As the temperatures have started to rise, many people have begun hearing drums and flutes coming from local community centers and parks. The Awa Odori season has begun! For many foreigners in Tokushima, Awa Odori is one of their favorite memories, myself included. I despise the summer heat here, yet I look forward to those four days in August like a small child waiting for Christmas to come.

My first time dancing Awa Odori was with Arasowaren. With a five-minute explanation and then suddenly being thrown into a performance stage surrounded by hundreds of onlookers, it seems daunting, but that remains one of the best experiences I have had. So last year when I saw an opportunity to join a special dance group with Arasowaren last year, I signed up immediately! During July and August, we had just a few short weeks to master this dance as best as we could since we would be the ones “teaching” everyone how to dance at the Arasowaren dinner before our performance.

One of the best qualities of Awa Odori is that it is a dance anyone can do. From small toddlers

to the elderly, anyone can join in this two-beat rhythm and dance along. Even so, there are still a few rules for the dance.

- 1) Keep to the two-beat rhythm.
- 2) Your left hand goes forward at the same time as your left foot, and the same for the right side.
- 3) SMILE!

Many of us have learned these rules and can already dance Awa Odori as good as any local, but

with just a little more practice, you can be good enough to perform on stage!

With the Arasowaren Special Dance Group, we



Keep Smiling: Arasowa-ren Special Dance Team

were lucky enough to be instructed by the deputy leader of the famous Nonki Ren. Mr. Niki spent the first few weeks helping us learn the rhythm and teaching us the basics of the men's and women's dance.

We had weekly practices with Tokushima Ren in the Prefectural Office where slowly we adjusted to the music and the heat. Mr. Niki was so impressed with our drive to learn the dance that he began to organize special practices just for Arasowaren members where we could get more one-on-one instruction. Once we had mastered the beat, we learned how to move our hands properly. This is when the real practice began and we had to work on our stamina.



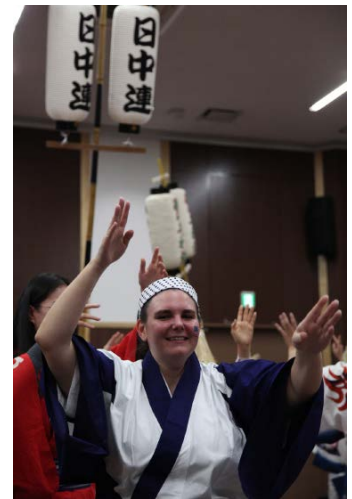
Anyone who has danced with a ren during Awa Odori knows how hard it is to keep your arms up down those long performance stages. That is why I was very glad to join the special dance group. In a few weeks, we slowly increased the length of our practice time, from 2 minutes, to 5 minutes, to 8 minutes, and finally 13 minutes straight. I was grateful for all this practice when on August 14th, 2017, the Arasowaren Special Dance Group danced in the front lines with Nonki Ren.

That was a completely different experience from my first dance with Arasowaren. After practicing



for a few weeks and increasing my stamina, I was no longer focused on if I was dancing correctly or the fact that my arms hurt, instead I was smiling at all the onlookers and having a blast! I really encourage you all to join this group an experience the difference yourself!

In February this year, we were invited to dance with the famous Nonki Ren again at the Lunar New Year's Event at Tokushima University. This time, instead of dancing in straight lines, we had one practice to learn a routine, and went out on stage along with Nonki Ren members. As much as I love the atmosphere of Awa Odori in August, I must admit, I enjoyed the shorter choreographed dance on stage over the long stages throughout Tokushima City. Still,



I would have never had this opportunity unless I had joined this special group last summer. If you'd like to experience the same thing, keep an eye out for announcements from TOPIA as we will be holding more practices this year too! Whether you are dancing with Arasowaren, or just freely in the streets this summer, remember the most important rule: keep smiling!

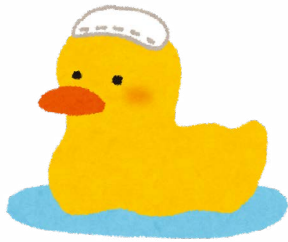


German Bathing Culture

By Lilli Buschmin

*T*okushima Prefecture and Naruto City hold many ties with Germany. In this month's issue, Naruto City's German CIR, Lilli Buschmin, will introduce us to German Bathing Culture. We hope that you take this opportunity to expand your horizons and learn about another culture!

Everybody who has already been to Germany may know, but bathrooms in Germany have a bath tub, shower, sink and a toilet in a single room instead of a typical Japanese **araiba**, which is a separate room for bathing. Although many think that German houses and apartments are quite spacious, the average area of German bathrooms is only about 7.8m². Single-family homes sometimes possess a visitor toilet but normal apartments and condominiums don't. Japanese often are shocked when they hear that even bathrooms without bathtubs are not that rare. One of those reasons is that Germans don't have the habit of taking a bath everyday like Japanese people.



Instead of reviewing the past day and relaxing in the bath tub, Germans focus on cleaning the body and the majority of people feel that taking a shower is enough. Another difference is that Germans are used to taking a shower in

the morning and not at the end of the day, in order to start the day off fresh. Of course Germans take a bath if they want to relax, but on the other hand some believe that it is a waste of water so they don't do it every day. There is no custom of keeping the hot water for the next person, so people either take a shower before, or enter the tub without showering.

The average time Germans need for their body care is 35.9 minutes.

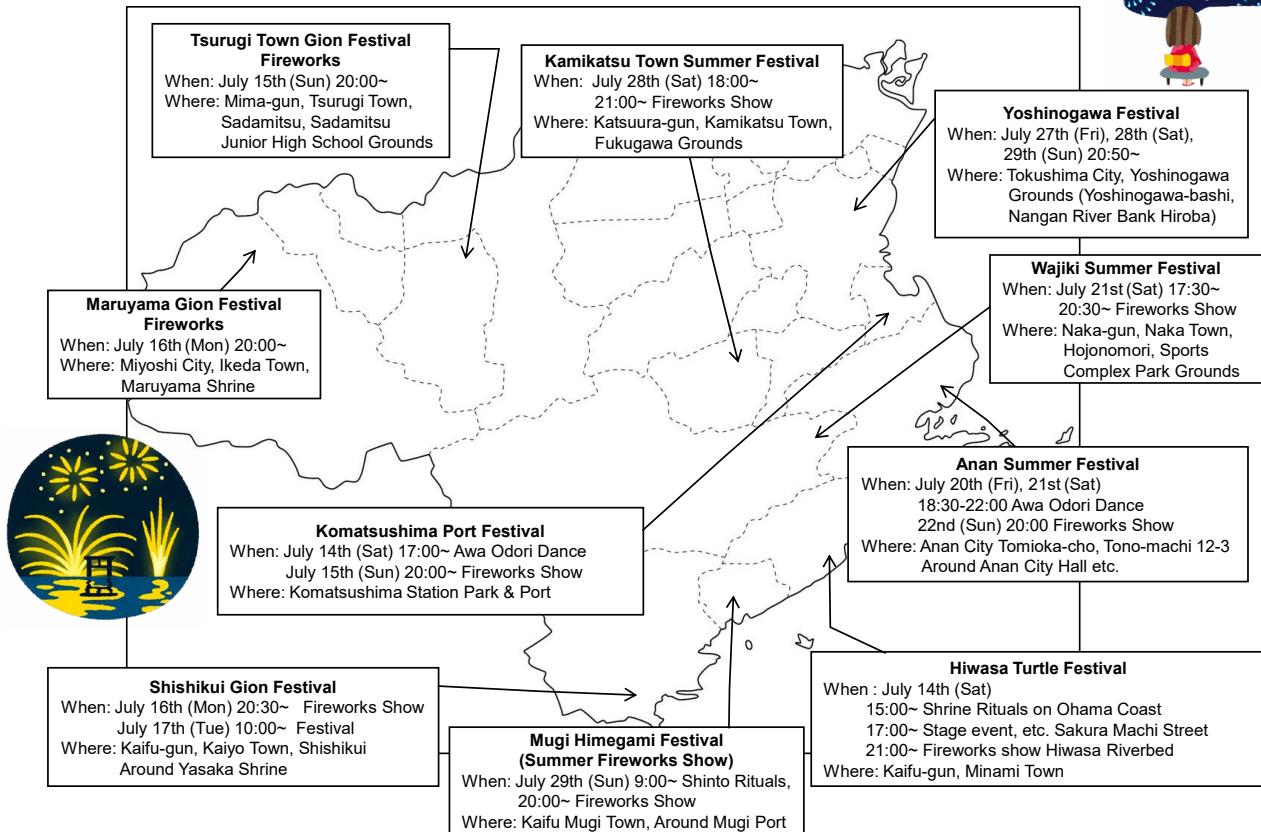
On the topic of **onsen**, there are also **onsen** in Germany. Some towns in Germany have the words "Bad" or "Baden" in their names, which is the equivalent of **onyoku** (温浴; hot bath) in Japanese. It means that these towns have a long tradition of being visited by many people as health resorts. You can find some spas in famous tourist spots and major cities that don't have this type of history.

In the cold winter of Germany, when the sun is barely shining, Germans enjoy visiting these health resorts and sauna.



There are many places just like in Japan where people enter a large bathtub naked. Because bathing with the opposite sex is common in a spa environment in Germany, it is very popular among couples and groups that consist of both sexes. Most of the baths are quite deep so that you can even swim in it. In comparison, people relax at the sauna and do not talk very much. If you are planning to go to Germany one day, why don't you visit a spa?

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



Letter from SUKETO NAKAYOSHI

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

Recently it is said that there are more and more children who don't sweat. Even at the Center, I feel that the number of children who become red in the face and do not sweat; and children whose body temperatures rise with the outside temperature has risen.

Human body temperature rises usually when the outside temperature is high, after doing sports, after eating and when having a fever. The body sweats to cool down when body temperature rises. This vital function is known as the thermoregulatory function. The body can only develop sweat glands (active sweat gland), which are needed to act as a thermoregulatory function, in the first three years after being born. That means, it is really important to get your child to sweat by the age of three. If the thermoregulatory function does not develop, it is easier to become tired, irritated, and leave the child at higher risk for heat stroke, hypothermia, and low immunity.

In this season, please allow your child do some sports that will allow them to sweat, and use the air conditioner properly. Of course, please wipe the sweat after sweating to prevent rash, and don't forget to hydrate!

* * *

Jumping Grasshopper

- 1) Cut a piece of milk carton from the middle to get a 4.5 cm wide ring. Then, make the legs and antennas with pipe cleaner, and attach with tape. Draw in the eyes, and a grasshopper will appear magically.
- 2) Open little holes about 5mm in size at the head and bottom area and insert a rubber band.
- 3) Lay the grasshopper in a flat position. When you let go of it, the grasshopper will jump with the power of the rubber band.



Japanese Lesson

By Yoko Aoki

Particle 「も」

In this lesson, we will learn how to say "Item A is this, and item B is this, too."

やまだ にほんじん
山田さんは日本人です。 Mr. Yamada is a Japanese person.
たなか にほんじん
田中さんも日本人です。 Ms. Tanaka is Japanese, too.

Note that these two sentences are almost identical in shape. This is natural, as they both claim that a certain person is Japanese. The second sentence, however, is different from the first in that we do not find the particle は in it. We have も instead. も is a particle that indicates that that item, too, has the given property. One thing that you should watch out for is exactly where the particle is placed. In English the word "too" can be placed after the sentence as a whole, as in the example above. Not so in Japanese. In the above example, も must directly follow Tanaka san. (Genki I by Eri Banno et al., 37)

Other examples:

このかばんは 5000 えん 円です。 This bag is 5,000 yen.
あのかばんも 5000 えん 円です。 That one is 5,000 yen, too.



* You can also use も when two or more people perform the same activity.

わたし きのう 京都へ行きました。 I went to Kyoto yesterday.
鈴木先生も きのう 京都へ行きました。 Professor Suzuki went to Kyoto yesterday, too.

* Or when someone buys, sees, or eats two or more things.

メアリーさんは靴 くつ を買いました。 Mary bought shoes.
メアリーさんはかばん か も買いました。 Mary bought a bag, too.



In both cases, も directly marks an item on the list of things or people that have something in common. Observe that も replaces the particles は , or を in these sentences. (37)

* You can also use も when you go to two places, do something on two different occasions, and so forth.

わたし せんしゅう 大阪へ行きました。 I went to Osaka last week.
京都へも 行きました。 I went to Kyoto, too.

練習 れんしゅう practice: Translate the following sentences into Japanese.

1) This is my bicycle. That is my bicycle, too.



2) I drink beer. I drink wine, too.

3) Mary will go to Hokkaido this year...She will go to Okinawa, too.



Answers: 1) これは私の自転車です。あれも私の自転車です。(2) 私はビールを飲みます。ワインも飲みます。(3) メアリーは今年北海道へ行きます。沖縄へも行きます。

Awa Shoku: Reminiscing of River Fish

By Lance Kita

It's the brink of summer, when mountains officially open to the public (they close mountains?) and weather is hot enough to warrant a float down a river on an inflatable tube. If you do, watch out for...hooks!

July and August are the peak months for catching river fish like **sweetfish (ayu 鮎)** or **red spotted trout (amego アメゴ)**, and you'll see many fisherman standing knee-deep in the Yoshino River, scanning the rocks intently, and you may surprised to see a fish already at the end of their line when they cast it out. Ayu are caught with a rather unique method called **tomozuri (友釣り)**, where a live lure sweetfish is hooked by the nose and cast near another sweetfish's territory. The other fish come out to vigorously defend their area, and are snagged by unbaited hooks trailing off the main line. Artificial lures can also be used, but the fisherman must control the movements carefully to mimic the live fish.

With so many clean rivers in Tokushima connected to the ocean (mating occurs in the lower parts of the river in spring, with the eggs hatching and drifting to the ocean in fall and the young growing up over the winter), there are many places in the mountains to enjoy ayu fishing, but permits are needed and only experienced fishermen know how to handle the live lure fishes, so look for official fishing areas that offer gear rentals, advice, and predetermined spots if you want to try your hand at this.

Rather than catching them, most people enjoy eating them, and ayu is one of the quintessential foods to enjoy in the mountains during the summer. The exit of the **Iya Vine Bridge (kazurabashi かずら橋)** is lined with food stalls peddling

salt-grilled (shioyaki 塩焼き) sweetfish, skewered and arranged around a **hibachi (火鉢)** of hot coals. There's nothing like biting into the crispy skin with the sharp accents of salt,



Swim to my stomach! Salt-grilled sweetfish (ayu) are a mainstay of mountain food stands.



Of course, sudachi goes well with salt-grilled sweetfish (ayu).

then savoring the steaming juicy flesh, tinged with a slight bitterness from the innards and maybe a slightly herbal aftertaste from the fish's diet of river algae. In ryokan or restaurants, the fish will often be salt-grilled with its body in an S-shaped curve, then served "swimming upstream" on the plate.

One of my fondest memories in Tokushima involved a trip to the mountains of Kisawa Village (now merged into Naka Town) about 20 years ago to join the local **Tsurara Festival (つららまつり)**. The area gets giant natural icicles in the winter, and the locals saved large chunks in sawdust-insulated storehouses. In the heat of the

summer, the villagers carved giant ice bowls and filled them with water and thin somen noodles. We each got a cup of dipping sauce, and the local grandmothers brought us a freshly grilled ayu, breaking the meat into our cups. I'll never forget the sensation of slurping cold noodles with the fragrant oils and juices from the fish. To this day, I've never had noodles quite like it, and it's one of the top three food experiences I've had in Japan.

Unfortunately, I don't think the festival is happening anymore (and was by invitation of a local ALT), but Tokushima is one of Japan's top suppliers of farm-raised sweetfish, often raised in natural river water to maintain quality. Check out a Japanese restaurant in the mountainous areas or even in Tokushima City and try this summer river fish. Although you may not get an icicle bowl, I hope a crispy salt-grilled ayu will bring you good memories of your time in Japan.

Events & Memoranda

Dance with Arasowa-ren あらしわ連参加募集中

The chance to join the Arasowa-ren dance troupe and to secure your place in the 2018 Awa Dance Festival is here! Make sure you sign up soon, as places go quickly! We are also looking for individuals to play the instrument, be a staff or to help us dress all the dancers. To play an instrument with us, no experience is necessary, and there will be practice sessions before the event.

When: August 14th (Tue)

Meeting place: Meet at the Awa Kanko Hotel

Schedule:

15:00-16:00 Arrive at Awa Kanko Hotel
16:00 Opening ceremony of the pre-dance party
17:50-21:30 Dancing

Participation Fee:

3,000 yen for General admission
1,500 yen for Elementary school students and below

How to Apply: Apply in person at TOPIA or reply via paid postcard (see below). On receiving your application, TOPIA will mail you whether you can participate or not. We will include a post-office bank account number to where you can pay the participation fee within one week. Or you can pay at TOPIA. **PLEASE NOTE:** We cannot accept applications by fax or telephone. You cannot apply on the day of the event. Also, we cannot refund the participation fee for any reason. In the event of rain, the party and dance will take place inside the Awa Kanko Hotel. Participants will be limited to the first 80 applicants. Group Applications are limited to 5 people per application.

★ If your application was successful, please check-in at the venue by no later than 16:00.

日時：8月14日（火）

集合場所：阿波観光ホテル

スケジュール:

15:00～16:00 集合
16:00～ 開会式
17:50～ 踊り開始
21:30 踊り終了

参加費：3,000円

小学生以下：1,500円


申込み方法：往復はがきにて、①名前②性別③住所④電話番号⑤出身国/地域⑥年齢⑦緊急連絡先（氏名、住所、電話番号）をご記入の上 TOPIA までお申し込みください。また、女踊り（先着5名：衣装不足の場合は、男踊りとさせていただきます）場合がございますことを予めご了承ください。ご希望の方はその旨をはがきにご記入下さい。


（それ以外の方は男踊りとなります。）応募者には返信用はがきにより参加の可否をお知らせ致します。参加可能な方には郵便局の振込口座番号をお知らせしますので、返信はがき到着後、1週間以内に参加費をお支払い下さい。尚、一度払い込まれた参加費は、いかなる場合でも払い戻しできませんのでご注意下さい。

注意：電話・FAXでの受付はご遠慮下さい。当日参加は不可能です。募集定員 80 名になり次第締め切ります。

*グループ申し込みは5名までです。

★当日受付は午後4時で終了いたします。運営・着付けスタッフ及び、鳴り物の方、大募集！

front	
 770-0831 往信 Tokushima Prefectural International Exchange Association (TOPIA) Clement Plaza 6F 1-61 Terashima Honcho Nishi, Tokushima City	Leave this space blank

back	
 返信 Write your name and address here	Write the following information here: 1) Name (Last, First) 2) Gender 3) Complete Address 4) Telephone Number 5) Home Country/Region 6) Age 7) Emergency Contact -Name (Last, First) -Complete Address -Telephone Number *Write if you will dance the women's style dancing costume (subject to availability)



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 24, 26, 27, 28, 31 & August 2, 3, 4
10:30 - 12:00

Cost: Free

Deadline: Applications must be received by Monday, July 17th.

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.

Tainohama Beach Opening 田井ノ浜海水浴場開き

The beach will be open for swimming! There will also be various events held.

When: July 1st (Sun) Shrine Ritual 10:00-
Swimming period: July 1st (Sun) -
August 31st (Fri)

Where: Tainohama Beach, Kaifu-gun,
Minami-cho, Tai

Fee: Free

Info: Minami Town Tourism Association

Tel: 0884-77-1875

海開き初日がきました！イベントも随時予定されています。

日時： 7月1日（日） 10時～ 神事

遊泳期間：7月1日（日）～8月31日（金）

場所： 海部郡美波町田井 田井ノ浜海水浴場

料金： 無料

問い合わせ： 美波町観光協会

TEL： 0884-77-1875



Water Play Festival Asobandee 2018 水遊びの祭典 あそばんでえ 2018 年

With the slogan "Let's play in the middle of nature", Asobandee 2018 will be held this year as well. There will also be some events for observers, so please come and watch!

When: July 22nd (Sun) 9:00-15:00

*In the case of rain, the event will be on July 29th (Sun)

Where: Mizube no Gakkou Bamboo Park,
Yoshinogawa City

Fee: Free

Info: Yoshinogawa City Chamber of Commerce

Tel: 0883-42-5642

自然の中ででっかく遊べ！！を合言葉に、今年も「遊ばんでえ 2018」を開催します♪競技参加者以外のお客様もお楽しみいただけるイベントが用意されています。是非ご来場ください！

日時： 7月22日（日） 9時～15時

※雨天の場合、7月29日（日）へ順延

場所： 吉野川市 水辺の楽校 バンブーパーク

料金： 無料

問い合わせ： 吉野川市商工会

TEL： 0883-42-5642

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)