

# awa life

**Awa Shoku:** Sushi  
with the Entire Fish!

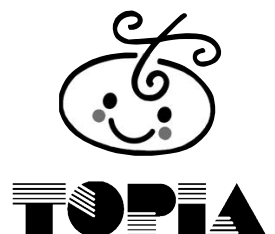
What's growing in  
the **Suzue Family**  
Garden?

October 2018  
# 337



**October Events**

The **East Frisian** Tea  
Culture





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

Have you ever heard of **Yojjukugo** (四字熟語 よじじゅくご)? It is an idiom or compound made up of only four-characters. **Yojjukugo** is one of the parts of Japanese language that I find amusing because despite its short length, it is rich in meaning. One of my favorite ones that I learned in class is 花鳥風月 (かちょうふうげつ **Kachoufuugetsu**). Based on the characters alone you may be thinking "Flowers, birds, wind, and the moon???". But it actually means "the beauty of nature". This yojjukugo truly highlights the beautiful aspects in nature! I hope that you are able to enjoy 花鳥風月 this fall!

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 Nico

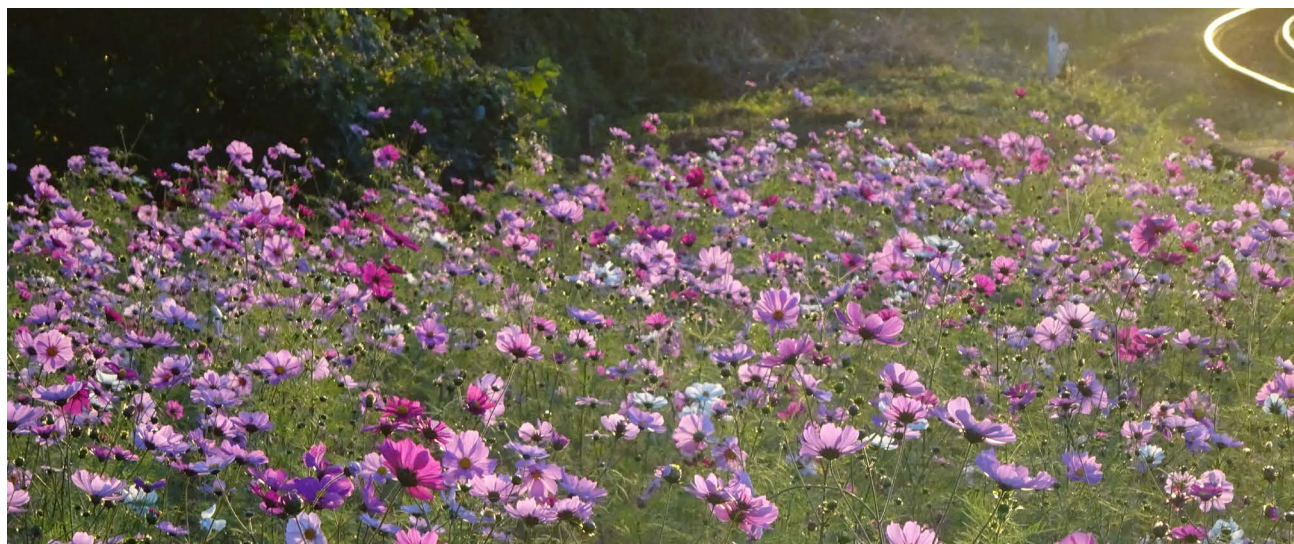
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## East Frisian Tea Culture

Nico Bohnsack

*Be sure to prepare a cup of tea for yourself, because in this article, Nico will tell us about the East Frisian tea culture that exists in Niedersachsen (Lower Saxony), Tokushima's Partner State in Germany.*

When thinking about tea or tea culture, most of the people might think of Japan, China or maybe Great Britain. Germany is not really famous for being a country where people drink loads of tea or even where a distinct tea culture exists. In fact, coffee is still more popular in Germany and reaches a per capita consumption of about 160 liters within one year, whereas tea only reaches a per capita consumption of about 30 liters a year. However, there is one place in Germany which counters that circumstance and where tea culture is an integral part of local identity: East Frisia, a relatively small northern part of Germany along the coast of the North Sea, located in Tokushima's partner state Lower Saxony. The East Frisian people are actually even world champions when it comes to the per capita consumption of tea. Traditionally, East Frisian tea is a rather strong mix of many As-sam tea varieties.



But why could a distinct tea culture develop somewhere in Germany's North? Historical research is quite in an agreement about the roots. When the Dutch East India Company strengthened trade with India and East Asia and brought Indian tea to Europe, East Frisian seamen who lived near the Netherlands most likely came in contact with it at the beginning of the 17<sup>th</sup> century. However, tea was mainly used as medicine at that time. By the beginning of the 18<sup>th</sup> century, East Frisians began to drink tea on a daily basis and it became unimaginable to give up tea drinking. Although the Prussian state tried to prohibit tea consumption out of economic reasons, the East Frisians fought for their tea culture and eventually succeeded. When the Emden company, a Prussian trade company focusing on trade with China, collapsed



Frederick the Great, King of Prussia, tried to forbid tea drinking but encountered strong resistance also known as the "tea war". East Frisians smuggled tea en masse

and began to drink their beloved tea in secret. At the same time the East Frisian people pressured the Prussian state to annul the prohibition which actually led to the state bowing down to public

## East Frisian Tea Culture

pressure and suspending all restrictions towards tea drinking in East Frisia. From the 19<sup>th</sup> century to the beginning of the 20<sup>th</sup> century the most famous East Frisian tea companies were founded.

The two world wars then caused major tea shortages. During World War II, tea was rationed in order to find a balance between the needs of the people and the actual availability of tea. Even tea pills with aroma and sugar were consumed but could

not fully satisfy the East Frisians. The desire for tea never changed again. Hoarding was a common phenomenon after the war and East Frisians set out to far away places to get tea in exchange for other products such as butter or eggs. Until the 1950s a lack of tea availability or high prices were still a problem. However when the tea tax became lower, East Frisians could finally enjoy as much tea as they wanted again.

East Frisians mainly use porcelain tableware which, looking at the form and style, is close to Chinese tableware since porcelain from China was also imported in high numbers through East Asian businesses. Porcelain tableware has also been produced in East Frisia since the 18<sup>th</sup> century and the Chinese style was slightly adjusted to European taste. Part of the typical tableware is usually a tea caddy, a tea pot and cups. A rinse bowl also used to be apart of the tableware.

These days it is common for East Frisians to offer visitors tea immediately, no matter if the visitor plans to stay for a long time or just for a minute. This is part of the East Frisian welcoming culture. The East Frisian tea ceremony is not as complex as the Japanese tea ceremony but visitors should still know about the procedure. First you pour boiling water into the pot to rinse it and heat it up. Next, you put about two teaspoons of tea into the pot and fill it half with boiling water. After that, let the tea steep for about 3 or 4 minutes in the closed pot. Finally, fill up the pot with

water and the tea is ready to drink. After serving the tea, you should use a sieve to refill the tea into another serving pot. Before filling the tea into cups, a piece of rock sugar should be placed in

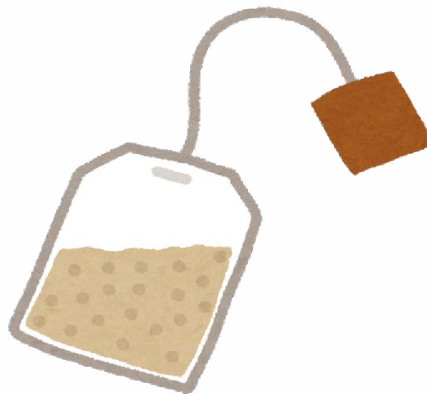
the cup. After pouring the tea into cups you carefully add a drop of cream beginning at the rim, creating a "cloud of cream". Usually, East Frisian tea is enjoyed without stirring to make use of the different tastes created by the cream in the middle, the sugar on

the bottom, and the tea itself.

The main tea time for East Frisians is around 3pm for afternoon tea. A midmorning tea at 11am is also very common and many families tend to have another evening tea around 9pm. These tea times just reflect the most common way of having tea time. If guests visit private homes outside of the three tea times they usually still get offered a tea.

If you happen to be in East Frisia (which is recommendable because of the beautiful ocean side), try a cup of East Frisian tea or even take part in a tea ceremony. But be careful! Drinking less than three cups is considered as impolite. If you want to know more about the history and the characteristics of the East Frisian tea culture you could also visit the East Frisian Tea Museum inside of the old town hall in the city of Norden. The statue of the "Teelke" carrying tea in the city of Leer is also a proof of the importance of tea in East Frisia.

Since the Economic Partnership Agreement between Japan and the EU will probably come into force after January 2019, there may even be a chance to enjoy East Frisian tea culture in Japan someday if trade relations between Japan and Germany or Tokushima and Lower Saxony become stronger. As a man from Lower Saxony, I would like to help promote Japanese tea culture in my home region too where East Frisia would surely be an appropriate starting point of exchange.





## What's Growing in the Suzue Family Garden?

By Daralyn Yee

When I came to Tokushima, I was surprised about how easy it was to acquire local produce in the super market, and found that the locals were generous with sharing their produce. Suzue-san, one of our staff members at TOPIA, has been generous enough to share her extra vegetables and fruits grown in her garden. Impressed by the variety that she brings, I've asked about her garden numerous times wondering what was in there and how it is possible for a person lacking a green thumb to start growing. With a curiosity on the whole process, I decided to take a visit to the Suzue Family's garden this past summer.

Upon pulling in to the driveway of the Suzue Family home lies a decently sized area dedicated to gardening. A variety of fruit bearing trees surrounded a small field of fruits and vegetables. It looked like many hours of care were put in to creating

such a garden. We sat down with Suzue-san and Mr. Suzue, Suzue-san's father, to dig up more information about the garden they created. The Suzue family is a family of farmers who farmed the land they were on since the Meiji Period. They formerly had a field where they would grow rice during the summer months and winter vegetables such as spinach during the winter. As for the garden at their home, Mr. Suzue worked on the garden on the weekend and on other free days, but since retiring has been taking care of it every day. "I spend about one to two hours in the morning, then in the evening from around 4pm to 6-7pm. It's still bright outside at those times."

The planting of seeds for summer vegetables in the Suzue Family starts anywhere from Mid-April to the beginning of May. Mr. Suzue does research on what to grow by reading books, and they buy their seeds at a specialized gardening shop. At

the time of our visit in the beginning of August, tomato, eggplant, and shishitou (sweet green pepper) were in season. We had the chance to taste the newest vegetable in their garden—a variety of mini Italian tomatoes. Suzue-san says that this is one of her favorites because it is tastier than store bought tomatoes. In fact, since the Suzue family grows a variety of vegetables, they only need to buy meat or vegetables when they visit the market. We were offered some to try, and as I took a bite through the tomato's firm skin, a burst of flavor filled my taste buds. Trying these homegrown tomatoes made me realize

that growing your own produce is not a bad idea after all.

These tomatoes made me think that gardening has its benefits, and I was eager to know how to get started. "When you start gardening, the soil is important, especially developing it so that is full of nutrients takes time."

Suzue-san says without hesitation. Because her grandparents were farmers and already had healthy soil on hand, they were able to easily grow produce. Even those with bad soil have hope according to Mr. Suzue "You can improve soil as much as you'd like with fertilizers, when you cultivate the soil with it."

All of this gardening talk made me excited, but I still wondered if there was anything that was easy to grow, especially something that would not die even if it didn't get watered for a couple of days. Mr. Suzue gave a very powerful answer "There is no such thing. You still need to take care of plants to a certain extent, you can't neglect them. Plants need moderate care." To that avail, I realized that there is no easy way to get into gardening, and that proper time and care are necessary. Though there is no "easy way", there is a way to start even for people who don't have much space. "You



can use a planter. There are a lot of things that can be grown such as tomato, peppers, shishitou, and eggplants. In the least you can grow these things."

From my visit, I learned that growing your own produce requires full effort, but can leave a great harvest of produce if done correctly. I hope that in the future I can build my own garden and grow a lot of fresh vegetables and fruits in my garden. It doesn't seem like an easy task, but seeing the Suzue's enjoying the fruits of the labor makes me believe that all of the effort is worthwhile.



## Letter from SUKETO NAKAYOSHI

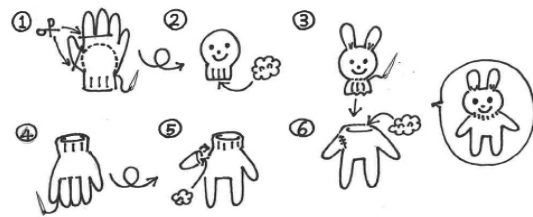
By Kazue Inoue (Center for Early Childhood Education and Care SUKETO NAKAYOSHI)

The autumn wind has finally started to blow. It is also the time when sports days are being held in preschools and kindergartens. This time we will introduce activities strengthening children's motor skills.

- Upside Down (forward and backward rolls, swinging around on the horizontal bar, swings): Developing somatic sensory through getting used to different postures
- Gripping (horizontal bar, climbing polls): Understanding what it feels like to use all of one's body strength
- Jumping (races, vaulting boxes, jump rope): Hopping on one foot or jumping and using the whole body creates a base for a sturdy run
- Arm and Legs (animal roleplays, overhead ladders, jungle gym): Makes legs and loins stronger and creates physical strength and protects the body when falling down
- Rhythm (dancing, jump rope, vaulting boxes): A sense of rhythm can be developed by moving the body to music and beats
- Throwing (ball games): Learning how to transmit power into the ball by hitting, bouncing, and throwing it.

When visiting a nearby park, be sure to use the

playground equipment to strengthen motor skills.



\* \* \*

### Rabbit Doll Made from Gloves

1. Turn one glove inside out, cut off the forefinger, middle finger and thumb and sew the middle part as shown in the diagram.
2. Turn the glove back out and stitch the eyes, nose and mouth of the rabbit (you can also use felt) and stuff the inside with cotton.
3. Sew the forefinger and middle finger that you cut off for the ears and then sew the head shut.
4. Now turn the other glove inside out and sew the forefinger and middle finger to the knuckle part of the glove.
5. Turn the glove back out on the other side and stuff the thumb part which you cut off in step one with cotton and sew it as shown in the diagram.
6. Stuff cotton in the fingers of the glove as shown in the diagram. Insert the head part of the rabbit which you made in step three, and your rabbit is complete.

## Japanese Lesson

By Takako Yamada

## Making a Phone Call

In this month's lesson, we will learn how to make and answer a phone call in a polite manner. Such situations often require honorifics (including respectful expressions used for others, humble expressions used for oneself and polite expressions).

Let's look at the following dialogue. Please change the verbs in brackets into honorifics. A is the company staff and B is the caller.

A: もしもし  
B: はい、〇〇電気 (①です)。  
A: すみませんが、佐藤さんは (②いますか)。  
B: はい、佐藤 (③です) ね。失礼ですが、お名前は・・・。  
A: △△ 商 事 の 林 と (④言います)。

## Translation

A: Hello? B:--- Electronics. How may I help you? A: Hi, can I speak to Ms. Sato please? B: Sure. May I ask who is speaking? A: This is Hayashi from △△ Trading.

Scenario 1	Scenario 2	Scenario 3
<p>A: 佐藤はちょっと席を外して (1-① います) が・・・。</p> <p>B: そうですか。何時ごろ (1-② かえります) か。</p> <p>A: 12時ごろになると思います。</p> <p>B: では、そのころ また (1-③ 電話します)。</p> <p>A: そうですか。ではお願い (1-④ します) 。</p> <p>B: では、失礼 (1-⑤ します) 。</p>	<p>A: ただいま、佐藤はほかの電話に出て (2-① います)。</p> <p>B: それでは、伝言をお願い (2-② できますか) 。</p> <p>A: はい、どうぞ</p> <p>B: 来週の会議の件で折り返し (2-③ 電話してもらいたい) と (2-④ 伝えてください) 。</p> <p>A: (2-⑤ わかりました)。お電話番号は・・・。</p> <p>B: 088-123-4567 です。</p> <p>A: 088-123-4567、△△ 商 事 の 林 様 ですね。</p> <p>わかりました。そう伝えます。</p> <p>B: よろしく願います。では、失礼 (2-⑥ します) 。</p>	<p>A: 代わりますので、少々 (3-① 待ってください) 。</p> <p>B: はい、お願い (3-② します) 。</p> <p>A: もしもし、お電話代わりました。佐藤です。</p> <p>B: あっ、佐藤さん、林です。来週の会議なんですが水曜日の1時にして (3-③ もらえませんか) 。</p> <p>A: ああ、いいですよ。じゃあ来週水曜日午後1時に (3-④ 待っています) 。</p> <p>B: どうもすみません。では、また来週。</p>

A: Ms. Sato is not in right now. B: Alright. When will she return? A: I believe she will return around 12. B: I will call her back then. A: Okay. She will be looking forward to your call. B: Okay. Bye.

A: She is on the phone right now. B: May I leave a message? A: Yes, sure. B: Could you please tell her to call me back to talk about the meeting next week? A: Yes, may I have your phone number, please? B: Sure, it is 088-123-4567. A: Alright, 088-123-4567, Mr. Hayashi from △△ Trading. I will have her call you back. B: Thank you very much.

A: Hold on, please. B: Thank you very much. A: Hello, Sato speaking. B: Hi, this is Hayashi. Would you be able to have next week's meeting on Wednesday at 1pm? A: That's totally fine with me. B: I will see you at 1pm then next Wednesday. A: Thank you very much and see you next week.

① 電話 ② 電話 ③ 電話 ④ 電話 ⑤ 電話 ⑥ 電話 ⑦ 電話 ⑧ 電話 ⑨ 電話 ⑩ 電話 ⑪ 電話 ⑫ 電話 ⑬ 電話 ⑭ 電話 ⑮ 電話 ⑯ 電話 ⑰ 電話 ⑱ 電話 ⑲ 電話 ⑳ 電話 ㉑ 電話 ㉒ 電話 ㉓ 電話 ㉔ 電話 ㉕ 電話 ㉖ 電話 ㉗ 電話 ㉘ 電話 ㉙ 電話 ㉚ 電話 ㉛ 電話 ㉜ 電話 ㉝ 電話 ㉞ 電話 ㉟ 電話 ㊱ 電話 ㊲ 電話 ㊳ 電話 ㊴ 電話 ㊵ 電話 ㊶ 電話 ㊷ 電話 ㊸ 電話 ㊹ 電話 ㊺ 電話 ㊻ 電話 ㊼ 電話 ㊽ 電話 ㊾ 電話 ㊿ 電話



## Awa Shoku: Sushi with the Entire Fish!

By: Lance Kita

Why does sushi have to be made by pros? Shaping blocks of rice and merging them with slices of fish requires expert skills, but there are other styles of sushi that have folk roots and are made by households, often for special occasions.



*Boze (Japanese butterfish) are easy to recognize by their blunt noses. (Photo: Takako Yamada)*

With the glut of **autumn festivals** (aki-matsuri 秋祭り) in October comes a special sushi that forgets the slices of seafood and just uses the whole fish to make a roll. Whole-y Moley! Let me introduce you to the world of **sugata-zushi** (姿寿司).

From September to October, you can catch silvery perch-like fish with blunt noses called **ibodai** (イボダイ). There are several names in English like Japanese butterfish, Melon seed (from its Chinese name), and Wart Perch from the little brown spot on its gill cover that is a translation of its Japanese name. If you thought multiple English names is confusing, it's common for fish to have regional name variations in Japan, even between prefectures. For instance, this fish is called **boze** (ボウゼ) in Tokushima, **shizu** in Ehime, and **baka** in Kochi. In Hyogo and parts of Hiroshima, it's called **kurage-uo** because they eat mainly **jellyfish** (kurage 海月).

So how do we get from **boze** to sushi? The fish is split open down the back and butterflied, and the insides cleaned and deboned. The fish is then salted overnight, rinsed, and soaked in vinegar until the flesh lightens up. This technique is called **shime** (締め), and helps to draw out moisture and prevent spoiling, as well as firm up the flesh and concentrate the flavor. You commonly see this used with **mackerel** (shimesaba 締め鯖) at sushi restaurants. Of course, **sudachi** (酢橘) limes are coming into season after summer, so **sudachi** vinegar or juice is often used in the process in

Tokushima.

After the **boze** has been marinated, it is wrapped over a log-shaped block of sushi rice (again flavored with some **sudachi** juice), and pressed together on the sides. Voila, your **sugata-zushi** is done,

ready to be sliced and enjoyed with soy sauce and pickled ginger. Don't worry, you can leave the head and tail.

**Sugata-zushi** is found in several places around Japan, but is quite prevalent in Tokushima. I've seen supermarkets selling **boze sugata-zushi**, as well as versions with **horse mackerel** (aji 鰯) or **small barracuda** (kamasu カマス). In the **Hiwasa** (日和佐) District of Minami Town, I found **small red goatfish** (himechi ヒメチ) **sugata-zushi** at the local **Michi-no-eki** Roadside Station and they were tender and flavorful. If you happen to be attending some of the autumn festivals in the mountain villages, be on the lookout for **sugata-zushi** made from **river sweetfish** (ayu 鮎) or **red spotted trout** (amego アメゴ or iwana イwana).



*Sugata-zushi is soul food in Tokushima, especially with boze (Japanese butterfish). (Photo: Takako Yamada)*

What was once a preservation method for fish is now a special food to celebrate the harvest season in Tokushima. It was even selected by the Ministry of Agriculture, Forestry and Fisheries as one of two dishes that

represent Tokushima's folk cuisine traditions. And for those who might not have liked the smell or taste of raw fish, give the marinated **boze sugata-zushi** a try. Or better yet, try buying some butterfish from the local fishmonger or supermarket and make some with your Japanese friends. You may not be a pro, but folk sushi means you don't have to be one to enjoy it!



# Events & Memoranda

## Skill-up Seminar for Japanese Teaching Volunteers 地域日本語指導ボランティアスキルアップ講座

「学習者が積極的に学びたいような授業はどうしたらよいのか?」、「自分の支援の仕方は本当にこれでいいのか?」など、ボランティアのみなさんの声をよく耳にします。それには、まず、学習者のやる気を出させる、その気にさせることが求められます。その「その気にさせる」いろんな手法を一緒に勉強しませんか!

講師：迫田久美子先生（広島大学特任教授）

日時：11月10日（土）13:00～16:30

場所：徳島県国際交流協会（TOPIA）会議室（クレメントプラザ6階）

お問合せ：（公財）徳島県国際交流協会

TEL: 088-656-3303

受講料：無料（申込締切：準備の都合上10月31日（水）までに）（詳しくはトピアのホームページをご覧ください。）

## The Nagoro Dolls Village Festival 名頃かかしの里祭り

The dolls settlement is located inside the Nagoro district in Higashi-Iya, near the Oku-Iya Niju Kazura Bashi (vine bridge). The dolls, characterized by friendly and warm expressions, are waiting for you! There will be a market as well.

When: October 7th (Sun), 9:00-15:00

Where: 191 Higashi-Iya Sugeoi, Miyoshi-shi  
(around the former Nagoro  
Elementary School)

Info: Miyoshi Tourist Information Center

Fee: Free

Tel: 0883-76-0877

URL: <http://miyoshi-tourism.jp/event/1754-2/>

奥祖谷二重かずら橋の近くに位置する東祖谷名頃地区には、かかしたちの集落があります。どこか懐かしく、暖かい表情のかかし達がお待ちしています♪バザー各種あります。

日時：10月7日（日）9:00～15:00

場所：三好市東祖谷菅生191 旧名頃小学校周辺

お問合せ：三好市観光案内所

入場料：無料

Tel : 0883-76-0877

URL : <http://miyoshi-tourism.jp/event/1754-2/>

## The Hiwasa Hachiman Shrine Autumn Festival 日和佐八幡神社秋祭り

This is a festival with a long tradition where people pray for large catches, maritime safety, and a huge harvest. At the festival drum stands will be carried around the Ohama Coast, and participants will carry out heroic jumps into huge waves.

When: October 6th (Sat) Pre-Festival Festivities,  
October 7th (Sun) Main Festival

Where: Hiwasa Hachiman Shrine  
(369 Hiwasaura, Minami-cho, Kaifu-gun)

Info: Hiwasa Hachiman Shrine

Fee: Free

Tel: 0884-77-2474

URL: <https://hiwasahachiman.com/>

大漁祈願・海上安全・五穀豊穡などを祈願する、伝統ある秋祭りです。ちょうさ（太鼓屋台）が大浜海岸を駆けまわり、波濤の中に飛び込む勇壮なお祭りです。

日時：10月6日（土）宵宮、7日（日）本祭り

場所：日和佐八幡神社（海部郡美波町  
日和佐369）

お問合せ：日和佐八幡神社

入場料：無料

Tel : 0884-77-2474

URL : <https://hiwasahachiman.com/>

# Events & Memoranda

## Autumn Awa Odori 秋の阿波おどり

The Autumn Awa Odori has been celebrated every autumn since 2008! In continuation from last year, for three days you can enjoy different events free of charge. Products from mountain and ocean villages and regional specialities will be sold and there will be also places where you can experience Otani pottery, Washi craftsmanship, indigo-dyeing or picnic box making.

When: September 2 (Fri) 17:00-21:00;  
3 (Sat), 4 (Sun), 10:00-16:00  
(Doors open from 9:30)

Where: Asty Tokushima, Higashihamahoji 1-1,  
Yamashirocho, Tokushima-shi

Info: Asty Tokushima

Fee: Free

Tel: 088-624-5111

URL: <http://www.asty-tokushima.jp/>

2008 年から毎年秋に開催している「秋の阿波おどり」！昨年につづき、今年も3日間の開催で、様々なイベントが入場無料でお楽しみいただけます♪徳島の海山里の幸や特産品の展示販売、大谷焼・和紙細工・藍染め・遊山箱づくりなどの体験コーナーがあります！

日時：11月2日（金）17：00-21：00

11月3日（土）、4日（日）

10：00～16：00（開場9：30～）

場所：徳島市山城町東浜傍示1-1

アスティとくしま

お問合せ：アスティとくしま

Tel：088-624-5111

入場料：無料

URL： <http://www.asty-tokushima.jp/>

## Kamiyama Artist in Residence Art Exhibition 2018 神山アーティスト・イン・レジデンス 2018 作品展覧会

Artists from in and outside of Japan are invited to Kamiyama and deepen exchange through creative work in cooperation with local residents, while putting on an exhibition of their works. There will be a tour of the exhibition, where you will be able to hear from the artists themselves.

When: October 29th (Mon) – November 4th (Sun)

Where: Kamiyama (various places)

Info: Kamiyama Artist in Residence  
Executive Committee

Tel: 088-676-1178

URL: <https://www.in-kamiyama.jp/en>

国内外の芸術家を神山町に招いて、地域住民との協働による創作活動等で交流を深め、作品展覧会を実施します。展覧会初日には、アーティストと共に作品を巡るアートツアーが実施される予定です。

日時：10月29日（月）～11月4日（日）

場所：神山町 各地

お問合せ：神山アーティストインレジデンス  
実行委員会

TEL：088-676-1178

URL: <https://www.in-kamiyama.jp/en>

## 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)