



awa life

November 2018

338



Making **New Discoveries** in Tokushima



Onigiri Night in Kamiyama

Awa Shoku: Sweets from the Potato



Tokushima **Fall Foliage** Map



TOPIA

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

What is your favorite part of Japanese culture? Bunka no Hi (文化の日 ぶんかのひ) or “Culture Day” on November 3rd is not only a public holiday, but also a day for promoting culture, the arts and academic achievements. Why not use the time off and visit an art exhibition or cultural festival which are usually held on that day? Maybe you could use Bunka no Hi as a way to get to know other areas of Japanese culture, such as discovering Gagaku (雅楽 ががく), classical Japanese music played at the Imperial Court; parts of Edo period art such as Ukiyo-e (浮世絵 うきよえ), or the newest developments of Japanese toilet culture?

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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Contents

Pg. 2-4: Making New Discoveries in Tokushima

Pg. 4-5: A New Five Sense Gourmet Experience: Onigiri Night in Kamiyama

Pg. 5: Letter from SUKETO NAKAYOSHI

Pg. 6: Awa Shoku: Sweets from the Potato



Pg. 7: Japanese Lesson

Pg. 8-9: Events and Memoranda



Making New Discoveries in Tokushima

By: Akane Nakao



Hello, Awa Life readers! My name is Akane Nakao. I work in the International Division of the Tokushima Prefectural Office as a Regional Revitalization Officer. I'm



originally from Tokushima, spent my university days in Osaka, and moved to Chiba for work. I lived in Chiba for 9 years working as a system engineer developing local government nursing insurance and disability welfare systems. When I hit the milestone of ten years since becoming a member of society, I took some time to think about my future life. As a result, I came to realize that if I wanted to work for my hometown of Tokushima, the time to do it is now, and started to look for a

new job. In the summer of 2017, I made a U-turn to Tokushima. These days I am enjoying the “Awa Life” for myself after being away for a long time.

My current job is to spread information on Tokushima’s attractions to people overseas English speakers and make efforts in tourism promotion through Tokushima Prefecture’s websites and social networking accounts. Have you heard of “Discover Tokushima”? The online Discover Tokushima is operated in three different forms (website, Facebook, Instagram). In this article I would like to introduce the Facebook page. On Discover Tokushima, we share information two to three times a week on topics such as Tokushima Prefecture’s tourism facilities and cuisine, traditional crafts, and event information.

I became able to get around myself and discover by car, and because of this I have been able to see and hear information for myself and write articles. Sometimes our readers ask questions and comment about the content of the posts. When I am able to visit the location for myself, I can answer our reader’s questions with confidence. I’m able to gain experience while working on the job.

Making New Discoveries in Tokushima

I've received comments from my friends and acquaintances who live in Tokushima such as "I lived there but I didn't even know that there was a spot like this.", or "I went there because I saw it on Facebook." I find my job very rewarding when my post gives the chance for others to "Discover".

I am able to choose topics freely and create content about popular attractions, to deep insider information on minor places. I would like to introduce a few articles to you.

I hope you are able to enjoy the information. If you enjoy reading our content, please follow us! We also look forward to hearing from you about places and information that you would like us to post about. Let's discover Tokushima together, a place full of undiscovered charm.

Excerpts from Discover Tokushima:



Irodori Bashi

"Irodori Bashi (The Irodori Bridge)" was newly opened this July near the Tsukigatani Onsen in Kamikatsu Town! It plays some key roles such as a sightseeing spot, and as a means for trainees to access Irodori-yama garden, which became well-known for "Leaf business ()". Through this bridge, you can enjoy an exciting thrill and wonderful scenery spreading right in front of your eyes! (Please be sure to wear shoes that are easy to walk in...) When these photos were taken,*

the scenic beauty between summer and fall was created by red cluster-amaryllis flowers, blue sky and river, and green plants and mountain. What season would you like to come and visit?

()"Leaf Business"*

This agri-business is cultivating and selling "Tsumamono", garnished seasonal leaves and flowers on Japanese dishes. Elderly women living in the town are shipping the leaves throughout Japan while using their computers or tablets!



Sudachi

Sudachi is known as one of the specialty products of Tokushima, and now it is in season of harvest. This is a kind of citrus fruits, which is full of nutrition from Tokushima's beautiful nature as to be called "green jewelry"! Please don't miss out to a chance to enjoy it during your travel in Japan. You'll find them adding colorfulness to various Japanese dishes not only in Tokushima but also all around Japan!

After making a U-turn to Tokushima, my work and private life are seamless and I live a very fulfilled life. However, my job as a regional revitalization officer has its limits. Next, I will need to discover what step to take next. I have two dreams. First, to tell overseas visitors about Tokushima's attractions as an interpreter guide. Second, to create international exchange through dance classes, holding events, and Zumba which does

Making New Discoveries in Tokushima

not require the usage of words.

Which one will I choose!? I can't choose just one, so I hope that I will be able to clear each goal one by one and put each into practice. In order for Tokushima to become a place that more people are fascinated by, I would like to give back to Tokushima through Discover Tokushima and the next stages in life that I take.

Thank you for reading and I hope that we can meet someday!



Discover Tokushima Homepage
<https://discovertokushima.net/en>

Discover Tokushima Facebook
 @Discover.Tokushima



Discover Tokushima Instagram
 @yoshinogawa_tokushima

A New Five Sense Gourmet Experience: Onigiri Night in Kamiyama

By: Kiyomi Fujii



When my friend called me on the phone and asked “Hey, do you have some time to eat Onigiri in Kamiyama tonight?” I was full of questions “Why onigiri? Why in Kamiyama? Why in the evening?” When I asked her, she told me that a chef all the way from Brooklyn, New York was going to display his cooking technique using local ingredients. With images of this rare experience in my mind, I rushed to my car.

We drove from Ishii Town, through the Dougakuji Tunnel, and passing through Jinryo. We talked so much during our 35-minute drive that it seemed like we arrived in an instant. On the side of the main road, a newly made one-story wooden restaurant, a small stream from the Akui River,

trees in the background of a backyard covered in grass, and a slightly elevated hill came into sight. The autumn sun set quickly, and the light coming from the corner shined on the grass. The shop Kama-ya, with its fully wooden kitchen, and counter covered in the orange lighting had such a chic atmosphere that made me wonder “Wait-am I in Jinryo?” But, surely I’m in Kamiyama. It was obvious that this was a town known for its forestry and landscapers. You could even tell from the difference in how green the grass was (?). Young people with casual clothes made from organic material, and parents who brought their children were relaxing in the cool (more like cold) autumn breeze.

In the middle of the grass field, Chef Dave was seriously concentrated on searing and stir frying the ingredients in the midst of the sounds of the charcoal, flame and firewood; the smoke, and aromas. It looked like a camp in the midst of rural beauty. On the menu, there was all types of creative one-of-a-kind onigiri fillings such as Awa Pork and Awa Banacha, mushroom and chesnut, and Sudachi-dori chicken skin and gizzard etc. There were things as standard as a plain rice ball made with newly harvested rice, nori, and salt, and also more distinctive such as a grilled onigiri dipped in a spicy soup curry. I could taste the flavors simultaneously in the salad had a



magnificent balance of herbs and a variety of vegetables. The texture and sweetness of the firm

persimmon and pumpkin chopped in to thin slices left an impression. On the other hand, many people said that the sumashi-jiru style clear soup was very delicious.

Tasting the local ingredients as is, and the combination of the bold flavors, and it was like a new piece of modern art. The breathtaking scenery, cool breeze, scent of the trees added to this gourmet experience. It was a full-sensory experience of Kamiyama. Through this experience I was able to fully experience the beautiful nature of a town in the mountain.
Gochisousan deshita!

Letter from SUKETO NAKAYOSHI

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

The season of delicious foods has just begun! This month we will reflect about the importance of food.

Food plays various important roles. The first role is building the body, immunity, and the mind. In particular, chewing food sufficiently is connected to the acceleration of brain development, so it would be best to support the habit of step-by-step chewing when moving on to baby foods. Food furthermore has the role of deepening familial bonds. Try to deepen mutual bonds by spending time and eating with your family as much as possible.

However, it is important to watch out for the sodium content of foods. When beginning to give baby foods, babies only require one fourth sodium compared to adults, infants at the age of one require half, and children three years and older need the same salt content as adults. Since it becomes more difficult to reduce the consumption of salty foods after children get used to the strong and salty taste once, it is important to be conscious about sodium content.

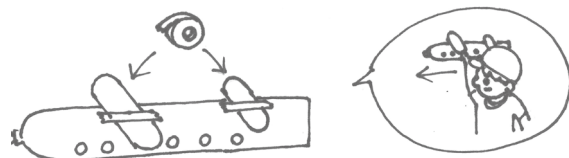
Let's eat seasonal foods and work on building a healthy body!

* * *

Go-Go Plane

- 1) Unroll a long vinyl bag (the ones you can find at building entrances for umbrellas on rainy days are perfect), insert air to expand the bag, and tie the end shut.
- 2) Prepare the airplane wings with very thin paper, such as colored paper or copy paper and stick it on 1) with tape (you may draw your favorite patterns on the wings as well).
- 3) Draw windows and other patterns on the body of 1) with a felt pen (but watch out not to make holes into the body).

Let the airplane fly above your shoulder, in the same way that you would make an Origami airplane fly.



Awa Shoku: Sweets from the Potato

By Lance Kita

One of Tokushima's most famous crops is **Naruto Kintoki** 鳴門金時, a brand of sweet potato (**satsuma-imo** 薩摩芋) grown only in the sandy soils of Naruto. There are other communities who grow a similar variety, like neighboring Matsushige Town's **Matsushige Bijin** 松茂美人.



Naruto Kintoki sweet potatoes are the go-to choice for roasted potato carts in the Kansai region.

My own memories of sweet potatoes in America harken to Thanksgiving dinner (the 4th Thursday in November), where a baked sweet potato casserole is lavishly flavored with butter, brown sugar, and cinnamon, and then topped with marshmallows and broiled for a sweet, gooey, sinful side dish to the turkey, mashed potatoes, and cranberry sauce. And in Japan, there's nothing like breaking open a freshly-roasted potato (**yaki-imo** 焼き芋) on a chilly autumn day, the heat warming your hands and sweet flesh warming your belly. Luckily, sweet potatoes are a nutritionally satisfying choice, being rich in fiber and minerals.



Sweet potato sweets (from top, clockwise) - "sweet potato," itoko-ni, and imo-mochi

From **manju** 饅頭 (thin bread-like outer crust, sweet potato paste inside) to **yokan** 羊羹 (blocks of gelled paste, sliced and eaten with tea), **kintsuba** きんつば (blocks of paste coated with a thin batter and cooked on all sides) to **uirou** ういろう (see Sept. 2016 issue), any of Tokushima's gift shops will have a dizzying array of popular Japanese sweets with a **Naruto Kintoki** version. It also works well with Western techniques, such as pound cakes, mousse tarts, cheesecakes, and puff pastry pies.

However, you'll find many recipes for homemade sweets. The first is **imo-mochi** 芋餅, which are simple dumplings. After potatoes are steamed until tender (steaming is the best way to keep the potatoes moist and sweet), they are mashed and pounded together with sugar and either plain

rice cakes (**kiri-mochi** 切り餅; microwave the rectangular store-bought ones in a little water until gooey) or dumpling flour (**dango-ko** 団子粉; be sure to microwave the mixture for a few minutes if you use this). This is wrapped around balls of sweetened bean paste (**anko** 餡子) and you're done. These are farmer's wives' recipes for those misshapen, odd-sized **satsuma-imo** that don't get shipped out.

Another interesting dessert may be "**sweet potato**" スイートポテト which was first made in the Meiji period when Western baking techniques (and English words) were new and exotic. The original form of the sweet had the mashed potato mixed with eggs and sugar, and filled back in the potato skins and baked. Recently, butter, cream, and cinnamon is added and the mixture is baked in mini-potato shapes in little foil cups. They're so simple to make even at home, and are great for kids' snacks, tea time, and potlucks.

One more way to use surplus potatoes is to dry them in slices. **Hoshi-imo** 干し芋 are eaten as snacks (they're delicious lightly grilled), and often reconstituted with boiling water and cooked with sweet **Azuki beans** for a rib-sticking warm dessert that is often called **itoko-ni** いとこ煮 in western Tokushima. In other parts of Japan, this dish is **kabocha** pumpkin and sweet beans. So ubiquitous are sweet potatoes, that it even shows up in New Year's auspicious foods (**osechi** お節), where the mashed sweet chestnuts (**kuri kinton** 栗きんとん) are substituted with satsuma-imo.

As the chill of autumn descends, I think we crave hearty foods that not only fill the stomach, but warm your heart. For Awa folk, sweet potatoes are an affordable, naturally sweet "soul food."

Passive and Causative Form

Conjugations of passive form and causative form are confusing.
Let's practice.

	Masu form	Passive form	Causative form
I	kaki-masu	kaka-re-masu	kaka-se-masu
II	tabe-masu	tabe-rare-masu	tabe-sase-masu
	mi-masu	mi-rare-masu	mi-sase-masu
III	ki-masu	ko-rare-masu	ko-sase-masu
	si-masu	sa-re-masu	sa-se-masu

How to make passive and causative sentences

① Passive N₁ は N₂ に Passive Verb

先生はわたしをほめました → わたしは先生にほめられました

The teacher praised me. I was praised by the teacher.

母はわたしに買い物頼みました → わたしは母に買い物頼まれました

My mother asked me to buy something. I was asked by my mother to buy something.

弟はわたしのケーキを食べました → わたしは弟にケーキ食べられました

My younger brother ate my cake. I had my brother eat my cake.



② Causative: make / let N(a person) verb

先生はわたしをアメリカへ留学させました N を Causative Verb

My teacher allowed me to study abroad in America.

母はわたしに晩ごはんの準備を手伝わせます N₁ に N₂ を Causative Verb

My mother made me help her prepare dinner.

Practice: Complete the following sentences changing each verb to a passive or causative form.

Example: だろぼうに お金を (とる → とられました)

- 先生は学生に漢字を (書く →)
- 母は姉に好きなものを (買う →)
- 私は兄に日記を (読む →)
- 熱があつたので、部長はワンさんを病院へ (行く →)
- 日本のお酒は米から (造る →)
- 私は田中さんの結婚式に (招待する →)

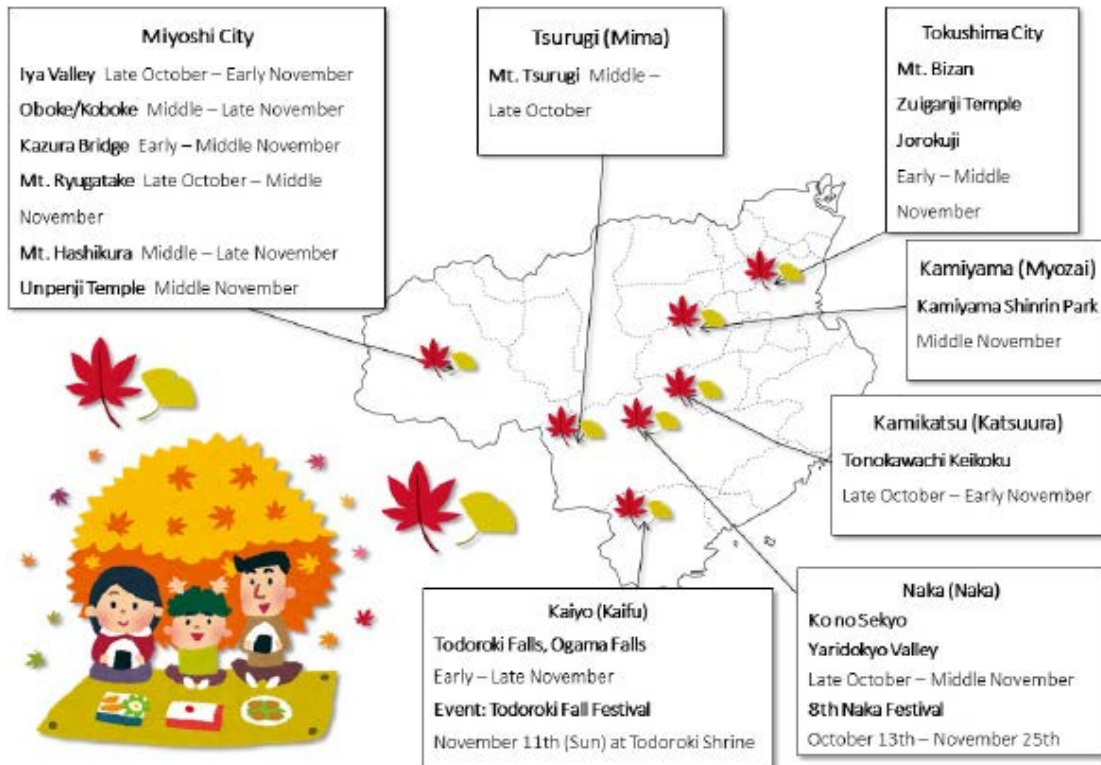


参考文献: みんなの日本語 文法解説英語版、書いて覚える文型練習帳

Answers: 1. 書かせました 2. 買わせました 3. 読まれました 4. 行かせました 5. 遣られます 6. 招待されました

Events & Memoranda

Tokushima Fall Foliage Map 徳島県紅葉マップ



Tokushima Marathon Application 徳島マラソン応募情報

This is a friendly reminder that the application period for Tokushima Marathon will be opening on November 7 at 22:00, and closes on November 21.

When: March 17, 2019 (Sun)

Info: Tokushima Marathon Executive Committee

Tel: 088-621-2150

URL: https://www.tokushima-marathon.jp/application_guidebook2-2019.html

Tokushima Prefectural Disaster Prevention Tour 徳島県防災センター・スタディーツアー

This year's study tour was rescheduled due to the approach of Typhoon No.24. You can still apply to join us for this tour. The Tokushima Prefectural Disaster Prevention Tour is a study tour for foreign residents at the Tokushima Prefectural Disaster Prevention Center to provide information on what to do in case of a natural disaster. See the TOPIA website for more details on how to apply.

Date: Sunday, December 9, 13:00-15:45

13:00 – Leave Tokushima Station by bus for the center

15:45 – Arrive back at Tokushima Station by bus

Location: Tokushima Prefectural Disaster Prevention Center

* If you have any questions please contact Ms. Kimura at (088) 656-3303 or email coordinator1@topia.ne.jp



Events & Memoranda

10th Misato Umeshu Festival 第10回美里梅酒まつり

This year the Misato district which is part of Yoshinogawa City and famous for being the first "Special Ume Zone" in all of Japan will hold their annual Umeshu festival. During the opening hours, you will be able to enjoy foods and different types of Umeshu, produced with devotion, using plums from local Misato farmers who will be at the event. How about relaxing at the festival while enjoying a taste of autumn? Come to Misato and enjoy its beautiful nature!

When: November 24th (Sat), 25th (Sun)

Where: Misato in Yoshinogawa City (there will be a shuttle bus from Awa-Yamakawa Station)

Info: Misato Umeshu Festival Information Desk

Tel: 0883-43-2888

URL: <https://www.misato-hotarukan.jp/?md=1>

全国初の「梅酒特区」徳島県吉野川市美郷地区で、今年も梅酒まつりを開催します。生産者の顔が見える「安心・安全」な美郷産の梅を使って、梅酒を愛情込めて造りました。開催期間中は、いろいろな種類の梅酒や食事が味わえます。秋の味覚を楽しみながら、のんびりゆったりしませんか？豊かな自然あふれる美郷へどうぞお越しください。

日時：11月24日（土）・25日（日）

10：00～16：00

場所：吉野川市美郷

お問合せ：美郷梅酒まつり総合案内所（美郷ほたる館）

TEL：0883-43-2888

URL: <https://www.misato-hotarukan.jp/?md=1>

Tokushima's Food Culture from the Mountain to the Sea 山と海からみた徳島の食文化

There will be an English lecture about Awa Cuisine from the perspective of an overseas resident, and explanation and sampling of simple Tokushima dishes such as buckwheat porridge. We want not only Japanese people, but also people from all around the world to know about Awa Cuisine.

When: December 9 (Sun) 13:00-16:00

Where: Uchimachi Community Center

Lecturer: Lance Kita

Cooking Teacher: Michie Hamamoto

Fee: Free. Application required

Application: Ms. Yamada

Tel: 090-2787-3597

E-mail: welcometotokushima@yahoo.co.jp

外国人の目から見た阿波食についての英語講演会と、そば米汁など、簡単な徳島の料理の調理と試食。日本人はもちろん、徳島にいるいろいろな国の方々に阿波食についてもっと知ってもらいたい。

日時：12月9日（日）13時～16時頃終了

場所：内町コミュニティーセンター（市役所近く、県医師会はず向かい）

講師：ランス・キタ（徳島文理大学英語講師）

料理講師：浜本通恵

主催：国際交流懇話会 HIROBA

参加費：無料 ただし、準備の都合上、下記まで申し込んでください。

申し込み先：電話 090-2787-3597

メール：welcometotokushima@yahoo.co.jp（山田）

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)