

# awa life

December 2018

# 339



**Awa Shoku: A Nabe**  
Cooking Guide

**New Year's**  
Celebrations around  
the **World**

Tokushima  
**Illumination Map**



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

Slowly, Japan starts to prepare for New Year or “O-Shougatsu” (お正月), definitely the most quiet and reflective time in Japan. How was 2018, what are your plans for the next year, and how will you celebrate New Year? In this edition of Awa Life, six people from six different countries will introduce their New Year celebrations from around the world. We would like to thank everybody for always reading Awa Life in the past year and we look forward to writing for you in the new year, too. We would also like to express special thanks to all the contributors who provide us with interesting articles. Merry Christmas and a Happy New Year, everyone!

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 and Nico

### **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 and Nico Bohnsack

### *Contributors This Month:*

Nan Zhang, Jimena Castillo Chaves, Chance Daldy, Leizel Buso, Kazue Inoue, Lance Kita, and Fusa Tamaki



# Contents

Pg. 2-5: New Year's Celebrations Around the World

Pg. 5: Letter from SUKETO NAKAYOSHI

Pg. 6: Awa Shoku: Everyone Around the Pot! A Nabe Cooking Guide

Pg. 7: Japanese Lesson

Pg. 8-9: Events and Memoranda

HAPPY  
NEW  
YEAR!



## New Year's Celebrations Around the World

*There are so many things that we can learn from the diverse population of overseas residents in Tokushima. I've taken the liberty of asking a few fellow expats about New Year's traditions in their hometown. In this issue you will hear about New Year's in Germany, Hawai'i, Costa Rica, the Philippines, Canada, and China. Do you have any special New Year's traditions? I hope that you will take away a few new traditions so that you can start your year off with a BANG!!!*

### New Year's in Germany

By: Nico Bohnsack

New Year's in Germany is certainly not as important as Christmas (where families usually come together) but still has its own interesting characteristics.

After people wish each other a "Guten Rutsch" (a good slide into the new year) from the end of December, New Year celebrations start on New Year's Eve (December 31st) where many parties take place. These can be private home parties as well as public parties but many people also stay at home and have a silent New Year's Eve. At parties, people often drink together, reflect about the past year or talk about plans for the next year. Games such as "Bleigießen", a custom of telling fortunes by the

shapes made by molten lead dropped into cold water, are popular as well. There are many dishes which are served during New Year's Eve and which also differ by region but two of the most famous dishes are probably Fondue or Raclette, a freely and individually arrangeable dish using small pans and a variety of ingredients. At 12 o'clock Germans usually chink glasses with sparkling wine, and say "Frohes Neues!" (Happy New Year) to everyone and fireworks go off all over the country. Since firecrackers are widely sold in supermarkets before New Year, its usage is permitted. However, there are also homemade fireworks so it is best to be careful.



New Year's Eve parties tend to last until the early morning, so many Germans enter into the new year (January 1st) with a hangover and New Year's Day, which is a public holiday, is more or less spent resting. However, many families have a special New Year's lunch which also differs a lot by region. There are also famous events taking place on New Year, such as New Year's concerts (the Vienna New Year's concert being the most famous) or the New Year's jumping as a part of the ski jumping Four Hills Tournament. New Year's wishes often continue until the end of January, though from January 2nd its back to everyday life as usual.

### Kicking off the New Year from Honolulu

By: Daralyn Yee



The pre-recorded New York Ball Drop is playing on TV; “5,4,3,2,1” the ball touches the ground and the clock strikes 12, the crowd on TV goes wild. My family greets each other with the typical English greeting “Happy New Year!” Then, we proceed to go outside. Why would we go outside? Because everyone is setting off their fireworks to kick off the New Year! People are lighting them up one after another and every corner of the sky is filled with sparks and color (Look up “Hawaii New Year’s Fireworks” on YouTube and you will see what I mean). There is no need to go to a firework’s show, because it



### New Year in Costa Rica

By: Jimena Castillo Chavez

Costa Rica is a very tropical country but on December it gets a little bit colder, that doesn’t stop us to celebrate New Year’s Eve in many different ways.

For New Year’s Eve there is no specific tradition; some families gather at the grandparent’s house and have a dinner, other people have BBQs, many people go to the beach, others go to a restaurant and so on. In general, is a special occasion to spend time with family or friends. Personally I spend the evening with my family; we gather at my aunt’s house and cook *Chicharrones*. A Latin-American dish that consist in slow frying pork’s belly in a big iron bowl. Besides that we have snacks like guacamole, tortillas, cooked plantain, smashed beans and different kinds of

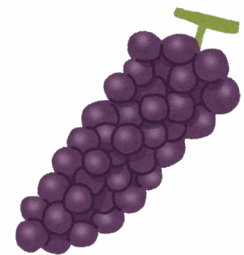
### New Year's Celebrations Around the World

seems as if the whole neighborhood decided to bring the show to us. It’s really loud and the air is filled with smoke; yet, it’s a refreshing start to the new year. After the excitement calms down, we head to bed—with an occasional boom here and there from people who continue partying to the early hours of the morning.

Our eyes open to a new morning and the Hawaiian sun seems a little brighter than usual. In my family, celebrating New Year’s means spending time with my Japanese side of the family and eating Japanese New Year’s food and other potluck dishes. One of the Japanese foods that we eat on New Year’s Day is *Ozoni* soup, which is a savory soup that utilizes *mochi* (rice cakes) and ingredients such as shiitake mushroom, daikon radish, and *mizuna*. Shortly after Christmas, many Japanese families in Hawaii gather to pound their own mochi. Families typically use traditional steamers, mortar and mallet, and gather family and friends to make the New Year’s decoration *Kagami Mochi* along with bite-sized *mochi* for the ozoni soup. Gathering to make mochi is a fun way of “sticking together” as a community and “sticking to our roots”. I always look forward to making and consuming mochi during New Year’s.

salads to eat with the *Chicharrones*, traditional drinks, liquor, rum, beers and play music while we wait for the end of the year.

Right before midnight, it is believed that if you want to travel in the coming year you should run around the place 5 times carrying a suitcase. If you desire to find love, you should eat grapes right before the clock turns twelve. If it is luck what you wish for the new year, you should wear yellow underwear. My family loves to do those things during the party. So, everybody can share their plans and wishes on the coming year and laugh together and enjoy. At last we always have a small firework show in the garden.



## New Year's Celebrations Around the World

### Philippine New Year Celebration Starter Pack

By: Leizel Buso

1. **Clean House.** Meticulously cleaning the house before New Year's Eve can chase off bad luck and invite good fortune.

2. **Lechon.** This roasted pig, garnished with liver-based gravy is served during special occasions to symbolize festivity and celebration.



*Most Filipinos go to church to attend the thanksgiving mass, light candles and offer prayers before starting their New Year celebration.*

3. **Pancit.** This is fried noodles made of rice noodles, soy sauce, fish sauce, citrus, a variety of sliced meat and chopped veggies. The long strands of the noodle symbolize health and long life.

4. **Biko.** This sticky, creamy, and chewy rice dessert, made of sticky rice, brown sugar, and coconut milk is served to symbolize strong family bond.

5. **12 Round Fruits.** Completing 12 kinds of round fruits attracts luck for the coming 12 months.



### The Many New Years of Vancouver, Canada

By: Chance Daldy

Canada is a country that people from many unique cultural backgrounds call home. Because of this great diversity, we have multiple New Year celebrations that enrich our communities.

In Vancouver, the city that I am from, many people hold Lunar New Year celebrations at some point between the end of January and the end of February, such as Chinese New Year, Korean New Year, and Vietnamese New Year. Events and parades are put on throughout the city, and many areas are decorated with red and gold. Restaurants usually have a special menu showcasing the food enjoyed during the New Year celebrations, as well as treats and desserts. The owners are often happy to explain the significance

6. **Family Talent Show.** While waiting for midnight, most families gather together and create their own edition of Filipinos Got Talent, compelling their children to compete and brag any kind of talent that they have.

7. **Fireworks and Noises.** Aside from colorful fireworks lighting up the sky at midnight, people also make different kinds of noises to drive away evil spirits and bad luck.

8. **Polka Dots.** People believe that dressing up in polka dots attract money and prosperity.

9. **Jumping at Midnight.** Once the clock strikes 12, people jump as high as they can believing that this will make them taller.

10. **Thanksgiving Mass.** One of the most important Filipino traditions is attending the thanksgiving mass before starting the lavish midnight feast known as *Media Noche*.

of the different dishes and sweets, too! Another important New Year celebration in Vancouver is Persian New Year, or 'Nowruz'. Nowruz has been officially recognized on the Canadian calendar since 2009, with the celebration occurring around March 21st to mark the beginning of Spring. Before the celebrations begin, many households do a big spring-cleaning. While the celebrations last for 13 days, the 'Chaharshanbe Suri' fire festival on the last Wednesday before Nowruz is the main event in Vancouver. Beginning just before sunset, the fire festival includes live music and dance, lots of food, and small bonfires that the people celebrating jump over to symbolically purify themselves as the new year begins. The festival creates a beautiful atmosphere each year, and participating in it with my Iranian friends was always a wonderful experience!

**New Year's in China****By: Nan Zhang**

Different from Japan, New Year's in China begins on the first day of the lunar calendar. On New Year's Eve, families gather, eat delicious foods, watch the "Spring Festival Gala Evening" (similar to "Kohaku Uta Gassen" in Japan) on TV or did other enjoyable things. For us, the homecooked dishes on New Year's Eve dinner is a treat we look forward to all year. After the meal, kids had fun outside with firecrackers and fireworks. After 12 midnight, the sound of fireworks can be heard everywhere in town, and it suddenly becomes alive. People also pray for things such as safety inside the house or positive progress throughout the year. However, continuous

developments and changes in society make old traditions and customs

2019

disappear slowly and create new trends such as electronic New Year's gift money, eating out at restaurants, and so on. In order to prevent air pollution, New Year's fireworks and firecrackers are forbidden now and the villages became silent. New Year's, which has developed through many generations, has been accepted by the new generation and will probably continue to develop further in the future. The end of the year is near, so I wish everyone a great Japanese New Year here in Tokushima!

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

This year we had a very hot summer and are experiencing a warm fall, so the next question is what will winter be like?

The air in winter is usually dry, and both cold viruses and bacteria become active during this season. The flu also starts to spread, so let's be sure to take care of our health every day.

**A. Creating the right environment:**

1. Set the room temperature to 18-20 C
2. Set humidity to 50-70% (since colds or flus do not survive in a humid environment)

**B. Living a balanced lifestyle:**

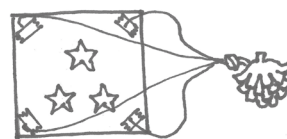
1. Keep a balanced diet (Warm your body with seasonal foods to strengthen your metabolic functions)
2. Adjust clothing according to the weather
3. Wash hands and gargle (children at the age of one can't gargle, so you can have them drink tea; children at the age of two are able to gargle with a mouth full of water; children from the age of three and older are able to gargle as usual)
4. Blowing your nose (this functions as a filter to remove dust when breathing through the nose. This prevents viruses from entering the nose; it also gives a sense of relief when you can prevent

catching airborne viruses)

5. Creating a healthy body by doing outside activities.

Please take care of your family's health and wishing you the best for the New Year!

\* \* \*

**Pine Cone Parachute**

1. Cut some plastic from a plastic bag into a square. Draw pictures with an oil-based marker on the plastic, then tape a piece of string on all four corners.
2. Tie the strings together and attach it to the top of the pine cone.

Just hold the parachute with your hands and throw it up high. The parachute will open up and fly to the ground slowly.



## Awa Shoku: Everyone Around the Pot! A Nabe Cooking Guide

By Lance Kita

**T**oo cold in the kitchen to cook? Grab your **earthenware hotpot** (donabe 土鍋) and get ready for the easiest winter cooking option for your family. Here's a quick four step guide to making **hotpots** (nabe 鍋).

### One - Ingredients (guzai 具材)

Choose a protein (beef, pork, chicken, fish, shrimp, shellfish) or combination of. Meat should be sliced very thin (1-3 mm), and chicken should be cut into bite-size pieces. Japanese people also love fishcake in *nabe*. Then choose a variety of vegetables. The more popular ones are **Chinese cabbage** (hakusai 白菜), **leeks** (negi 葱), **carrots** (ninjin 人参), **enoki mushrooms** (enoki えのき), **shiitake mushrooms** (shiitake 椎茸), and **chrysanthemum greens** (shungiku 春菊). Vegetables should be sliced thin as well for quick cooking. **Tofu** (firm, fried, or aburaage 油揚げ fried pockets) is also popular, and a good protein option for vegetarians.

### Two - Soup (shiru 汁)

The soups generally fall into two categories. The first is... water! No joke, the idea is that the water is a blank palette that will gain flavors from the ingredients you add.

**Shabu shabu** (しゃぶしゃぶ) and **mizutaki** (水炊き) are two

kinds of nabe that start with water (and a small square of dried **konbu** 昆布 seaweed dropped in to get the **umami** going), and get their flavor from the beef/pork and chicken, respectively, that you add in the cooking process. Some nabe also use **dashi** stock with some **sake** and **mirin** (sweet cooking sake) in the same way. The other type is the flavorful soup, like a **miso** base or kimchee base, that conversely add flavor to the ingredients. You can buy packs of nabe soup base at the supermarket or search for recipes on

the internet.

### Three - Dipping sauce (tare タレ)

So you add your vegetables to your soup (they take longer) and then the meat (though cook some meat first for *shabu shabu* or *mizutaki* to get flavor into the water). After a few minutes of simmering, it's ready to eat! So easy, so simple. With the flavorful soups, just scoop the meat and veggies into small bowls and eat as is. However, the lighter-flavored nabe ingredients benefit from dipping sauces. The most popular are citrus soy sauce (**ponzu** ぽん酢, **sudachi** and **yuzu** varieties are fantastic) and sesame sauce (**goma-dare** 胡麻だれ). You can also add yuzu pepper paste (**yuzu kosho** 柚子胡椒), **shichimi** 七味 pepper, chili oil, or grated ginger to your *ponzu* for a kick.



*From tofu to weiners, you can simmer anything in a hotpot.*

### Four - Ending (shime 締め)

Many people think the *nabe* experience ends there, but think about all that flavorful broth at the end of the meal from all the yummy protein and vegetables you were just cooking. Can't let that go to waste. So Japanese serve a final starch that is cooked in the soup called the shime 締め. Udon, ramen, and local **Handa somen** noodles are great choices, but the piece

de resistance is **zosui** 雑炊. To make *zosui*, drop a bowl or two of cooked white rice into the soup, followed by several beaten eggs. Everything will bubble and thicken in a few minutes into a risotto-like meal-ender of beauty.

So let your imagination and local market be your guide, and gather your friends or family around the table for a wonderful evening of nabe. Have a wonderful **zosui**-filled winter, and see you in 2019!

## 「何」の使い方 How to use 「何」

The Kanji 「何」 has two readings, 「なに」 (nani) and 「なん」 (nan) . It is usually read as 「なに」 , but when is it read as 「なん」 ? Are there any rules? Please read the following sentences and consider if there are any possible rules.

例 1 A : 「<sup>いま</sup> <sup>きょうしつ</sup> 教室に<sup>ひと</sup> いる人は何人ですか。」

B:「3<sup>にん</sup>人です。」

例2 A:「<sup>いま</sup> <sup>きょうしつ</sup> <sup>ひと</sup>今、教室にいる人は何人ですか。」

B:「アメリカ人<sup>じん</sup>です。」

例 3 A : 「虹<sup>にじ</sup>の色は何色<sup>いろ</sup>ですか。」

B:「7<sup>しよく</sup>色です。」

例4 A:「虹の色は何色ですか。」

B: 「赤、オレンジ、黄色、緑、水色、青、紫です」

答えは 例1 (なんにん) → 3人

例 2 (なにじん) → アメリカ人

例3 (なんしょく) → 7色

例4 (なににいろ) → 赤、オレンジ、黄色、緑、水色、青、紫

The questions in examples one and three are asking for quantities and the answers are 3 人 (three people), and 7 色 (seven colors) respectively. In these cases, 「何」 is read as 「なん」. In other words, when asking for a quantity, use 「なん」. For example, the 「なん」 reading would be used in the following cases that require counter suffixes that ask for quantities: 「何台」 (だい), 「何冊」 (さつ), 「何本」 (ほん), 「何匹」 (びき). In addition to the examples above, when 「何」 is followed by anything from the 夕行、夕行、ナ行 (ta, da, na letters), it is often read as 「なん」 as shown below.

タ行の例：「すみません、あの漢字は何と読みますか。」（なんと）

ダ行の例 : 「このテストの点数は何だ！ ひどいじゃないか」 (なんだ)

ナ行の例 : 「それ、何の本ですか」 (なんの)

もんだい  
【問題】

次の文中の「何」の読み方は、「なに」と「なん」のどちらがよいでしょうか。

① <sup>こんど</sup> <sup>しゅつちよう</sup> <sup>ひつよう</sup>  
今度の出張には何が必要ですか。

② 今度の出張には必要なものは何ですか。

③ 何てことだ。次のバスまで2時間もある。

④ 何が<sup>まちが</sup>間違っているんですか。

⑤ 「高校では何部に入っていましたか。」 「卓球部です。」

⑥ 「この資料は、何部コピーしますか。」 「100部お願いします。」



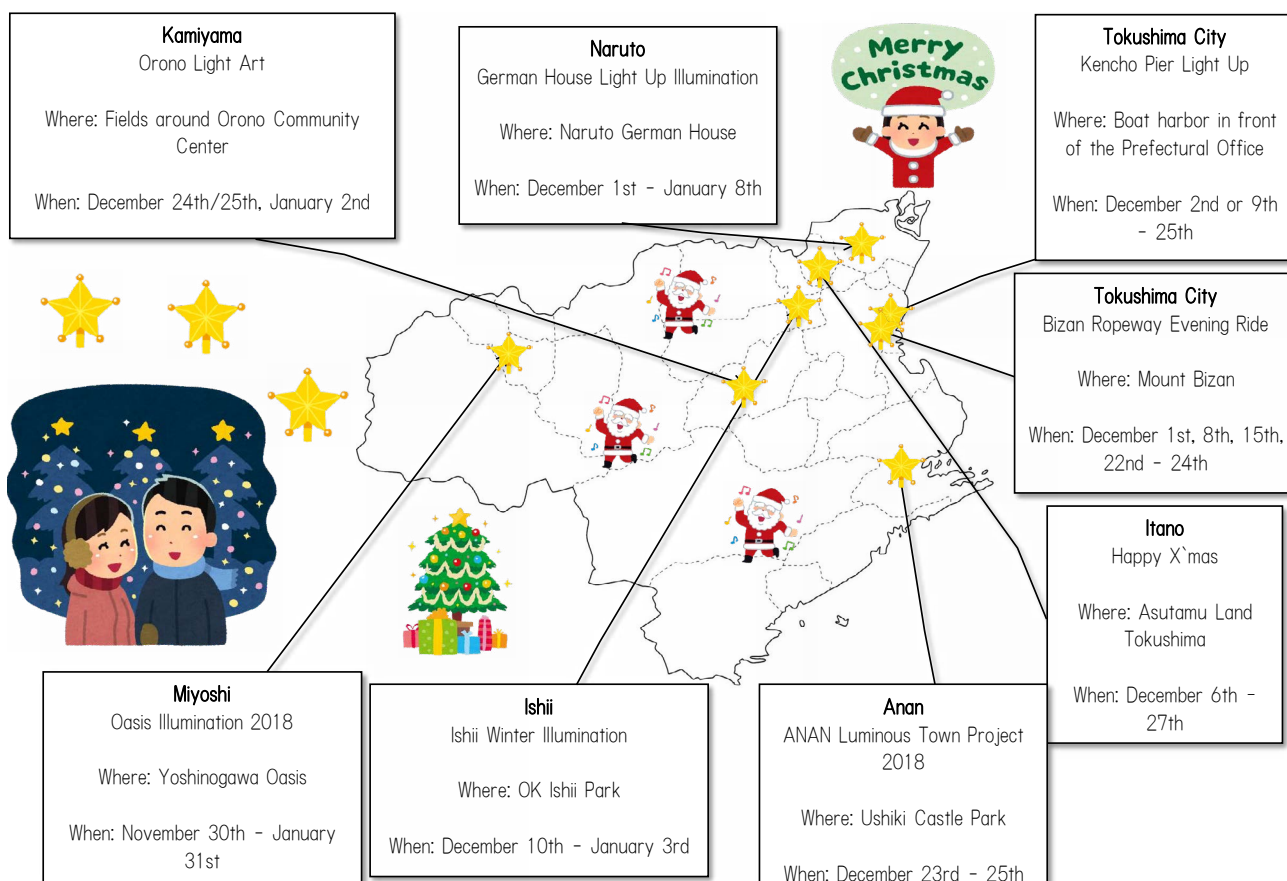


# Events & Memoranda

## 国際理解支援フォーラム International Understanding Forum

- 内容 \* 日本語を身につけた在住外国人の講師の代表（5カ国）が、それぞれ
- ①日頃県内の学校を訪問して行っている多文化理解の授業のハイライト
  - ②ご参会の皆さんとふれあい、つながる愉快的な参加型の活動
  - ③徳島での生活経験から生まれた多文化共生のための気づきや考えなどを発表します。
- \* 続いて交流ティーパーティー（どなたも無料）を開きます。  
\* 発表者出身国（予定） ベトナム・中国・モンゴル・ナイジェリア・米国
- 日時 2019年1月20日（日） 13時 ～ 16時30分
- 場所 （公財）徳島県国際交流協会 TOPIA（とくしま国際戦略センター）  
クレメントプラザ（徳島駅ビル）6階 会議室（大・小）
- ★ お誘い合わせの上、ぜひご参加ください！お待ちしております。  
申し込みは次のとおり。（先着80名）
- 氏名（外国の方はお国での表記）、よみがな、メールアドレス、電話番号を
- ☆ メール： coordinator3@topia.ne.jp ☆ FAX： 088-652-0616  
☆ 電話： 088-656-3303 まで。

## Tokushima Illumination Map 徳島県イルミネーションマップ



# Events & Memoranda

## Santa Clause is coming to...Shinmachi River 川からサンタがやってくる

Ten Santa Clauses are coming to Tokushima by boat and will distribute a total of 3000 presents to children.

遊覧船に乗って 10 人ほどのサンタクロースが現れ、子ども達に約 3000 袋のプレゼントを配っていくイベント。

When: December 23 (Sun) – 25th (Tue)  
6pm – 9pm

Where: Shinmachi River/Tamiya River/Suketo  
River areas

Info: Society for the Protection of Shinmachi River  
Tel: 090-3783-2084

URL: <http://www2.tcn.ne.jp/~nposhinmachigawa/>

日時: 12 月 23 日 (日) ~ 12 月 25 日 (火)  
18:00 ~ 21:00

場所: 新町川、田宮川、助任川流域  
両国橋北詰をスタート後、  
ひょうたん島を一周

お問合せ: 新町川を守る会  
TEL: 090-3783-2084

URL: <http://www2.tcn.ne.jp/~nposhinmachigawa/>

## Tokushima Food Fair 2018 とくしま食材フェア 2018

Tokushima Food Fair 2018 is a fair which promotes the high quality of foods from Tokushima. There will be a corner where people can taste local products from Tokushima, stage shows and other events.

徳島の食材の良さを幅広く発信するフェアです♪  
徳島産の食材を味わえるコーナーから、楽しいステージイベントまで、様々な催しが予定されています。

When: December 30th (Sun) from 9am till 3pm  
Where: Tokushima City, Aibahama Park  
Info: Tokushima City Department for Agriculture, Forestry and Fisheries  
Tel: 088-621-5246

日時: 12 月 30 日 (日) 9:00 ~ 15:00  
場所: 徳島市 藍場浜公園  
お問合せ: 徳島市農林水産課  
TEL: 088-621-5246

## Shinmachi Countdown 新町カウントダウン

Let's celebrate the New Year's countdown again in Shinmachi! There will be many live performances, a ramen eating contest and many other events. Please join us with your family or friends.

「今年もやります! 新町カウントダウン 2019!!」徳島で活躍しているアーティストのライブやラーメン早食い大会など、盛り上がるコンテンツが盛りだくさんです! 家族やカップル、友人と一緒に 2019 年のカウントダウンを楽しみましょう。

When: December 31st (Sun)  
Where: Tokushima City,  
Shinmachibashi East Park

Fee: Free

URL: <https://www.facebook.com/CountdownInTokushima/>

日時: 12 月 31 日 (日)  
場所: 徳島市新町橋東公園  
料金: 無料

URL: <https://www.facebook.com/CountdownInTokushima/>

**TOPIA will be closed from December 29, 2018 (Sat) - January 3, 2019 (Thu)**

## 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)