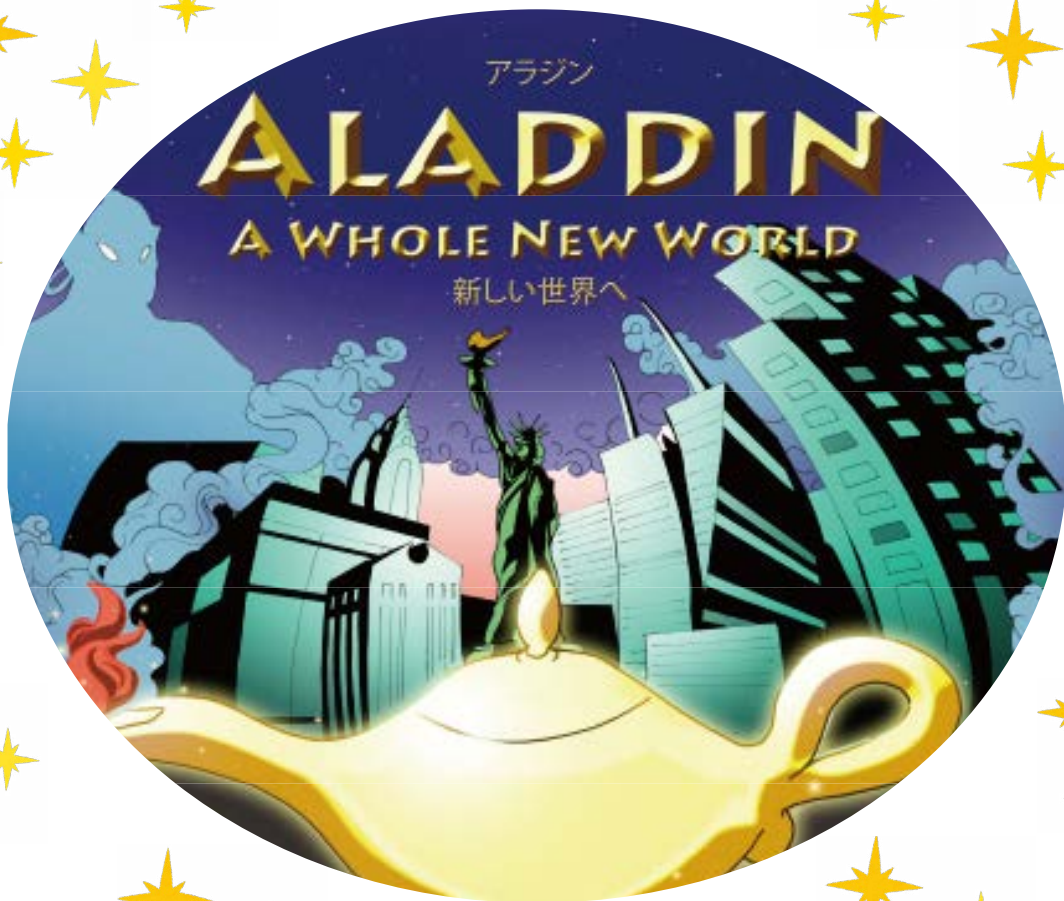


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AJET Musical
25th
Anniversary

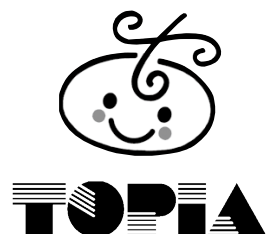
February 2019

341



Big Hina Matsuri
in Katsuura

Awa Shoku: Daikon -
Waste Not the Winter
Root



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

We are coming to the end of winter! There is only one more month until the cold winter transforms into a warm and vibrant spring. What about using those days spent indoors to avoid the cold weather for some self-care? It is easy to get caught up with living the best "Awa Life" possible and forget to reflect and process everything that is happening around us. Self-care can be something as simple as writing in a journal, making yourself a nutritious meal, or meditating. Soon spring will have you running outdoors in order to catch up on those sun rays, so give yourself the time to relax and refresh before you become busy again!

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

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

HAPPY
VALENTINE'S
DAY ♥



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Contents

Pg. 2-3: Big Hina Matsuri in Katsuura

Pg. 4-5: AJET Tokushima Musical 25th Anniversary:
Aladdin

Pg. 5: Letter from SUKETO NAKAYOSHI

Pg. 6: Awa Shoku: Waste Not the Winter Root

Pg. 7: Japanese Lesson

Pg. 8-9: Events and Memoranda



Big Hina Matsuri in Katsuura

By: Daralyn Yee



Hina Matsuri is celebrated every year on March 3rd to pray for the happiness and health of girls. The main attraction of this celebration is the intricately made dolls that are put on display. Families set up a doll display with dolls dressed in decorative robes that represent an ancient imperial court. Larger displays are set up on a multi-tiered shelf that is covered in a red carpet. This tradition originated from the Heian Period tradition of setting straw dolls on paper boats and floating them away in rivers or in the ocean to send away any misfortune.

What happens after there is no use for these intricately made dolls at home? They are sent to Katsuura Town from all over Japan for the annual

Big Hina Matsuri. This festival displays over 30,000 dolls each year and boasts a hundred layer display that acts as a centerpiece to the whole festival.



I visited the event last year with my friend visiting from Hawaii, and it was easily one of the most amazing displays of traditional craft that I have seen in Japan. The 100-layer centerpiece display was truly a sight to see. Because these items are highly-valued and well crafted, it was a honor to

Big Hina Matsuri in Katsuura

be able to see a hall filled with Hina Matsuri dolls. These dolls were starkly different from the American dolls that I once played with as a child. The perfectly painted face, flawless hairstyle, vibrantly designed and colorful kimono, and small gentle hands of the dolls made them seem so elegant that they were untouchable.



In addition to the centerpiece, there were dolls of varying sizes displayed all over the venue some small enough to fit in the palms of your hands, and some almost as tall as a toddler. This exhibit gives visitors the rare opportunity to see these one of a kind dolls right in front of their eyes. One of my favorite dolls was a realistic looking doll dressed up in a peach color kimono and holding a pink kabuto, making her look like a true woman warrior!

The main emphasis of this event is the dolls, but the hospitality towards the visitors at this event is top class and what makes this event truly a "matsuri". After showing our tickets and engaging in some small talk, I mentioned that we were

from Hawaii, and the staff member kindly notified me of a hula performance happening at the stage. He then asked "Do you know how to dance the hula?" in which I half-jokingly responded "No, but I can dance the Awa Odori". When we were about to leave, the staff insisted that I dance a local obon

dance that had Awa Odori in it with the staff of the exhibit. They invited me on to the stage despite not knowing the choreography and we danced in front of a crowd of about 30 people, which included my friend who was sitting their taking video of this interesting cultural experience. Though I was embarrassed at the idea of it, being invited to dance made me feel welcomed to celebrate the traditions of their community. This experience made my Big Hina "Matsuri" experience complete.

The 31st Big Hina Matsuri will be held from February 23 to March 31 from 9:00-16:00 at the Ningyou Bunka Kouryuukan in Katsuura Town. TOPIA will also have their own doll display in the Ohinasama no Okuzashiki Hall. Be sure to see this unique display set up by our international community!

AJET Tokushima Musical 25th Anniversary: Aladdin

By: Chris Riedl



The year was 1994. Nelson Mandela became president of South Africa. The Channel Tunnel opened connecting England and France. Netscape was released, becoming the first commercially viable web browser. And in Tokushima, a few participants on the JET Program performed Grease, an original musical that used easy English taken straight from a JHS textbook. Within a few years the musical grew and now, 25 years later, the Tokushima AJET Musical is still going strong.

If you have ever seen one of the musicals before

AJET Tokushima Musical 25th Anniversary: Aladdin

you know there will be costumes, music, lights, excitement and the inevitable nerves leading up to the day. Come to think of it, those are the same things you experience at a wedding ceremony. Just like a wedding, the purpose of the musical is to bring two sides together for a special day. And when everything goes well, the connection between the two sides can be magical.

So bearing this similarity in mind, let's examine this year's AJET Musical, "Aladdin – A Whole New World", from the format of the old wedding tradition of having "something



アラジン
ALADDIN
A WHOLE NEW WORLD
新しい世界へ

入場無料
先着順
中学生レベルの英語
Showtimes

3月3日(日)15:00-17:00
石井町中央公民館

3月9日(土)14:00-16:00
鶴島公民館・江川わくわくホール

3月10日(日)17:00-19:00
松茂総合会館・多目的ホール

3月16日(土)16:00-18:00
勝浦町農村環境改善センター

3月23日(土)17:00-19:00
脇町劇場・オデオン座

お問合せ: ガリ・ダニエル (090)1327-2909 | 主催: AJET徳島
後援: TOPIA (徳島県国際交流協会)、石井町国際交流協会、松茂町教育委員会、松茂町国際交流協会
詳細: www.ajetmusical.com | www.facebook.com/AJETMusical
Facebookで「いいね」したら、ミュージカルについての最新情報と写真にアクセスできます!

old, something new, something borrowed, something blue".

Something Old

The director, Viet Ngo, the lead scriptwriter, Chris Riedl and perennial character actor, Eiji Towatori, have contributed on over 25 Tokushima AJET Musical performances between them. Plus, if you add their ages, they'd be over 100 years old!

Something New

Most of the cast. While there are other veteran voices involved, this

year's musical will feature a predominantly rookie class of ALTs. But don't let their youth fool you. Whether this is their first year in Japan or their first theatrical experience, this group of newbies have a variety of talents and are highly motivated. Look no further than Steven Cristi, a 1st year ALT in Awa-shi who will play Aladdin. Steven is an accomplished singer-songwriter with multiple videos on his Youtube channel who also contributed to the script. And he is just the tip of the iceberg!

Something Borrowed

The story. For the first time in 25 years, the AJET Musical will repeat a previously performed



musical, Aladdin, which was originally done in 2000. While the story line will be familiar, the setting has been changed to modern day New York.

Something Blue

The Genie! Well, maybe not. Costumes and makeup are still being finalized, but rest assured, if you come see a performance you won't leave feeling this color.

So there you have it! The perfect recipe for an afternoon or evening of enjoyment. Check our blog and visit our Facebook page for more

information and we look forward to performing for you in March. See you there!



Letter from SUKETO NAKAYOSHI

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

In Japan, Setsubun is celebrated by throwing dried soybeans in order to rid of evil spirits, eating the dried beans in the quantity of your age plus one, and praying for good health. Once setsubun has passed, a period called "Risshun" follows and marks the beginning of spring. We will only have to deal with the cold for just a little more... Keep warm and healthy by having some hotpot or soup that includes seasonal vegetables such as napa cabbage and daikon.

This month we will focus on the topic of chewing.

Due to the increase in softer foods in recent years, there has been a rise in children who leave food in their mouth because they are unable to chew and swallow. There is also a large number of children who swallow their food without chewing. There are many health raising benefits from chewing your food well while eating.

For example:

- 1) Progressing the development of taste
- 2) Developing the chin for clear pronunciation
- 3) Stimulating the secretion of saliva to prevent dental diseases
- 4) Developing movement of the gastro intestine
- 5) Preventing obesity

- 6) Stimulating the development of the brain.

Chewing is an eating habit that does not only pertain to children, but also to adults. It would be good for both parent and child to be conscious about their chewing.

* * *

Handmade Toy Made from Felt



- 1) Layer two long pieces of felt over each other, and sew the outer border of the two pieces.
- 2) Attach a button on one end, and make a hole for the button on the opposite end. When you complete this step, be sure to sew around the hole to secure it so it does not break.

*This toy makes good practice for inserting and removing buttons. You can also make more than one and connect them together to form something.

Awa Shoku: Daikon - Waste Not the Winter Root

By Lance Kita

As white as the snow that surrounds its fields, Japanese radish (**daikon** 大根) is a winter root crop in Tokushima. Most of the fields are located along the Yoshino River, where it is grown in sandy soil in rotation with other crops like sweet potatoes, Chinese cabbage, carrots, or bell peppers. In many farming communities, it is grown after the rice is harvested in the same field. This sense of resourcefulness extends to how Japanese people use the *daikon* root and even its leaves in cooking. No part of the plant is wasted, with each section of the root cooked in different ways.

Wait, not all of the *daikon* is created equal? Yes, it turns out that the root flesh is sweeter and juicier closer to the leaves, and becomes more fibrous and spicier at the tip. Therefore, each section is used in different dishes.

If you want a crisp, light daikon salad, use the top quarter (closest to the leaves, often tinged light green outside). Just julienne cut and soak in ice water for a minute. I like to mix mine with some crisp **mizuna** 水菜, a Kyoto leafy green that is popular everywhere now. Add a soy-vinegar-sugar dressing and bonito flakes (**katsuo bushi** かつお節) and you have the standard salad at most *izakaya*.

The next quarter of the root is still sweet, but uniformly thick and meaty. This part makes the best **oden** おでん (see Nov. 2017 article for oden info) or any simmered dish (**nimono** 煮物) that is flavored lightly. It's the perfect vehicle for delicate *dashi*.

The third quarter is closer to the root tip, so a little spicier and pungent. It's still suited for simmered dishes, but with stronger flavors to mask any funkiness. Slice thinly and add to your miso soup. Cook blocks of it with amberjack (**buri** 鰯) in a dark soy sauce-*sake-mirin* broth for the classic winter fish dish **buri daikon** ぶり大根. I love this part for my kimchi hotpot (see Dec. 2018 article



Japanese radish (*daikon*) aren't just long, but versatile in its cooking methods.

for nabe cooking).

The root tip is the spiciest, most pungent part. Some varieties of *daikon* are grown for this characteristic and take on an almost wasabi-like pungency. Japanese

people take advantage of this flavor profile and grate the *daikon* (**daikon oroshi** 大根おろし) as a condiment for grilled fish and soba noodles. It can also be used in tempura dipping sauce.

With so much *daikon* produced in a single season, it's impossible to eat it all. To preserve it, *daikon* can be lightly pickled in vinegar and sugar (*yuzu* peel makes it even tastier), or dried outside for a few days before pickling in rice bran where it turns yellow or amber. This pickle is called **takuan** 沢庵 and has a distinctive crunch.



That crunchy yellow *takuan* pickle in your bento is made from daikon, too.

Many farmers will slice and dry the daikon for long-term preservation. The dried daikon (**hoshi daikon** 干し大根) is soaked in water and braised with other vegetables, fried tofu skin, and a light *dashi* soy sauce as a side dish. In some mountain communities, slices of *daikon* are strung onto rice straw or rope and dried to be used in a variety of stewed dishes during the long winters.

And don't forget the leaves. They are highly nutritious, and the simplest way to prepare them is to chop them up, rub them with a teaspoon of salt and let sit for a few hours. Great with hot rice or on tofu.

Lastly, even the skin is not to throw away. After a *daikon* root is peeled, clever housewives often slice up the peelings and make an extra crunchy pickle, or sautéed with soy sauce, sugar, and sesame.

Winter is traditionally a time of scarcity, when people lived off the autumn's harvest until spring came. *Daikon* is a symbol of that creativity under duress, and has become an integral part of Japanese food.

Expressions to Avoid Using with Your Superiors

When I went to my Japanese class the other day, one of my students was passing out cookies to their classmates. As I was watching, I was asked 「先生もさしあげましょうか。」. I responded with “Oh, thank you”, and received one, but used this opportunity to correct my student’s Japanese. Why was the student corrected to use 「あげる」 instead of its humble form 「さしあげる」? In Japan, one must be careful when speaking with superiors. Please think about why the sentences below are incorrect.

- 例 1 社長、今日はたいへんご苦労様でした。
 例 2 先生、今日の授業はとてもよかったです。
 例 3 部長、コーヒーを召し上がりたいですか。
 例 4 教授、その荷物を持って差し上げます。



例 1 Avoid using words of appreciation for your superiors effort

「ご苦労様」 is used by superiors to thank their subordinates. As a replacement for this phrase, people often use 「お疲れ様」. However, depending on the situation there are times when it is not appropriate, so it is important to take caution. You can use the following phrases instead:

Parting ways at the station after going on a business trip with the CEO:

「社長、今日はありがとうございました。失礼します。」

Saying goodbye to your teacher after class is finished:

「先生、ありがとうございました。」



例 2 Refrain from using words that rate your superiors performance

Words like 「よかった」 and 「上手」 are words of praise, but you shouldn't use such words towards your superiors. Instead, express gratitude for the favor that you received:

「先生、とても勉強になりました。」

「先生、わからないところがわかるようになって、とてもうれしいです。」



例 3 Stay away from asking your superior directly about what they want

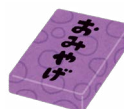
When asking questions about what they want to do such as 「食べたいですか」, changing this phrase to the honorific form 「召し上がる」 would be considered as rude. When you would like to know what someone would like, you can use a suggestive phrase such as 「どうですか」 to know their wishes by saying something like: 「部長、コーヒーはいかがですか。」

例 4 Be sure not to give your superior the impression that you are doing them a favor

Even though you change 「～てあげる」 to its honorific form 「～て差し上げる」, using it directly with a superior is rude. In this case, it is best to offer your assistance by using 「～します」 or 「～しましょうか」.

Practice: Change the following sentences in to appropriate expressions

- ① 部長のプレゼン、とてもよかったです。
 ② 先生、アメリカのおみやげを差し上げます。
 ③ 先生、お忙しいですね。手伝ってあげましょうか。
 ④ 教授、3時です。休憩したいですか。



Answers: 1) 部長のプレゼン、勉強になりました。 2) 先生、アメリカのおみやげです。 3) 先生、お忙しいですね。手伝いましょうか。 4) 教授、3時です。休憩なさいますか。

Events & Memoranda

Disaster Volunteer Interpreter Training 災害時ボランティア通訳研修

南海トラフ巨大地震は今後30年以内の発生率が非常に高く、いつ私たちが災害に見舞われてもおかしくない状況です。また、地震以外にも、昨年7月に甚大な被害を残した西日本豪雨などの自然災害が多発しています。今後、ますます増えていくとみられる外国人を災害弱者にしないために、災害時の外国人支援について支援する側の心構えなどを学んでみませんか。

日時：2月24日（日）

場所：公益財団法人 徳島県国際交流協会

参加料：無料

対象者：徳島県国際交流協会語学ボランティア及び外国人支援に興味がある方

申込：Emailにて2月20日（水）まで

問い合わせ：公益財団法人 徳島県国際交流協会

TEL: 088-656-3303

Email: coordinator1@topia.ne.jp

Puchi Asobi プチアソビ

The “Puchi Asobi” will be held again this year, and is known as an additional episode of the anime event “Machi Asobi” held in spring and autumn. The “Puchi Asobi” is a very enjoyable event for kids and families as well. Anime characters and local characters will gather at this event.

When: February 23 (Sat), 24 (Sun)

Where: Tokushima Higashishinbashi shopping street and others

Info: Committee for the Execution of Anime Events

TEL: 088-621-2146

URL: <http://www.machiasobi.com/>

春・秋に開催されるアニメイベント「マチ★アソビ」の番外編として「ぷち★アソビ」が開催されます！「ぷち★アソビ」は、お子様とご家族で楽しめるイベントです。アニメキャラクターやご当地キャラクターがマチに集合！

日時：2月23日（土）・24日（日）

場所：徳島市東新町商店街ほか

問い合わせ：アニメまつり実行委員会

TEL: 088-621-2146

URL: <http://www.machiasobi.com/>

Ohinasama no Okuzashiki & Sakamoto Doll Road おひな様の奥座敷と坂本おひな街道

Intricately designed Girl's Day decorations will line the elegant Old Sakamoto Road. Take a walk down the street and be welcomed by the spring sunshine and warm smiles of the dolls.

When: February 23 (Sat)-March 17 (Sun)

Where: Fureai no Sato Sakamoto

Info: Fureai no Sato Sakamoto

TEL: 0885-44-2110

昔ながらの町並みの残る、風情ある旧坂本街道に、趣向を凝らしたたくさんのひな飾り。

春の陽気とほっこり笑顔の人形たちに誘われて、のんびり散歩してみませんか♪

日時：2月23日（土）－ 3月17日（日）

場所：ふれあいの里さかもと

問い合わせ：ふれあいの里さかもと

TEL: 0885-44-2110

Events & Memoranda

20th Shikoku Sake Festival

第20回 四国酒まつり

Check out this regional sake tasting event where you will be able to drink and compare all the famous brands within the Shikoku region. Have a look at the website below for updated information.

When: February 23rd (Sat)
Where: Around JR Awa Ikeda Station
Info: Awa Ikeda Chamber of Commerce and Industry
TEL: 0883-72-0143
URL: <http://www.shikoku-sakematuri.com/>

四国各地の銘酒を、一堂に飲み比べできる地酒試飲会！随時ホームページにて情報を更新いたします。

日時：2月23日（土）
場所：JR 阿波池田駅周辺
問い合わせ：阿波池田商工会議所
TEL: 0883-72-0143
URL: <http://www.shikoku-sakematuri.com/>

27th Anan City Kacchiku Bamboo Festival

第27回 阿南市活竹祭

A fun festival is planned, including a regional specialties fest, hands-on corner, and performances. This time the festival will be held at the new Anan City Hall. For more detailed information please visit the homepage below as the event comes closer.

When: February 24 (Sun), 9:00-15:00
Where: Anan City Hall
Info: Anan City Katsutake Festival Committee
TEL: 0884-22-3290
URL: <http://www.city.anan.tokushima.jp/docs/2018101200043/>

特産品まつり、各種体験コーナー、ステージイベントなど楽しい催しが予定されております♪今回は阿南市の新庁舎で開催されます！詳細情報につきましては、公式HPで発表され次第、随時お知らせいたします。

日時：2月24日（日）
9:00～15:00（予定）
場所：阿南市役所
問い合わせ：阿南市活竹祭実行委員会
TEL: 0884-22-3290
URL: <http://www.city.anan.tokushima.jp/docs/2018101200043/>

Ikawa Ski Resort Kainayama Night Hours

井川スキー場腕山ナイター営業

You will be able to enjoy skiing every Saturday during February at the ski resort.

When: Every Saturday during February, 17:30-22:00
Where: Ikawa Ski Resort (Miyoshi-shi, Ikawa-cho, Hirayama)
Info: Ikawa Ski Resort
TEL: 0883-87-7900
URL: <http://www.ikawaski.jp/>

2月の毎週土曜日にナイター営業が行われます♪

日時：2月の土曜日
17:30～22:00
場所：三好市井川町平山 井川スキー場腕山
問い合わせ：井川スキー場
TEL: 0883-87-7900
URL: <http://www.ikawaski.jp/>

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)