

awa life

令和元年

May 2019

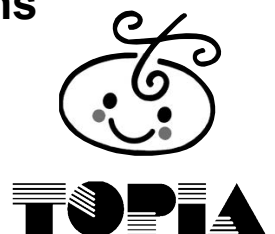
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Awa Shoku:
All the Peas in a Pod

"I didn't know
TOPIA did that!"

**TOPIA Staff
Introductions**



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

We are so excited to bring you the first Awa Life issue of the Reiwa Era! I hope that Awa Life and TOPIA will bring "beautiful harmony" to Tokushima between locals and overseas residents as the era name suggests. What will be instore for TOPIA in this new era? TOPIA has been making some changes to better serve the needs of overseas residents in Tokushima. Meet our new staff members and get a refresher course on what services we have to offer the international community in this month's Awa Life.

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

Tokushima Prefectural International Exchange Association (TOPIA)

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



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Contributors This Month:

Miaomiao Liu, Miraku Miyachi, Satoko Saito, Toshiro Taki, Akane Nakao,
Kazue Inoue, Lance Kita, and Kyoko Kamura

Contents

Pg. 2-4: TOPIA Staff Introductions

Pg. 4-5: "I didn't know TOPIA did that!"

Pg. 5: Letter from SUKETO NAKAYOSHI

Pg. 6: Awa Shoku: All the Peas in a Pod

Pg. 7: Japanese Lesson

Pg. 8-9: Events and Memoranda



TOPIA Staff Introductions

Toshiro Taki

I have been appointed to the new position of Coordinator for Local Internationalization. As a part of this position, I will partner with the multilingual consultation/ tourist information desk, and with local governments and prefectural international associations to take steps towards supporting local overseas residents.



Japanese) when I was younger. I believe it is vital to continually develop my international understanding.

In the midst of a globalizing economy and culture, there is also a lot of overseas residents living in Tokushima. Most of them are enjoying their life in Tokushima, improving their skill and continually working hard at what they do. On the other hand, there are also people who are unable to become accustomed to speaking Japanese and local customs, and

After graduating from university, I worked as a staff member of the Tokushima Prefectural Government until my retirement. Through the years I was able to take part in work related to medicine and wellness, local governments, tourism, disaster prevention, information technology, and culture and sports. I hope to use the knowledge and experience that I have gained in this position.

I have been abroad for work and vacation and studied foreign literature (translated into

have concerns in their daily lives.

I will partner with international associations, government agencies, companies, and volunteers of many perspectives who work with overseas residents. I hope that I can make a contribution towards building a Tokushima where Japanese and overseas residents alike can live in a coexistent environment that inspires a love for Tokushima in all.

Miaomiao Liu

My name is Miaomiao Liu and I have been appointed as one of Tokushima Prefecture's Coordinator for International Relations. I started working as a Japanese interpreter in the Foreign Affairs Office of Hunan Province Government in October 2017. After coming on board to this job, I have been actively involved in exchange projects between Hunan Province and Japan. Through

projects such as the 36th China-Japan Economic Knowledge Exchange held in Changsha in April 2018, Hunan Province Government Officials Japan visitation in May, and the 35th anniversary of relations between Hunan Province and Shiga Prefecture held in November, I was able to increase my interpretation and communication skills and closely experience the charms of a job in the intercultural exchange field.

I visited Tokushima Prefecture for the first time last year. The support offered to small and mid-sized companies from the Tokushima Industrial Technologies Center, the kindness of the locals, powerful Naruto Whirlpools, the Awa Odori danced passionately by the locals, and the quiet townscapes is what left a deep impression on me. Though I was here for a short period of time, I felt that Tokushima was an easy place to live.



healthcare, culture, and sports. Additionally there is potential to cooperate in areas such as city level friendship agreements, economic trade, agriculture, and tourism.

Through this exchange project, I hope to do my best in this position in order to learn about advanced Japanese culture, deepen mutual understanding between both areas, and finding possible areas

that both parties can cooperate in. I'm looking forward to working under your guidance.

After Hunan Province and Tokushima Prefecture signed a friendship agreement on October 24, 2011 both areas have begun exchanges in

Miraku Miyachi

Hello, my name is LAI MỸ LẠC and I'm from Hochiminh City, Vietnam (My Japanese name is Miraku Miyachi). I am now working as the Vietnamese multilingual advisor. I have been living in Japan for six years, and have cherished Tokushima from long ago. In August 2005, I came to Tokushima City and Naruto City for a business trip and ate delicious food and was shown the whirlpools. After returning from that business trip, I just wanted to eat Zaru Udon. Three years after in 2008, I married a person from Tokushima.

Through my 15 years of experience in the international management field, I've been to many countries and managed to study many languages. Since observation, judgement, and taking caution are essential skills to conduct accurate bookkeeping and management, I was able to master these skills while on the job.

Since I have been hired by Tokushima Prefectural International Association (TOPIA), I would like to do work that will bring out my best abilities. The most necessary thing is receiving support and guidance from everyone. If I am able to receive that, then I can overcome any obstacle.

I will put my best efforts in valuing each encounter with everyone, including Vietnamese residents. I'm looking forward to working with everyone.



Satoko Saito

Hello, everyone. My name is Satoko Saito. I'm a junior high school English teacher. I just started working for TOPIA as a work experience trainee from April 1st. I love eating lots of delicious food and watching beautiful shows, plays, and movies. Since I used to be a coach for the kendo club

at school, I think it could also be included as one of my hobbies and be good exercise, but unfortunately I ate too much to practice hard and move quickly.

For about ten years, as an English teacher, I taught English with ALTs so that students became interested in communication by using English

TOPIA Staff Introductions

and enjoy talking to people from other countries. As globalization rapidly expands in various aspects here in Japan, I strongly feel that it is important to both learn other foreign languages including English and improve communication skills in Japanese to give foreigners a hearty welcome.

TOPIA is a place where we have the chance to help foreigners study Japanese and support foreign tourists to get information they need, and by doing so we



are able to rediscover the charms of Tokushima. These precious experiences will broaden my perspectives as a teacher and I hope to become a bridge to connect people interested in Japan and Tokushima. After finishing this work experience at TOPIA, I hope to conduct various activities with my future students for multi-cultural understanding and spreading the attractions of Tokushima to people in Japan and around the world. I hope to see you all and am looking forward to working with everyone.

"I didn't know TOPIA did that!"

By: Daralyn Yee

When I am out in the international community, there are a lot of times when I talk about my work at TOPIA. During these conversations, people often tell me something along the lines of "I didn't know TOPIA does that!" You may just think of us as the place that sends out Awa Life every month, but we offer more than that. Here are a few services that I would like to highlight for our readers.



Come and visit our friendly staff at TOPIA!

Foreign Language Library

Are you an avid bookworm that needs to get their hands on a physical book? Stop on by to check out our library, made up of books donated from our international community. It has a nice collection of Japanese literature translated into English, Japanese textbooks and reference books, novels, and non-fiction. You need a library card to borrow these books. It is easy to make one, just ask one of our kind staff members for an application and show a form of identification that lists your address. Seven books can be checked out at a time and books can be borrowed for two

weeks. Be sure to stop by soon!

Japanese Speech Contest

These words may seem daunting, but you never know until you try, right? The Japanese Speech Contest isn't only about making a speech, it is about sharing your message with our international community and also a great chance

for international exchange. People from many countries participate in this event, making it a great opportunity to meet new people as well.

Tourist Information Counter

Not sure how to get to the Iya Vine Bridges by train? Need some information on starting the pilgrimage? Ask one of our knowledgeable staff members! We are more than willing to help you with any of your prefectural travel needs.

Arasowaren Special Dance Team

If you want to learn how to dance the Awa Odori and be one of the front line dancers of Arasowaren on August 14, join the Arasowaren Special Dance Team. The team will be entering in

to its 3rd year this summer. In addition to dancing during the festival, we also gather throughout the year to continue practicing Awa Odori and also dance at various events. Keep an eye out for an announcement about our Special Dance Team.

Vietnamese Speaking Staff

In response to the increase of Vietnamese technical interns, TOPIA has hired Vietnamese staff members to serve the Vietnamese community of Tokushima. Here is a message for our Vietnamese friends:

Tại Trung Tâm Giao Lưu Quốc Tế (TOPIA), chúng tôi hiện đang hỗ trợ cho người nước ngoài đang

sống tại tỉnh Tokushima, khách đến du lịch hay mục đích khác các tư vấn liên quan đến nhiều lĩnh vực trong sinh hoạt cuộc sống (như giáo dục, lao động, y tế, phòng tránh thiên tai...), thông tin du lịch hay làm cầu nối liên kết với các cơ quan chuyên ngành khi cần thiết. Mời quý vị đừng ngần ngại ghé qua chỗ chúng tôi để được tư vấn. Tư vấn Việt ngữ (mở cửa mỗi ngày, trừ các ngày đầu năm cuối năm)

Thời gian:

từ 10 sáng đến 2 giờ chiều (thứ hai đến thứ sáu)

từ 10 sáng đến 6 giờ tối

(thứ bảy, chủ nhật và ngày lễ)

Letter from SUKETO NAKAYOSHI

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

When infants grow, we begin to move them from breast milk to solids. Depending on the baby, there are mothers who become worried because their children may not want to consume solids, and it is not uncommon for infants to reject them. This is something that all infants go through, so it is important to not panic and find the cause and reason in order to find a solution.

Reasoning and Solutions Depending on Stage

Beginning Stage: They may be surprised by the taste and texture, and reluctant to eat. Don't push them to eat solids. Take a break, and try again later.

Middle Stage: If they don't want to eat solids after getting used to it, there is a possibility that they are rejecting it because it is difficult to eat. It may be difficult to eat due to its form or firmness, or doesn't taste pleasant. For example, it is difficult to make a smooth paste made from vegetables such as cabbage and spinach due to the fiber, making it difficult for children to consume. Thus, it is best to change the ingredients or preparation method. Adding a thickener can make foods easier to consume.

Last Stage: They want to eat with their hands,

hold a spoon, or don't want to be fed. This may be caused by a developed sense of independence. Allow them to eat the way they want in order to get them to eat.

Additional ways of getting your child to eat include creating an enjoyable eating environment; and changing the location, scenery, or environment of the meal. In order to have your child feel hungry and eat normally, it is recommended to take your child for a walk or give them a bath.

* * *

Koinobori (Flying Carps)

1) Fold a paper plate in half, and cover both sides with colored paper. (On one side of the colored paper, cut out the shape of a tail as shown in the picture.)

2) Draw the eyes and design of the koinobori with crayons or markers (Stickers can be used for children who are still unable to draw.)



Awa Shoku: All the Peas in a Pod

By Lance Kita

Spring brings a rush of new green growth, and no vegetable expresses that more than peas and beans. We're eating young seeds, full of nutrients and carbohydrates and natural fiber. Year-round, we can always enjoy the ubiquitous **edamame** 枝豆 (green soybeans) at any **izakaya** 居酒屋, but April and May has a narrow window for a bunch of fresh beans and peas that are a welcome addition to your spring meals.

I really look forward to fresh green peas グリーンピース the most. Canned green peas are gray and soggy, and frozen ones are fine, but there is nothing like the al dente texture of lightly blanched green peas. In the supermarkets, you can find them in the pods early in the season (and you have to shell them), and small trays of pre-shelled peas as the season progresses. Japanese people will usually eat

green peas in two ways. One is **mame-gohan** 豆ごはん, where the green peas are cooked together with rice. It's a simple dish with an unpretentious flavor that complements other lightly-flavored spring dishes and also stands up to salted grilled fish and other naturally oily foods. The other way to enjoy green peas is in a simmered dish with scrambled eggs and **koya-dofu** 高野豆腐 (freeze-dried tofu). Look for this at supermarkets in the prepared foods section.

Peas can also be eaten pod and all as **kinusaya** 絹サヤ or **sayaendo** サヤエンドウ (snow peas). These flat pods are tender with a slight green flavor. You usually find them as accents in Chinese stir-fries, and they can also be cooked with eggs the same way as green peas. When you cook them, be sure to snap the ends and pull off and tough strings that lie along the edge of the pods.

Speaking of "snap," another recent addition to the

mix are **sunappu-endo** スナップエンドウ (sugar snap peas, snap peas), which are plumper with a thicker, crisper pod that's also eaten whole. These also should have the ends snapped off and any stringy fibers pulled. To retain the crisp texture and to prevent the color from turning gray, just blanch them in salted boiling water for 30-45 seconds and chill them quickly in cold/ice water. Read the May 2018 Awa Shoku article for a snap

pea **aemono** 和え物 (dressed salad) recipe.



(clockwise from top left) Soramame, green peas, kinusaya, sunappu-endo

Saving the biggest for last, **soramame** そら豆 (broad beans) are giant inedible pods with three or four large thumb-size beans inside. Early in the season, the beans will be tender, but as time passes, the membrane surrounding each bean gets tough, and should be peeled off before eating the sweet, starchy center. Most izakaya will grill the whole pods and

serve them split open with salt. **Soramame** are great additions to any barbecue. I like to shell the beans and use them in pepperoncino pasta (olive oil, garlic, dried chili, a little pasta water). The beans add a nice textural accent to the dish and the natural sweetness stands out among the garlic and chili. The shelled beans also work well in tempura, often mixed with shrimp/squid and onions and fried in clumps called **kakiage** かき揚げ.

So explore your neighborhood farmer's market or supermarket and add some fresh peas and beans to your spring cooking. Not only are they hearty and healthy, they add great texture and body to dishes that tend to be lighter in this season. Happy cooking!

「～んです」

This month we will study about the suffix 「～んです」 that is commonly used in daily conversation.

① ^{ゆう}タ^のベ^の飲^のみ^のすぎ^のまし^のた^の。

② ^{ゆう}タ^のベ^の飲^のみ^のすぎ^のた^のん^のです^の。

Both sentences one and two are saying 「^{ゆう}タ^のベ^の飲^のみ^のすぎ^のた^の」, but there is a large difference between the two. Sentence one is stating the obvious, while sentence two implies that the speaker wants to communicate 「^{ゆう}タ^のベ^の飲^のみ^のすぎ^のまし^のた^の。だから～」 to the listener. For example, when you are invited to go drinking after work, but want to say that “Yesterday, I drank too much. So, I can’t go/don’t want to go drinking today.”, you would say 「^{ゆう}タ^のベ^の飲^のみ^のすぎ^のた^のん^のです^の。」. Furthermore, when you want to tell your coworker who is worried about you “I’m not sick, so I’m okay”, you would say 「^{ゆう}タ^のベ^の飲^のみ^のすぎ^のた^のん^のです^の。」. Before using 「～んです」, there must be an underlying premise that was heard or seen, and it is used when the speaker has the intentions of communicating that feeling.

Additionally, this suffix is used when an explanation is requested, or a reason is asked for.

接続の形 ^{せつぞく} ^{かたち} ^{どうし}＜動詞／い形容詞＞ ^{けいようし}普通形 ^{ふつうけい}＋ん^のです
^{けいようし}＜な形容詞／名詞＞ ^{めいし}～だ^の→～な^の＋ん^のです

Practice



1. A : そのTシャツ、かっこいいですね。

(I want to know where the shirt is sold

→ ^{どこ}で^か買^かいましたか。・・・)

B : 大阪で買いました。

2. B who is always on time is late

A : (I want to know the reason why he is late

→ ^{どう}して^{ちこく}遅^{おく}刻^{おく}しましたか。・・・)

B : ^{でんしゃ}電^{おく}車^{おく}が^{おく}遅^{おく}れ^{おく}まし^{おく}た^{おく}。



3. Seeing your neighbor take out their burnable garbage

A : (I want to confirm→ ^も燃^もえる^もご^もみ^もは^も今^も日^も出^もし^もま^もす^もか^も。・・・)

B : はい、そうです。



4. Watching a foreigner speak Japanese

A : ^{にほんご}日^{にほんご}本^{にほんご}語^{にほんご}が^{にほんご}上^{にほんご}手^{にほんご}で^{にほんご}す^{にほんご}ね^{にほんご}。(I’m surprised by the fact that you can speak Japanese so well, and I want to know the reason why

→ ^{どの}く^{どの}ら^{どの}い^{どの}勉^{べん}強^{きやう}し^{きやう}まし^{きやう}た^{きやう}か^{きやう}。・・・)

B : ^{ねん}1^{ねん}年^{ねん}く^{ねん}ら^{ねん}い^{ねん}で^{ねん}す^{ねん}。

Answers: 1. ^{どこ}で^{どこ}買^かっ^かた^かん^かで^かす^かか^か。 2. ^{どう}し^{どう}て^{ちこく}遅^{おく}刻^{おく}し^{おく}た^{おく}ん^{おく}で^{おく}す^{おく}か^{おく}。 3. ^も燃^もえる^もご^もみ^もは^も今^も日^も出^もし^もま^もす^もか^も。 4. ^{どの}く^{どの}ら^{どの}い^{どの}勉^{べん}強^{きやう}し^{きやう}た^{きやう}ん^{きやう}で^{きやう}す^{きやう}か^{きやう}。

Events & Memoranda

Tokushima Prefecture 2019 Japanese Speech Contest - Apply Now!

DATE & PLACE	July 21st, 2019 (Sunday), 13:30 - 16:30 Awagin Hall (Tokushima Prefecture Kyodo Bunka Kaikan), Small Hall (5F)
ELIGIBILITY	Only foreign residents whose native language is not Japanese are eligible to apply. (However, foreign residents who have had over three years of compulsory education in Japan and those who have previously won the Grand Prize or the Tokushima Prefectural Assembly's Chairman of the Federation of International Exchange Assembly Members Award are not eligible to apply.)
SELECTION	Application will be open to all foreign residents of Tokushima Prefecture that fulfil the eligibility requirements. We will ask all applicants to submit an outline of their speech (about 800 characters), and after reviewing all of the applications, roughly 10 or so applicants will be chosen to proceed to the final contest.
THEME	The topic is left to your discretion, but it should relate to the event's purpose of fostering cross-cultural understanding and multiculturalism.
LENGTH	Speeches should be no more than 6 minutes in length.
HOW TO APPLY	Submit your application form by mail or fax. Alternatively, you may submit your application in person.
DEADLINE	May 27th, 2019 (Monday) Applications must be turned in by 17:00.
WHERE TO APPLY	Tokushima Prefectural International Exchange Association (TOPIA) 〒770-0831 1-61 Terashima Honcho Nishi, Tokushima City, Clement Plaza 6F TEL: 088-656-3303 FAX: 088-652-0616 *For more information, see TOPIA's homepage (https://www.topia.ne.jp/)

HIROBA International International Understanding Lecture 国際交流懇話会 HIROBA 国際理解 英語講演会

Afganistan's Past, Present, and Future

Two graduate students from Afghanistan employed by the Ministry of Education in their country will speak about various aspects such as daily life, culture, religion, and women's rights issues. It is important to know and recognize each other's differences in order to live in harmony with those of different cultures and traditions.

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

Where: TOPIA (Tokushima Prefectural
International Exchange Association,
Clement Plaza 6th Floor)

Registration: HIROBA International (Ms. Yamada)

E-mail: welcometotokushima@yahoo.co.jp

TEL: 090-2787-3597 FAX: 088-652-4846

「アフガニスタンの過去、現在、未来」

(日本語通訳付き)

鳴門教育大学の大学院修士課程で学んでいる二人のアフガニスタン学生（本国では文部省勤務）に、生活、文化、宗教、教育、女性問題など様々な側面から、お話しいただきます。今後、海外から日本を訪れたり、日本に滞在する方々がますます増えてきます。異なった文化や習慣の方々を受け入れ共生していくには、お互いの違いを知り、認めあうことが大切です。ぜひご参加ください。

日時： 6月9日（日） 午後1時～4時

場所： TOPIA（徳島県国際交流協会、
クレメントビル6階）

問い合わせ・申し込み先：

国際交流懇話会 HIROBA 山田まで

メール： welcometotokushima@yahoo.co.jp

電話： 090-2787-3597 FAX: 088-652-4846

Events & Memoranda

Machi ★ Asobi Vol. 22

マチ★アソビ vol. 22

After the first Machi Asobi anime event in 2009, many anime fans from all over the country became attracted by this event held in the heart of Tokushima City, giving people the chance to tour the center of the town at the same time. There will be famous voice-over artists hosting talk shows and cosplay performances featuring colorful outfits, filling the whole city with the spirit of anime. For more details visit the official homepage.

When: May 4th (Sat) – 6th (Mon)

Where: Tokushima City Center and Aibahama Park

Info: Tokushima Town Livelihood Division

Tel: 088-621-2309

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

2009 年秋の第 1 回開催以来、徳島市の中心市街地周遊型アニメイベントとして全国から多くのアニメファンを呼び込んでいる「マチ★アソビ」。有名声優によるトークショーや、色とりどりの衣装が印象的なコスプレショーなど、徳島の街がアニメ色に彩られます！詳しいイベントの情報は「マチ★アソビ」HP にて随時発表されますのでご覧ください。

日時： 5 月 4 日（土・祝）～ 6 日（月・祝）

場所： 徳島市内中心部および藍場浜公園

問い合わせ： 徳島県にぎわいづくり課

TEL: 088-621-2309

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

Awa Open Gardens 阿波オープンガーデン

This limited time event opens up private homes with extraordinarily beautiful gardens for the public. It is one of the big events in Awa City, with over 5000 visitors every year.

Parking is provided as well with the option of riding a shuttle bus (500 yen for junior high school students and up). The starting point will be the general information center, with a West route and an East route.

When: May 11th (Sat), 12th (Sun)

10:00 – 16:00

Where: Gardens located in Awa-cho (Awa City)

Info: Awa City Tourism Association

Tel: 0883-35-4211

URL: <https://www.awa-kankou.jp/>

丹誠込めて作った個人宅のお庭を、期間限定で開放するイベントです！毎年約 5,000 人以上の人々が訪れる阿波市の一大イベントになっております！

☆巡回バス運行付き駐車場が設置されます。（交通整理料：中学生以上 500 円）イベント期間中、総合案内所を起点に西ルートと東ルートで巡回される予定です。詳細発表は 3 月下旬予定。

日時： 5 月 11 日（土）、12 日（日）

10:00 – 16:00

場所： 阿波市阿波町各ガーデン

問い合わせ： 阿波市観光協会

TEL: 0883-35-4211

URL: <https://www.awa-kankou.jp/>

Counselling Service at TOPIA・トピアの相談窓口

TOPIA provides consultation on everyday life, education, labor, medical institutions, and disaster prevention; and information on sightseeing spots to overseas residents and visitors. When necessary, we will refer you to the appropriate organization that can assist with your needs. Counselling is available in English, Chinese, Vietnamese, 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)