

awa life

**Farewell Messages
& TOPIA Staff
Introductions**

May 2021

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Olympic Torch Relay



**Awa Shoku: Rakkyo,
Curry Rice's Sidekick**

Gairaigo Galore:
シュークリーム



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

Now that we are heading into May, there are many new faces here at TOPIA! Take a look at our TOPIA Staff Introduction section to learn more about them!

Additionally, the Olympic Torch Relay has been going on in Japan, and the Tokushima portion was on April 15th and 16th. Did you all have a chance to see it for yourself? Check out our article on page 8 to read about one runner's first-hand experience with this historical event!

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:

Your editors,
Sydney and Nico

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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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Farewell Messages

Atsushi Abe

It was only a little while ago that I wrote my introduction message. I didn't think it would be so soon that I would be writing this farewell message. Although it was only for 1 year, I was able to work with a group of unique individuals and have a lot of fun.

In particular, I'm glad that I was able to assist foreign residents living in Tokushima with some of their consultations. For these consultations, we didn't simply refer the person to a different organization and that was the end of it, instead we worked on a plan to see the issue through until it was resolved. I think there are many foreign residents who have difficulties, and I think there are still many things we can do to help.

About 70% of the foreign residents living in Tokushima are in their 20s or 30s. The overwhelming majority are young. However, on the other hand, the local communities are aging. Rather than just simply having these

young foreign residents come here for work, I believe they should have a role in supporting their communities.

I think it would be wonderful if we could change it so that, rather than simply being supported, we have foreign residents who are helping to support.

Achieving these kinds of communities is something I would like to continue striving towards as part of my life's work. I hope to have the chance to work with everyone again in the future. Thank you for all of your support during this past year.



TOPIA Staff Introductions

Takako Harauchi

Hello. My name is Takako Harauchi, and starting from April I have taken over the position of executive director here at TOPIA from Abe-san.

From my time at the Tokushima Prefectural Office, I've been involved in the fields of health,

welfare, education, regional revitalization, among others. I've been involved in a number of projects, including measures for aid-requiring children; nursing care, dementia measures and other countermeasures for an aging society; employment support and promotion of culture, arts, and sports for those with a disability;

promotion of new forms of workstyles such as satellite offices and work from home; etc. Additionally, a number of people from overseas (primarily important political figures and top-level business persons from Korea and China) have visited Tokushima to observe our measures relating to regional revitalization and an aging society, and I realized that an aging society, depopulation, and regional revitalization in local areas are huge issues, no matter the country.

With less than 100 days until the opening of the Tokyo 2020 Olympic and Paralympic Games, the hopes of accepting spectators from overseas have been abandoned in order to avoid the spread of COVID-19, and we have entered a critical phase as we head towards the opening of the Games in the midst of COVID-19. Taking into consideration the projects put in place ahead of the opening of the Paralympics, which aim for an inclusive

Isao Kobayashi

Hello everyone. My name is Isao Kobayashi. I've begun working at TOPIA as a coordinator for local internationalization as of April 1st. My main duties include responding to consultations from foreigners and connecting local municipalities, international organizations, etc. to support foreign residents living here in Tokushima Prefecture.

Even in rural areas, internationalization is progressing at a rapid pace. I'd like to work so that the many foreign residents of Tokushima

Mako Kobayashi

My name is Mako Kobayashi, and starting from April 1st I have taken over the position of multilingual consultation staff in charge of English here at TOPIA from Chie Suzue. The multilingual consultation staff are primarily here to provide tourism information to foreign visitors and life consultations for foreign residents living in the prefecture. I'm originally from Anan City in Tokushima, but after turning 5 my family ended up moving and living in Hiroshima, Hyogo, and Osaka.

In addition to Tokushima, Japan is home to some wonderful prefectures. Although it's difficult

society, I have high hopes about the progression of international cooperation between athletes and local citizens through the pre-game training camps for Germany, Georgia, etc., as well as the Seika Olympic Torch Festivals in Host Towns.

To the best of my abilities I hope to work together with everyone for the development of the International Exchange Center. Thank you very much.



Prefecture can live with peace of mind, and also aim for the creation of a multicultural society. I ask for everyone's support and cooperation.



to travel to other prefectures right now due to COVID-19, I can't wait until the days return when we can freely enjoy travel again. Once that day arrives, please consider a trip to the Chugoku or Kansai region.

Additionally, TOPIA hosts a variety of projects and events, including Japanese classes and the Japanese Speech Contest. The Japanese classes are tailored



TOPIA Staff Introductions

to a variety of levels, and you also have the opportunity to learn about Japanese seasons, events, and life in Tokushima. For those interested in studying Japanese, please consider joining.

Kinuyo Yoshimoto

Hello, my name is Kinuyo Yoshimoto. This spring I started working at TOPIA as a long-term work experience trainee. Ever since December 2019, COVID-19 has spread across the globe in a short amount of time. In response, our fixed ideas completely changed. There were many things that people noticed were possible that they had originally thought were definitely impossible.

Globalization is rapidly increasing. If we each work to deepen our international understanding and accept diversity, then the world coming together as one is something possible as well.

During this one year, I hope to have new

Yoko Mori

Hello! My name is Yoko Mori, and starting from February 2021 I've begun working as a coordinator for international cooperation in Tokushima Prefecture.

As a Japan Overseas Cooperation Volunteer, I was dispatched to Ghana in March 2017 and spent 2 years there. I worked at a local, vocational training institute as a PC instructor and taught the fundamentals of computer knowledge and operations. There were so many things that I wasn't used to, leading to some difficult experiences. However, my 2 years in Ghana also allowed for me to learn new ways of thinking and about other viewpoints. It was truly a precious experience. These experiences also made me realize that I would like to do a job relating to international cooperation.

I'm from Kurashiki City in Okayama Prefecture. I moved to Tokushima at the same time I begun this job. The only things I know about Tokushima are the famous things such as sudachi and the Naruto Whirlpools. There's so much that I don't know, but I plan to visit and experience many

After such a long time, I'm looking forward to rediscovering what makes Tokushima so wonderful, and I hope to share those discoveries with everyone.

experiences that will be tied to my own personal growth, and afterwards I will make use of these experiences when returning to the educational field.

In order to realize these goals, I plan to do my best while always prioritizing health. I've decided to make the 6

km commute to work by foot. After this 1 year has ended, hopefully I'll have slimmed down a bit! I look forward to working with you all!



things in Tokushima. I plan to learn more about Tokushima by visiting places and seeing them with my own eyes and listening with my own ears!



The JICA Tokushima Desk is a local JICA position that aims to connect developing countries with Tokushima. In recent years, working towards SDGs (Sustainable Development Goals), increases in foreign labor, and other points of contact with overseas countries have been increasing. I would like to be involved in activities that help draw the attention of Tokushima's citizens to these topics.

For those with an interest in international cooperation, international exchange, JICA volunteers, etc. please feel free to contact the JICA Tokushima Desk! I'll be waiting for you!

Japanese Culture and Reading Corner: 5月の特別な日 (語呂合わせ)

By: Shoko Nomizu

みなさん、「語呂合わせ」を知っていますか? 「よろしく」を「4649」としたり、「おはよう」を「0840」とするのが有名です。数字や文字にほかの音やほかの意味をかさねて作ります。このように数字の読みかたの「いち に さん・・・」や、「ひい ふう みい・・・」、「ワン ツー スリー・・・」を組み合わせて、語呂合わせを作ります。すこし発音をかえて無理矢理に作ることもあります。毎日の生活の中でも、語呂合わせをして、その日を特別な日にしています。

5月1日(恋の日)、5月2日(交通の日)、5月3日(ゴミの日)、5月6日(ゴムの日)、5月10日(コトンの日)、5月18日(ことばの日)、5月22日(ご夫婦の日)、5月30日(ゴミゼロの日)などです。調べるといろいろな特別な日が5月にもありますね。このほか歴史の年号や車のナンバープレート、会社や店の電話番号など、いろいろなもので語呂合わせをします。



事故無し



5月30日(ごみゼロの日)



5月22日(ご夫婦の日)

Vocabulary List

語呂合わせ	Play on Words	発音	Pronunciation	無理矢理	Forcibly	歴史の年号	Historical Era
組み合わせる	Combine	交通	Transportation	ご夫婦	Married Couple		

Gairaigo Galore

シュークリーム (cream puff)

By: Nico Bohnsack

Have you ever had a tasty bite of a shoe cream? In Japan, you can easily find these at almost every convenience store and supermarket. But no worries, these delicious pastry balls called シュークリーム, filled with whipped cream, custard and so on, are not actually made of “shoe cream” - that’s just the Japanese word for them. The actual English expression is “cream puff” and the reason why this tasty pastry is called シュークリーム in Japan is that the loanword stems from the French name of the pastry. In French, people call it “chou à la crème”. The abbreviation loving Japanese just skipped the “à la” and voilà, the result was シュークリーム. What’s interesting is that the French pronunciation of “creme” (クレーム) was replaced with the English pronunciation of “cream” (クリーム).



It is said that the pastry was introduced by a French person who opened a pastry store in Japan during the Bakumatsu, the last years of the Edo period and the Tokugawa shogunate, before the beginning of the Meiji Restoration in 1868. These delicious treats continued their triumph throughout the years and became a must in every bakery assortment. Nowadays, there are a variety of fillings. In addition to the standard whipped cream and custard fillings, you can also find matcha, sakura cream, or ice cream fillings.

Awa Shoku: Rakkyo, Curry Rice's Sidekick

By: Lance Kita

There's nothing more beloved than a bowl of Japanese-style curry rice カレーライス, with its thick roux and chunks of meat and vegetables, a comforting stew that warms you up in more ways than one. And just when the spice starts to ramp up, you spot two containers of pickles on the counter (assuming you're at a restaurant). One is fukujin-zuke 福神漬, a red-orange mix of chopped vegetables (daikon, eggplant, lotus root, sword bean, cucumber, etc.) pickled in a sweetened soy sauce. The other container holds translucent white bulbs in a clear liquid, and their re-freshing crunch and sweet vinegary tang is a fantastic contrast to the rich, piquant curry. Those pickled scallions, or rakkyo らっきょう, along with the fukujin-zuke pickles, are the quintessential sidekicks to curry rice.

Although the major rakkyo producing prefectures are Tottori and Fukui, you can find locally grown rakkyo on Ogejima in Naruto, which

is the island between the Ko-naruto and O-naruto Bridges where you can also find the Otsuka Art Museum, whirlpool sightseeing boats, Eddy no Michi, and many of Naruto's seaside resorts.

The mineral-rich sandy soil is a prime place to grow these scallions, along with the famous Naruto Kintoki sweet potatoes. Rakkyo scallions are planted in late summer, and bloom tiny purple flowers on slender stalks in early November (a special photo opportunity in fall for flower lovers). After surviving the winter, they are harvested in May and June.

Only the underground bulbs are used, which are the size of your thumb. The bulbs are washed, trimmed, soaked, and peeled to yield clean white pearls of oniony crispness. After that, they just need to be pickled in a mixture of vinegar, sugar,

and mirin, along with a dried chili. They're ready to eat in about a week, but will keep for months.

You can buy bags of fresh rakkyo if you want to pickle your own, and your local supermarket even has rakkyo pickling liquid (rakkyo-su らっきょう酢) premade in bottles. Rakkyo-su is not only good for these scallions... it's sweeter than most pickling liquids, and is good for more pungent ingredients like ginger (make your own sushi ginger!), regular onions, and young ginger (myoga ミョウガ). It's also perfect for light summer pickles like cherry tomatoes, cabbage, shredded carrots, cucumbers, or bell peppers (capsicums or paprikas to some of you).

But back to the rakkyo pickles themselves. Are



Rakkyo (pickled scallions) are the ubiquitous accompaniment to curry rice, but they're surprisingly versatile.

they only good for curry rice? Absolutely not! They are a great side for crispy pork chops, teriyaki chicken, or char-grilled salmon.

These were

also my go-to refrigerator pantry items when I was in graduate school, because they are an easy way to bring some oniony crunch and spice with a balanced sweetness and tartness for a sub-tle "fresh crispy umami." I minced them in my tuna salad and egg salad instead of relish. Minced rakkyo and mayonnaise make a delicious emergency tartar sauce. Slice them and sprinkle over your salads, or add to your coleslaw. I sautéed them with canned sardines and garlic and chili flakes in lots of olive oil for one of the most addictive (and quickest) pasta sauces.

Rakkyo is more than just a crisp condiment for curry. It really enhances a wide variety of food, so don't let its traditional sidekick role restrict you from using up that jar of pickled scallions in your fridge!

[~て] & [~って]

This isn't something you study in beginners Japanese, but it's something you will often hear in everyday conversations. Therefore, this month and next month I would like to introduce [~て] and [~って] .

These are used in everyday conversations, but are not often used in speeches, presentations, or formal occasions.

1. [と] → [て] [って]

* 「禁煙」は 英語で 何 [と] 言いますか。

→ 「禁煙」は 英語で 何 [て] 言いますか。

(「何」のあとは、「て」になります)

* “No smoking” [と] 言います。

→ “No smoking” [って] 言います。

* 林さんは、かぜをひいたので今日は休む [と] 言っていました。

→ 林さんは、かぜをひいたので今日は休む [って] 言っていました。



2. [という] + 名詞 (Noun) → [っていう] ・ [って] + 名詞 (Noun)

* 田中さん [という] 人から電話がありました。

→ a. 田中さん [っていう] 人から電話がありました。

→ b. 田中さん [って] 人から電話がありました。(More casual than a)

* キムさんが国へ帰る [という] うわさを聞きました。

→ a. キムさんが国へ帰る [っていう] うわさを聞きました。

→ b. キムさんが国へ帰る [って] うわさを聞きました。(More casual than a)

Practice: Try changing the following sentences so that they use [て] or [って].

① “Good Bye” は日本語で何 [と] 言いますか。

② 「さようなら」 [と] 言います。

③ 天気予報で、「明日は雨が降る」 [と] 言っていました。

④ 「マハラジャ」というレストランを知っていますか。

⑤ 日本には家の中で靴を履かないという習慣があるのを知っていますか。

Answers

① “Good Bye” は日本語で何 て 言いますか。

② 「さようなら」 って 言います。

③ 天気予報で、「明日は雨が降る」 って 言っていました。

④ 「マハラジャ」 っていう レストランを知っていますか。

⑤ 日本には家の中で靴を履かない っていう 習慣があるのを知っていますか。



Olympic Torch Relay

By: Kumiko Murakami (TOPIA Japanese Support Volunteer)



Hope Lights Our Way

The light of the Olympic flame unites people under the themes of supporting, accepting, and encouraging one another. It's the sunrise of a new era that lights up the path of hope for people. This is the concept for the Tokyo 2020 Olympic and Paralympic Torch Relay.

The application period for the Olympic Torch Relay was from July to August 2019, and the ones who really pushed me to apply were my friends. "You're involved in international exchange and run full-length marathons too!" Additionally, as someone "striving to realize a multicultural society", I met one of the fundamentals for the selection of runners.

As a charter member of the Komatsushima International Exchange Association, I've been involved in international exchange for more than 30 years. Recently I've been involved with teaching and supporting Japanese studies for children with foreign roots. Some of these children are unable to see a future for themselves, and they have no hope. I want those children to believe in themselves and have hope. Your dreams will come true! This was what I wrote as my motivation for applying.

The results of the Olympic Torch Relay selection were announced by the Tokyo 2020 Olympic Organizing Committee on December 25th, 2019. I was selected as one of the runners for Komatsushima! It was truly the greatest Christmas present. I also appeared on TV alongside the students I have been supporting.

However, due to COVID-19 the event was postponed for 1 year. It was very disappointing, but I believed that "one day I would be able to run!", and kept running every day.

On April 16th, 2021 the day of the event finally arrived. I was to run 200 m between Komatsushima and Anan. It looked like it might rain, but everyday the children made *teru teru bouzu* to ward off the rain. It definitely won't rain! Let's enjoy the Olympic Torch Relay! The shoelaces of the shoes I had prepared were rainbow colored.

The weather ended up being cloudy, but I was able to run without any rain falling. It was such a fun experience. I was nervous, but the staff's guidance was very clear. Many people stood on the sides of the road to watch, making sure to follow precautions against COVID-19. Amidst the applause, I was able to happily run the 200 m. It took about 2 minutes. I've run about 20 full-length marathons, but none could rival the fun of this 200 m run. People around Japan were able to watch via a live stream on the internet.

The next day, I brought the torch to show to the students and their mothers. Their faces lit up with joy! I showed the torch to many others, and they all had great smiles, making me feel so happy.

Connecting With Hope

I was able to have a very precious, once in a lifetime wonderful experience. I'm so thankful to all the people who supported me. I'm also praying that the Tokyo 2020 Olympics happen as planned.




Events & Memoranda



TOKUSHIMA PREFECTURE 2021 JAPANESE SPEECH CONTEST

1. PURPOSE True internationalization cannot be achieved without first coming in touch with other cultures and ways of life, fostering a sense of international awareness and gaining mutual understanding with people of the world to create a society in which we can all work and live together in harmony. This speech contest seeks to give a voice to the international residents of Tokushima Prefecture and engage them in a dialogue to further discourse on cross-cultural understanding and fostering multiculturalism.
2. DATE & PLACE July 18th, 2021 (Sunday), 13:30 - 16:30
Awagin Hall (Tokushima Arts Foundation for Culture) Small Hall (5F)

Based on the novel coronavirus (COVID-19) situation, this event may be held so that it is open only to related parties (staff, participants, supporters, etc.)
 We will notify everyone once the details have been decided.
 Thank you for your understanding. Last year's contest →


3. ELIGIBILITY Only foreign residents whose native language is not Japanese are eligible to apply.
(Additionally, foreign residents who have had over three years of compulsory education in Japan, or 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.)
4. SELECTION Applications 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.
5. THEME The topic is left to your discretion, but it should relate to the event's purpose of fostering cross-cultural understanding and multiculturalism.
6. LENGTH Speeches should be no more than 6 minutes in length.
7. HOW TO APPLY Submit your application form by mail or fax. Alternatively, you may submit your application in person.
8. DEADLINE May 25th, 2021 (Tuesday) Applications must be turned in by 5:00 PM.
9. ORGANIZED BY Tokushima Prefecture & Tokushima Prefectural International Exchange Association (TOPIA)
10. CO-ORGANIZER (Planned) Tokushima Regional Conference for Promotion of Student Exchange
11. 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 EMAIL:coordinator2@topia.ne.jp

※Based on the COVID-19 situation, there may be changes made to the speech contest. Any changes will be posted on TOPIA's website, so please confirm.

You can download the application form from TOPIA's website!

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: 088-656-3312 or 088-656-3313 (allows for three-way conversations with an interpreter)