

awa life

**Finding Joy
in Awa Life**

Life in Tokushima

July 2021

369



**Awa Shoku:
Potatoes in Awa - Rugged
Past, Bright Future**

**Gairaigo Galore:
オールする**



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

We once again approach the hottest months of the year and it's time to mentally prepare for the high electric bills that come from the rattling air-conditioners in our homes. However, July also brings more than heat: just like in 2020 we will have an extra holiday (Sports Day) because of the Olympic and Paralympic Games. Tokushima plans to celebrate the Games too, with teams from Germany, Nepal and Georgia staying in the prefecture for training camps. The corona virus situation doesn't allow for much contact between the teams and the general public, unfortunately. However, there might be a few chances to see the teams. Just check the prefectural homepage from time to time for more information. Have a nice July!

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,
Sydney 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/>

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Editors:

Sydney Bartig and Nico Bohnsack

Contributors This Month:

Mako Kobayashi, Junko Kimura, Lance Kita, Takako Yamada, and Kazue Inoue

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Life in Tokushima

By: Mako Kobayashi

My name is Mako Kobayashi, and I'm a multilingual consultation staff member here at TOPIA. I moved to Tokushima from Hyogo in mid-March. Why Tokushima, you may ask? I was actually born in Tokushima, and I think it's a very peaceful place. I've worked in Hyogo and Osaka, and they are such busy cities. There are many fun things to enjoy, but since there are so many people, everything feels so busy. It has been about 3 months since I moved to Tokushima, and it's such a comfortable place. While enjoying my life here, I have also noticed many differences which I would like to share with you today.

I'm sure that foreigners studying Japanese as well as Japanese people who don't live in Tokushima have noticed, but Tokushima has its own dialect. The dialect of Tokushima is "Awa-ben". After hearing Awa-ben after such a long time, the phrase that really left an impression on me was "おいでますか?". In standard Japanese this means "いらっしゃいますか?". I also lived in Hiroshima, and when asking if someone is

there in Hiroshima-ben, they say "おってですか?". In Kansai-ben this would be "いはりますか?". Additionally, "だから" in Awa-ben becomes "ほなけん". In Hiroshima-ben it is "じゃけえ", and in Kansai-ben it's "せやから". "~じょ" is often added to the end of words in Awa-ben. Every time I hear this "じょ" I am reminded of the gentle nature of the people of Tokushima. What kind of dialects do you have where you're from?

I love to eat, and I've tried a myriad of local cuisines. There are many delicious dishes in

Tokushima as well. For example, I really enjoy the famous Komatsushima take-chikuwa as well as the famous Naruto Kintoki. Tokushima has many delicious and wonderful local foods; however, even some foods that have the same names as in other prefectures have different ingredients or are prepared in a different way. One such food is okonomiyaki. What kind of image do you have of okonomiyaki?

In Tokushima, okonomiyaki has sweet beans in it, which is very unique. The Hiroshima-style





okonomiyaki where I lived was characterized by its mille-feuille style that is cooked with the ingredients layered together and with the dough being slightly watery. On the other hand, Kansai-style ones mix the ingredients and the dough is stickier. Even though the name is the same, the way okonomiyaki is made really depends on the area.

I'm looking forward to learning more about the differences between Tokushima and other prefectures! Everyone, please let me know any

Finding Joy in Awa Life

By: Junko Kimura

The world began to face COVID-19 in 2020, and many things occurred due to the state of emergency, including requests to refrain from going out, temporary school closures, and an increase in work from home. We had to shift our lives to this "new normal" and adjust to new ways of life that we weren't used to and that didn't fit into our common sense.

I'm sure many people right now are thinking fondly of the days before COVID-19, including myself. One of my hobbies is traveling. Every year I travel abroad or somewhere in Japan to enjoy breath-taking views, different cultures, arts, and foods not found in Tokushima. These trips allowed me to experience extraordinary things, and never in my wildest dreams would I have imagined that things would end up like they

are now.

For those of you who love to travel and go out, how have you been spending time during COVID-19? I haven't left Shikoku for over a year.



Beautiful azaleas at Mt. Bizan

For someone like me who loves travel and hasn't been able to go anywhere in over a year, my friends often ask, "Aren't you stressed from not being able to go anywhere?" However, I haven't really felt all that stressed, and the reason for that is Tokushima's nature.

In addition to traveling, one of my other hobbies is hiking, and

on the weekends I often climb the local Mt. Bizan for some exercise. Although located in the city, the natural forest remains, and the mountain itself is easy to climb. Did you know that there are multiple points from where

Finding Joy in Awa Life

you can start climbing? As far as I know there are 10 routes, and I have tried out 5 of them. It's never just a silent hike, I always enjoy observing the birds and taking pictures of the blossoming flowers depending on the season. On the route that I always climb, I can see birds such as the Japanese white-eye, Japanese pygmy woodpecker, and the varied tit. Recently I've been hearing the chirping of the Japanese bush warbler.

There are 2 things that surprised me when I started climbing Mt. Bizan. The first happened when I was descending the mountain around dusk. I was all alone and heard a rustling sound in the grass. I stopped, and in that moment a wild boar rushed by at such a great speed. The wild boar was so large, I became incredibly scared and rushed down the mountain at a speed I didn't even know was possible.



Chestnut tiger at Inbe Shrine

The second is in regards to the pagoda area of Mt. Bizan. For many years I believed it to be the highest point of the mountain, but actually the highest point is partway through the "Jizoin ~ Mt. Bizan Course" (290 m).

Aside from Mt. Bizan, in November of last year I went to the second highest mountain in Shikoku, Mt. Tsurugi, to see the sunrise for the first time. The view of the morning sun was truly beautiful; however, the highlight of the year was when I visited Jintsu Waterfall in Kamiyama Town

in January. When it's extremely cold for a few days in a row, this waterfall freezes over and you can enjoy the natural phenomenon of a "frozen waterfall". I've known about this natural phenomenon for a while now, but I gave up on seeing it as I thought the winter roads would be too dangerous. However, on January 11th I finally visited, and the impressive sight of the frozen waterfall was truly moving. "So, Tokushima has a place like this!" You can find information about the Jintsu Waterfall on Kamiyama Town's homepage, although the information is only written in Japanese.



Jintsu Waterfall in Kamiyama

Tokushima is blessed with mountains, rivers, oceans, and other natural elements. For this article I introduced Mt. Bizan and Jintsu Waterfall, but there are many other natural wonders in the prefecture. Even for those who don't have a

car, you can use public transportation and access places like Mt. Bizan by foot from the station. There are also pilgrimage routes where you can enjoy the sights of nature. I really recommend you invite your friends or family to go enjoy nature on a day when the weather is nice. Personally, I prefer the mountains over the sea, but one day I'd like to try surfing on Tokushima's ocean. When I do, I'd like to write an article about the experience.

Japanese Culture and Reading Corner: 七夕

By: Mako Kobayashi

皆さんは七夕を知っていますか。日本では7月7日を七夕といます。
 そんな七夕には昔から伝えられているお話があります。
 昔あるところに、神様の娘の織姫と、若者の彦星がいました。
 織姫と彦星は働き者で、やがて2人は結婚しました。
 しかし2人は段々と遊んで暮らすようになり、全く働かなくなってしまいました。
 怒った神様は、2人の間に天の川を作って離してしまいました。
 悲しくなった2人は泣き続けました。それを見た神様は、前のようにまじめに働いたら、
 1年に1度だけ、2人を会わせてくれると言いました。それが7月7日の七夕です。
 七夕には短冊に願い事を書いて笹に飾ると願いが叶うと言われています。
 あなたも七夕に願い事を書いてみませんか？



Vocabulary List

七夕	Tanabata Festival	昔	Past	神様	Gods	短冊	Strip of Paper
結婚	Marriage	段々	Gradually	天の川	Milky Way	願いが叶う	Wish is
お願い事	Request	笹	Bamboo Grass	働き者	Hard Worker		Granted

Gairaigo Galore

オールする (staying up all night)

By: Nico Bohnsack

Drinking parties, karaoke, etc. are an integral part of Japanese culture and, although there have been few opportunities to attend parties after social distancing measures were introduced, it is very likely that packed izakayas and karaoke parlors will have their comeback when the current crisis recedes. One of the problems people have to face when going out in the evening is that trains and other means of public transportation stop operating around midnight in Japan. One solution is to start early so that people are still able to catch the last train or bus. However, if you don't want to pay for a taxi, another solution is to stay up until the morning to catch the first train. "Staying up all night" can be described in many different ways in Japanese, but one possible expression is オールする. I can still remember that I was a bit confused when I heard this verb for the first time 10 years ago during my student days in Osaka. Since it sounds like "doing all/everything" I couldn't really figure out the meaning. It wasn't until a Japanese friend told me that it is just a shortened version of "all night" followed by する to transform it into a verb. There are even possible combinations, such as カラオケオール (staying all night at a karaoke parlor), ファミレスオール (staying all night at a family restaurant), etc. Also, the word is usually used for fun activities and less so for other activities, such as studying all night for an exam. So, when did you オール the last time?



Awa Shoku: Potatoes in Awa - Rugged Past, Bright Future

By: Lance Kita

If you live deep in the mountains of western Tokushima, rice isn't the easiest thing to grow. Steep mountain slopes with limited sunlight are unsuitable for terraced rice fields, and so dry-field grains like buckwheat (**soba** 蕎麦), millet (**hie** 稗 or **awa** 粟), and sorghum (**takakibi** 高黍) were main staples in the past. In the late Edo Period, an imported tuber was added to the mix.

Potatoes (**jagaimo** ジャガイモ) were first introduced to Japan through Nagasaki by the Dutch (probably named for the port of Jakarta in Indonesia). A variety of potato called goshuimo ごしゅいも thrives in the rough terrain and harsh climate of mountainous **Iya** 祖谷 and **Naka** 那賀, yielding tiny egg-sized spuds. Unlike grains which require a long time to cook, potatoes could be boiled quicker. They were eaten at the start of every meal, grilled with **miso** 味噌 to warm them up, becoming an integral part of the daily diet by the Meiji Period. Mainly for home consumption, potatoes provided crucial nutrients and sustenance to survive the cold, austere conditions.

Find a street food that reflects the rugged food culture by crossing the Vine Bridge (**Kazurabashi** かずら橋) in Iya. Stalls lined along the exit path entice you with charcoal braziers and grilled bamboo skewers of potato, firm tofu, and devil's tongue starch (**konnyaku** 蒟蒻) slathered in miso. Arranged in a circle around the coals, and the old ladies constantly rotate the skewers for even roasting. Resembling a Ningyo Joruri puppet head (**deko** でこ) in motion, the snack is called **deko-mawashi** でこまわし. Next time you're sightseeing out west, be sure to try this sampler stick of mountain survival foods.

Although the mountains hold the wisdom of

potatoes past, enterprising farmers further downstream are charting a colorful future. In the last decade, several farmers have been growing and marketing unusual varieties of potatoes with some surprising hues. If you check out local farmer's markets and the local produce corner of your supermarket in June and July, you can buy small bags of these gourmet spuds. The names of the potatoes are as colorful as the potatoes

themselves, and each has a character and texture that makes them suitable for different foods.

My favorite is **Destroyer** (デストロイヤー), with its purple skin and pink spots around each eye that resembles a masked pro wrestler, with a waxy gold flesh that doesn't crumble in curry, nikujaga, or stew. Another sweet firm potato is **Inca Awakening** (インカのめざめ), with a chestnut-like texture that is Japan's version of the popular Yukon Gold. **Shadowqueen** (シャドークイーン) is a dark purple fingerling potato, rich in anthocyanin. It is starchier and drier, so you can wow friends with purple mashed potatoes, potato salad, or

french fries. **Northern Ruby** (ノーザンルビー) has pink flesh, and are great for homemade potato chips or pink roasted potatoes. I love to make roasted rainbow potato salad... cube up several varieties and toss with olive oil, salt, and pepper. Roast in the oven until crispy. Mix with a roasted garlic mayonnaise, chopped parsley or chives, and a squeeze of lemon. The perfect summer lunch or dinner with some grilled fish or chicken.

How will you experience Tokushima's potatoes? Step into the past at a mountain ryokan with grilled miso potatoes, or explore the future with colorful summer spuds... enjoy them either way!



Potatoes then and now - from mountain crop to colorful gourmet varieties

Continuing on from last month, let's study a form that is often used in casual conversation. You will often hear this in your everyday life. This can help build a feeling of intimacy during casual conversations, but be careful not to use this in official writings or towards those of a higher status than yourself.

1. 「い」 dropping

① 「～ています」 → 「～てます」 / 「～ている」 → 「～てる」

- * 勉強べんきょうしています → 勉強べんきょうしてます
 * 勉強べんきょうしている → 勉強べんきょうしてる
 * 知しっている → 知しってる
 * 勉強べんきょうしていて、わからないことがあったらきいてください
 → 勉強べんきょうしてて、わからないことがあったらきいてください



② 「～ていく」 → 「～てく」

- * あしたのお弁当、何を持っていく? → あしたのお弁当、何を持ってく?
 * 友達ともだちがスーパーに連れていってくれた → 友達ともだちがスーパーに連れてくてくれた

2. 縮約形 (contracted form)

① ておきます → ときます / ておく → とく / ておいて → といて

- * 電話でんわしておきます
 → 電話でんわしときます
 * 机つくえの上に置いておいてください
 → 机つくえの上に置いといてください



② てしまいます → ちゃいます / てしまいました → ちゃいました

てしまう → ちゃう / てしまった → ちゃった

- * このしごとを今日中に やってしまいます。
 → このしごとを今日中に やっちやいます。
 * このしごとをやってしまうから、ちょっと待まってください。
 → このしごとをやっちやうから、ちょっと待まってください。
 * ケーキをぜんぶ食べてしまいました。
 → ケーキをぜんぶ食べちやいました。
 * ケーキをぜんぶ食べてしまった。
 → ケーキをぜんぶ食べちやった。
 * かさをわすれてしまって、こまりました。
 → かさをわすれちやって、こまりました。
 * あしたまでに しゅくだいを してしまおう。
 → あしたまでに しゅくだいを しちやおう。



Letter from SUKETO NAKAYOSHI

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

This year in May, we planted some summer vegetables in our garden again. Everyday the children water the plants and enjoy watching them grow. From July to August we are expecting to harvest many summer vegetables, such as tomatoes, cucumbers, eggplants, and peppers. We will enjoy harvesting the vegetables and share the joy of eating them as well. In the past, this has been a great chance to get many children who dislike vegetables to eat them, and it has been an invaluable experience for the children.

Food is essential for children to grow up healthy. Let's try and make food something that is fun for them. In addition to harvesting vegetables, have them wash the ingredients, cut the ingredients, and plate the meals. Have them help prepare the meals, think up ideas for meals and bento boxes, etc. These kinds of things will help them overcome foods that they dislike.

Additionally, when praising them for helping, they will feel the joy of being useful to others and this

will serve as the seeds for feeling appreciation towards others. Everyone, look for fun ways to help your children grow and enjoy your time together.

<Potato Isobe Yaki (5 Portions)>

1. Peel 300 g of potatoes. Cut into 4~6 slices and boil.
2. While still hot, mash the potatoes. Add 4~6 tablespoons of potato starch and mix. Shape into about 5 circular discs.
3. Melt a suitable amount of butter in a frying pan and fry the ingredients from (2) on both sides until they are a golden brown.
4. While still hot, add a suitable amount of soy sauce and wrap in baked seaweed.

* Seaweed is an ingredient that is rich in vitamin A, vitamin C, iron, minerals, dietary fibers, and other forms of nutrition.



Events & Memoranda



Railway Photo Exhibition ~A Half Century Together With Trains~ 鉄道写真展～列車とともに半世紀～

In Shikoku, steam locomotives operated in Tokushima until the very end. In April of 1970, they were the first in the nation to change to smokeless. Over a half century, limited express diesel trains and new limited express trains made their debut, with high speeds becoming possible even on steep slopes. Enjoy a nostalgic scenery of past and present railways running through Awa Tokushima.

When: July 3rd (Sat.) – July 25th (Sun.)
9:30 – 17:00 (Last entrance is until 16:30)
Where: Naruto German House, 2nd Floor Exhibition Room
Fee: Adults: 400 Yen / Children: 100 Yen (For Admission)
Inquiries: Naruto German House
TEL: 088-689-0099
URL: <http://doitsukan.com/info/>

四国で最後まで蒸気機関車が運転されていた徳島地区。1970年4月より全国に先駆けて無煙化になり、それから半世紀、気動車特急や新型特急が登場し、早いスピードで急勾配でも運転可能になりました。懐かしい風景とともに阿波徳島を駆け抜ける鉄道今昔をお楽しみください。

日時：7月3日（土）～7月25日（日）
9：30～17：00（入館は16：30まで）
場所：鳴門市ドイツ館 2階企画展示室
料金：大人400円 小人100円（入館料として）
問い合わせ：鳴門市ドイツ館
TEL: 088-689-0099
URL: <http://doitsukan.com/info/>

Events & Memoranda

Tokushima Sunflower Spots 徳島県ひまわりスポット

Spot 1: Zennyujitou Island

Zennyujitou Island is the largest uninhabited island located in a river. Located about 30 km from the mouth of the Yoshino River, this island is about 500 ha. Located within the island is the border for Ichiba-cho, Away City and Kawashima-cho, Yoshinogawa City. The island is home to large fields, colorful seasonal flowers, and is also known as a famous filming spot. There are five "sensui" (flooded) bridges that connect to the island, as well as a route used by pilgrims between the 10th and 11th temples of the Shikoku Pilgrimage.

Where: Ichiba-cho, Awa City /

Kawashima-cho, Yoshinogawa City

Best Time to See: Start of July – End of July

Inquiries: Yoshinogawa Zennyujitou Island
Land Improvement District

TEL: 0883-36-3240

Spot 2: Yokose Tatsukawa

Where: Yokose, Katsuura Town

Best Time to See: Start of July – Mid-July

Inquiries: Katsuura Town Planning and
Exchange Division

TEL: 0885-42-1505

スポット 1: 善入寺島

日本最大の川の中の無人島「善入寺島」。吉野川河口から約 30km の地点に位置し、広さは約 500ha。島内に阿波市市場町と吉野川市川島町の境界があります。整備された広大な畑や季節の花々が彩りをそえる、ロケの名所として知られます。計 5 本の潜水橋（沈下橋）が接続されており、四国霊場 10 番札所から 11 番札所へと向かう遍路道があります。

場所：阿波市市場町・吉野川市川島町

見ごろ：7 月上旬～7 月下旬

問い合わせ：吉野川善入寺土地改良区

TEL: 0883-36-3240

スポット 2: 横瀬立川

場所：勝浦町横瀬

見ごろ：7 月上旬～7 月中旬

問い合わせ：勝浦町企画交流課

TEL: 0885-42-1505



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)