

awa life

Go Kick Rocks

December 2021

374

Welcome Messages



Gairaigo Galore:
ラフ

Awa Shoku (Last Column):
We Are WHERE We Eat



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

It's finally the end of the year and the time for the holiday season! With how cold it is outside it's the perfect time to sit under your kotatsu and have a chat with friends and family. You can also start thinking about your New Year's resolution. Perhaps you want to eat healthier? Or maybe learn a new skill? Or maybe even start studying Japanese? The possibilities are endless!

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

awalife@gmail.com

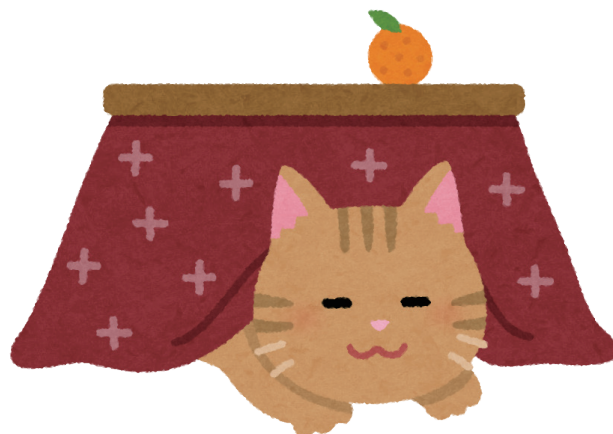
Tokushima Prefectural International Exchange Association (TOPIA)

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:

Sydney Bartig and Nico Bohnsack

Contributors This Month:

Samantha Harris, Joelle Seggert, Gail Chua, Shoko Nomizu, Lance Kita and Fusa Tamaki

Contents

Pg. 2-3: Go Kick Rocks

Pg. 4: Welcome Messages

Pg. 5: Japanese Culture and Reading Corner: 冬至

Pg. 5: Gairaigo Galore: ラフ

Pg. 6: Awa Shoku (Last Column): We Are WHERE We Eat

Pg. 7: Japanese Lesson

Pg. 8-9 Events and Memoranda



Go Kick Rocks

By: Samantha Harris

No matter where in the world I find myself, the river always finds me.

I grew up surrounded by the brackish estuaries and wide rivers of North Carolina in the southeast United States. Whole summers stretched out on the riverbanks, where my friends and I built fortresses out of driftwood and old beach chairs. Even as an adult, the river is where I go to escape this world and create my own.

I count myself lucky I ended up in Tokushima, a prefecture featuring one of Japan's three "great rivers". The vast Yoshino River and its tributaries make up Shikoku's natural waterpark. And just like any good waterpark, there are thrill rides--first class rapids, crystal blue canyons, spectacular waterfalls (if you haven't had your breath taken by Amagoi no Taki in Kamiyama, make it a priority).

Some days, though, I just want to sit and think. On those days, I grab my foldable camping chair and head to my closest river bank--the Akui River in eastern Kamiyama.

It's an overcast Saturday, the air still holding onto summer in late September. Up here, though, the mountain coolness cuts through the usual humidity, leaving me shivering at night if I've forgotten to bring a jacket. I'm standing up to my calves in the gentle, not-too-hot, not-too-cold

waters of the Akui. I'm holding a small, flat rock, which I know to be the perfect shape and size for skipping. It fits right in my hand, cool from the water and ready to fly. I rear back

for the pitch, then hurl the rock full force. I can't remember the technique for skipping, which explains why it crashes artlessly into the water with a tiny splash. I wince as the river swallows it whole.

Well, if I found one good rock, I can find another.

It takes almost an hour before I've recovered my rock skipping ability. Not that I was hard at work practicing throws. It's easy to get distracted out here, though not in the modern sense. It should go without saying that a good river day does not





involve screens. There's so much to see: a particularly shiny, pinkish rock; schools of tiny fish that nibble on your ankles if you stand still long enough; a kawasemi, or kingfisher, soaring over the water

like a neon jet.

On the hunt for skipping stones, I bend down to pick up a rock that turns out too spherical for a good, fast skip. It has an interesting cerulean sheen. I toss it to my husband.

"Check out this cool rock."

"Wow," he says, holding it up to the faint sunlight. "It is cool."

He tosses it back. I decide to throw it up in the air granny style, from between my legs, and see where it falls. It flies up, then drops back down to crash against the rocky riverbed, scrambling about until it finds its new home.

I don't really have a reason to be doing any of this. There is a nagging voice in my brain telling me I could be doing something productive with this time. Skipping rocks isn't exactly a marketable skill. How am I benefiting from this?

It may not be obvious, but this time spent picking up cool rocks and seeing how far or high I can throw them is not wasted. I am practicing an important skill, one often neglected in our endlessly busy, "rise and grind" world.

"We are not self important [...] We are not worried about competence," Maria Lugones describes in her article "Playfulness, 'World'-traveling, and Loving Perception."

The objective of play time is to abandon objectives. As a child, these impulses were encouraged. But free play has no age limit. In fact, studies have shown that "playing as an adult can [...] reduce stress, promote optimism, and strengthen one's ability to take on other perspectives".

Have you been feeling tense lately? I'm sure I don't need to list all the reasons you might be feeling a bit extra stressed with a side of dread.

Concerts, parties, festivals, izakaya outings, karaoke--many acceptable grown up ways to play (or "blow off steam") aren't available to us or are severely restricted in this time of constraint.

It's in these times where we can foster a true appreciation for nature, where every season hosts an array of events. From cicada concerts to fall color festivals, there's always a way to find play outside. (Unless there's a typhoon, in which case it's probably best if you stay inside).

If you aren't sure where to start, find a river. The river teaches us the basics of play. There's plenty to find, pick up, throw, all before you even get to the water.

Just like skipping rocks, if we practice enough, we can recover our innate playfulness.

One important note: when out playing by rivers and streams, avoid moving rocks in the water! These rocks provide shelter for many plants and animals, from fish and insects to even the endangered giant salamander. Moving them could destroy their homes, nests, or hiding spots. Be kind, leave no trace, and, when playing with rocks, stick to the smaller stones found on dry land.

*psychologytoday.com/us/basics/play

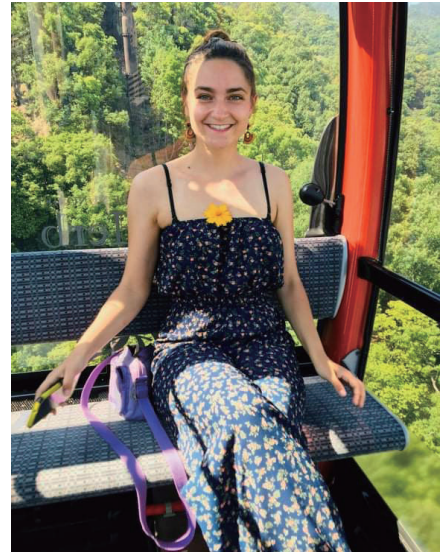
Welcome Messages - New CIRs!

Joelle Seggert

Hello everyone! My name is Joelle Seggert and I am happy to introduce myself as the new CIR of the Sports Promotion Division at the Tokushima Prefectural Office. Even though I am from Germany, I have a French name that you might find difficult to pronounce so feel free to call me Joey.

After my first solo trip to Japan in 2015, I was so fascinated by the nature, language, culture and the kindness shown to me even by complete strangers that I decided to major in Japanese studies at the University of Trier. The city of Trier, as well as my hometown Idar-Oberstein, are situated in a National Park with many beautiful forests and mountains, so if you ever find yourself in that part of Germany, I highly recommend you go hiking or enjoy other outdoor activities. Besides the stunning nature the area is also rich in history and there are many regional dishes that I would like to introduce to you once I get a chance.

After two weeks of quarantine I finally arrived in Tokushima and thanks to the kind support and warm welcome, I've already settled in and now feel pretty much at home. I am an outgoing



and active person who loves to meet new people, learn new things and discover new places, so I am looking forward to all kinds of experiences Tokushima has to offer. If you want to know more about me or are interested in German language or culture feel free to talk to me anytime!

Gail Chua

Hello, beautiful people of Tokushima~ My name is Gail Chua, and I'll be working as a Coordinator for International Relations (CIR) at the Tokushima Prefectural Office. I come from Manila, Philippines. An archipelago with more than 7000 islands to explore, you can find a lot of beautiful beaches and an abundance of nature in general. It would be great if everyone can get to visit my home country in the future.

Japanese dramas and Arashi (Yes, the idol group in hiatus) became the window for me to become more interested in Japan during my high school days. I got so interested that I took up International--Japanese studies for my bachelor's degree at my university. While there, I was lucky enough to get accepted for a one-year exchange program to Hokkaido University. Not only was I able to study Japanese, but I also got to immerse myself more in the Japanese culture by travelling around Hokkaido and Japan and meeting all kinds of people. The experience left me wanting to go back even after graduating, and got me visiting



once or twice a year, until I got accepted to be a CIR here.

It's actually my first time in Tokushima and Shikoku, so I'm very much excited to explore and meet new people, intensified by the fact that my arrival got delayed for more than a year because of COVID. That said, I would like to be active in helping promote international exchange, and the Philippines, as I take on various challenges during my time here. Hope to meet you all at some point!

Japanese Culture and Reading Corner: 冬至

By: Shoko Nomizu

冬至は、1年で 昼が 一番 短い日です。寒い冬の この日を 境に 昼の時間が 長くなっていくので この日から 運気が 上がっていくと 言われています。今年の 冬至は、12月22日 水曜日です。

日本では、昔から この日に 柚子を浮かべた お風呂にはいると、強い香りが「悪い運気を はらう」とか、「1年間 風邪をひかない」と言われています。このほかに、夏が旬で 冬まで 保存 できる 栄養いっぱいの「カボチャ」を 食べると、元気に過ごすことができ、縁起がいい とも言われています。ぜひ 試してみてください。

世界の 多くの国で この 冬至の日には いろいろな 風習が あるようです。みなさんの国では どんなことをして 過ごしますか？



Vocabulary List

境	Turning Point	風邪をひく	Catch a Cold	縁起がいい	Good Omen
運気	Fate/Fortune	旬	Season	風習	Custom
柚子	Yuzu (Citrus)	保存	Preserve		
運気をはらう	Drive Away (Bad things)	栄養	Nutrition		

Gairaigo Galore



Rough (ラフ)

By: Sydney Bartig

As you're probably already aware, there are some gairaigo whose meaning differs from the original. Some are only slightly different than the original words, while others have a completely different meaning. Naturally, these words can cause problems for those who don't know their real meaning in Japanese. One of these such words is “ラフ”.

For English speakers the word “rough” immediately comes to mind, with images such as something that is uneven or in the case of a person, someone who is violent and harsh.

However, the Japanese translation of this is much different. If someone were to say to you something such as “ラフな服装”, “ラフな髪型”, “ラフな人”, what comes to mind? Probably not a very good image, right? What this word in Japanese means though is closer to the word “casual”. Unlike its English counterpart, this word in Japanese doesn't have a particularly bad image attached to it, so make sure not to get confused when someone uses this word with you!



Awa Shoku (Last Column): We Are WHERE We Eat

By: Lance Kita

Debuting in February 2016, the first Awa Shoku column featured the Tokushima Marche, full of farmers and vendors who care deeply about produce, seafood, and meat grown and foraged here in Tokushima.

Over 6 years and 65 articles, this column has also strived to introduce readers to all of the great local foods and food culture here. The culinary journey was also a trip through the geography, history, and culture of our prefecture.

We grilled potatoes in miso on a hot rock in the mountains of Iya (Nov. 2016), fished for sea bream in the swirling waters of Naruto (Apr. 2018), picked winter tea leaves down south (Dec. 2017) and ate street food at the Ebessan Festival in the city (Jan. 2020). From the mountains to the sea and rivers in between, a sense of taste comes from a sense of place.

Each season brought different delicacies, from winter oysters (Feb. 2017), bamboo shoots in spring (May 2016), summer watermelons (July 2020), and Naruto Kintoki sweet potatoes in autumn (Nov. 2018). No matter what time of year, there is always something to be harvested or gathered.

Some of the information about oden (Nov. 2017), yakitori (July 2019), aemono (May 2018), and bonenkai (Dec. 2016) were written as guides to

common foods and events that you will encounter in your daily life.

Other articles highlighted what makes Tokushima's food culture unique and special. Sushi can be made with an entire fish (Oct. 2018), and sugar is sprinkled over rice in Naruto (June 2016). Children have picnics with little wooden boxes (Mar. 2019), while coffee is the

beverage of choice served to guests at homes and businesses (Nov. 2021). And who knew that soba-gome soup may have been invented by homesick exiled samurai (Jan. 2018)? I'll always remember talking to the owners of the obanyaki shop in front of the former Sogo Department Store about the

sweet that has people lining up every weekend (Oct. 2020) and being invited into the kitchen of a restaurant started in the Edo Period to see

the clever technique to make the bony filets of pike conger edible (Aug. 2016).

Truly, we are WHERE we eat, and our stomachs are influenced by what is available in a certain region, when it is available, and how we prepare dishes. I hope this series of article has given you a flavor of what feeds Tokushima's people. Thank you to everyone who has been reading these columns. Yes, there is still more to explore, from Katsuura's mandarin oranges to Komatsushima's bamboo fishcake, so I encourage all of you to go out, talk to people, and find out what's cooking in your part of Tokushima. Gochiso-sama deshita!



This is the final column for Awa Shoku, and we're looking back at everything delicious in Tokushima.

Keigo 4

敬語について、まず大きく分けて3つあることを学びました。「丁寧語」「尊敬語」「謙譲語」です。そして、敬語を使うときの大切なルール「ウチ」と「ソト」の関係と「丁寧語」の形も学びました。前は、「尊敬語」について勉強したので、今日は、「謙譲語」について学びましょう。

□ 3つの敬語

- ① 丁寧語…「～です」「～でございます」「～ます」をつけていう言い方(目の前の人に丁寧に話す)
 ② 尊敬語…相手(部長)を持ち上げる言い方(相手がすることを言う) → 相手(部長)が…**なさいます**
 ③ 謙譲語…自分(わたし)を下げる言い方(わたしがすることを言う) → わたしが…**いたします**

◆ 今日のトピック「謙譲語」

部長：あ、もうこんな時間か。

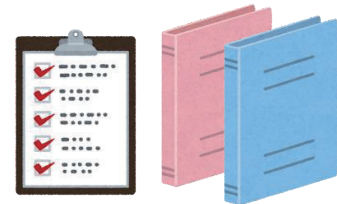
わたし：部長、よろしければこの資料の整理を①いたしましょうか。

部長：ありがとう。

じゃあ、まず、このリストのファイルを書庫から持って来てくれないか。

わたし：わかりました。

…リストの資料、②お持ちしました。



リスト: List
 ファイル: File
 書庫: Storage

◇ 「謙譲語」の2つの形

【1】 特別な形の「謙譲語」 例①： いたします

	謙譲語		謙譲語		謙譲語
行きます・聞きます	伺います	来ます	参ります	います	おります
食べます・飲みます	いただきます	言います	申します	します	いたします
見ます	拝見します	もらいます	いただきます	知ります	存じます

【2】 「お・ご(Vます形)します」 例②： お持ちしました

送ります→お送りします 読みます→お読みします 案内します→ご案内します

*特別な形の謙譲語を持つ動詞は、「お(Vます形)します」の形をとりません。

【問題】

次の会話文の下線部①～⑥を特別な形の謙譲語を使って言い換えてください。

<ITの会社の面接で>

会社の人：次の方、どうぞ。

わたし：はじめまして。ヤンと①います。2年前に日本へ②来ました。

どうぞ、よろしくお願ひいたします。

会社の人：今回、どうして当社の面接を受けようと思われたのですか。

わたし：国の大学を卒業して、今は徳島の大学でITの勉強をして③います。

こちらのホームページを④見て、ぜひこちらで働きたいと思い、応募⑤しました。

会社の人：ああ、そうなんですね。当社の仕事についてご存じですか。

わたし：はい、⑥知っています。



IT: IT
 面接: Interview
 当社: This Company
 応募: Apply

Events & Memoranda

Santa's Coming from the River! 2021 川からサンタがやってくる 2021

During the event, Santa Clause will ride on a boat on the river and pass out around 2,000 presents to children!

The event is from 18:00 – 21:00 at the Shinmachigawa river side (around Hyotanjima).

When: December 24th (Fri.) – 25 (Sat.)
18:00 – 21:00

Where: Tokushima City, Shinmachigawa River/
Tamiya River/Suketo River

Inquiries: Shinmachigawa River Protection
Assembly

TEL: 090-3783-2084

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

イベント期間中、川から船に乗ったサンタクロースが子供達に約 2000 袋のプレゼントを持ってやってきます！ 18:00 ～ 21:00 ごろ新町川河岸（ひょうたん島周辺）で配布！

日時：12月24日（金）～25日（土）
18:00 ～ 21:00

場所：徳島市 新町川・田宮川・助任川流域

問い合わせ：新町川を守る会

TEL：090-3783-2084

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



Christmas at the Zoo どうぶつえんのクリスマス

If you come dressed as Santa Clause you get free admission! Presents will be passed out to children who come early.

When: December 25th (Sat.) *Planned
9:30– 16:30 (Last admission is at 16:00)

Where: Tokushima Zoo

Fee: 600 Yen for Adults, Free for Middle Schoolers
and Younger

Inquiries: Tokushima Zoo

TEL: 088-636-3215

URL: <http://www.city.tokushima.tokushima.jp/zoo/event/top.html>

サンタクロースの姿で来園すると、入園料が無料になります！

先着で子どもたちにプレゼントの配布もあります。

日時：12月25日（土）※予定
9:30 ～ 16:30（最終入園 16:00）

場所：とくしま動物園

料金：大人 600 円、中学生以下は無料

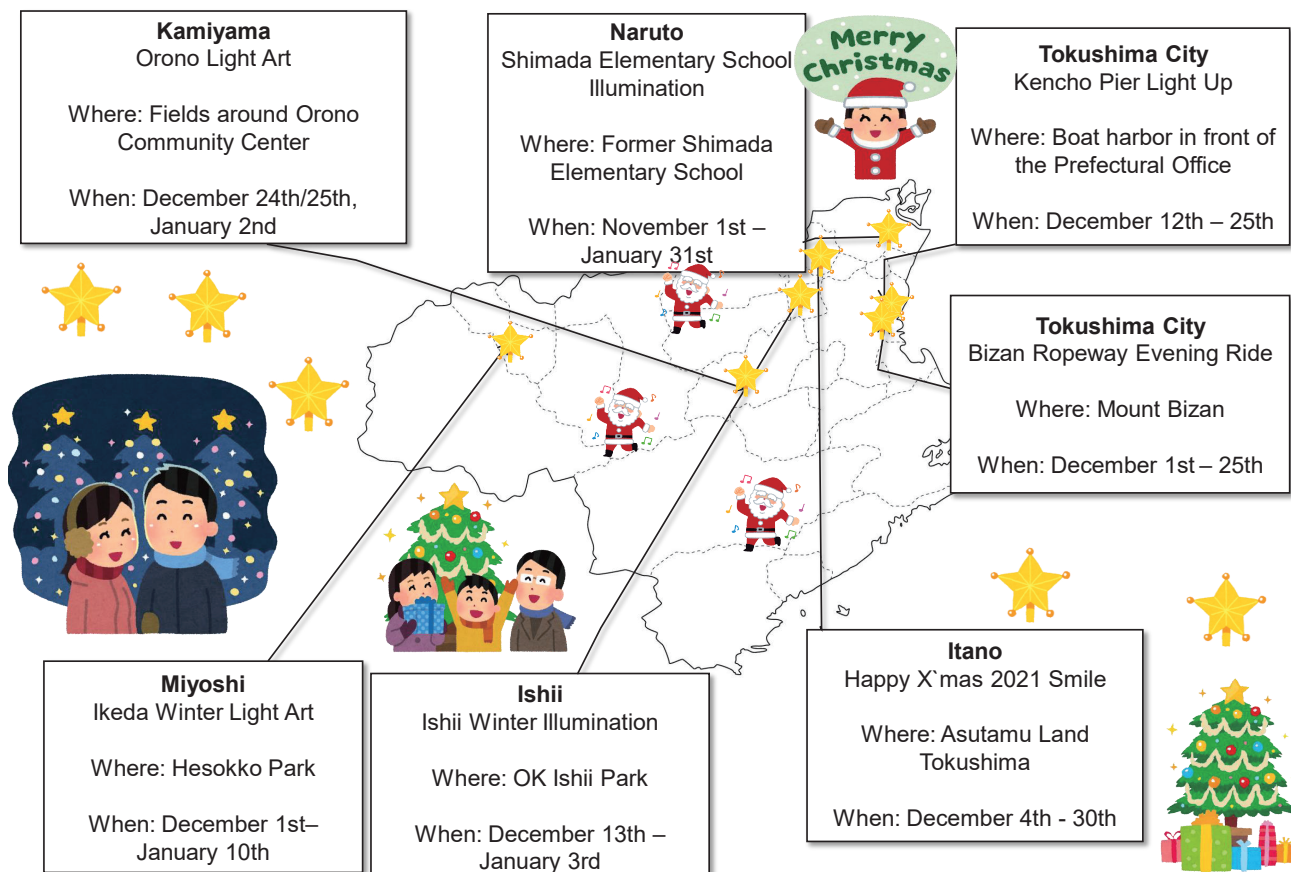
問い合わせ：とくしま動物園

TEL：088-636-3215

URL: <http://www.city.tokushima.tokushima.jp/zoo/event/top.html>

Events & Memoranda

Tokushima Illumination Map 徳島イルミネーションマップ



Kamiyama
Orono Light Art
Where: Fields around Orono Community Center
When: December 24th/25th, January 2nd

Naruto
Shimada Elementary School Illumination
Where: Former Shimada Elementary School
When: November 1st – January 31st

Tokushima City
Kencho Pier Light Up
Where: Boat harbor in front of the Prefectural Office
When: December 12th – 25th

Tokushima City
Bizan Ropeway Evening Ride
Where: Mount Bizan
When: December 1st – 25th

Miyoshi
Ikeda Winter Light Art
Where: Hesokko Park
When: December 1st – January 10th

Ishii
Ishii Winter Illumination
Where: OK Ishii Park
When: December 13th – January 3rd

Itano
Happy X'mas 2021 Smile
Where: Asutamu Land Tokushima
When: December 4th – 30th

Important

TOPIA will be closed from December 29th (Wed.) - January 3rd (Mon.)

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)