

awa life

Introduction to Awa
City International
Exchange Association

January 2022

375

Welcome Message



Freestyle

Gairaigo Galore:
トイレ



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

明けましておめでとうございます！ Happy New Year!

While the world is still grappling with COVID-19, we head into another year. Let's all hope that things calm down with COVID-19 and that we are able to restart our normal lives. Until then, why not visit a shrine for the beginning of the year? It's a tradition here in Japan. You might even notice some tiger-themed items for sale as it is the year of the tiger – how cute!

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:

Evan Degennaro, Samantha Simmons, Junko Kimura, Yukie Matsumura and Fusa Tamaki

Contents

Pg. 2-4: Freestyle

Pg. 4: Welcome Message

Pg. 5: Japanese Culture and Reading Corner: ななくさがゆ 七草粥

Pg. 5: Gairaigo Galore: トイレ

Pg. 6: Introduction to Awa City International Exchange Association

Pg. 7: Japanese Lesson

Pg. 8 Thank You Message

Pg. 9: Events and Memoranda



Freestyle

By: Evan Degennaro

I first came to Awa, Tokushima as an ALT for the Jet Program in the steamy summer of 2000. A Seattle University and fellow SF Bay Area buddy of mine came a year earlier to Japan and lived in Gifu Ken. My sister-in-law, Sanae is from Hisai (next to Tsu) Mie Ken, so combined with family and friend's advice and my desire to live and work abroad, I decided to apply. We had three choices of where we wanted to live (I had picked Kobe, Osaka or Kyoto) and I was selected, seemingly by fate or at least by some unknown genius, to live in Sadamitsu (now Tsurugi-cho). There are so many stories I could reflect on but to keep it somewhat focused and less yawnny, I'll focus on work, family and socializing from 2000-2003 and compare it to my current stay since moving back to Tokushima (Matsushige-cho) in December of 2020.



Obviously as a 23 year old ALT teaching at

Sadamitsu Junior High, my time and activities were mostly planned and mapped out each year by the local town board of education. Besides my weekend and holiday adventures, I was mostly planted in the school teachers' room between

classes, learning Japanese and reading the newspaper. I'd fire out to the city to join live events, to freestyle rap, sit in cafes and otherwise explore various parts of Tokushima and neighboring Kagawa. Those were definitely fun and sometimes lonely times,

enjoying my single life and first steady job with my own sweet apartment. I wasn't a big partier in college, with so much homework and part-time work, so my time in Tokushima was really my first full taste of freedom and typical 20 year old adventures. Being an ALT meant not really having to plan curriculum or grading, so my time was essentially open. I did a lot of rapping, made

my own CDs and sold them at my buddy's record store, Life Records, which faced the Awa Odori bridge and overlooked the riverside boardwalk. After arriving in Tokushima and finally having some spending dough, I wanted to buy two Technics 1200 turntables (one of my childhood dreams) to practice scratching and mixing, so a fellow JET recommended the joint. As a result, I met many Tokushima DJs, rappers and also my partner, Maki. I'd often go to the club on weekends, a small funky DJ bar in the ACTY, Sakae machi. I'd go with DJ friends to eat and drink beer at nearby izakayas, especially the kei-truck izakaya right outside the DJ bar. Right up until the last summer of 2003 I would rotate my activities between school, music events and countless cafes enjoying the flow, like an uzu of work and funky adventures. The last year I even zoomed around on my black and silver (former Raiders fan) Honda Super Cub, like an ALT version of "The Wild One", at least that's how I felt.

Coming back after 20 years from my first adventure in Tokushima, with my wife Maki and two children sometimes makes my time back in California feel like a dream. Did my time back in the Bay (SF, Berkeley, Oakland and Concord) really happen? Yes, it seems so. I taught at my former ghettosque high school for five years, next at an International English School and finally two junior colleges before one more year back at my problem plagued high school. With the past five years of giant forest fires and months of smoke, school budget calamities, the COVID-19 pandemic, and skyrocketing costs of living, life in California had become too much to deal with. After many long discussions in our old mobile

home kitchen, we decided to come back.

Now we are spending a lot of time at home, but between helping at the family omiyage shop in Naruto Koen, selling coffee at Marches and various locations and teaching a little online, and even picking sudachi, we are getting by. It's definitely much more spontaneous and considering the challenges everyone is facing with COVID-19, unpredictable. We are very much living in each moment. Our focus is primarily on our two children, our five year old daughter, Umeno, and our two year old son, Enzo. We maximize our family time which includes my father and mother-in-law as well.



Overall, I feel more free now, of course in a different way, but as well more isolated at times. With JET, you were automatically part of a big community from your local gun to the entire organization. Now, we are much more connected with our town through the Marche especially and

the schools that our children attend. I really enjoy my face-to-face classes at TOPIA and in Aizumi Town. Due to covid there are less opportunities to meet and hang out with people, but as parents of young children we are obviously limited anyway. Through working at the family shop making ramen, udon and cleaning up, I have also become more acquainted with everyday workers in Tokushima and it has greatly improved my communication as opposed to just being the English teacher which many were too shy to talk with. I miss my large family of four brothers, father and large extended family back in the Bay, California and southern Oregon, but hopefully with better response to covid, travel can resume at some point. I used to go back at least once and even twice a year as an ALT, now it seems totally

Freestyle

up to fate.

The beautiful amazing nature of Tokushima, especially being so close to the ocean, such parks as Tsukimigaoka Koen, Matsushige Chuo Koen aka "Tako-Koen", Okazaki Koen, Uzu Park and countless breathtaking views certainly keeps us from getting down too much. The everyday experiences from visiting the local preschool, which is basically free play for our son, has been an oasis too. Through this community school we have been able to experience an Awa Odori lesson from a professional ren, made Aizome shirts, picked satsumaimo and even taught a family English lesson. The staff and other parents have been very friendly, supportive and have helped us greatly in these new strange times. Thankfully as a JET, I learned being active, especially within the community is a wonderful way to stay healthy and happy. We are now doing

the same as parents.

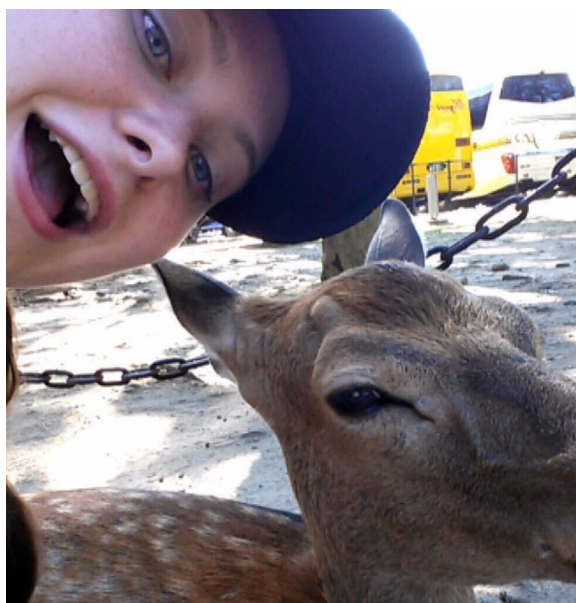
As an ALT in 2003, I knew somehow I'd be back one day and here we are. With my mom passing away in 2019, losing jobs and COVID-19, I've definitely been searching out more philosophical points of view to make sense of all this. One idea that I really have been "uzuizing" around lately is the idea that when we trust nature, which we come from and are a part of, we trust ourselves. Making plans often feels like a way to control our lives, but in another way going with the funky flow of life doesn't need to be met with so much anxiety or seen as giving in. We are all here for so many reasons and those reasons may not always be known, especially in the moment, but isn't it still such an intensely beautiful experience? I think so, or better yet, I'm feelin' it. As they say here in Awa, the dancer is a fool and the watcher is a fool, so why not dance?

Welcome Message - New CIR!

Sam Simmons

Hello! My name is Sam Simmons, and I will be working as a CIR in the Sports Promotion Division at the Tokushima Prefectural Government Office. I grew up in Ontario, Canada, next to the Great Lakes, but moved with my family to the prairie province of Saskatchewan, where I completed my Bachelor of Arts degree at the University of Regina.

I studied Japanese, Linguistics, and Psychology in university, and had the amazing opportunity to study abroad in Japan during my third year. I participated in a Japanese Language Program at the Kobe City University of Foreign Studies for one year, and it was such a great experience that I decided to change my major to Japanese Studies upon returning to Canada.



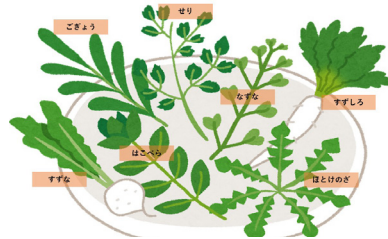
As long as I can remember, I have always been interested in world cultures and languages, which led me to take various courses in linguistics, cultural anthropology, international affairs, history, world religions, and foreign languages in university. I also have a special place in my heart for music, and although I'm not very good at it, I love to play guitar and piano. Some of my other interests include cooking, nature, and gaming, and I just love to learn new things in general!

I am really looking forward to exploring Tokushima, making new friends, and representing my country through intercultural exchange. Thank you for the warm welcome to Tokushima!

Japanese Culture and Reading Corner: 七草粥

By: Junko Kimura

日本では 1 月 7 日の「人日の節句」に「七草粥」を食べて、無病息災の願い事をする風習があります。平安時代の初めに中国から伝わり、江戸時代になって庶民に広まりました。平安時代に 7 種類の穀物が食べられていましたが、鎌倉時代に今の七草に変わったと言われています。現在では、全国的なものになっています。一般的な七草（七種類の菜）のほかに、豆腐、人参、ごぼうや椎茸などが入っている地方もあります。お正月中に沢山の食べ物を食べた胃にとっても優しい食べ物です。機会があれば是非、食べてみてください。



Vocabulary List

七草	Seven Herbs	・すずな	Turnip	庶民	Common People
・せり	Dropwort	・すずしろ	Daikon	ひろ	To Spread
・なずな	Shepherd's Purse	人日の節句	1 of the 5 Seasonal Festivals	こくもつ	Grains
・ごぎょう	Cudweed	粥	Rice Porridge	菜	Greens/Vegetables
・はこべら	Chickweed	無病息災	Sound Health	全国的	Nationwide
・ほとけのざ	Nipplewort	伝わる	Handed Down From	一般的な	Common

Gairaigo Galore

トイレ (toilet)

By: Nico Bohnsack

This month's gairaigo is a word describing a place we visit many times a day but still tend to avoid talking about. A place which, in Japan, comes in many shapes and styles, from very traditional to high-tech: the toilet or トイレ in Japanese. But what are the origins of the word? As many of you have probably already guessed, the word stems from the English word "toilet". Although in English speaking countries the word "bathroom", "restroom" and other words are often used to describe a room with a toilet, in Japan the word トイレ is now widely used with the same meaning. The reason for this is not clear, but the fact that "bathroom" sounds as if there was a bathtub or shower in the same room (which is often the case in many western countries) might have contributed to the use of "toilet" or トイレ to describe a bathroom in Japan (where toilets and bathtubs/showers are often, but not always, separated).



You might have noticed that there are also many other expressions to describe restrooms in Japan, such as お手洗い or 化粧室 although it is difficult to say where which word is used more often. The words 洗面所 or 便所 are also still used on signs from time to time (often in older settings from my experiences) but rarely in spoken language. By the way, the English word "toilet" actually stems from the French word "toilette" which long time ago also had the meaning of a kind of "dressing room". Interestingly, the word 化粧室 carries a similar meaning.

Introduction to Awa City International Exchange Association

By: Yukie Matsumura

Starting from this month we are going to introduce a variety of international exchange associations located in Tokushima Prefecture. We hope to provide more information on these associations so that you can hopefully make use of your local exchange association's services and perhaps get involved! For our first column we will introduce Awa City International Exchange Association. Enjoy!

Awa City is located near the northern, middle east portion of Tokushima Prefecture. In the north lies the sprawling, fertile fan-shaped Sanuki Mountain Range, and to the south the Yoshino River, also called the Shikoku Saburo, swiftly flows. A diverse array of agricultural products are grown here, and it is said that the amount is the highest in the prefecture. The nature and people are both wonderful, and it's a great place to live.

On April 1st of 2005, four towns (Yoshino, Donari, Ichiba, and Awa) merged to form a city government. The Awa City International Exchange Association was formed in June of 2013. With the thought of providing helpful disaster prevention information to foreign residents, we held the first "Disaster Prevention Measures from the Eyes of Foreign Residents Opinion Exchange Session". It was a success thanks to trainees from China, Cambodia, Philippines, and Indonesia; people with an interest in international cooperation; disaster preparation consultants; those from the fire station/city hall, and many others.

Afterwards we invited foreign residents living in the city to our "Survival Cooking Class". In order to support foreign residents, we also created "Under the Sky – useful survival cards for times of disaster". The cards are in Chinese, English, and

Japanese, and are located at various locations related to the city as well as passed out at events.

We also had an exhibition at the traditional event stemming from Ichiba Town known as "Yanekojiki", which began as a way for farmers to show hospitality to the Daimyo Hachisuka during the Edo period. We displayed traditional costumes (from China, Nepal, Indonesia, Chile, and Zimbabwe), folk art (masks from around the world), introduced the local history of the war, and called for world peace.



During the past few years, in conjunction with the Tokyo 2020 Olympic and Paralympic Games, and under the theme of "Get to know the world!", we have sent foreign residents from various countries, those with experience living abroad, and exchange students as teachers to introduce

their country as well as hold cooking classes to teach about their countries prized foods. So far we have held events for Canada, England, the USA, Vietnam, South Africa, Kenya, Chile, Indonesia, and Ghana. Everyone has been very cooperative, with some even purchasing ingredients from their home country. People participated regardless of age, from the young to the elderly, and the scene of everyone cooking and eating together was like a small look into world peace.

Due to COVID-19 these past 2 years, our participants have been about half that of normal, but last year on December 11th we continued our "Beginners English Conversation 2", which started the year before.

Moving forward, all of our members hope to be of use in regards to international exchange for citizens.

Keigo 5

日本語では「敬語」は人間関係をスムーズにし、相手を大切に思う気持ちを表現するのに大切な働きをしています。その「敬語」を9月から4回にわたり、敬語の種類、丁寧語、尊敬語、謙譲語に分けて勉強してきました。最終日の今日は、勉強したことの復習をしましょう。

□敬語は大きく分けて3つあります。

- 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**

	敬語	例
丁寧語	丁寧に話したい	「～ます」「～です」「～でございます」
尊敬語	相手を高めて敬意を表したい	「れる・られる」 「お／ご～なさいます」 「いらっしゃいます」「めしあがります」など特別な形
謙譲語	自分を低めて敬意を表したい	「お／ご～します」 「うかがいます」「いただきます」などの特別な形

□敬語の大切なルール

「ウチ」と「ソト」という関係を覚えましょう。

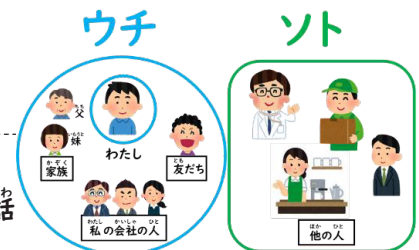
「ソト」の人に「ウチ」の人のことを話すときは、敬語は使いません！

他の会社の人：田中社長さん、いらっしゃいますか。

わたし：すみません。田中は出かけていますので、戻りましたら電話させていただきます。（社長に対して敬語は使いません）

×田中社長は出かけていらっしゃいますので、お戻りになりましたら、電話させていただきます。

ソトの人（他の会社の人）と話するとき、ウチの人（自分の会社の社長）に対して敬語は使いません。



【問題】

次の会話文の5か所を適切なかたちに直してください。

課長：フォックさん、今、大丈夫？

フォック：はい。

課長：今度のお正月休みに、両親がベトナムに旅行されるんだけど、

どこか、おすすめのところはないかな。

フォック：へえ、そうですね。どんなところが好きですか。

課長：美しい自然があるところで、ゆっくりしたいと申したいけど…。

フォック：ダナンを知っていますか。

課長：ダナン？ 有名なの？

フォック：はい。自然がとてもきれいで、ご両親、きっと喜びますよ。



ええ 旅行される → 旅行する 好きですか → お好きですか 申して → 言って 知っていますか → 覚えていらっしゃいますか 景観が → 景色が

Thank You Lance Kita 様

「阿波食」のコーナーが12月号を持って終了することになりました。

振り返れば2016年2月号を初稿としてから5年と10か月、長期にわたり、ご寄稿いただき、誠にありがとうございました。

このコーナーは、徳島の「特産物」や、徳島の食材を使った「郷土料理」、地域の伝統的な「料理方法」を紹介していただき、読者に好評をいただきました。また、徳島県民でも知らないような料理にまつわる伝統や知識を紹介していただき、外国人のみならず徳島県民も楽しく拝読させていただくとともに「阿波の食文化」を広く発信することができました。

これもひとえに Lance さんの御尽力の賜と編集部一同心よりお礼申し上げます。長きにわたり執筆いただき、どうもありがとうございました。

今後とも変わらぬお付き合いをいただきますようよろしくお願い申し上げます

The Awa Shoku column has come to end as of the December 2021 issue. We here at TOPIA would like to express our sincere appreciation for your contribution to our newsletter which began in February of 2016 and continued for 5 years and 10 months. This column was beloved by readers as it introduced local specialties, local cuisines that use Tokushima ingredients, and traditional cooking methods. Additionally, your column introduced traditions and knowledge about foods that even Tokushima's citizens didn't know, allowing for Awa Shoku to spread and be read by a wide array of people, not just foreign residents.

We would like to express our deepest appreciation for all of your contributions and help. Thank you for writing for us for such a long time. We hope that you will continue to occasionally write for us and allow readers the chance to enjoy your wonderful columns.

徳島県国際交流協会

Awa Life 編集スタッフ一同



Events & Memoranda

Awakoi Expo あわこい EXPO

What is "Awakoi"?

Awakoi is an event where you can experience the history, culture, and nature of Nishi Awa through programs held by the local people.

Continuing on from last year, we are holding the Awakoi Expo as an opening event for Awakoi!!

What is the "Awakoi Expo"?

The Awakoi Expo is a day where you experience various programs and freely enjoy Awakoi. We've prepared approximately 10 miniature programs that will allow you to understand the charm of Nishi Awa! In addition to the miniature programs, we will also have a special guest, Shunpei Osugi, who will do a photo tour and talk session; students from the Ikeda Senior High School brass band will put on a performance (11:00 at the outdoor stage), and Café culcul will prepare a special Awakoi lunch!

When: January 23rd (Sun.)
10:00 – 16:00

Where: Higashi Miyoshi-cho,
Yoshino River Highway Oasis

Inquiries: Awakoi Secretariat

TEL: 0883-87-8988

URL: <https://nishi-awa.jp/experience/awakoi>

「あわこい」とは、にし阿波の歴史や文化、自然などを活用した地域住民の方による体験プログラムです。

昨年度に引き続き、あわこいオープニングイベントとして、あわこい EXPO を開催します！！

＼あわこい EXPO とは・・・／

1日で様々なプログラムが体験でき、お手軽にあわこいを楽しんでいただけるイベント。にし阿波の魅力を感じる約10件のミニプログラムをご用意しています！今回のあわこい EXPO ではミニプログラムの他に、特別ゲスト大杉隼平さんのフォトツアー・トークセッション、池田高校生吹奏楽部による演奏会（11時～野外ステージにて）、Café culcul さんのあわこい特別ランチなども準備しております！

日時：1月23日（日） 10:00～16:00

場所：東みよし町 吉野川ハイウェイオアシス

お問い合わせ：あわこい事務局

TEL：0883-87-8988

URL: <https://nishi-awa.jp/experience/awakoi>



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)