

# awa life

Uji City - The Perfect Day  
Trip?

Nov. 2024

# 408

SUKETO NAKAYOSHI

The Story a Bone Can  
Tell

My Trip to Naruto City



Photo Credit: Saku Karasuno  
Taken in Miyoshi City, Tokushima

TOPIA

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



Welcome to November! I hope you have all been enjoying the autumn so far. As the weather continues to cool down, we are finally entering what many consider to be peak onsen season. Of course, there are some hardcore onsen lovers that go year-round, but personally I'm a little too weak to the heat to do that. In my opinion, nothing tops visiting an onsen or an outdoor hot-spring (called a 露天風呂、ろてんぶろ) while it's chilly outside. If you do take advantage of the season and take a dip, make sure to drink water and stay hydrated!

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,  
Riley and Lisa



**awalife@gmail.com**

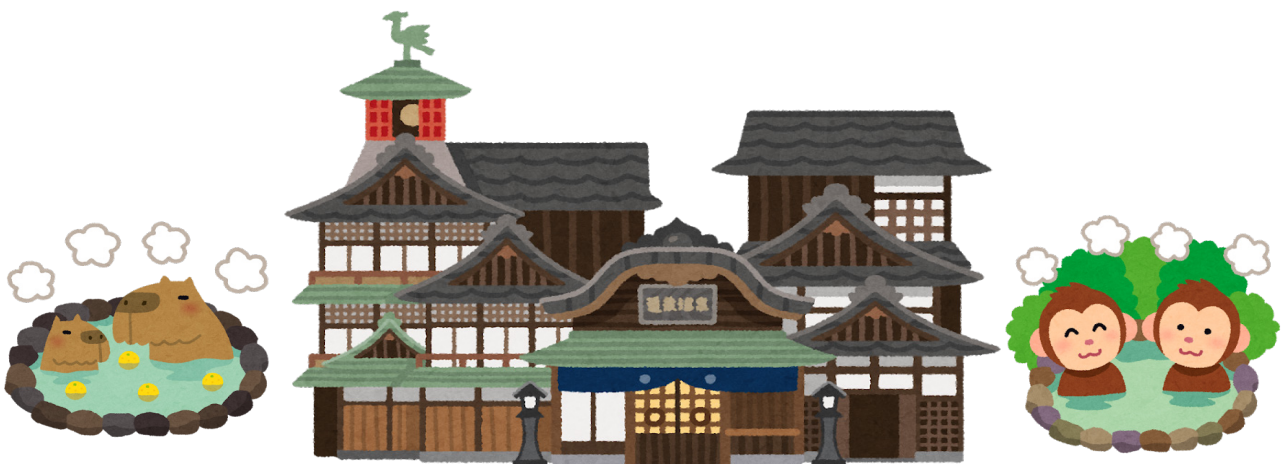
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*Download a PDF file of awa life or view the online version by going to TOPIA's website!*



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## *The Story a Bone Can Tell*

*By: Jared Goodstadt*

Japan is a nation famous for many things. Dinosaurs, however, are certainly not one of them. This isn't the UK or Sweden, where in some places you can't go for a stroll without tripping over a bone. This a land of volcanoes, earthquakes, and landslides. It is a land where researchers can go years at a time without finding a single skeleton. This isn't to say that Japan didn't have dinosaurs of course, but these islands simply do a very good job at destroying their remains long before they're ever found.

On the island of Shikoku, dinosaurs have only ever been discovered in a single location, in the foothills surrounding the tiny Tokushima town of Katsuura. Why Katsuura, and not Tokushima City, or Komatsushima, or Anan? Well, millions of years ago, back when dinosaurs wandered the

earth, Shikoku was underwater. All across the island fossilized seashells have been found dating to this time. Seashells, however, don't exactly bring in the crowds. Sorry Mugi, you tried your best. Back then the borders of the continent were

not the same as they are today, and the Chinese and Korean coasts were much closer than they currently are. It was from the Asian mainland that a large river flowed, carrying with it the dead bodies of dinosaurs that had drowned in the regions many typhoons. This river washed these dead animals out to sea on an almost yearly basis. Out on the rolling waves, some were eaten by sharks, some simply drifted away with the

currents, and some sank to the ocean floor exactly where the modern town of Katsuura now sits today. Katsuura, it seems, is a graveyard for some of the truly unluckiest dinosaurs.



The dinosaurs' bad luck, however, is a Paleontologists good fortune, and a team of scientists from the Tokushima Prefectural

Museum is now heading out to the town of Katsuura where they will be digging for the next three months searching for remains. With any luck, they may just find something worth telling you all about.

## Uji City - The Perfect Day Trip?

By: Anonymous Contributor

I am always on the lookout for new places to explore that are just a day trip away from Tokushima. Lucky for us here in Tokushima, there are many express buses that we can take, from the warm orange orchards of Ehime, to the bustling nightlife clubs and bars of Tokyo. Kyoto is a popular destination for us Tokushima ALTs, being a very affordable ticket from Tokushima station. But what do you do when you have already enjoyed the popular sights in Kyoto? The city itself has a lot to offer, but so do many of the cities and towns right outside of Kyoto. Over this last summer I was able to visit a small gem of a town called Uji.



Uji city, only a short train from Kyoto Station, is a small town that has been around before the Edo period in the 1600s. When I first arrived, I was completely ignorant of the stuff one could see or do there. The only reason why I even happened to pop by was for a quick look at the famous Byodo-In Temple. If you don't know what the Byodo-In Temple is, take a look in your coin purse. It is the temple that you can find on the back of the 10-yen coin. Uji is also home to the oldest Shinto shrine still standing in Japan, Ujigami Shrine. It was built so long ago they don't know the actual date, but it still maintains the title of being the oldest because historians do know that the shrine was a prominent and highly established shrine before the year of 1060.

While we did soak in the nostalgic and peaceful atmospheres of the old shrines and famous temples in Uji, they were not the only things we enjoyed in Uji. The oldest continually running tea shop in Japan

is also in Uji. Tsuen Green Tea which has been in business since 1160 has been producing the green tea that the region is famous for, it and many other tea houses serve plenty of Uji's specialty green tea, matcha, matcha-flavored dishes and desserts. And if that wasn't good enough for you, Uji city has a community center where visitors can roast and grind up their own matcha to drink!

In Uji, whether you're beside the river taking in the traditional streets, or exploring the more modern shops, you cannot escape the benevolent and knowing gaze of Murasaki Shikibu, the credited author of the Tale of Genji. Always depicted in her junihitoe (12 layered kimono) with her long black hair flowing down her back, you can see Lady Murasaki throughout the city. Many of you readers may know of the Tale of Genji, or have at least heard of it. Some scholars consider it to be the VERY FIRST novel ever written! Needless to say, the Tale of Genji is a big deal here in Japan. There is even a museum in Uji where you can enjoy exhibits and videos showing different scenes from the story and even an English audio tour (for free!). They had several interactive games and activities that were (for free!).



If you ever have a spare weekend, I would recommend the scenic walkways and picturesque venues of Uji. The river, mountains, and forests of Uji have been a special place for me and I hope that you, dear reader, have the opportunity to enjoy it yourselves, even as a day trip from Tokushima.

## My Trip to Naruto City

By: Qin Yao

The city of Naruto is full of mystery and splendor. Known as being among the top three greatest whirlpools in the world, the Naruto whirlpools found there have earned the city worldwide fame. How wonderful a sight must it be to see the whirlpools form in the vast ocean? For me, who had only ever seen small whirlpools formed in small rivers, just imagining it made my heart pound.

When someone says the word “Naruto,” the first thing I think of is the anime of the same name. Perhaps the manga’s author, Kishimoto Masashi, drew his inspiration from the swirling whirlpools and decided to name his protagonist, Naruto Uzumaki, after the city? Or perhaps he got the name from the flower shaped, swirl-featuring ramen topping (which, coincidentally, was named after the city of Naruto itself!) Armed with these questions and propelled by my curiosity, I set foot towards the city to experience it myself.

There are three main ways of experiencing the famous Naruto whirlpools. The first is to hop aboard the large sightseeing boat Wonder Naruto. The second is, similarly, to board the small underwater sightseeing boat Aqua Eddy. Lastly, many people choose to enjoy the sight of the whirlpools from the Onaruto Bridge, walking on what is called the Uzu-no-Michi. The Uzu-no-Michi (which literally translates to whirlpool path) is a 450 meter long, 45-meter-tall footpath on the bridge from which you can look down and view the whirlpools below. Watching from above is a thrilling experience, as it almost looks like the boats below will be sucked right in to the swirling vortexes. On the other hand, riding the sightseeing boat was a completely different experience. Rather than being tossed around by



the whirlpools like one might imagine, the boat instead moved straight through them steadily. While some of the smaller whirlpools began to break off and circle the boat as we passed, the larger ones held firm as the boat moved through them.

As for how the mystery of how the whirlpools are formed, the phenomenon is a product of clashing sea waters at differing water levels. In the Naruto Strait, waters from the Pacific Ocean and the Seto Inland Sea meet and converge. Due to the strait’s unique topography, waters from these two sources at high tide and low tide levels reside directly adjacent to each other, resulting in a difference in sea levels reaching up to 1.5 meters. On top of that, the waters are moving very quickly through the narrow strait. This speed, combined with the differing sea levels, means that when the waters crash into each other the famous Naruto whirlpools are formed.



*Naruto Whirlpool, Awa Province*  
By Utagawa Hiroshige

Naruto’s picturesque blue skies and seas, along with the view of the far away islands across the Seto Inland Sea that appear and disappear with the waves, speak volumes about the wonder of nature. Utagawa Hiroshige, famed ukiyo-e artist, was inspired by the same views in 1857 when he

## My Trip to Naruto City

created the piece Naruto Whirlpool, Awa Province. In the piece, the artist's skill and careful attention to detail brings the image of the whirlpools to life, practically blooming from the page.

Naruto City is a place that draws people in. Its countless tourists can not only experience the beauty of nature and feel the fresh sea breeze on their skin, but also taste the local delicacies like Naruto Kintoki sweet potatoes and fresh sea food. Everyone, I hope that you, too, will have the opportunity to visit the city of Naruto. I think that you will find yourself touched by the second-to-none views and delicious foods like I was.



## Letter from SUKETO NAKAYOSHI

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

As children grow and gain various new experiences, they become more confident and develop a desire to help others. At our childcare center, when we ask the kids for help with something, they respond with great enthusiasm. And afterwards, when we thank them for the help, they always show us a great big smile and seem very happy. What about the children in your lives, everyone?

Giving your child tasks to help with will greatly aid in their growth. Here are a few examples of how:

- ① It helps them learn the basics of daily life.
- ② By gaining experiences, children learn to think through their course of action and how to do things well, and gain the power to take on any challenge.
- ③ Feeling a sense of accomplishment will lead to them feeling more motivated and confident next time as well.
- ④ Through helping others, children learn what it is like to make someone else happy through their actions, which in turn makes them happy and reinforces their desire to help others in the future.

When your child expresses a desire to help, seize that chance! Start with something simple and allow them to help little by little. The secret to success is to not demand perfection, but to acknowledge the child's willingness to try, and

even if they don't do it perfectly, to not fix it or make corrections in front of them. Also, don't forget to tell them "Thank you!"

### Homemade Sweets: Rice Flour Cake with Strawberry Jam (Serves 4 people)

- ① Sift together 80g of rice flour, 3.2g of baking powder, and 7.2g of sugar and mix.
- ② Add 80g of soy milk into the mixture from step ① and mix.
- ③ Pour salad oil (cooking oil) into the mixture from step ②. When making a larger quantity, it is easier to mix by adding the salad oil in a little at a time.
- ④ Add 32g of strawberry jam into ③ and mix.
- ⑤ Pour mixture into a cake pan and bake at 170 °C for 25-30 minutes. (If the batter does not stick to a toothpick/fork, the cake is done.)



# Tokushima Culture and Reading Corner: 大谷焼

By: Shoko Nomizu

日本には、その地域によって、独自の陶器があります。ここ徳島県では、鳴門市大麻町の 大谷焼が有名で、約230年の歴史があります。徳島で有名な 藍染めの 藍の 液を 入れるための 大きな甕が 必要だったため、大谷焼は 発展しました。

大きな甕を 作るときには、「寝ろくろ」という 特別な 技法で 作ります。また、これらの大きな甕を 焼き上げる 「登り窯」の 大きさは 日本一と いわれています。

大谷焼の 特徴は ざらりとした 風合いと 金属的な 光沢です。素朴な こげ茶色が 一般的ですが、深い 銀色や 灰色の 作品も あります。近年は、湯のみや茶碗などの 日用品から、大谷焼のイメージに とらわれない作品まで さまざまな 物が 作られています。

大麻町には 大谷焼の 窯元が 数軒あります。秋の さわやかな 空気を 感じながら、あなただけの 大谷焼を 作ってみては いかがですか？



## Vocabulary List

独自: unique, original 陶器: pottery 藍染め: indigo dye 液: liquid  
 甕: earthenware pot 発展: development 技法: technique 登り窯: climbing kiln  
 特徴: characteristic ざらり: rough 風合い: texture, feel 金属的: metallic  
 光沢: luster, polish 素朴: simple 一般的: general 日用品: daily necessities  
 とらわれない: to not be swayed by 窯元: pottery (the place where pottery is made)  
 数軒: several buildings さわやかな: refreshing, pleasant

## First-person Pronouns Pt. 1

By: Riley Henke

## Nihongo Know-it-all

How do you refer to yourself in Japanese? Japanese is a language that is notorious for having a large number of first-person pronouns. Many people are taught to use 私 (わたし, watashi) by default when first learning Japanese, and it's generally considered the most "neutral" option of the first-person pronouns. These next two months, we're going to learn about some of the other options for how to refer to oneself when "watashi" starts to feel stale.

While boundaries have become less rigid in recent years, first-person pronouns are often still taught grouped by gender and even age. Since each evokes a certain feeling to the listener, native Japanese speakers will often use multiple first person pronouns depending on the situation and who they are speaking to, and will switch between them fluidly. Some may even use different pronouns in the same conversation! Here are some of the most commonly used first-person pronouns in Japanese:

私 (わたし) - Neutral, often used in business settings, gender-neutral

私 (わたくし) - Formal, often used when speaking to superiors, gender-neutral

僕 (ぼく) - Commonly used by young males, youthful

俺 (おれ) - Commonly used by adolescent/adult males, casual

アタシ - Commonly used by females, casual

うち - Commonly used by females in the Kansai region, casual

Check back in next month for even more options to expand your repertoire!



## 「たえず」「たびたび」「たまに」

With countless examples such as 「とても」「よく」「あまり」 and 「ぜんぜん」, Japanese is said to be a language that has a very large amount of adverbs. Unlike verbs or nouns, it is possible to form a sentence without the use of adverbs, however, they are still very important since they help the speaker provide more detailed information. Often these adverbs have very similar meanings, and many find it difficult to distinguish between them. Last month, we learned three adverbs describing degree and quality, 「すごく」「かなり」 and 「すべて」. This month we will study three new adverbs, this time those which describe frequency.

1. 「たえず」 means that an action is done constantly or continually without stopping. It is *not* used to describe habits or the unchanging state of something.

- ・心臓はたえず動いています。
- ・吉野川の水はたえず流れていて、止まることはありません。
- ・都会へ続くこの道路は、夜中もたえずトラックが走っている。
- ・週末の夜は、いつも（×たえず）友達と飲みに行きます。



2. 「たびたび」 describes an action that is done over and over again.

- ・「たびたび申し訳ございません。田中さんをおねがいします」(When calling several times in a short period of time.)
- ・学生の頃は、たびたび遅刻して先生に叱られたものだ。
- ・「徳島自動車の鈴木さんは英語が上手ですね。」「彼はたびたび仕事で海外に行っているからね。」

3. 「たまに」 describes an action that is done infrequently, or occasionally. It invokes the feeling that the action is unusual or rare for the speaker to do.

- ・徳島では雪は珍しく、たまに降ると子供たちは大喜びです。
- ・わたしの仕事は日曜日にも出勤することが多く、たまに休めると主人と出かけます。
- ・メロンなんて、わたしの家ではたまにしか食べられないよ。

ことば いみ  
言葉の意味

- ・心臓 Heart
- ・手書き Handwritten
- ・打ち寄せる To break onto shore
- ・付き合い Acquaintanceship
- ・進化する To advance/evolve

Let's practice. Choose from the following and finish each sentence: 「たえず」「たびたび」「たまに」

1. 最近ではEメールばかりだが、( ) 手書きのハガキをもらおうといい。
2. 海の波は( ) 浜辺に打ち寄せています。
3. 彼女は( ) 同じ質問をしてくるので、少し困っています。
4. 彼とは( ) 連絡するだけだが、もう20年の付き合いだ。
5. ( ) お手数おかけしますが、よろしく願いいたします。
6. ( ) 進化する技術に追いつくため、勉強しなければなりません。

答え：1. たまに 2. たえず 3. たびたび 4. たまに 5. たびたび 6. たえず

参考文献：『にほんご単語ドリル』アスク出版

# Events & Memoranda

## Todoroki Shrine Autumn Festival 2024 轟神社秋季例大祭り

The Annual Autumn festival, held on the second Sunday of November every year, and is famous for the "abaremikoshi" spectacle, whereby the "mikoshi" (portable shrine) is carried down the steep stone steps descending from the main shrine to the Todoroki waterfall. In this ritual, the mikoshi is plunged into the waterfall basin, unfolding into a magnificent scene that unites the bearers, mikoshi and nature.

When: November 10th (Sun.)

14:00 – Todoroki Shrine Ceremony

14:30 – Mikoshi Carrying (Main Shrine to Waterfall)

\*Event dates and times may change, so please refer to the website for the latest information.

Where: Kaiyo, Hirai Kareidani 21-1, Todoroki Falls

Inquiries: Kaiyo Town Tourism Association

TEL: 0884-76-3050

URL: <https://www.kaiyo-kankou.jp/en/event/todoroki-autumn-festival/>

毎年 11 月第 2 日曜に行われる例大祭は、神社を出発して急な石段をかけ降り本滝に向かう暴れ神輿が有名で、特に御神輿を担いだまま滝壺に入る滝渡御では人と神輿と自然が一体となるような荘厳な情景が繰り広げられます。秋の紅葉真っ盛りの轟溪谷のほぼ中央に位置し、自然の残った環境が素晴らしい。

日時： 11 月 10 日（日）

14:00 ～轟神社で祭儀

14:30 ～轟本滝神社への神輿お滝入り

※開催日時は変更になる場合がございますので、最新情報はホームページでご確認ください。

場所：海陽町平井字王余魚谷 21-1

問い合わせ：海陽町観光協会

TEL：0884-76-3050

URL：<https://www.kaiyo-kankou.jp/event/event-1055/>

## Naruto City "Isu - 1GP" Office Chair Race! いす -1GP2024 徳島鳴門大会

The "Isu-1GP" is a fierce office chair race held in Naruto City's Omichi Giten Shopping district in which competitors will race around a 2-hour long course. Participants come from all over the country to compete in this fierce battle, so come watch as they fight to the very end! There will also be simultaneous events happening in the shopping district.

Date and time: Sat. November 16, 2024 18:00-20:00

Location: Naruto City Omichi Ginten Shopping District

For inquiries: Naruto City Omichi Ginten Shopping District Promotion Association

Phone: 088-685-3749

Website (Japanese only): [https://omichi.naruto-mon.jp/info/100yen\\_2/isu-1gp](https://omichi.naruto-mon.jp/info/100yen_2/isu-1gp)

大道銀天街特設コースを舞台に事務いすでレースを競い合う「いす -1GP」を開催します。キャスター付きの事務椅子に乗って商店街を 2 時間走り続けるレースです。参加者も地元の人のみにとどまらず、全国各地から『熱い』猛者が集い、鎬を削る大会となっています。最後まであきらめない熱い想いを持つ各チームの熱戦をぜひ見届けてください！商店街では同時開催イベントもお楽しみ頂けます♪

日時： 11 月 16 日（土）18:00 ～ 20:00

開催地：鳴門市大道銀天街

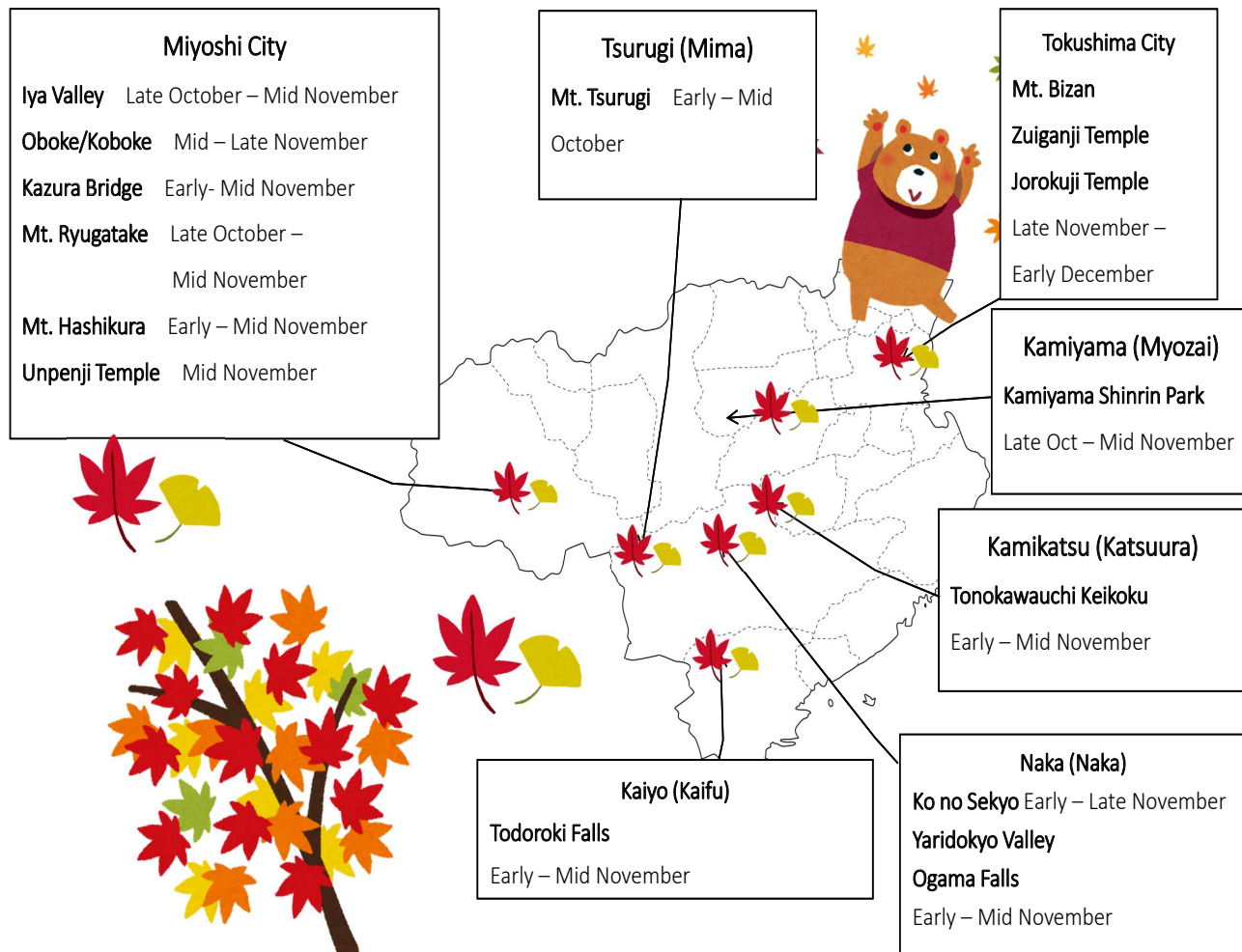
お問い合わせ：鳴門市大道銀天街振興組合

Tel：088-685-3748

URL：[https://omichi.naruto-mon.jp/info/100yen\\_2/isu-1gp](https://omichi.naruto-mon.jp/info/100yen_2/isu-1gp)

# Events & Memoranda

## Tokushima Fall Foliage Map 2024 徳島紅葉マップ 2024



## Tokushima Marathon 2025! とくしまマラソン 2025 !

The Tokushima Marathon 2025 has been announced! The marathon will take place on March 3, 2025. If you plan to participate make sure to sign up and get more information by following the QR code to the official website.

とくしまマラソン 2025 大会が 2025 年 3 月 23 日（日）に開催されます！  
2024 年 11 月 7 日（木）10 時よりエントリー開始です。（先着順）  
詳細は QR コードで確認してください。



## Counseling 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.

**Japanese, English, Chinese:** Everyday, 10:00 - 18:00 (closed during the New Year's holidays)

**Vietnamese:** Mondays, Wednesdays, Thursdays, Fridays, 10:00 - 14:00

Saturdays, Sundays, and holidays, 10:00 - 18:00 (closed during the New Year's holidays)