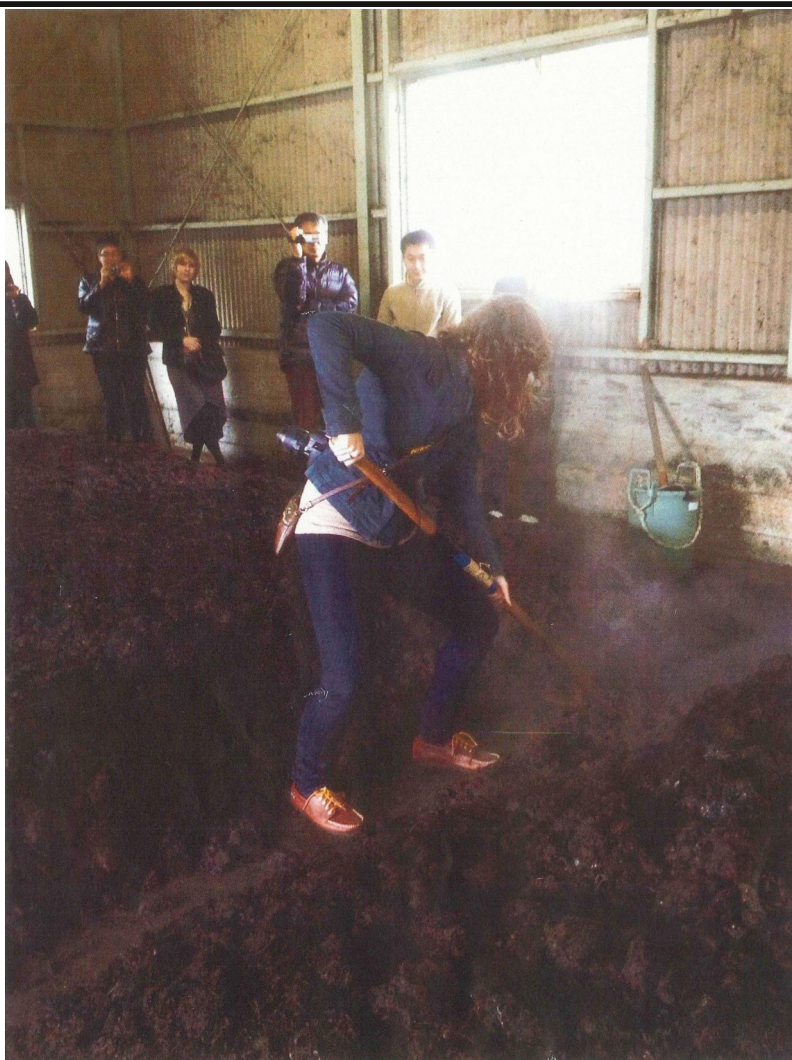


## indigo – awa's cultural heritage

alysha kupferer  
(awa culture second prize)

Prior to traveling to Japan, I had read about many of the traditions we were going to see and I had worked in small ways already with natural indigo and its production. But after having the full hands-on experience with all of these processes in Japan, I have realized that in order to truly appreciate a tradition one must first fully understand what makes it unique. Uniqueness comes from the materials of the tradition and even more from the people who keep it and the spirit in which those people preserve it.



how to make indigo (photo by alysha kupferer)

These elements of uniqueness are what struck me most during my study in Tokushima. The materials of

the traditions are special to which the people of the place just as in many Tokushima uphold the traditions, but the manner in character of the traditions is

**indigo - awa's cultural heritage ...continued on page 3**

## inside awa life this month

page 3: indigo - awa's cultural heritage;  
page 4: letter from suketo hoikuien; 5: irene's recipe corner;  
page 6: japanese lesson; page 7-12: events & memoranda

**awa life** is a monthly publication of the Tokushima Prefectural International Exchange Association (TOPIA)

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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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## show tokushima some love: awaglot

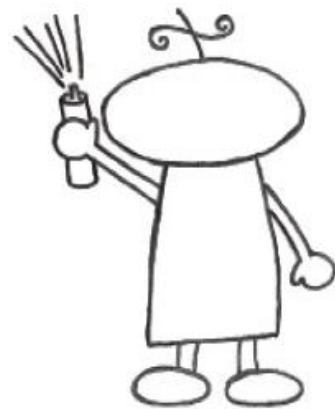
The literary corner of Awa Life, Awaglot, is a combination of the words "awa" and "polyglot", which means multilingual. Be it fiction, non-fiction, prose or poetry; funny, sad, long or short, we want your submissions! If you like to write, then express yourself!

There is also a classifieds section for you, our readers, to post ads in, but a few rules do apply!

**The following will not be posted:** Religious, political, or commercial activities, businesses searching for clients or employees, things the Awa Life editors deem inappropriate.

**BUT, you can totally submit this stuff:** concerts, lectures, and other event information, cultural, sporting, and other community group information, etcetera.

If you have something you would like to share with the Tokushima community, email the editors at [awalife@gmail.com](mailto:awalife@gmail.com)!



cherry blossom at the tokushima central park (photo by martin rathmann)



precision work (photo by alysha kupferer)

distinctly inspirational. Even though they hold these traditions dear, they do not simply keep them to themselves. Rather, it is that exceptional type of affection whereby the more it is loved the more it must be shared.

I feel touched to have had these enthusiasms shared with me. I felt both respect and trust bestowed on me by the mere fact that these traditions were shown to me. Something like the very specific ways that indigo is composted seems as though it is a method that might be guarded, but I was surprised to be so kindly welcomed and to have all my questions answered. Never once did I feel like an

outsider - and this is the most remarkable part of my experience. Over and over again I encountered not just an enthusiasm to share knowledge with me, but an enthusiasm to continue sharing it with me with invitations to come back and learn more at any time. It seems to me that tradition for the people of Tokushima is not just a part of history, but a point of authentic pride. And they make this pride stronger through sharing its uniqueness with others.

In my time with the indigo producers I saw the amount of labor that it took to create dye from the plant and recognized how valuable the physical material is to

the people who work with it. One little indigo plant holds so much potential, but it must be cared for and its value recognized. The plant must go from farmer to producer to dyer in order for it to realize its full meaning it does not exist on its own. These traditions are the same. Their value is so great that they cannot be looked after by one person alone, but must be passed between those who share in enthusiasm and love for the materials and processes. I feel as though I have been given a gift, a little indigo plant, and now that it is here at home in my heart I want to respect what I was given and cherish it... share it. And watch it live.



It's starting to feel like spring is finally upon us, and the cherry blossoms are approaching full bloom. Spring is a season where beauty can be found not only in the flowers, but also in the green of the trees – be sure to make the most of spring's natural beauty to refresh both your body and soul. This month I will be showcasing an article published in last month's issue of parenting magazine Cooyon; "Raising an independent child: The adult mindset".



ai no yakata  
(photo by martin rathmann)

1. Demonstrate each action slowly; children master actions through the process of imitation and repetition.
2. Establish procedures when demonstrating; this will improve the child's ability to anticipate and plan.
3. Adult's actions define what can or cannot be done; creating an environment which is easy to tidy is crucial to the child mastering tidying skills.
4. Be on hand to offer help; Offer casual support whilst respecting the child's desire to attempt things for themselves.

5. Allow the child to repeat actions for as long as they desire; children love to repeat actions they have mastered – this should be indulged without complaint.

Reference these points when you find something you would like your child to master!

**Materials:**

- Sheet of paper (origami paper size)
- Paper Clip

**Instructions:**

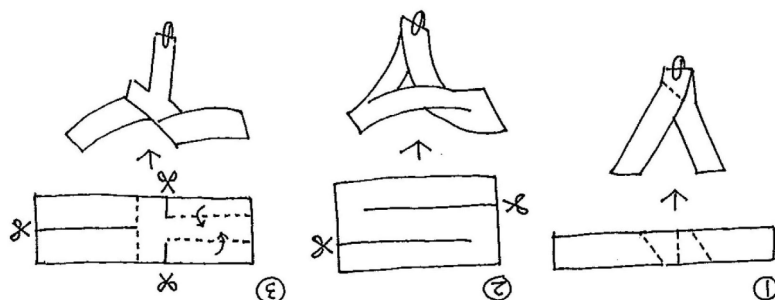
1. Cut and fold the paper as shown in (1), (2), or (3)
2. Attach the paper clip to the bottom

**How to Use:**

When released from a high place, the glider will spiral to the ground.



**This month's craft:  
Paper Glider**



Spring is a time to enjoy delicate new shoots and flowers. In Japan it also signifies new beginnings, be that at school or work. For some, it can mean the start of preparing a daily "Bento".

Fill that veggie space in your packed lunch or dinner plate, with these simple recipes:



## **NANOHANA with mustard (rape blossoms)**

**Ingredients:**(serves 4)  
1 packet/bunch of rape blossoms (washed)  
1 Tbsp of soy sauce  
2 Tsp of spicy mustard (karashi)  
1 Tbsp of white miso  
2 Tbsp of dashi

### **Preparation:**

1. Bring lightly salted water to boil in a large pot.
2. Boil nanohana for about a minute, until it is soft but retains a firm bite.
3. Drain and dip in cold water. Squeeze the excess water and cut the nanohana in half.
4. In a separate bowl, mix the remaining ingredients together.

## **spring greens**

5. Add the nanohana and mix thoroughly.
6. Serve chilled or at room temperature.

## **ASPARAGUS with mayo and avocado**

**Ingredients:**  
(Serves 4)  
8-10 stems of green asparagus  
½ small size avocado  
1 Tbsp of mayonnaise  
1 Tbsp of lemon juice/  
white vinegar  
Salt and pepper to taste

### **Preparation:**

1. Snap the lower, tough edges off, and lightly boil the asparagus in lightly salted water for 2-3 minutes.
2. Drain and shake in ice cold water. Drain excess water.

3. In a bowl, peel and mash the avocado. Add the lemon juice and mayonnaise. Blend well.
4. Cut the asparagus into bite size pieces and mix it into the dressing.
5. Serve.

\* Sprinkle some crushed unsalted peanuts for a bit of crunch.



(1) You hear noises coming from a nearby apartment – what’s happening inside?

1. 「いただきます。」  
 ・ ・ ・ 今いまから (ごはんを) \_\_\_\_\_ ところです。
2. 「これ、おいしいね。」  
 ・ ・ ・ 今いま、 (ごはんを) \_\_\_\_\_ ところです。
3. 「ごちそうさま。」  
 ・ ・ ・ (ごはんを) \_\_\_\_\_ ところです。



**解答 (Answers)**

1. 食たべる 2. 食たべている 3. 食たべた

\* The 「～ところ」 grammar point is frequently used in the first person to describe what you are doing. Actions which will be commenced immediately take [V-dic form + ところ], and actions just completed take [V-たところ]. An action occurring at the time of description is described using [V-ているところ].

(2) Which of the following shows “good timing” on the part of B?

1. A 「ただいま。」  
 B 「お帰かえり。今いま、ごはんできたところよ。」
2. A 「もしもし、Bさん？今いま話はなしてもいい？」  
 B 「ごめん！今いまから出でかけるところなの。」

\* The answer is #1. B’s timing is perfect. In scenario #2, B’s phone call is badly timed. In Japanese, 「～ところ」 implies the quality of timing regarding that particular situation.

(3) Let’s Practice! Fill in the gaps with appropriate phrases.

1. [待ち合あわせで] (Meeting someone)  
 A 「待まった？」  
 B 「ううん、私わたしも今いま \_\_\_\_\_ ところ。」
2. [大学だいがくのキャンパスで] (On campus)  
 A 「もしもし、Bさん、今から飲のみに行くんだけど、一緒いっしょにどう？」  
 B 「ごめん。今いま \_\_\_\_\_ ところだから、あとから行くわ。」
3. [職場しよくばでランチタイムに] (Lunchtime at work)  
 A 「Bさん、おつかれさま。どこ行くの？」  
 B 「駅前えきまえのうどん屋や。Aさんは？」  
 A 「私わたしもうどん屋やに \_\_\_\_\_ ところだよ。一緒いっしょに行こう。」

**解答例 (Example Answers)**

1. 来きた／着ついた 2. 宿題しゅくだいのレポートを書かいている 3. 行く

## Let's Speak Queen's English クイーンズイングリッシュの会

イギリスに留学経験のある方、または興味ある方、なつかしいイギリスの思い出話、文化、文学をイギリス人と一緒にクイーンズイングリッシュで話しませんか？

For those who have studied in the United Kingdom, have an interest in or are missing Great Britain, or just want to talk about culture and literature, why not speak Queen's English with British people?

日時： 4月20日(土)  
10:30-12.00  
毎月第3土曜日  
場所： 小松島中央公民館  
Tel： 090-9555-7776

When: 20. April (Sat)  
10.30-12.00  
every 3rd Sat./month  
Where: Komatsushima  
Central Community Center  
Tel: 090-9555-7776



## Shiozuka Highlands Field Burning



Running along the borders of Tokushima & Ehime Prefectures, the 1043m Shiozuka Ridge is surrounded by a plateau of around 100 hectares. Timed with the arrival of spring, this event will see 20 hectares of the area burnt to the ground. The focal point of the event is the grandeur of the shapes drawn by the orange flames.

When: 6. April (Sat) 18:00 ~  
Where: Shiozuka Highlands Camp Site  
Info: Shiozuka Highlands Camp Site  
Tel: 0883-86-3077  
URL: <http://www.yamashiro-info.jp/shiozuka/>

## Hana Haru Festa 2013

The Hana Haru Festa is Tokushima's big spring event! Famous dance troupes roll out through Aibahama Park (close to Tokushima station), displaying their elegant and energetic interpretations of the Awa Dance; Tokushima's favourite Ramen restaurants congregate for the highly regarded Tokushima Ramen Expo; there is an Awa Odori Dance contest; traditional craft booths offer hands-on experiences including Indigo dying and more! Tokushima's charms are cram-packed into this 3 day event, so be sure to not miss out!

When: April 19th (Fri) – 21st (Sun)  
 Where: Tokushima City  
 (Awa gin Hall, Aibahama Park, Shinmachi Riverside Park & more!)  
 TEL: 088-655-7331  
 URL: <http://ameblo.jp/hanaharu-f/>



## Tokushima LED Art Festival 2013

Starting with Nichia Electronics (developer of the blue LED), Tokushima is home to a large number of LED related companies, gaining it the name "LED Kingdom Tokushima". This year the city will once again play host to Tokushima's LED Art Festival, which sees around 50 art groups from Japan and abroad lighting up the aquapolis that is Tokushima.

When: 20.April (Sat) ~ 29.April (Mon.);  
 10 days.  
 Where: Tokushima City (Hyotan Island area)  
 Info: Tokushima LED Art Festival  
 Implementation Committee  
 Tel: 088-621-5225  
 URL: <http://tok-led-artfest.net/>





## Have Fun Learning Japanese!!

Come and learn Japanese while your child is kept under the care of professional nursery staff.

**When: Every Wednesday,**

**10:30~12:00**

**Where: TOPIA (1-61, Terashimahon-cho Nishi  
Tokushima City, CLEMENT PLAZA 6F)**

**Inquiries: TOPIA**

**TEL:088-656-3303 FAX:088-652-0616**

**E-MAIL: [coordinator2@topia.ne.jp](mailto:coordinator2@topia.ne.jp)**

★If you would like childcare, please reserve.

★Childcare is free.



## Do you have a child to look after?

Do you want to learn Japanese, but can't find the time while looking after your child?

Do you want to interact with more people?

If that sounds like you, come along to this fun Japanese Class at TOPIA!

The professional nursery staffs take care of your child while you're learning Japanese!!

Please bring a favorite toy or snack of your child!



In April 2013, the location was moved from Suketo Hoikuen to TOPIA.



# events & memoranda

## TOKUSHIMA PREFECTURE 2013 JAPANESE SPEECH CONTEST

1. **PURPOSE** True internationalisation cannot be achieved without first coming in touch with of 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 international understanding and cooperation.
2. **DATE & PLACE** July 21<sup>st</sup>, 2013 (Sunday), 13:30 - 16:30  
Awagin Hall (Tokushima Prefecture Kyodo Bunka Kaikan)  
Small Hall (5F)
3. **CONTESTANTS** A total of 10-12 contestants will be chosen from the applications. Only foreign residents of Tokushima Prefecture whose native language is not Japanese and who have not previously participated in this speech contest are eligible to apply. Also, to provide the event with as much international character as possible, only one person from any one country is permitted to take part (a maximum of two people are permitted to take part if there are many applicants from one country).
4. **THEME** The topic is left to your discretion, but it should relate to the event's purpose of international understanding and international cooperation.
5. **LENGTH** Speeches should be no more than 7 minutes in length.
6. **WHERE TO APPLY** Tokushima Prefectural International Exchange Association. (TOPIA)  
〒770-0831 Tokushima-shi, Terashima-honcho, Nishi, 1-61,  
Tokushima Clement Plaza 6F  
TEL: 088-656-3303 FAX: 088-652-0616
7. **HOW TO APPLY** Please fill out the application form available at TOPIA and mail it to the above address or fax it to the above number. Alternatively, you may submit your application in person.
8. **DEADLINE** May 24, 2013 (Friday) Applications must be turned in by 5:00 pm.
9. **AWARDS** Grand Prize --- one person  
The Tokushima Prefectural Assembly's Chairman of the Federation of International Exchange Assembly Members Award --- one person  
Runner Up Awards --- to be decided  
Special Awards --- to be decided
10. **SPONSORED BY** Tokushima Prefecture International Exchange Association (TOPIA)
11. **CO-SPONSOR (TBA)** Tokushima Regional Conference for Promotion of Student Exchange
12. **WITH THE SUPPORT OF (TBA)** The Tokushima Prefectural Assembly's Federation of International Exchange Assembly Members  
Tokushima International Association (TIA)  
Awa Bank  
Tokushima Bank
13. **ADDITIONAL SUPPORT FROM (TBA)** NHK Broadcasting, Tokushima Bureau  
JRT Shikoku Broadcasting  
FM Bizan  
FM Tokushima  
Tokushima Newspaper

The First Grader (movie)	When:	7. April (Sun), 14.00 ~
English with Japanese subtitles. Info and application at JICA Shikoku (087-821-8824).	Where:	Wakimachi Theater
	Cost:	Free



青年海外協力隊／シニア海外ボランティア  
**シネマ & 体験談 & 説明会**

**4/7** 日

**場所** 脇町劇場 (オデオン座)

14:00～／無料上映会「おじいさんと草原の小学校」  
 16:00～／JICAボランティア体験談&説明会

お問い合わせは

JICA四国 (映画イベント担当) **TEL.087-821-8824**

**入場無料**

<申込順>  
 定員100名

お問い合わせ・お申し込み等、詳しくは裏面をご覧ください

<b>The Economics of Happiness</b> (movie)	When:	14. April (Sun) 14.00 ~
English with Japanese subtitles. Info and application at JICA Shikoku (087-821-8824).	Where:	Asty Tokushima
	Cost:	Free

人や自然とのつながりを取り戻す暮らし方を探るドキュメンタリー

*The Economics of Happiness*  
**幸せの経済学**

今、問われる幸せとは？ 真の豊かさとは？

監督:ヘレナ・ノーバーク=ホッジ (ラダック機かい未来 | 著者)  
ステイブン・ゴリック、ジョンページ  
出演:ヘレナ・ノーバーク=ホッジ、ワナンダ・ジヴァ、辻 信一 ほか  
2010年/65分/英語・日本語 | 配給・宣伝:ユナイテッドビープル  
An ISEC Production  
日本語版: www.shikoku.or.jp | 英語版: www.theeconomicsofhappiness.org  
映画「幸せの経済学」を制作したThe International Society for Ecology and Culture (ISEC)は、世界各地の国境を越える活動をするNPOです。是非ともお問い合わせください。 www.isec.org.uk

青年海外協力隊/シニア海外ボランティア

## シネマ & 体験談 & 説明会

**4/14** 日

場 所 アスティとくしま 第2特別会議室  
14:00~/無料上映会「幸せの経済学」  
15:30~/JICAボランティア体験談&説明会

お問い合わせは  
JICA四国 (映画イベント担当) **TEL.087-821-8824**

**入場無料**  
<申込順>  
定員100名

お問い合わせ・お申し込み等、詳しくは裏面をご覧ください

## Counselling Service at TOPIA トピアの相談窓口

TOPIA offers a counselling and advisory service to all foreign residents to help with issues involving accidents, working conditions, housing, visas, international marriage, and more. Counselling is available in English and Japanese. Please note that although every effort will be made, we may not be able to deal with all cases.

Monday to Friday, 10:00 - 16:30  
Tel. 088-656-3303 or 088-656-3320  
(allows three-way conversations with an interpreter)

## 正しい知識で差別解消