



Tsugaru Life

English through Local Topics

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Tsugaru Life:

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Local Topics

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Introduction はじめに

はじめに

本書の目的は、弘前を訪れたさまざまな国の人々に、地域の皆さんが英語でこの地方を紹介できるよう、本書を活用していただくことです。

2018年3月に初めて弘前大学イングリッシュ・ラウンジに弘前市民の方々を招いて行われた「おもてなし英語」セミナーは好評を博し、たくさんの方に参加していただきました。その際、最初の教科書「楽しく話しておもてなし英語～わんどの弘前を外国人に紹介するべ～」が出版されました。今後もイングリッシュ・ラウンジでは地域貢献として市民の方を対象に英語講座を続けてまいりますので、その準備の一環として本書を執筆いたしました。

本書は、弘前大学イングリッシュ・ラウンジ教員 5 人の協力の結晶です。弘前とその周辺地域をさまざまな視点で探る郷土愛あふれた英語教科書となりました。弘前には弘前公園の桜、ねぷた祭り、雪灯籠祭りをはじめとする、多様な観光資源があります。しかしながら、旅の真の魅力は人と人とのふれあいです。ウェブやガイドブックには書いていない、この土地でしか知ることができない故郷の情趣を、来訪者に伝えてみませんか。そのため、我々はできるだけここに知られざるこの土地の魅力、思いがけない発見を盛り込むようにいたしました。教員それぞれの出身はアメリカ、ドイツ、そして地元弘前と様々ですが、その視点のユニークさと地域に対する皆の思いを本書で感じていただけたらありがたいです。

テーマ別に分かれた章はそれぞれ「導入」 Introduction, 「語彙と読み物」 Vocabulary & Reading, 「会話練習」 Conversation practice, そして「自分で話そう」 Further

thinking で構成されています。1 章から 5 章までありますが、難易度の差は大きくないので自由に自分の興味にあった課題を選んで勉強してみてください。「導入」から「自分で話そう」を順番に読んでいくと「読み物」で得た知識を第三の「会話練習」に適用できます。最後の Glossary には土地の言葉の解説が英語で載っていますので、辞書的にも使えます。一般的な知識と、会話練習をもとに自分の言葉で自分の経験や考えを話す練習ができるよう、企画されています。

皆さんがここ弘前の歴史、文化、現在の姿を、自分の知識と土地に対する愛情と共に伝えることができるよう使っていただけたら、また本学の留学生さん達や世界の方々がこの地方のことを知っていただく一助に読み物として利用していただければと思います。地元の方でも意外に知らない弘前の秘密が隠されているかもしれませんよ！そしてぜひ、弘前大学イングリッシュ・ラウンジでお会いしましょう。

みなさんと楽しくコミュニケーションできることを心待ち
にしております。

2021 年 3 月

イングリッシュ・ラウンジ 教員一同

多田恵実、ブライアン・バードセール、ジョシュア・ソロ
モン、片桐早苗、ライク・ヤグノ

謝辞：本書の校閲にお忙しいなかお力をお貸しいただいた、
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として今後も活躍してくれそうです。重ねて御礼申し上げ
ます。

Unit 1: Natural Wonders

自然の素晴らしさ



Unit 1: Introduction



八甲田山、岩木山、ユネスコ世界遺産の白神山地と、弘前市を囲む自然は多く有名で豊かな素晴らしいものがあります。これらは日本国内でも世界的にも有名で、日本語でも英語でも広く書かれてきました。このユニットでは、「あまり知られていない」弘前内外の自然の場所について探索します。弘前西南に位置する美しい滝が連なる暗門の滝、弘前市内外の隠れた湧き水、そして地元の人が町の喧騒を離れて緑深い森を楽しむ、久渡寺山と呼ばれる小さな山について学びます。

There are many famous natural wonders surrounding Hirosaki City, such as the Hakkōda Mountains, Mt. Iwaki, and the UNESCO World Heritage site Shirakami Sanchi.

These are famous throughout Japan and the world and have been widely written about in both Japanese and English. Yet there are also many “off the beaten path” natural spots around Hirosaki City that locals and tourists enjoy visiting, such as the Anmon Falls, a beautiful set of waterfalls southwest of the city, natural springs hidden in and around the city, and a small mountain called Mt. Kudoji where locals go to escape the urban area and enjoy the deep green forests.

Reading 1: Anmon Falls 暗門の滝

Reading 1: Vocabulary & Reading

| | | |
|----------------------------------|---------------------------|----------------------------------|
| trail 小道、登山道 | gorge 峡谷 | cliff 崖 |
| catch a glimpse ちらっと見る | tadpole オタマジャクシ | scaffolded railing 手すり |
| stream 小川 | insect 昆虫 | steep 険しい、急な |

Anmon Falls is a series of waterfalls that can be seen at the gateway to the Shirakami Sanchi, a UNESCO World Heritage site, and each summer many people visit it. Hiking the trail to the waterfalls is a great way to explore the **gorge** and enjoy the cold mountain waters on a hot summer day. It is about 30 km from Hirosaki Station and it takes about forty minutes to get there by car. On the way, you will pass the Shirakami Sanchi Visitor Center where one can learn about this UNESCO World Heritage site. After passing this center, the road to the falls continues along the Iwaki River through narrow valleys that slowly

ascend to Tsugaru Dam and Lake Miyama. Once you drive past this lake, you will soon reach Aqua Green Village



Anmon. Here, you can enjoy the view of the river and its clear waters and may even **catch a glimpse** of some fish.

Many children come here to play on the river shore and toss flat stones across the **stream**, competing with each other to see how many times they can skip them across the surface of the water. There are also **tadpoles** in the river and children often try to catch them and place them into a water-filled bucket for closer examination before releasing them back into the waters. The **cliffs** are beautiful and one can enjoy the natural green scenery and observe a number of interesting **insects**.

The trail to Anmon Falls starts here and winds through the valley. The trail has **scaffolded railings** and ropes in many places since it often gets damaged by storms and the winter snows. After hiking for some time, you'll finally reach

the first waterfall, which is a truly amazing sight. On a hot summer day, you can refresh yourself by getting close and letting the waterfall spray you, which is a good way to cool down after a long hike. You can also relax and have lunch there and afterwards continue to explore the next



two waterfalls further up this trail. On hot summer days, hikers are **overjoyed** to see the second waterfall because there is a pool around it where one can go swimming. The third one is still further along and requires you to climb up a **steep** cliff, but it is definitely worth the extra effort, as the water drops about 42 meters. The name Anmon Falls is very mysterious - in English it could be translated as "Dark Gate Waterfalls".

Reading 1: Conversation Practice

GUIDE: Welcome to Aqua Green Village Anmon! Do you have any questions about the trails or the falls? Can I help you with anything?

TOURIST: Yes, you can. A local friend recommended I visit these waterfalls. I've heard they are beautiful.

GUIDE: Yes, they are ... Do you have any questions or can I help you with anything?

TOURIST: Well, I just got off the bus and I was wondering if you could tell me where I should go.

GUIDE: Of course. First of all you need to rent a helmet. The trail that follows that gorge (*pointing in the direction of the trailhead*) has been damaged by flooding and the winter weather, so some areas of the trail are dangerous.

TOURIST: I see. OK.

GUIDE: So, the trailhead starts over there. The first section is pretty easy, but as I said, there are

parts with scaffolded railings and ropes, so please be careful.

TOURIST: I will. Thanks for the warning.

GUIDE: There are 3 waterfalls. The first one is pretty easy to reach and you can relax there and have a snack. The second waterfall has a large pool around it, so if you are hot, you might want to jump in and relax in the water. Finally, the third is up a steep path that requires climbing some steps, but it's not too difficult.

TOURIST: Great! This sounds like an adventure! Is there anything I should be worried about, for example wild animals or dangerous snakes or anything?

GUIDE: Well, there is a good chance you might see some monkeys. I would also recommend wearing some insect repellent; there may be mosquitos or horse flies on the trail!

TOURIST: Wow ... monkeys! I would love to see some. I have never seen a monkey in the wild. Thanks for your help.

GUIDE: Sure, no problem. Enjoy your afternoon hike.

Reading 1: Further Thinking

- 1) What do you like to do outdoors during the summer months?

- 2) How important do you think it is to preserve natural spots like Anmon Falls?

- 3) What are some other famous waterfalls around the world? Have you ever visited one?

Reading 2:

Natural Spring Water 湧き水

Reading 2: Vocabulary & Reading

| | | |
|--------------------------|----------------------|--------------------|
| draw 汲む | dialect 方言 | damp 湿った |
| stick out 突き出る | cliff 崖 | moss コケ |

Aomori Prefecture has many natural springs. You can **draw** fresh water anywhere from Mutsu to Hachinohe, from Tsugaru City to Kuroishi. But there are springs right in Hirosaki as well. The following paragraphs introduce two interesting local springs.

Tomita no Shitsuko is a natural spring located right in Hirosaki city, in the Tomita neighborhood. "Shitsuko" means "pure water" in the local **dialect**.



It used to be a very important source of water for the local people. Starting at the end of the 17th century, the water was used by local papermakers. This continued until the 1920s. Then, local people started using the spring for their everyday needs. The water flows through four basins. People used the first for drinking, the second for washing their faces, the third for washing food, and the fourth for washing clothes. The water flows from the same source as the nearby Gozensui spring. When the Shōwa emperor (Hirohito) visited Aomori in 1933, he drank tea and ate rice made using this water. You can still drink water from the Tomita spring, but the Gozensui water is no longer safe.



Shimizu Kan'nonsui, another natural spring, is about a twenty-minute drive outside of Hirosaki. The water flows from a crack in a large rock. The rock is **damp** and covered in **moss**. The local people built a shrine to the Buddhist god of mercy, *Kan'on* (*Guanyin* in Chinese, *Avalokitesvara*

in Sanskrit) there. The shrine is in the shape of Kiyomizu Temple in Kyoto. It is a tall platform **sticking out** of the side of a **cliff**. When you climb to the top, it is very dark and cool because it is surrounded by many tall, old trees. The cliff was damaged and then reconstructed in the year 2000. Now there is a pipe that draws the water all the way to a sink at the bottom of the cliff.

Reading 2: Conversation Practice

GUIDE: So, this is called the Tomita no Shitsuko. "Shitsuko" is a local word meaning "pure water."

TOURIST: Can I try drinking some?

GUIDE: Yes, you can. Use this ladle.

TOURIST: Why are there different basins?

GUIDE: That's because a long time ago people used this water for their everyday needs. The first basin was for drinking, the second one was for washing their faces, the third for washing food, and the fourth one was for washing clothes.

TOURIST: Interesting...is this the only spring in Hirosaki?

GUIDE: No, there are many others. In fact, the Gozensui is just a few streets away. When the Shōwa Emperor, Hirohito, visited this area in 1933, he had tea and rice made from it.

TOURIST: I think I'd like to visit somewhere a little less busy, though.

GUIDE: Maybe I can take you to see the Shimizu Kan'nonsui. It's just a short car ride from the city.

TOURIST: Really? What's it like there?

GUIDE: The atmosphere is great: it's always dark and cool because it is surrounded by trees. The spring flows from a crack in a huge rock. And it is right next to a shrine to the Buddhist god of mercy, Kan'on. The shrine is modeled after Kiyomizu Temple in Kyoto. Have you heard of it?

TOURIST: Why yes, I visited there last time I came to Japan!

Reading 2: Further Thinking

- 1) Do you often go to a natural spring to get water? If yes, where do you go? If no, why not?

- 2) What kind of health benefits do you think natural spring water has?

- 3) What are some ways people get water in different places around the world? Can you find examples of famous natural springs or water-drawing cultures in other countries?

Reading 3: Mt. Kudoji 久渡寺山

Reading 3: Vocabulary & Reading

| | | |
|------------------------------|--------------------------------------|---------------------------|
| cedar スギ | burst out 急に咲く | dry up 干上がる |
| fern シダ | cicadas セミ | taxidermic 剥製術の |
| Japanese marten テン | Japanese black bear ツキノワグマ | circuitous 回り道 |



Aomori Prefecture has many beautiful hiking areas where one can enjoy the forests and mountains. Mt. Iwaki is the most famous local mountain, but Mt. Kudoji is another favorite spot for locals. It is very close to Hirosaki and since the elevation is not so high and the trail not so technical, anyone can have fun with this hike!

Mt. Kudoji (663 m.) is a hidden gem for hikers, located only 9 km from Hirosaki Station. Locals enjoy the

cedar and beech forests, the mountain streams, and an occasional sighting of a Japanese Kamoshika. There are also several stone Buddhist statues lying on the side of the trails. Some statues also blend into the natural colors of the earth.

The scenery of Mt. Kudoji changes dramatically across the four seasons. In winter, snow covers the mountain. Then spring arrives and the streams flow with melting snow and pockets of spring flowers **burst out** from the ground.

Summer appears quickly and the streams soon **dry up** and the forest floors become a dense green with **ferns** and other plants. On hot and humid days, spider webs hang in the sunlight and a chorus of **cicadas** sing



from the treetops. In autumn, the air cools and fallen leaves color the trails in fading yellows, reds, and oranges. Finally, the frost returns and snow soon covers the mountain peak once again.

The hiking trail begins at a place called *Kodomo-no-mori*, where there is a small visitor center with many local **taxidermic** animals like the **Japanese black bear** and **Japanese marten**. There are also beehives, fish tanks, and other wildlife exhibits. Information about the area and maps of the hiking trails are available there.

From the visitor center, one proceeds upward by climbing some steps, eventually passing an old abandoned forest playground. There, one can decide to go left and follow a more direct path up Mt. Kudoji or go right and follow a **circuitous** route. Following the right path leads one down



to a streambed where the trail crisscrosses over the stream and moss grows thick on the rocks and fallen trees. There, the trail meets a forest road for

a short amount of time and then branches off to the right and the steep upward hike begins on the *Inuwashi Trail*. There are countless steps on this section of

the trail leading the hikers higher and deeper into the mountain.

After climbing to an elevation of 573 m., one reaches the first mountaintop called Mt. Iwaochi. Here, the trail branches off into three different directions. One trail descends to the west towards an area called Lion's Rock, which has a spectacular view of the forests and mountains south of Hirosaki. A second trail follows a steep slope down to the east called Kamoshika Trail and then returns in the direction of the forest playground. The third trail continues straight in a southern direction that slowly ascends to the

peak of Mt. Kudoji. At the peak there is a small shrine and a partial view of Hirosaki. Many hikers take a rest there, eat some lunch or a snack, and rehydrate before



heading down the trail towards the visitor center again. There is a total elevation gain of about 460 m. and the total distance is roughly 4 km.

Reading 3: Conversation Practice

GUIDE: Good afternoon. Welcome to Kodomo-no-mori Visitor Center. Do you need some information about hiking any of the local trails?

TOURIST: Yes, well, I am not familiar with this area. You see, it's my first time here, so I was just stopping by to look around a little.

GUIDE: Sure, no problem. This is the visitor center and you can look around. We have some stuffed local animals. You can see this is a Japanese black bear. They are unique because they have this (pointing) white crescent moon shape around the neck. There are many black bears in the mountains around Hirosaki, so if you plan to go hiking, I would recommend bringing a bear bell.

TOURIST: Excuse me, a what?

GUIDE: Ah ... a bear bell. Well, it looks like this (*showing a bear bell*) and you wear it while hiking. As you move along the trail, it makes a ringing sound and this alerts the bears that a human is near. You don't want to startle a bear!

TOURIST: Ah, I see. Well, I would definitely like to do some hiking in the future. Is there a trailhead here?

GUIDE: Yes, the trailhead for Mt. Kudoji starts right outside this building.

TOURIST: Cool!

GUIDE: Simply go up this mountain path and veer to the right and then follow the river. Then at the mountain road, turn left and follow it for a few minutes and you will come across another trail. Go right on this trail. There are hundreds of steps, so be ready to climb!

TOURIST: I see. This sounds like a fun challenge.

GUIDE: Yes, it is. After climbing to an elevation of 573 m., you will reach the first mountain peak called Mt. Iwaochi. Keep following the same trail and you will pass through a beautiful beech forest and then finally ascend to the top of Mt. Kudoji.

TOURIST: What is the elevation of Mt. Kudoji?

GUIDE: It is 663 m. Please take this map; it will help guide you along the trail.

TOURIST: Thanks so much! You have been very helpful.

GUIDE: Sure, no problem.

Reading 3: Further Thinking

- 1) What are some of your favorite walking or hiking spots in Aomori (e.g., Hirosaki Park, Momiji-yama, etc.)?
- 2) Do you think there are lessons we can learn from nature? If yes, what are they?
- 3) What are some famous natural spots around the world? Have you ever visited any of them?

Conversation Practice

Tourist: I'm interested in learning about "off the beaten path" natural spots around Hirosaki City. Are there any places that you recommend visiting?

Guide:

Tourist: I've never heard of this place before. What can you do there?

Guide:

Tourist: Is it far from the city?

Guide:

Unit 2:

Sweet Tooth 甘党



Unit 2: Introduction



城下町弘前は、江戸時代より
続くお菓子の文化が今も続き、
さらに発展し続けています。
津軽藩のお殿様に愛された和
菓子は、町の歴史を知るうえ
で、大事な要素の一つとなっ
ています。また、ハイカラ好

きな弘前には、洋菓子の店も多く、長く市民に愛されてい
る変わらない味がたくさんあります。伝統を守りつつも、
絶え間ない職人の努力が見えるお菓子が、小さい街のあち
こちに魅力的に存在しています。また、津軽独特の当たり
くじ付き駄菓子は、家族やご近所との輪を作るのに今もな
お欠かせないものとなっています。このユニットでは津軽
地域のお菓子を知ることで、弘前の歴史や、豊かな文化を
学びます。

Hirosaki is a castle town with a tradition of making great sweets that began in the Edo Period and has continued through to today. If you want to know all about the history of this place, then you must know about the confections the Tsugaru daimyo used to enjoy. Furthermore, Hirosaki people often are said to have a “sweet tooth,” so there are also many western-style confectionaries selling delicious sweets made with recipes that have been passed down from generation to generation.

This small town is full of tempting treats made by hardworking confectioners who value tradition and flavor. Additionally, the original Tsugaru “raffle sweets” are still essential at family and neighborhood gatherings. By learning about local sweets, you will understand this city’s history and culture. In this unit, you will learn about Japanese sweets, called “wagashi,” Tsugaru nostalgic sweets, and foreign-inspired sweets.

Reading 1: Wagashi (Japanese Specialty Sweets) 和菓子

Reading 1: Vocabulary & Reading

| | | |
|------------------------------|-------------------------|------------------------------|
| confectionary 菓子工場 | crest 家紋 | mother-of-pearl 螺鈿 |
| texture 食感・歯ざわり | seasonal 季節限定 | chestnut 栗 |



Historically, many people in Hirosaki enjoyed doing traditional cultural activities like the tea ceremony and flower arranging. As a result, many shops selling Japanese sweets were established to complement these cultural activities. Ozakaya, Hirosaki's oldest **confectionary**, dates back to 1630, the time of the second Tsugaru daimyo, Lord Nobuhira. The shop's founder, Saburō Uemon of Echizen, studied in Osaka, which is where the shop name comes from.

Today, Ozakaya is located close to Hirosaki Park. This current building was recognized after the war by the city of Hirosaki as a building of historical interest.



Beautiful display shelves decorated with the peony flower Tsugaru clan **crest**, set in **mother-of-pearl**, are still used in this shop, so it is a true pleasure to shop here. The most famous product is the *také nagashi* cookie made from buckwheat flour. It is a *tō-ka* sweet with a light **texture**, and a sweet firm *yōkan* jelly made with high-grade red beans and sugar which can last for over a year. While most of the Japanese sweets nowadays are mild in flavor, these Ozakaya sweets are for people with a real sweet tooth. For locals, the *Asahimochi* rice cake stands out: it is a very soft *mochi*-like pouch full of pink-colored bean paste. The special white bean gives it a unique texture, and it is only sold from autumn to winter.

The ingredients for all of these special sweets are **seasonal**, and different products are only available at certain times of the year. You never know which sweets you will find behind

the counter! There are many different products just waiting to be enjoyed. In spring, during *Hinamatsuri* (Doll Festival), there is *mochi* flavored with *sakura* (cherry



blossoms) or green soy flour. For *Kodomo-no-hi* (Children's Day), there are rice cakes wrapped in oak-leaf. In summer, you can eat chilled soft bean

jelly, and in autumn there is *yōkan* jelly (red bean jelly) with large **chestnuts**. And for New Year's, you can celebrate with many different colored sweets. As the seasons change, people come together again and again to enjoy the sweet treats of Hirosaki, which puts a smile on their faces.

Reading 1: Conversation Practice

GUIDE: Would you like to visit Ozakaya with me?

TOURIST: What is Ozakaya? I've never heard the word before.

GUIDE: Ozakaya is one of the oldest Japanese confectionary shops in Hirosaki. The founder studied in Osaka, so the name is a connection of the two words Osaka and -ya, which means store. So, people who see the name know that it is a store with Osaka specialties.

TOURIST: What do you recommend there?

GUIDE: We should try yōkan, a bar of gelled sweet bean paste. It is really tasty.

TOURIST: Sounds good. Where is the shop?

GUIDE: It is close to Hirosaki Park. We can have a nice stroll through the park after eating some sweets.

TOURIST: Sounds good. Let's do that. The weather is so nice today!

Reading 1: Further Thinking

- 1) Describe your favorite Japanese sweet. What does it look like? How is it made? When do you eat it?
- 2) There are many kinds of delicious Japanese sweets sold in convenience stores and supermarkets. Which would you recommend to a foreigner?
- 3) There is a sweet in Italy called Furutta di martorana and another called Marzipan in Germany. Take some time to look into their history and ingredients. Can you find any similarities to Japanese confections? How about sweets from other countries?

Reading 2:

Tsugaru Style Nostalgic Treats

駄菓子

Reading 2: Vocabulary & Reading

| | | |
|---------------------------|------------------------------------------|--------------------------------|
| allowance おこづかい | neighborhood meeting 近所の集会、町内会 | raffle くじ |
| souvenir お土産 | nostalgic なつかしい | demonstrate 物語る、説明する |

Until about 30 years ago, you could find many little sweetshops located near elementary schools and shrines. Children would take their **allowances**, stand there and calculate how much they could buy. Amongst all the regular treats were Hirosaki's unique "raffle sweets": *Daiō* (Grand Prince), *Imo até* (Lucky Potatoes), and *Andama* (Bean Paste Balls). Made by a local confectioner, these treats are now popular with everyone from children to adults. They will often be seen at **neighborhood meetings**

and children's events—anywhere big groups of people come together. The most popular is the *Daio*, bean paste that is dyed red and green and molded into the shape of peonies, fir trees, and plum flowers.



These are called "**raffle** sweets" because they come in a box with a pasteboard covered in little slips of paper. Before eating, you must pull one of the slips, revealing your prize: a "child," "parent," or "Grand Prince" sized treat. Everyone wants to get the "Grand Prince," so they try to guess the best slip of paper to take. The *Imo até* are fried doughnuts covered in coarse sugar and filled with yellow-colored bean paste. They only come in "parent" and "child" sizes. They are not as rich as they look and go well with coffee. Both *Daiō* and *Imo até* have been made by local Hirosaki confectioners since 1952. A regular box of these raffle sweets can be shared with more than 25 people. Recently, **souvenir** shops in local train stations have begun selling miniature

versions, so people can eat a few of them at one time and enjoy the **nostalgic** taste of these Tsugaru treats. *Andama* are enjoyed not only in Hirosaki, but also in Aomori City. These sweet little treats are the raffle themselves. If you choose one



that is colored, you have hit the jackpot! Like *Daiō*, there are three sizes. The winner is the one who gets the largest sweet bean paste. The popularity of these raffle treats **demonstrates** how Tsugaru people of all ages love to eat sweet desserts!

Reading 2: Conversation Practice

GUIDE: Let's participate in a sweets raffle!

TOURIST: Sweets raffle? That sounds really weird! How does it work?

GUIDE: We go to this sweet shop and buy a raffle ticket. You might be able to win a big portion of sweet bean paste.

TOURIST: A raffle sounds expensive. Should I worry about the price?

GUIDE: No, no, the raffle is really cheap and we just do it to have fun.

TOURIST: Sounds great, I hope that I win.

GUIDE: Don't worry, if you don't, I'll share my prize with you!

TOURIST: That's nice but I have one question? Why can you win sweets? Isn't a raffle about winning big prizes?

GUIDE:

In the past, sweets were more expensive than they are today, so they were seen as something special. And besides, even today, it encourages kids to try new food. But in the end, the main goal is to just have fun.

Reading 2: Further Thinking

- 1) Are there any foods that you always eat when your extended family comes together, like during o-Bon or New Year's? Why do you eat them?

- 2) Besides these raffle sweets, what are some other sweets that are popular in Japan and enjoyed by people of all ages? Can you describe them? Why do you think they are popular?

- 3) What kind of sweets or candies are eaten socially in other places around the world?

Reading 3:

Foreign-inspired Sweets 洋菓子

Reading 3: Vocabulary & Reading

| | | |
|-----------------------------|-------------------------------|---------------------------------------|
| authentic 本物の、本来の | baked goods (焼き) 菓子 | perfecting 追求した、 完全を目指した |
| tartness 酸味 | funeral 葬式 | overeating 食べ過ぎ |

Hirosaki has many different sweets shops. They sell Japanese sweets, western-inspired sweets, rice crackers, mochi, ice cream, and other snacks. Walking around Hirosaki, it's easy to see that this is a city with a lot of sweets lovers. There are also shops selling **authentic** French and German-style baked goods. Not only locals, but people from around the prefecture will come to sample different kinds of **baked goods**.

Speaking of sampling foods, recently many different bakeries have started **perfecting** their recipe for apple pies

using the many varieties of delicious flavored, high-quality apples grown in the area. Today, there are more than forty different bakeries, restaurants, and cafes offering their uniquely made apple pies. Each one has a different balance of sweetness, **tartness**, and cinnamon. You can get a map from the tourist information center in Hirosaki Station which grades these flavors from 1 to 5. It might be fun to follow it on your walk around town.

If you want to know what sweets have been enjoyed for a long time in Hirosaki, you may visit some very old shops that sell Japanese and foreign-inspired sweets. One of the most beloved is Kaiundō. It is a historical shop, established in 1878. The founder apprenticed to a nationally famous confectioner, studied his techniques, and used them to create many new confections. Kaiundo's most famous treats are the manji monaka (bean paste in a light wheat shell) sweets which they started making in 1906. A manji is an important Buddhist symbol that can be seen around Hirosaki. In addition to the Japanese sweets, locals also enjoy their buttercream cake. It is not always available, so you should feel lucky if you find one. They have also made

traditional Russian cakes for 50 years. These cakes are made with layers of cookie, meringue, and chocolate.



Another sweets shop, Kyokushōdō, located in Honchō, is famous for Japanese sweets, including banana flavored monaka (bean paste in a light wheat shell). Their most popular cake is called “Angel.” In the past, this Angel would often be served at weddings or given as gifts at **funerals**. This Bundt cake (shaped like a giant doughnut) is made of sponge cake layered with buttercream icing. It is topped with crunchy pure white snow-like meringue, giving it a very attractive appearance. The rich buttercream, fluffy sponge cake, and crunchy meringue is perfectly balanced. It is the kind of cake, that when a family picks one up from the store and starts eating it, each person will cut about a 10 cm slice, then a 5 cm slice, and on and on until before you know it the whole cake is gone. Of course, they also sell pre-cut cakes, so you do not have to worry about **overeating**!

Reading 3: Conversation Practice

TOURIST: Do you prefer Japanese sweets or sweets from other countries?

GUIDE: I actually prefer foreign sweets.

TOURIST: That is surprising. Can you get foreign sweets in Hirosaki?

GUIDE: Of course, we have foreign cake shops and even a German bakery.

TOURIST: Is that a new trend?

GUIDE: No, the oldest foreign-style bakery was established in 1878.

TOURIST: Wow! That long ago? Now I really want to see what they have.

GUIDE: Perfect, we are not far from that shop, so let's go!

TOURIST: May I ask one more question?

GUIDE: Sure, what do you want to know?

TOURIST: Do you think the taste is similar to the cakes and breads you would find in Germany or somewhere else overseas?

GUIDE: Good question! Some of the cakes definitely taste different. It is really hard to find some foreign ingredients in Japan and some things Japanese simply don't like, but many of the items taste almost identical to those you would find abroad.

TOURIST: Oh, that is interesting, so it is a mix between the styles?

GUIDE: Yes, that is often the case, but some things have the original taste too.

TOURIST: Okay. One more question. You said that Japanese don't like certain ingredients. For example what?

GUIDE: That is easy. Many Japanese don't like licorice for example, as it tastes like medicine.

Reading 3: Further thinking

- 1) Do you like to eat cake on your birthday? What kind of cake do you eat? Do you have any special memories of eating birthday cake?

- 2) Hirosaki's western confectionaries have roots in the local coffee-drinking culture. Can you share any special information about Hirosaki and coffee?

- 3) Recently, confectioners have started making allergy-free cakes. What kind of cake ingredients are allergens? Which ingredients might be restricted by religion?

Conversation Practice

TOURIST: The lunch was great. Now I would like to try something sweet. Is there someplace we can get something unique or popular?

GUIDE:

TOURIST: I have heard of that. Where can we get it?

GUIDE:

TOURIST: Is that far from here? Can we walk there?

GUIDE:

TOURIST: One more question? Can you tell me about__?

GUIDE:

Unit 3:

Performing Arts 芸能



Unit 3: Introduction

海外からのお客さんの多くは、その国の文化、伝統、そして娯楽について興味をもっています。そのため、海外からの観光客のほうが、日本人より、いわゆる伝統的な「日本文化」（お能、生け花、茶道、など）



に触れていることがありますよね！ですから、津軽地方を訪れる方はきっとこの地方の民謡、お盆の風習、ねぷた祭りなどを鑑賞したいのではないのでしょうか。このユニットではそういった文化について、学びます。今日、ほとんどの人はポップスや西洋クラシックばかりを聴き慣れており、津軽地方の民族音楽の独特さにびっくりするのではないのでしょうか。また、簡単な盆踊りを踊ってみるのも面白いかもしれません。そして民謡酒場に行ったり、お祭りに参加

したりして、地元の人々と同じように津軽三味線や手踊りを楽しむのもいいのではないでしょうか。

Visitors from other countries are often interested in local culture, tradition, and entertainment. As a result, tourists often see more traditional “Japanese culture”—things like Noh, ikebana, and tea ceremony—than regular Japanese do! So, when someone visits Tsugaru, they will probably want to see and learn about folk music and festivals like o-Bon and Neputa. In this unit you will learn how to talk about these kinds of cultural activities.

Today, most people listen to pop music or western classical music, so they may be surprised by how different Tsugaru folk music is. In addition, they may enjoy trying a simple Bon dance. Finally, going to a folk music bar (izakaya) or festival can be a fun way to experience Tsugaru-jamisen or Tsugaru Teodori the same way local people do.

Reading 1:

Folk Singing and Tsugaru-jamisen

民謡と津軽三味線

Reading 1: Vocabulary & Reading

| | | |
|----------------------------|-----------------------------|--------------------------|
| folksong 民謡 | accompany 伴奏、同行する | growl 唸る |
| rhythmical リズムカル | repertoire レパートリー | improvise 即興する |
| wedge くさび形 | blind 目の不自由な | tune 曲 |

Every prefecture has different kinds of **folksongs**. Traditionally, these songs **accompanied** work, festivals, celebrations, and children's play. After 1900, Tsugaru folk music started being performed by professional musicians. They traveled around the country and even overseas to entertain Japanese soldiers during WW2. Many songs changed from ad-libbed jokes and telling about important events to describing local scenery, food, and women. The soldiers enjoyed these songs because they missed home.

Today these songs represent the Tsugaru region to the rest of Japan. Tsugaru folk singers will often improvise, so the song changes every time. Like *enka* ballad singers, they often **growl** low notes and use a lot of melisma. Melisma means singing one sound over many notes, like the word "Gloria" in the Christmas song "Gloria in Excelsis Deo." They also use *kakegoe*, **rhythmical** shouting in between verses. The main **repertoire** is made up of only five songs, but there are many other less famous ones, too.

Tsugaru folksongs are usually accompanied by a taiko drum and shamisen. A shamisen is like a 3-stringed banjo. The shamisen music is also **improvised**. In fact, the improvised shamisen song introductions became so popular that now there is a solo music genre called "Tsugaru-jamisen." Hirosaki Station plays a recording whenever a train comes into the station.

Tsugaru-jamisen uses a large-size shamisen. You probably have seen a photograph of a geisha playing a small-size shamisen. Shamisen is also played in the kabuki theater. Most shamisen are covered in cat skin, but the Tsugaru-

jamisen is covered in thick dog skin. The pick is a large, **wedge**-shaped piece of turtle shell. It is used to both hit the strings and beat the body of the instrument like a drum. Tsugaru-jamisen is unique because it is often improvised and can be played quite loud and fast.

The genre of Tsugaru-jamisen was started by **blind**, wandering musicians. The most famous one, Takahashi Chikuzan, even performed in Carnegie Hall after the war. Now people throughout Japan play this style and join in national competitions. Today, the Yoshida Brothers are the most famous players internationally. They combine shamisen with other instruments and play western-style music, including pop and rock **tunes**.

You can hear Tsugaru-jamisen performed at Neputa-mura, the local museum, as well as in several izakaya in Hirosaki, Aomori City, and Goshogawara. Japanese-style hotels also often hire players to entertain their guests.

Reading 1: Conversation Practice

TOURIST: Is there any kind of cultural entertainment that is unique to Hirosaki?

GUIDE: Why, yes there is. Local folksongs have a long history and a unique style of singing.

TOURIST: What is special about folk music in Tsugaru?

GUIDE: Well, the songs are mostly about the local scenery, food, and women. Also, the singing style is special: the songs include improvisation and special voice techniques like growling and melisma.

TOURIST: That's really interesting. Are the singers accompanied by any instruments?

GUIDE: Yes. It depends on the song, but often the songs are accompanied by a taiko drum and shamisen.

TOURIST: What's a shamisen?

GUIDE: A shamisen is like a three-stringed banjo. The local version, called the Tsugaru-jamisen, is covered with thick dog skin. The pick is a large wedge-shaped piece of turtle shell and the musician plucks the strings with it, but also uses it to hit the instrument like a drum. Have you ever seen one before?

TOURIST: Maybe...is that the instrument geishas play?

GUIDE: Yes, geishas play a smaller version of the shamisen. The Tsugaru-jamisen is larger and the musicians often improvise as they perform. The music is very dynamic and combines well with pop, rock, and hip-hop. You may even have heard of the Yoshida Brothers, who have released a number of east/west fusion albums.

Reading 1: Further Thinking

- 1) Do you know any folk songs or Tsugaru children's counting songs? How would you introduce them to a foreigner?
- 2) What other kinds of Japanese folk music do you know about?
- 3) Look up examples of folk music in other countries (e.g. Appalachian folksongs and bluegrass, Spanish Flamenco)

Reading 2:

Tsugaru Teodori Dance

津軽手踊り

Reading 2: Vocabulary & Reading

| | | |
|-------------------------------|----------------------------|--------------------------|
| cherish 大切にする | dynamic 力強い、活動的 | demanding きつい |
| appreciation 感謝の気持ち | kerchief 頬かむり | feminine 女性らしい |
| charcoal maker 炭焼き | choreograph 振り付け | posture 姿勢 |

Folk music has been **cherished** by the people of northeastern Japan and Hokkaido for a long, long time. People throughout Japan learn the songs from their, and Tsugaru folksongs are particularly special. The **dynamic** performance of Tsugaru-jamisen with its dense rhythmic style is already known around the world. Similarly, folk singers have come to admire Tsugaru folksongs and their **demanding** vocal techniques. At times, the shamisen and

folksong are further enhanced by the addition of Tsugaru Teodori dancing.



Nobody knows exactly where Tsugaru Teodori came from, but some people think it was originally created to show **appreciation** for the hard labor of farmers. In the beginning, male dancers would wear **kerchiefs** on their heads and copy **feminine** movements. Later, in the 1920s, Tsugaru-jamisen and folksongs started to be performed on stage by professionals and the dance was developed into a stage art. Ishikawa Yoshie from Aomori City created the fundamentals of this dance form. Ishikawa worked as a **charcoal** maker in the mountains as a young man. He **choreographed** dance movements with his hands copying the nature surrounding the hut where he made charcoal.

These included, for example, the swaying of leaves in the wind on the ends of branches and the swimming of fish in a stream. This is where the name comes from: "*teodori*" means "hand dance."



The basic **posture** for performing Tsugaru Teodori includes bending the knees, keeping a straight back, and lifting the heels off the floor.

The steps show either lightness or strength. The hands are flexed backwards and the fingertips sway with fine, soft movements. The whole body must be very supple. The basic repertoire of Tsugaru Teodori is performed to the same five folksongs mentioned in Reading 1, but it is extremely difficult to master them all. Because of this, even after many years of diligent study it is still fun to practice and perfect the movements.

Tsugaru Teodori can also be enjoyed by multiple generations at the same time. Here in Hirosaki, the Ishikawaryū Yamabukikai school has worked to maintain

the tradition since 1974. They support city-sponsored tourist events, including the Hirosaki cherry blossom festival, chrysanthemum and autumn leaves festival. They also put on shows with elementary and middle school-aged dancers. Beginners can easily learn the very simple "Apple Song" and dance often together with locals.

Reading 2: Conversation Practice

TOURIST: I understand that shamisen and folk singing are very famous in Aomori. Are there any other local performing arts?

GUIDE: Yes, there are many local performing art traditions. For example, Tsugaru Teodori is a type of dance that is performed along with these popular folksongs.

TOURIST: I see, so it is performed to the same music? What kind of dance is it?

GUIDE: It is a very difficult dance. You must keep your knees bent, your back straight, and your heels lifted off the floor. Your hands make very detailed, soft movements. It is a combination of beauty and strength.

TOURIST: Does it have similarities to *kabuki* dancing?

GUIDE: Yes, I think it is a little similar. *Kabuki* dance tells a story. In contrast, Teodori, the dancer's hands move like nature: swaying branches or fish in a river. This is because Ishikawa Yoshie, a famous dancer, created many moves while working in the mountain wilderness. In fact, the name "teodori" literally means "hand dance." That's how important the hand movements are.

TOURIST: Where can I see this hand dance?

GUIDE: The city will often have Teodori dancers perform during various festivals, like the spring cherry blossom festival and the chrysanthemum festival in autumn. You can usually see a very popular group of elementary and middle school-aged dancers perform there!

Reading 2: Further Thinking

- 1) Do you prefer to dance or to watch professional dancers? What song are you dancing to?

- 2) What other Tsugaru performing traditions do you know about? How would you introduce them to a foreigner? (E.g. shishimai, kinpuryū shakuhachi, Neputa hayashi)

- 3) Do you know of folk dances from other countries that use hands to make a picture or communicate a message?

Reading 3: Tsugaru Bon Festival

Dances 津軽周辺の盆踊り

Reading 3: Vocabulary & Reading

| | | |
|---------------------------------|---------------------------------------|-------------------------------------------|
| all Souls Day 万霊祭 | communal bond 共同体の結束 | widespread 普及している |
| try one's hand 挑戦してみる | pedestrian-friendly 歩行者に優しい | procession 進行の行列 |
| composed of ...から成立する | pass down 継承させる | intangible cultural asset 無形文化財 |

Every region has its own dances for the Bon Festival, Japan's **All Souls Day**. Family members who have left for college or work return home for this holiday. By dancing with local friends, they can strengthen their **communal bonds**. Aomori, famous for its folk music, has many different Bon dances. The following are the three most famous dances throughout the Tsugaru region:

“Tsugaru Jinku” is the most **widespread** of the three. In the local dialect, it is also called “Dodare bachi.” The specific moves of the dance differ depending on the local area. Regardless, it is **composed of** seven simple movements so that anyone can easily join in. There used to be large Bon dance gatherings near Hirosaki Station and in Dote-machi, but recently there are not so many **pedestrian-friendly** events. Instead, neighborhood associations host the dances during their celebrations.

Second, “Kuroishi Yosare-bushi” is danced between August 15 to 20 in Kuroishi, in the northeastern part of Tsugaru. It is known as one of Japan’s top three “parade dances,” and many Kuroishi people participate every year. It began over 200 years ago and starting in 1955 it has continuously been danced in a **procession** through the city. On the first two nights of the festival, up to 2,000 people gather for two hours at a time to dance in matching *yukata* (summer kimono). The dance is supposed to look like rice plants swaying in the wind, reminding us of the autumn wind that will soon blow through the rice paddies. There are *yukatas* for rent and tour guides who

teach the dance, so even a beginner can **try their hand** at it.

The last Bon dance comes from Kanagi, a town that is now part of Goshogawara. It is called "Kase no Yakko Dance." The song has been **passed down** for about 300 years, and in 1969 it was selected as a national **valuable intangible cultural asset**. It is said that the dance was started to provide a break from the hard labor of ploughing up new rice paddies. The dancers hunch forward and kick their feet forward in a very rare choreography and the lyrics are sung in the local dialect. Part of the song goes "Down the river between Kase and Kanagi / pebbles float / and leaves sink to the bottom." The meaning is supposedly making fun of an "upside down" society in which honest, hardworking people are not rewarded but cheaters get rich.

One of the attractive points of the local Bon dances is that the songs are sung in the local dialect, so it can be very difficult to understand the words. However, the dance moves tend to be very simple, so you should definitely try joining in one time!

Reading 3: Conversation Practice

TOURIST: Tsugaru-jamisen and Teodori seem really difficult. Do regular people really perform them, or only professionals?

GUIDE: You're right. Tsugaru-jamisen and Teodori are difficult to learn, so only people who are professionals or serious about the hobby will perform them.

TOURIST: So, is there a kind of dance that anybody can do?

GUIDE: Yes, there is. Many people perform Bon festival dances each summer.

TOURIST: Really? What's that like?

GUIDE: Well, each area of Japan has different Bon dances and music. In fact, Tsugaru itself has many different variations. That said, Bon dances are usually very simple, with a limited set of moves that are repeated over and over. Everyone dances together in a long parade or in a large circle. It is an important community activity.

TOURIST: You said that Bon dances are done during a festival in summer?

GUIDE: That's right. The Bon festival is a way to celebrate our ancestors. People believe that during the summer the spirits of our ancestors come back to the world of the living. We light small signal fires to guide them home and sing and dance to show them that we are all happy and healthy. Therefore, celebrating the Bon festival reminds us of our past while also helping us connect with our friends and family in the present.

Reading 3: Further Thinking

- 1) Can you describe the parts of a Buddhist altar (*butsudan*) and the different things you do when visiting a grave (*ohaka mairi*)? (e.g. bringing sweets, pouring water, burning incense)

- 2) What other Bon festival traditions can you describe? Which ones are Tsugaru traditions and which ones are practiced in other parts of Japan? (e.g. signal fires, cucumber horse and eggplant cow, fireworks)

- 3) How do people in other cultures pay respect to their ancestors? (e.g. Mexican Day of the Dead, Diwali)

Conversation Practice

TOURIST: I'm interested in learning about local culture. Are there any special kinds of music, dance, festivals, etc. in Tsugaru?

GUIDE:

TOURIST: I've never heard of that before. Can you compare it to anything else?

GUIDE:

TOURIST: What do you think of ____? Do you do it yourself?

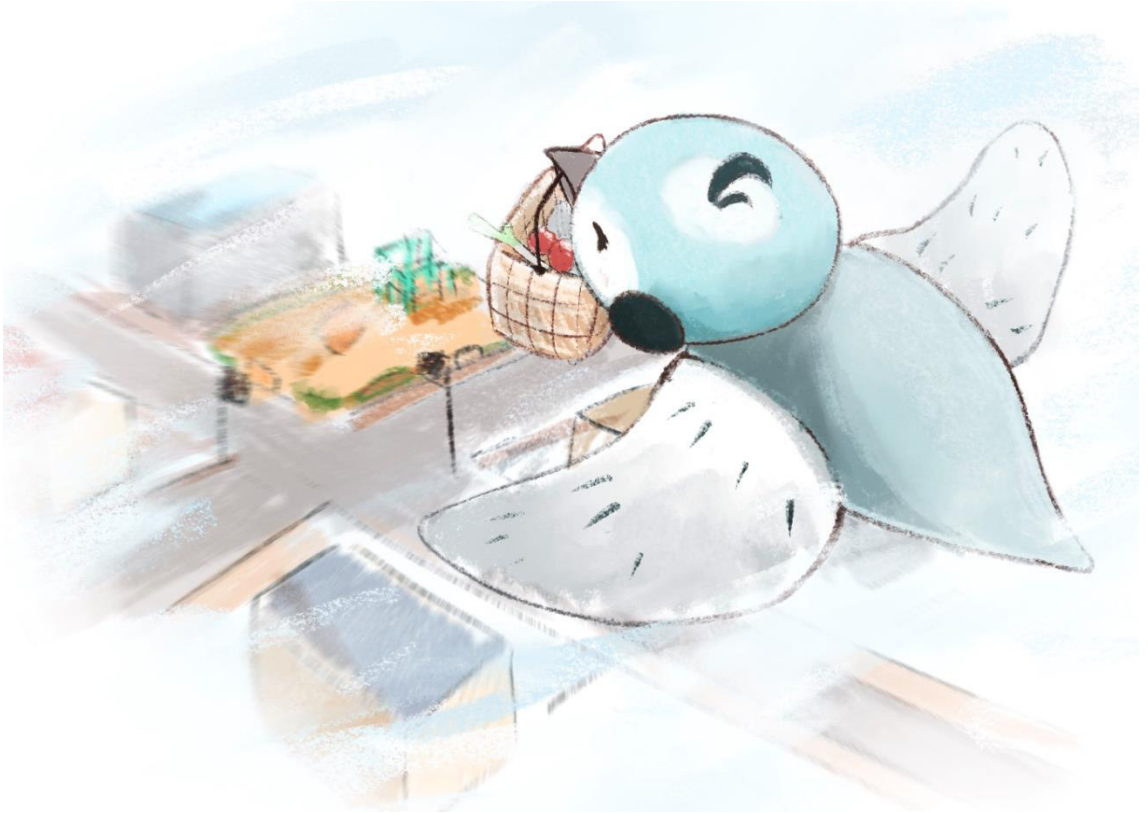
GUIDE:

TOURIST: I see. Where can I go to see ____? Can I see it all year round?

GUIDE:

Unit 4: Good Eats

これ、めっ



Unit 4: Introduction



旅行好きの方が世界中をめぐ
る理由はたくさんありますが、
その中でも多くの人が旅をす
る原動力になるのが味覚、そ
の土地の食べ物を味わってみ
たいからです。日本各地には

それぞれその土地独特の味があります。このユニットでは、
青森県のご当地フードであるイギリストースト、津軽そば、
イガメンチについて学びます。それぞれの食べ物だけでは
なく、それを売っている市場についても学びます。それで
は皆さんおなかの準備はいかがですか？色々な弘前の味覚
の旅に出かけましょう！

People love to travel for many different reasons, but one very common reason is to explore, taste, and learn about the food of the local area. Each prefecture in Japan has various special and unique food items that give the prefecture its unique identity.

In this unit, you will learn about some interesting local food products of Aomori such as *English Toast*, *Tsugaru soba*, and *Igamenchi*. You will also learn more about the history of these food products and places where they are sold. So, prepare your taste buds for a sweet, savory, and crispy ride through this unit which is all about food!

Reading 1: Kudō Bread Company

工藤パン

Reading 1: Vocabulary & Reading

| | | |
|--------------------------|--------------------------------|------------------------------|
| contract 契約を結ぶ | Imperial Navy 帝国海軍 | affordable 手ごろな価格の |
| permission 許可 | British Embassy 英大使館 | oversized 特大の |
| fluffy ふわふわ | crunchy パリパリ | collaborate 協力する |

One local company which people young and old enjoy is the Kudō Bread Company. It was started in 1932 by Kudō Han'emon in the area of today's Mutsu. Soon, the company was **contracted** to sell bread to the **Imperial Navy** base near Mutsu Bay. After the war, it moved to Aomori City, where it continues to operate to this day. It makes **affordable** white bread and both Japanese and western-style sweets using local ingredients. Their products are sold in supermarkets and convenience stores all around Aomori Prefecture.

The Kudō Bread Company's most popular product is called "English Toast." They started making it over fifty years ago. Some people call it Aomori's "soul food." It is a very simple kind of "*kashi pan*," snack-sized baked goods. You can recognize it by the red, white, and blue stripes on the package. They also received **permission** from the **British embassy** to use the Union Jack (English flag) on the package.

English Toast is made by sandwiching margarine and coarse sugar between two very thinly cut slices of **oversized** white bread. To keep the bread as fresh as possible, it is cut, flavored, and packaged all within two and a half hours of being baked. Although it is called "toast," this sweet treat is usually eaten right out of the bag. English Toast's appeal is the mix of **fluffy** soft bread and **crunchy** sugar. Over time, the company has created about two hundred different varieties of English Toast. You can often find *azuki* red bean and margarine, coffee and cream, peanut cream, and more all year round. The company brings out a new recipe almost every single month. Often they will use local seasonal products, and once they

collaborated with Hello Kitty. They also sell a rusk (Melba toast) version which you can find in souvenir shops to buy and take home. The factory produces an unbelievable 15,000 pieces of English Toast every day, and they sell about 500,000 each month, 90% of it in Aomori.

Reading 1: Conversation Practice

GUIDE: Thanks for taking the tour today. Does anyone have questions before we finish?

TOURIST: Yes, after all this walking and touring the city today, I'm starving and really want to try some local, non-touristy food. You know, something that can give me a little spark of energy!

GUIDE: You're right, we did walk a lot today! If you want to eat something that the locals love and will quickly fill you up, you should definitely try some "English Toast."

TOURIST: I am sorry, did you just say "English Toast"?

GUIDE: Yes, that might sound a little confusing...but it is a popular type of sweet bread: you know, you might even call it Aomori's soul food.

TOURIST: OK...that sounds interesting. What is it?

GUIDE: Well, there are many different flavors. The most common one simply has margarine and sugar between two thin slices of fluffy white bread.

TOURIST: Sounds pretty simple.

GUIDE: Well, you can also find other flavors like azuki red bean and margarine, coffee and cream, peanut cream, and many more, so I am sure you can find a flavor that you like! They can be found in all the convenience stores and supermarkets.

TOURIST: The coffee and cream version sounds delicious. Thanks for the recommendation!

GUIDE: Sure, not a problem. Enjoy the rest of your travels in Japan!

Reading 1: Further Thinking

- 1) Do you have a favorite “soul food”? What makes it special?

- 2) Aomori prefecture typically ranks as having one of the lowest life expectancy rates in all of Japan. Why do you think this is the case? How can Aomori become a “healthier” prefecture?

- 3) As a Tsugaru “soul food,” English Toast is rich, filling, and not a healthy everyday food. What similar soul foods do you know of? Try looking up clotted cream in Britain and macaroni and cheese or mashed potatoes in the USA.

Reading 2:

Rainbow Mart, Hirosaki's Pantry

虹のマーケット、弘前の台所

Reading 2: Vocabulary & Reading

| | | |
|-----------------------------|--------------------------|----------------------------|
| open-air stall 露店 | salmon roe イクラ | minced 細く刻む |
| bounty 恵み | soaked 浸す・漬ける | salmon jerky 鮭とば |

Opened in 1954 and in operation for over sixty years, Rainbow Mart is Hirosaki's pantry. Right around the corner from Hirosaki Station, it was originally a collection of **open-air stalls**. Later, the Hirosaki Food Cooperative moved into the large building recognizable today for the giant rainbow painted on its side. Unlike a supermarket, many different sellers rent space inside, so each customer can communicate directly with the shop owner when deciding what to buy.

Step inside and you will be amazed at the variety of fresh fish, meat, produce, and even household goods on display. Rainbow Mart is definitely the place to go if you want to buy seafood in Hirosaki. There you can get all of the great **bounties** of the Aomori seacoast, including salted salmon, salted **salmon roe**, and **salmon jerky**.

Rainbow Mart is not only the place to buy ingredients for everyday cooking. If you are hungry, some shops will prepare sushi or seafood rice bowls right before your eyes. You can also eat Tsugaru soba noodles sent right from the factory. And the local people particularly like visiting the “delicatessens” which sell freshly prepared dishes. They really provide an authentic taste of Tsugaru home cooking. Many products are sold by weight, so you can buy just as much as you want to eat. They have also sold “*igamenchi*,” another Tsugaru soul food, for many years. *Igamenchi* are deep-fried fritters made of **minced** squid and cabbage. This is a common food, and each shop uses a slightly different recipe. You can also find unique Tsugaru pickled plums, **soaked** in honey and wrapped in *shiso* (beefsteak plant leaves). You can even buy just one to taste.

If you take a walk around this old-fashioned market, you will get a real sense of what the food on the common Tsugaru kitchen table looks like.

Reading 2: Conversation Practice

GUIDE: Alright, up here on our right is a place called Rainbow Mart. It was established back in 1954 and some consider it Hirosaki's pantry.

TOURIST: Is it like a supermarket?

GUIDE: Well, it was originally a collection of open-air stalls, but has now moved into this large building. In addition, what makes it different from your typical supermarket is that vendors rent space and they can interact directly with the customers.

TOURIST: Oh, I see. That way the vendor and customer can build a relationship. I really like the exterior design. It's easy to see why they call it "Rainbow" Mart.

GUIDE: Yes, exactly! Let's go inside and take a look around.

TOURIST: Wow, that is a lot of seafood! What is that (pointing to round small red ball shaped eggs)?

GUIDE: Oh, that is called *ikura* and I think in English you call it salmon roe. It is very popular in Japan and people love to eat it with rice. Is anyone hungry?

TOURIST: Yes, I would love to try something. What do you recommend?

GUIDE: Since we are in Hirosaki, I think you should try some *igamenchi*.

TOURIST: Some iga- what?

GUIDE: *Igamenchi* ... It's a deep-fried fritter made of minced squid and cabbage.

TOURIST: Sounds interesting. I want to try it!

Reading 2: Further Thinking

- 1) What are some of your favorite local places to shop for food? Do you have any favorite local dishes or delicatessens?

- 2) What do you think are some big changes in the way people shop for food in Hirosaki over the past 50 years?

- 3) Do people around the world shop for food in different ways? Do you know of any famous markets in other countries?

Reading 3: Tsugaru Soba 津軽そば

Reading 3: Vocabulary & Reading

| | | |
|------------------------|-----------------------------|---------------------|
| procedure 手順 | soybean flour 大豆粉 | knead こねる |
| nutrient 栄養 | broth だし | kelp こんぶ |

During the Edo Period, rice was very expensive for common people. As a result, soba, thin noodles made from buckwheat flour, was a common dish among farmers. Today, soba remains popular throughout Japan. In Tsugaru, however, soba has some unique characteristics. That is to say, Tsugaru soba is made using some additional **procedures** when compared with soba from other regions of Japan. One difference is that people in other regions typically add some wheat flour to the buckwheat flour while making the soba noodles, but in Tsugaru the soba makers instead add **soybean flour**. Furthermore, *gojiru*, water in which soybeans have been soaked overnight, is used to **knead** the *sobagaki* (buckwheat dough). The soba maker

lets it sit overnight and then a small amount of soybean flour is added to the buckwheat flour, which adds nutrients as well as its unique flavor. Moreover, the dough must sit overnight once again before it is cut into thin strips, boiled, and finally served fresh. People tend to eat soba by dipping it into a savory **broth** for additional flavor. Tsugaru soba uses a *dashi* broth made from sardines and **kelp**, which results in a rich ocean flavor. Due to the extra time and effort it takes to produce and cook Tsugaru soba, the number of restaurants that serve it has been decreasing since the 1950s.



There are only a few soba restaurants left in Hirosaki which serve Tsugaru soba noodles, now made with a simplified/modernized process. *Sanchū Shokudō* is one

such establishment, dating back to its 1907 opening in the Meiji Era. The current owner is now the fourth-generation family member to be the soba master at this restaurant and his son will take over in the near future, thus



passing it onto the fifth generation. In fact, a book entitled *Tsugaru 100 Year Shokudo* used the history of this restaurant for its storyline. Soon after its publication, it was made into a movie, bringing the restaurant a lot of fame and publicity. *Nonoan* is another restaurant that serves Tsugaru soba in Hirosaki. It played a major role in bringing this type of soba into modern times.



Reading 3: Conversation Practice

GUIDE: One of the greatest joys of traveling is trying the different local foods. Has anyone tried soba yet?

TOURIST: Yes, I tried it once in Tokyo near Tokyo Station. I liked it, but I was surprised by the slurping sound other customer made as they ate the soba.

GUIDE: Yes, that is a common custom in Japan, slurping the noodles! Well, in Hirosaki, there is something called Tsugaru soba.

TOURIST: Hmm ... What makes this soba different than soba from ... let's say Hokkaido?

GUIDE: Good question. Often soba makers add other types of flour to the buckwheat flour. Usually this is wheat flour, but Tsugaru soba uses soybean flour. In addition, in order to make the soba dough for the noodles, the soba maker adds water in which soybeans have been soaked overnight.

TOURIST: That's interesting.

GUIDE: Also, the *dashi* used for dipping sauce is made from sardines and kelp, so it has a strong ocean taste to it.

TOURIST: I'm getting hungry just listening to this! Where can we try some Tsugaru soba?

GUIDE: The most famous place is Sanchū Shokudō. It has been serving Tsugaru soba since the early 1900s and is now being run by a fourth-generation soba master.

TOURIST: Wow ... That is a long time!

GUIDE: On the other hand, if you want to try soba that has been made from locally grown buckwheat, I would recommend Hikoan. This soba restaurant uses buckwheat produced in the Mt. Iwaki area. Mt. Iwaki is that mountain (pointing to Mt. Iwaki).

TOURIST: Oh, I see. Both places sound delicious. Let's go and enjoy some local soba for lunch!

Reading 3: Further Thinking

- 1) What is your favorite local dish? How would you describe it in English? (e.g. flavors, history, ingredients, etc.)

- 2) In 2013 the United Nations Educational, Scientific, and Cultural Organization (UNESCO) registered *washoku* (traditional Japanese cuisine) as an intangible cultural heritage. Why do you think UNESCO did this?

- 3) What unique features does *washoku* have? What makes it different from other national cuisines?

Conversation Practice

Tourist: I'm interested in learning about local food culture. Is there any special kind of food to eat in Tsugaru? What do you recommend?

Guide:

Tourist: I've never heard of it before. Can you compare it to anything else?

Guide:

Tourist: Where can I try it?

Guide:

Tourist: Is it a traditional food? If yes, do you know its history?

Guide:

UNIT 5:

Groundhopping

グラウンドホッピング



Unit 5: Introduction



どこを訪れようと、どの文化の人々にも、参加し、競技し、観戦して楽しむスポーツがあります。スポーツはすべての人々にとって、いろいろな意味と重要性が

あります。多くの人々がお気に入りのスポーツを休暇中に楽しんだり、健康のために泳いだり、走ったり、自転車に乗ったり、スキーをしたり、またその土地のスポーツ文化を見たりして地元とのつながりを深めたりします。いろいろなスポーツがありますが、ルールは世界中ほぼ共通なので、話題にするのは簡単です。このユニットでは、スポーツを共通の話題としてゲストと気持ちを通わせる方法を学びます。同時に、思いがけない故郷の一面をお客様にお見せすることができるかもしれませんね。

It doesn't matter where you go, every culture has sports that people participate in or enjoy watching. Sports mean different things to different people. Many people enjoy their favorite sport even on vacation, be it as a way to stay healthy (like swimming, running, cycling, or skiing), or by watching and connecting with the local sports culture. Even though there is a wide variety of activities, it is still easy to converse about them, as the rules for each individual sport are nearly universal.

In this unit, you will practice using sports as an opportunity to find an easy way to connect with guests by showing interest in their hobbies. At the same time, you might be able to show them a side of your hometown which they never expected to see.

Reading 1: Soccer サッカー

Reading 1: Vocabulary & Reading

| | | |
|--------------------------|------------------------------------------|---------------------------|
| gauge 測る | broadcast 放送する | identity シンボル |
| unify 団結する | form 結成する | promote 促進する |
| predecessor 前身 | underrepresented 過小評価 されている | prestigious 有名な |

Barcelona and Manchester have soccer teams that nearly everyone has heard of. Soccer has the power to carry the name of a city and its citizens around the world and to connect people of different cultures. To **gauge** the impact of soccer on even relatively small soccer countries like Japan, we only need to look at the raw numbers. Thousands of fans all around Japan visit stadiums every week to watch soccer and even more watch games on TV or via the internet. However, Japanese soccer isn't just for a local market anymore; as recently the, J-League has

started to be **broadcast** around the world, securing partnerships in 20 countries.

The core of the popularity of a soccer club is its **identity**. A soccer club is not only a sports club, but it is also seen as a **unifying** symbol for locals, fans and for the geographic area where it is located. Regional identity gives a soccer club a deeper meaning. Hirosaki has its own history with soccer. Blancdieu Hirosaki FC, its current team, is not widely known, but have been successful in the league nonetheless.

Blancdieu Hirosaki FC was **formed** in 2012 as part of the “Hirosaki J Sports Project” in an attempt to **promote** the city of Hirosaki and local sports. Its name derives from the French word “Blanc,” which translates to “white” and “Dieu” which means “God.” Both words refer to the local Shirakami Sanchi mountains, which translates to Mountain Land of the White Gods. Yet Hirosaki’s soccer history starts earlier than that. The Libero Tsugaru Sports Club, the **predecessor** of Blancdieu Hirosaki, was founded in 1998 and started its first competitive main team in 2003. Its youth academy has

been the home of some future J-league players and players of the **prestigious** Aomori Yamada High School soccer club. Blancdieu Hirosaki FC, with its cherry blossom-pink jerseys, plays in the Hirosaki City Athletic Park. It won the Tohoku Championship in 2018 and came second in 2019. Their goal is to be promoted to the J-League and to stand for the **underrepresented** Tohoku area on a national stage.

In the end, though, success is not everything. Show your local spirit, connect with people, or just enjoy a game with friends. Soccer connects people: why would you only watch it on TV, when games in person are so much more fun?

Reading 1: Conversation Practice

TOURIST: Hello, I am interested in sports of all kinds. What do you recommend watching while I am in Hirosaki?

GUIDE: Hm, we don't have sports teams that play in the higher leagues, but I have an idea. How about going to a soccer game?

TOURIST: Hirosaki has a soccer team?

GUIDE: Yes, its name is Blancdieu Hirosaki FC. They are not famous, but they play good soccer.

TOURIST: Where do they play?

GUIDE: Go to the bus stop and take the bus to Hirosaki City Athletic Park. There you will find the stadium.

TOURIST: Soccer fans can be scary. Do I need to worry?

GUIDE: Of course not, Hirosaki fans are nice and will be really happy to see you.

Reading 1: Further thinking

- 1) Check on recent results and the current coach's name.
When is the next game being played? Who will they play? How are they doing this year?

- 2) What other soccer teams from around the world do you know? Research popular teams so you can connect with someone visiting Hirosaki from abroad!

- 3) What other sports are popular abroad?

Reading 2: Skiing スキー

Reading 2: Vocabulary & Reading

| | | |
|-----------------------------|-----------------------------------------|---------------------------|
| catastrophic 悲劇的な | disaster 災害 | pioneer 先駆者、草分け |
| firmly しっかりと | reverse-engineer 分解して 模倣する | spot 注目する |
| attract 引きつける | proven 証明された | slope 斜面、山麓 |

Sometimes important developments are brought forth by **catastrophic** events. One of these events happened on January 23, 1902, in the Hakkōda mountains in Aomori. A winter training exercise cost 199 Japanese soldiers their lives and is still regarded as the deadliest mountain-related **disaster** in modern history. At the same time, this disaster led to the introduction of one of Aomori's most popular sports, skiing.

The art of skiing was first properly introduced to Japan in January 1911 by Major Theodor von Lerch. The Japanese Army had been searching for a better way to travel in snowy areas to prevent such a disaster from happening again. As a soldier of the Austro-Hungarian empire, von Lerch got lessons from the skiing **pioneer** Mathias Zdarsky before visiting Japan. Even though his original aim was to study the Japanese army, he brought two pairs of alpine skis from Europe. These were not the first skis in Japan. However, his skis had bindings that held the heel **firmly**, as opposed to the free-heel type of skis previously **spotted** by visitors to Japan. These were perfect for downhill skiing, but also useable for cross-country travel. The army **reverse-engineered** them and on January 12, 1911, the first group of 10 soldiers received their first lessons on skis, in an attempt to replace snowshoes. A short time later, the first ski club for civilians was founded and within a year it had already **attracted** around 6000 members. Von Lerch would continue to teach skiing to Japanese for two more years. In addition, in April 1911, he and a fellow Austrian climbed Mount Fuji on skis.

Von Lerch's introduction of European-style skiing changed the lifestyle in the snowy areas of Aomori forever. Finally, they had a way to travel during the long snowy winter months other than on snowshoes and carrying wooden snow shovels: skiing didn't just become popular as a fun sport but was also **proven** useful as a means of transportation. Nowadays, using skis to get around isn't that practical anymore. However, the development of the skiing industry did help to improve the lives of many people in Aomori and led to the prefecture becoming one of Japan's main skiing destinations. In 2003 Aomori hosted the skiing events for the Asia Games and every year many clubs participate in local competitions, for example at the Owani Onsen Ski Resort. So, if you are already in Hirosaki to see the snow-covered castle grounds in the snow, why not rent some skis and test the **slopes**?

Reading 2: Conversation Practice

TOURIST: Winter is really cold in Hirosaki and you have so much snow. I can't really go sightseeing on foot, what else can I do around here?

GUIDE: How about going skiing and then visiting a hot spring?

TOURIST: But I don't have that much time.

GUIDE: No problem. Most of our skiing areas are close to hot springs. You should visit a hot spring after spending some time on the slopes. After skiing in the cold, taking a hot bath feels heavenly!

TOURIST: That sounds great. Anything else I should know?

GUIDE: Make sure you bundle up! Up in the ski area, it is often quite cold and windy. Also, if you find a hot spring hotel, they have great local food-- and after a day out in the snow, it will taste even better!

Reading 2: Further thinking

- 1) What winter sports do you know about?

- 2) Do you know of any famous winter sports athletes?

- 3) What are some winter activities in other countries?

Reading 3: Hokushindō 北辰堂

Reading 3: Vocabulary & Reading

| | | |
|------------------------------|-----------------------|---------------------------|
| faint かすかな | armor 防具 | rise 隆盛、高まり |
| compromise 妥協案・折衷案 | foothold 足場 | folk tale 伝説・民話 |

The combination of ancient traditions and modern practices in Japan has a huge appeal to many foreigners. While walking through Hirosaki at night, one will often hear the **faint** sound of yelling, carried by the wind in the silence of the night. Following it will lead you to one of the many local gyms, be it at a school, university, or even private dojo. Inside you may see people in blue robes and strange black **armor** sweating and swinging bamboo swords through the air or at each other, underlining each and every movement with a loud scream called a *kiai*. Kendo, one of Japan's most popular sports, with millions of participants, is also one of the most famous Japanese exports, and is practiced all over the world.

Based on *kenjutsu* (sword fighting technique), kendo started as a way for swordsmen to improve their skills. Around 1700 Naganuma Shirōzaemon Kunisato is said to have introduced the use of bamboo swords and armor. Kendo's real **rise** to popularity though, was during the Meiji period of the late 1800s. The Meiji government banned the use of swords by the surviving samurai class and made them part of the uniform for police officers all over the country. Ten practice moves, called *kata*, were designated for training. These reflected a **compromise**, taking teachings of all *kenjutsu* schools of the country into consideration. Even though kendo was first intended for use by police officers, it soon found its way into the hearts of many Japanese civilians. For a short period after World War II, kendo was forbidden by the Allied occupation forces, but the sport never lost its **foothold** in Japanese society and still remains popular today.

The oldest dojo or training center in Hirosaki is now 135 years old. The Hokushindō Dojo bases its training methods on the Shinto-ryu Bokuden-ryu school of sword fighting, which is said to have been founded by the famous

swordsman Tsukahara Bokuden around 1500. There are many **folk tales** about this fighting school, the most famous one being based on the original school name Mutekatsuryu ("the school of winning without swords"). Challenged to a fight, Tsukahara Bokuden left his enemy stranded on an island on Lake Biwa, declaring himself the winner without even needing to fight. The whole unique fighting style of this school is based on this tale. Instead of placing importance on beating the opponent, a more defensive style is taught based on avoiding being hit, making the students of the Hokushindō Dojo a welcome addition at every national tournament and exhibition.

Reading 3: Conversation Practice

TOURISTS: Does Hirosaki have kendo?

GUIDE: Oh, that is surprising. Why do you know about kendo?

TOURISTS: I love watching movies about Japan. It is common to see students in kendo outfits in such movies.

GUIDE: That's right, you can often see them in movies. But kendo is very common in everyday life, too, not just in movies. There are many kendo clubs in Hirosaki.

TOURISTS: Only clubs?

GUIDE: Clubs can participate in competitions. Of course, we have dojos too.

TOURISTS: Dojos? Ah, aren't those training facilities?

GUIDE: Yes, the oldest dojo in Hirosaki is over 135 years old.

TOURISTS: Wow, that's impressive. Do you also practice kendo?

GUIDE: No, I'm too scared of getting whacked by a bamboo sword!

Reading 3: Further Thinking

- 1) What other popular Japanese martial arts do you know of?
- 2) Which well-known martial artists come from Tsugaru?
- 3) Which movies are famous for showing martial arts?

Conversation Practice

TOURIST: Hello, I am interested in ____, what do you recommend?

GUIDE:

TOURIST: How do I get there?

GUIDE:

TOURIST: Can you tell me more about it?

GUIDE:

TOURISTS: Thank you for the information. Are you practicing that sport too?

GUIDE:

Afterword

Congratulations on making it to the end of this textbook!

While you may have mastered the contents of this book, your journey to becoming a tour guide, increasing interactions with foreigners, or just leveling up your English has just begun. We in the Hirosaki University English Lounge hope that you will take not only the information and vocabulary that we have taught you, but also learn from the perspectives we have offered of Hirosaki. One of our goals in writing this textbook was to demonstrate how even little everyday things, like the Kudō Bread Company's English Toast or shopping at Rainbow Mart, can be interesting and valuable experiences. While Mt. Iwaki stands high over the city, Mt. Kudoji or the Blancdeiu Hirosaki FC also hold important places in many of our hearts. These represent a different Hirosaki—one not so easily found in English-language guidebooks or on tourism websites.

Just as everyone's home is different, everyone's Hirosaki is different as well. Now it is your turn to share your hometown with the world!

For additional information on Hirosaki in English check:

James Westerhoven, ed., *Voices from the Snow: Stories by Hideo Osabe and Kyōzō Takagi* (Hirosaki University Press, 2009)

Hannah J. Sawada and Kitahara Kanako, *An Introduction to Tsugaru Studies in Japanese and English* (2009)

Hirosaki Tourism and Convention Bureau
<https://www.hirosaki-kanko.or.jp/en/>

Shirakami Life & Activities <https://www.experience-shirakami.com/>

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Glossary

The following glossary is divided into several topics. It may be useful when introducing Hirosaki to a foreigner. We chose these words because they are important for describing local culture, but perhaps difficult to explain in English. The glossary has two purposes.

First, it provides useful explanations, not translations. If you look up *yōkan* in a dictionary, it will probably say “agar jelly.” If you look up *kamoshika*, it will probably say “Japanese serow.” These are correct translations, but not many English speakers will know those words. As such, explanations are more meaningful than translations.

The second purpose is to show how to explain Japanese cultural words. It is useful to use things people know. Use of phrases like “it’s like a...” or “it is similar to...” is very effective. Then add a little extra information about why it is interesting. Foreigners may not know Shirakami Sanchi, but they probably will know Studio Ghibli. They would be interested to learn that the forest in *Princess Mononoke* is based on Shirakami Sanchi. It is also useful to say what

something is not. For example, Nanbu senbei are actually not made from rice, even though “senbei” is usually translated as “rice cracker.” Check the Glossary to see what they are made of.

地理地方関係 **Geography and Regions**

Hakkōda Mountains

八甲田山

A mountain range running north to south that cuts Aomori Prefecture in half. It marks the eastern end of the Tsugaru region and is very famous for skiing.

Mount Iwaki

岩木山

This 125-meter high mountain stands in the middle of the Tsugaru plain and looks over the three cities of Hirosaki, Aomori City, and Goshogawara. It has a unique triple-peak form, and is said to be home to the Akakura deity.

Shirakami Sanchi

白神山地

A mountainous area covering part of southern Aomori and northern Akita. It was named a world heritage site for its ancient beech forests. It was also inspiration for the forest in the Studio Ghibli film *Princess Mononoke*.

Tohoku

東北地方

The northeastern area of Honshu, the main island of Japan. It is comprised of six prefectures: Aomori, Iwate, Miyagi, Akita, Yamagata, and Fukushima.

Tsugaru

津軽地方

The area covering the western half of Aomori Prefecture. It was the domain of the Tsugaru clan until the modern prefectural system was put into place, at which time it was combined with the eastern half to form Aomori Prefecture. Tsugaru, like other regions of Japan, has a distinct dialect and many unique folk customs.

お祭り関係 Festivals

bon dance Traditional dances for celebrating o-bon.

盆踊り

They are often danced in large circles or in a parade. Bon dances are very simple so anyone can learn easily and join in.

neputa

ねふた

Hirosaki's major festival during o-Bon. Giant fan-shaped floats (also called Neputa) are paraded through the city at night accompanied by giant drums and traditional flute music. The festival is supposed to drive away sleepiness.

o-bon

お盆

Japanese All Soul's Day, celebrated each night for about a week in August. Families in Tsugaru celebrate by lighting small bonfires in the evening to help the spirits of their ancestors find their way home. Families often also gather together, barbecue and enjoy small fireworks.

o-shogatsu Japanese New Year's. It is celebrated during the first week of January with special foods like mochi and *o-secchi*, bamboo and pine decorations, and visits to a Shinto shrine.

お正月

senko hanabi Japanese-style handheld fireworks. Unlike sparklers or morning glories, senko hanabi are not sticks. Instead, they are made from a paper string. The firework burns a tiny ball that slowly climbs up the string as it sparks. You must hold it very still, or the ball will fall and the firework show will end.

線香花火

yatai A booth or stall set up to sell goods, usually at a festival. Festivals are usually connected to religion or seasons. Yatai usually sell food or host games where children can win toys. Some yatai are so big that they can contain a dining area, but most food is sold as take-out.

屋台

食べ物関係 Food

red bean paste One of the most common ingredients in Japanese sweets. It can be molded into beautiful shapes or used as a sauce.

餡子

dagashi Japanese sweets (2). Usually made from wheat or cake with red bean paste or other Japanese flavorings.

駄菓子

dango Rice dumplings. Eaten on a skewer, they are usually topped with sweet soy sauce, black sesame, or red bean paste. Some special dango are eaten on certain holidays.

団子

izakaya A Japanese-style pub. Izakaya often serve a wide variety of dishes for sharing. Customers usually sit on cushions at low tables or at the bar.

居酒屋

kashi-pan
菓子パン
Single-serving snack breads. They can be sweet or savory, a light snack or deep fried. Kashi-pan are usually cheap and available in many different varieties. They are sold in convenience stores and supermarkets, as well as fresh-made in bakeries.

mochi
餅
Rice cake. Mochi is made by pounding sticky rice until it becomes a paste. It is often eaten with red bean paste in the center.

**nanbu
senbei**
南部煎餅
Nanbu style crackers. Senbei are usually called "rice crackers," but these are made from wheat and flavored with nuts or sesame seeds.

soba
蕎麦
Buckwheat noodles. These noodles are usually eaten either in hot broth or dipped in cold soup. They go with many kinds of vegetables, tempura, or grated radish.

| | |
|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| tsukemono 漬物 | Pickled vegetables. Tsukemono can be made out of almost any vegetable, flavored with malted rice (<i>kōji</i>), spicy red peppers, or many other seasonings. There is a great variety: they can be sweet, spicy, sour, or salty, and go with sushi, curry, fish, etc. |
| wagashi 和菓子 | Japanese sweets (1). Usually made from mochi and/or red bean paste. |
| yōkan 羊羹 | Agar jelly. Yōkan is a very sweet firm jelly usually flavored with red beans or green tea. |

音楽芸能関係 **Music and Performance**

bosama

ボサマ

Blind male beggar musicians from the Edo period. These men had a strong influence on Tsugaru folk music and contemporary Tsugaru-jamisen.

goze

瞽女

Blind female beggar musicians from the Edo period. These women traveled through the Tsugaru region and influenced Bosama and Tsugaru folk music in general.

shamisen

三味線

A 3-stringed banjo or lute. Shamisen come in different sizes and are played with many kinds of music, including in kabuki theater and Tsugaru folk music.

shishimai

獅子舞

Tsugaru "lion" dance. Dancers wear horned masks that look like deer or bears (not lions), beat drums, and dance for good health and good luck.

taiko

太鼓

Japanese drums. Taiko (or wadaiko) are often used for festival music, like during Neputa. Kumidaiko, when many drummers dance and play together, is popular around the world, but uncommon in Japan.

teodori

手踊り

A traditional style of Tsugaru dance. Teodori literally means “hand dance,” but it is a very challenging style of dance that actually uses the whole body.

歴史やその他 **Historical and Miscellaneous terms**

Edo Period Medieval period lasting from about 1603-1867 when Japan was ruled by the Shogunate. This period was followed by the Meiji Restoration and modernization of the country. Edo is the old name for Tokyo.
江戸時代

daimyo An Edo-period lord. Daimyo represented their clan in the capital in Edo.
大名

ground-hopping A hobby that involves attending sporting matches at as many places as possible. Originated in the 1970s in England, now known worldwide, often related to soccer.
グラウンドホッピング

indigo

藍

Indigo, a blue color. Hirosaki has an old tradition of indigo dyeing. Indigo is made from natural plants and Japanese macaque.

**Japanese
monkeys**

ニホンザル

Japanese monkeys live throughout the country. They have long gray hair, bright red faces, and no tails.

kendo

剣道

Japanese fencing. Kendo is a highly competitive sport rather than a serious martial art used for self-defense. Participants wear protective gear and use bamboo swords to prevent injuries.

| | |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| kiai 気合い | A spirit shout. Kiai are used in martial arts. The athlete will cry out with all their energy to make their punch or kick stronger. Different schools have their own unique kiai. |
| kogin-zashi こぎん刺し | Tsugaru-style embroidery. Kogin-zashi uses geometric patterns made up by horizontal lines. It was originally used to make thin clothing warmer during the winter, but now it is a very expensive handcraft. |
| kokeshi doll こけし | A traditional wooden doll common throughout Tohoku. Kokeshi are made on a lathe, so they are shaped like a stick with no arms or legs. They are painted differently in each region. In Tsugaru, they are sometimes decorated with Ainu patterns. |

onsen

温泉

Spas using from naturally occurring hot springs. Every spring supposedly has different health benefits. Public bathing is a common pastime in Japan, and people are very open about bathing around strangers here.

yukata

浴衣

A light kimono-like robe worn in the summer. Yukata are fashionable at festivals and fireworks shows.

Tsugaru Life
~English Through Local Topics~

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Tsugaru Life: English through Local Topics is an English textbook for local tourist guides of the Tsugaru region. In each unit of this textbook, the learner will discover something new about the local area from tasty local sweets to natural wonders such as fresh water springs and nearby mountains as well as local sports, foods, and performing arts.

Each unit has 3 *readings* connected to the theme of the unit followed by:

- *Conversation practice* where a tour guide and a tourist have a conversation related to the reading.
- *Further thinking* section to stimulate more conversation on the given topic.
- *Conversation practice* section to make and develop your own conversation from what you learned in the unit.

A *glossary* at the end of the textbook provides additional support for the learners.

Learn to talk about life in Tsugaru, learn to talk about local topics in English!

