

MOVIES

TOHO CINEMAS Niihama (AEON Mall)

November 9 ~	Bohemian Rhapsody	English
November 23 ~	Fantastic Beasts The Crimes Of Grindelwaldhester	English/Dubbed
December 21 ~	A Star Is Born PG12	English
January 11 ~	Creed 2	English
January 11 ~	The Girl in the Spiders Web	English
January 18 ~	Taxi 5	English
January 18 ~	Glass	English

Information Service

Internet: <http://niihama-aeonmall.com>

Tape (24 hrs): 050-6868-5019(in Japanese)

Movies might be changed without notice. Please check.

Information in English & Chinese on the Web

*What's New?

*How to sort garbage and trash

Visit <http://www.city.niihama.lg.jp>

Clair:*Multilingual Living Information

<http://www.clair.or.jp/tagengorev/en/index.html>

This newsletter is published by SGG, a volunteer group that helps foreigners living in Niihama. If you need any advice, information, or support, please contact SGG. SGG would welcome any suggestions, questions, or ideas for monthly articles.

email: kasi4386@plum.ocn.ne.jp

sheep@abeam.ocn.ne.jp

yukiko-m@shikoku.ne.jp

*The editors for this month are M.Hata & H.Yamamoto

ONE POINT JAPANESE

いろいろなみる

A: お正月、初もうでに 行きましたか。

Oshogatsu, hatsumode ni ikimashita ka.

(On New Year's Day, did you go to the first shrine visit of the year?)

B: はい。朝は 込むので、昼から 行きました。Aさんは?

Hai. Asa wa komu node, hiru kara ikimashita. A-san wa?

(Yes. It's crowded in the morning, so I went in the afternoon. How about you, A?)

A: わたしは どこも 行かないで、ずっと 家で DVDを 観ていました。

Watashi wa doko mo ikanaide, zutto uchi de DVD o miteimashita.

(I didn't go anywhere; I stayed home and watched DVDs all day.)

(神社で) Jinja de (At a shrine)

A: 見て 見て、あの人!

Mite mite, ano hito! (Look! Look at that person!)

B: どの人? Dono hito? (Which one?)

A: あの きれいな 着物を 着ている 人。

Ano kire na kimono o kiteiru hito.

(That person wearing the beautiful kimono!)

さっきから ずっと こっちを 見ているよ。

Sakki kara zutto kocchi o miteiru yo.

(She has been looking at us for a while now.)

B: あっ、元カノだ。Aa, motokano da. (Ah! That's my ex-girlfriend.)

A: しんどそうですね。大丈夫ですか。

Shindoso desu ne. Daijōbu desu ka.

(You look tired. Are you alright?)

B: ええ、今朝から 頭が ぼーっとして、熱も あるんです。

Ee, kesa kara atama ga bōtto shite, netsu mo arun desu.

(Not really. Since this morning, I can't think clearly and I have a fever, too.)

A: えーっ! インフルエンザかもしれないから、早く 病院で 診てもらった ほうが いいですよ。

Ee! Infuruenza kamoshirenai kara, hayaku byōin de

mitemoratta hō ga i desu yo.

(Oh, no! It could be the flu. You'd better have a doctor look at you

right away.)

★テレビ/映画/DVD を見る: watch TV/ a movie / a DVD

★前/あそこ/こっち を見る: look forward / there / this way

★(医者) が 患者を 診る / 病院で 診てもらう:

(A doctor) examines a patient. / go to see a doctor at a hospital

< by Niihama Nihongo no Kai >

NNK also provides Japanese lessons for foreigners living in Niihama.

Feel free to contact us at: Tel 0897-34-3025 (Manami Miki).

e-mail: manami-m@js6.so-net.ne.jp

What's New?

Niihama City

No.281 January 2019

Published by SGG Niihama

Happy NEW YEAR



A New, Deep Appreciation for Niihama Alexandra Winkler

I am so thankful to be living in Japan, and even more thankful to be living in Niihama. Niihama is nicely located about equidistant from both Matsuyama and Takamatsu as well as offers a smaller city feeling while still being considered a rural part of Japan. To me, it is the best of both worlds. After living in Niihama for about 2 months, I traveled to Fukuoka and was instantly overwhelmed by the amount of people and flustered by the long lines to eat at restaurants. The pace of life seemed so fast there and I was happy to come back to the slower paced Niihama city.

Something that really stands out to me about rural Japan is how amazingly nice the people are. In comparison to a large city like Fukuoka, I feel like it's a lot easier to say hi to someone walking down the street here. Most people are friendly enough to say hi back or start a conversation with me, unlike Fukuoka where everyone was too busy to slow down and meet someone new. There are many nice and polite people throughout Japan but this gave a very welcoming feeling to Niihama. The slow pace along with the helpful people helped me adjust to life in Japan. Even the city office had an English translated paper on how to sort your trash! I felt so at home in the first few weeks of being here.

I grew up in the United States in a city named St. Louis located in the state of Missouri. It is larger than Niihama yet smaller than Fukuoka. St. Louis has been named multiple times as one of the most dangerous cities in the United States. I can remember going out with friends in the city, hearing gunshots and everyone nonchalantly saying "Oh, I guess it's time to go home now." because it was so common to hear on a Saturday night. In Japan, this isn't a problem and I have never felt safer.

Not only are guns not a problem here in Japan, but the polite and respectful culture also helps cultivate this feeling of safety. For instance, I can leave my bike outside of a convenience store and not worry about it being stolen. Not only the bike, but I can also leave belongings in the basket of the bike and not have to worry about them being gone when I return. That is something I have never experienced before in my life. In America, I would be hesitant on even leaving my bike outside without thoroughly chaining it to something, and even then, chains have been known to be cut and bikes stolen. Most people here respect others' belongings and that is truly something I am very thankful to experience.

Niihama offers peace and tranquility, especially in the evening and at night. Something I have discovered that I love doing is walking around the city at night. In St. Louis, you have to be very cautious when walking around in the evening, especially by yourself. Because of that, I never went out walking at night by myself. Here however, I don't have to worry about walking around at anytime whether I am by myself or not. While in Fukuoka, the city remained bustling into the early hours of the morning. The sounds and lights of the city never dwindled which made it hard for me to relax. It did not have the same quiet environment Niihama has in the evening. I can relax here and take in the calm atmosphere while being worry-free walking around.

Another thing Niihama has is such a close proximity to an abundant amount of beautiful landscapes and parks. When I first arrived, I was amazed by the sight of the mountains. Raised in the midwest region of the United States, I grew up surrounded by corn fields and plains outside of St. Louis city which I found very boring and dull. Ehime mountains on the other hand, are so beautiful and lush with gorgeous foliage during both the fall and the spring leaving me and many others awestruck.

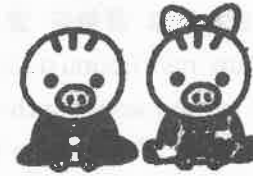
The tranquility, surrounding beauty, safety, and welcoming atmosphere are the things I really appreciate about Niihama. Before moving to Japan, I went to Tokyo for the first time on vacation in May 2017. It was my first out of country experience and I immediately knew I wanted to live here and started applying for jobs as soon as I returned home. I had the choice to live in the Shikoku region or Tokyo and I am very happy I chose to live in Shikoku. After living in rural Japan, I have a new, deep appreciation for it and I am very excited to spend the next year of my life here.

Hi, I'm Alex from St. Louis, Missouri. I work as an English teacher at an Eikaiwa here in Niihama. You may see me walking or riding my bike around the city or you can definitely find me at Aeon Mall studying Japanese and/or Korean. If you see me, please say hi and let's talk!

50-60% is the Ideal Humidity of the Room for your Health

(from Ehime Shimbun January 31, 2018)

Room humidity tends to be low in winter as we use heaters. The low humidity may damage your skin and hair. It also makes us susceptible to cold or flu. Under low humidity, the defense mechanism of the mucous membrane of your air duct may weaken. Flu virus activates in low temperature, especially under 40% humidity. Ideal humidity for your room is 50-60%. The use of a humidifier is the best option, but hanging wet towels or washing clothes in the room also works well. However, be careful not to create too much humidity or it produces vapor condensation and mold. In that situation, you should air the room. A hygrometer is a useful tool to check the humidity.



We should reduce Food Loss

For the earth, For everyone, For ourselves.
(from the Monthly City News, December 2018)

What is "Food Loss"? That is when food that can still be eaten is discarded. It includes leftover food, discarded food due to rot or mold, and scraps of food that were cut away.

It is reported that in Japan there is about 640 tons of food loss a year. In other words, each person in Japan throws away the equivalent of one rice bowl amount each day. Food is a valuable resource. We should carefully consume this precious resource without wasting it in our daily life.

What is the "3010 Movement"? The 3010 Movement is a campaign to reduce food waste from parties or meetings. The point of this campaign is to eat heartily in the 30 minutes following the toast, and clean your dish out 10 minutes before the end of the party. This campaign has been conducted in many parts of Japan. Let's spread the 3010 movement.

Garbage Reduction Section Tel 64-1252

January Events

★1/1: New Year's Day

Many people pay a visit to a Shinto shrine to pray for happiness and good health.

★Akagane Museum

○1/2 - 1/3 Kakizome (First Calligraphy of the Year)

11:00 a.m. ~ 3:00 p.m. Admission free

○~1/20 Art Exhibition by Isao Hino

As many as 50 works of his colorful and striking art are exhibited. Admission free

○1/29 (Tues) Laughter Yoga 6:30 p.m. ~

Admission free. First come, first served.

★1/13 (Sun) Coming-of-Age Day 11:00 ~ Bunka Center

You can see many 20-year-olds dressed in beautiful kimono.

★1/14 (Mon) Ohshima Island Todo Fire Festival 6:00 a.m.

Special ferry boat leaves Kuroshima Port at 5:30 a.m.

★1/20 (Sun) Kite Flying 1:00 p.m. ~ Marine Park

Your kite must be handmade with a string shorter than 150 m.

Metal is not allowed. No regulation of color, size or design.

You can apply at the match. Admission free.

★~2/16 Illumination of Square around JR Niihama Station



"Just One World"

The 29th Niihama Global Party

Date: Sunday, February 10th, 2019

Time: 1:00p.m. - 3:30p.m.

Venue: Niihama Women's Plaza

4-4-19 Shonai-cho, Niihama-shi

Tel: 0897-37-1700

Admission: ¥500/person

Free for children age 6 and younger

Try on traditional outfits!

Learn fun dance moves!

Visit the calligraphy corner!

Enjoy sweets from all over the world!

We are looking for volunteers to help prepare the Global Party's famous sweets. If you are interested, please contact: Niihama City Office Local Community Section (Mr. Takarada) Tel: 0897-65-1218

Organizers: The Global Party Association, SGG Niihama & Niihama City Office