

What's New?

Niihama City

No.221 January 2014

Published by SGG Niihama

A
HAPPY
NEW YEAR

Starting Things Right

Cecille Valenzuela

I have always liked New Year's. For me, it is like having a cut-off period, marking the different stages in my life. The New Year allows me to close the door on the mistakes and heartaches of the year past, and open it wide to the possibilities of the year to come. A marker of accomplishment that allows us to date our successes to make them seem more established, more secure. For example, I could tell myself "Oh that was so last year, time to move on." or "Wow, I have been doing this since last year, I guess I must be doing it right!" It gives a good frame and perspective by which we can plan the years to come, as well as capture in time frames, lessons which we would always want to remember.

The Philippines, much like Japan has many traditions and practices welcoming the New Year. Here are just a few examples of the similarities:

FOOD

The Philippines, like Japan, has a very strong culinary appreciation. Part of the experience is the joy of breaking bread and sharing it with people you like.

Among our local favorites are sticky rice cakes called *biko*. Made from gelatinous rice and sugar, these rice cakes are eaten to encourage family togetherness, just like the little grains stuck together in a sweet singularity of purpose.

Also being an agricultural country, these balls of rice symbolize the joy at and hope

for a bountiful harvest.

Similarly, Japanese rice balls or *mochi* are made by community/family effort. People come together to pound the rice into meal which would then be rolled into little balls. The purpose for which is similar to that in my country, as an offering to the deities for a good harvest in the year to come.

FESTIVITIES AND ACTIVITIES

Just like in Japan, people in the Philippines greet the New Year with special firsts. As children, we were always told to jump as high as we can on New Year's eve, jingle coin-filled purses, and greet everyone with a sweet smile. These things would assure that (a) we would grow taller in the coming year (b) attract good fortune so as to always have money in our purse and (c) have a very happy year. We also take time to write New Year's resolutions, or the "plan" or direction we would like to take in the coming year.

These are similar to the *hatsumono* practices. Making sure to greet the New Year with a smile, making sure to meet the first rays of the sun with a happy smile and of course, painstakingly selecting the first kanji of the year which will be the guide for the year to come.

Interestingly, the Japanese practice of visiting temples on the first day of the year is similar to the Catholic practice of hearing mass on New Year to pray for blessings and peace for the family and for the community.

In a sense, these practices and celebrations may seem eclectic. The bottom line however remains, New Year basically is the time for quiet reflection and an opportunity to spend time with those whom we hold dear. Happy New Year, I hope it's a good one for all of us.

Cecille first came to Japan to study under the MEXT Teacher Training Program and nearly froze to death on her way to Katsuoji temple on her first ever Hatsumode (temple visit), over the mountains of Minooh at 3 in the morning . This is why she has since paid particular care and attention to Japanese practices and traditions.

She currently works at Language House as an English teacher. In her free time she likes taking very long walks and doing crafts.

The 24th Niihama Global Party

“Just One world”

If you are looking for a party with a lot of fun, please join the Global Party, where you can have a good time talking, tasting various sweets, enjoying performance on stage and meeting people from different cultures.

Please don't miss this chance. Come and find the fun.

Let's have a wonderful time !

This is a tea party. Please come after you finish your lunch.

Date : Sunday, 9th February, 2014

Time : 13:00 to 15:30

Venue : Niihama Women's Plaza

Address : 4-4-9 Shonai-cho, Niihama-shi

Phone : 0897-37-1700

Admission : ¥500/person to be paid at the reception.

Free for children of 6-year-old and under.

Volunteer help in preparation of various sweets is warmly welcomed. If you are interested, please contact the people below.

Organized by: The Global Party Association & SGG Niihama

Sponsored by: Niihama City Office & Board of Education

Enquiry : Ms. Okame 0897-34-8914

yasumi@galaxy.ocn.ne.jp

Mr. Nakamura 080-3403-3351

nakamura@niicci.or.jp

You can read on the Web.

***What's New?**

***Garbage and trash Collection Calendar**

***Information living in Niihama**

Click  <http://www.city.niihama.lg.jp/english/>

Clair: *Multilingual Living Information

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

January Events

*1/1: **New year's Day**

Many people pay a visit to Shinto shrines to pray for happiness and good health. Department stores sell "lucky bags" full of valuable goods.

*1/12 (Sun): **Coming-of-Age Day** 11:00~ at Bunka Center

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

*1/19 (Sun): **Kite Flying Match** 13:00~- at Marine Park

Admission free. Apply there. TEL: City Hall 65-1300

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

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

*1/25 (Sat) **Fun with Wooden Products** 10:00-15:00 at Shimin-no-mori

For preschool kids and their parents. Admission free. You can make wooden crafts and have fun in the 35mm wooden ball pool.

*1/26(Sun): **Hamasai Festival** 10:00-16:00

Noborimichi~Domu Niihama~Showa-dori You can enjoy big Tanabata Decorations, fresh seafood from Tsunami-stricken Minami-sanriku such as oysters, scallops and octopus and fresh local vegetables, meat, and fish. Local mascot character "Machuri" and other mascot characters will gather. Lots of vendors of local fast foods.

Notice

No garbage collection on 1/1~1/3, and Sundays.

Why not consider your eating habit for your diet?

(from Ehime Shimbun October 25, 2013)

When you have a meal, what do you eat first?

If you change the order of eating food, you can store less fat in your body.

First eat vegetables containing a lot of fiber, such as boiled vegetables with soy sauce or green salad, and next meat or fish containing protein.

After that eat rice, bread or noodles containing carbohydrate, with chewing them well. If you eat food containing a lot of carbohydrate first, your blood sugar level will rise rapidly and insulin will make your body store fat.

If you eat food containing fiber such as vegetables, your blood sugar level will rise slowly and there will be a change in the way insulin is secreted.

Why don't you give it a try?

MOVIE

TOHO CINEMAS Niihama (AEON Shopping Center)

November 30 ~	RED 2	2D English • Dubbed
December 6 ~	47 RONIN	2D • 3D Dubbed
December 13 ~	GRABITY	3D English
December 20 ~	WALKING WITH DINOSAURS	2D • 3D Dubbed
December 21 ~	PLANES	2D • 3D Dubbed
January 10 ~	ESCAPE PLAN	2D English
January 17 ~	The Story of CNBLUE / NEVERSTOP	Korean
January 18 ~	ENDERS GAME	2D English
January 31 ~	AMERICAN HUSTLE	2D English

Information Service

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

Tape (24 hrs): 0897-35-3322 (in Japanese)

Movies might be changed without notice. Please check beforehand.

▪ General	¥ 1,800
▪ Student (college)	¥ 1,500
▪ Student (Junior or Senior high, Elementary)	¥ 1,000
▪ Child (3 & up)	¥ 1,000
▪ A married couple, either one over 50	¥ 2,000
▪ Senior (60 & up)	¥ 1,000
▪ The first day of every month	¥ 1,000
▪ Cine MILEAGE Day (members only, every Tuesday)	¥ 1,300
▪ Every Wednesday (only for women)	¥ 1,000
▪ After 20:00 (every day)	¥ 1,200
▪ The first show on Friday mornings	¥ 1,300
▪ TOHO Cinemas Day (14 of the month)	¥ 1,000
▪ The disabled or the helper	¥ 1,000
▪ 3D	add ¥ 400

SGG would welcome any suggestions, questions or ideas

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*The editors for this month are A. Akiyama & H. Yamamoto

ONE POINT JAPANESE

いろいろな“～め” No.2

12:00 (noon)

妻：10時に朝ご飯を食べたから、お昼（ごはん）は、遅めでもいい？

Jūji ni asagohan o tabeta kara, ohiru gohan wa osome de mo ii?

(We had breakfast at 10, so is it OK to have lunch a little late?)

夫：昼抜きでもいいよ。お餅を食べ過ぎて、お腹がいっぱいだから。

Hirunuki demo ii yo. Omochi o tabesugite, onaka ga ippai dakara.

(Skipping lunch would be OK. I ate too much o-mochi so I'm full.)

妻：じゃ、コーヒーでも入れましょうか。

Ja, kohī demo iremashō ka.

(OK then, shall I make coffee?)

夫：そうだね。いつもより少し薄めに入れて。

Sōda ne. Itsumo yori sukoshi usume ni irete.

(Sounds good. Make it a little weaker than usual.)

A：何か健康に気をつけていることがありますか。

Nanika kenkō ni ki o tsuketeiru koto ga arimasu ka.

(Is there anything you do to take care of your health?)

B：ええ、コレステロールが高いので、食事はカロリー控えめに

しています。

Ee, koresuterōru ga takai no de, shokuji wa karori hikaeme ni

shiteimasu.

(Yes. My cholesterol is high, so I try to eat lower-calorie meals.)

C：私は、最近血圧が高めなので、ぬるめのお風呂に入るように

しています。

Watashi wa saikin ketsuatsu ga takame na no de, nurume no

ofuro ni hairu yō ni shiteimasu.

(Recently my blood pressure is a little high, so I take a

lukewarm bath.)

A : Dさんは、いつも ^{げんき} 元気ですね。

D-san wa itsumo genki desu ne.

(You are always healthy, D.)

D : 私 ^{わたし} も お風呂 ^{ふろ} は ぬるめ に ^{まいばん} して、^{ぶん} 毎晩 30分、^{はんしんよく} 半身浴 を しています。

Watashi mo ofuro wa nurumeni shite, maiban sanjippun hanshinyoku o shiteimasu.

(I also take a lukewarm bath, and I soak only the lower part of my body for 30 minutes every night.)

いい ^{あせ} 汗 かいて、ぐっすり ^{ねむ} 眠れますよ。

Ii ase kaite, gussuri nemuremasu yo.

(You sweat a lot and sleep well.)

< 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).

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