

MOVIES

TOHO CINEMAS Niihama (AEON Mall)

- Dec. 16 ~ **Avatar: The Way of Water** Sub/Dubbed
- Feb. 10 ~ **Babylon** (R15+) Sub
- Feb. 17 ~ **Ant-Man and the Wasp: Quantumania** Sub

Due to the new coronavirus infection, movies might be changed without notice. So please check the homepage for information.

Information Service
 Internet: niihama-aeonmall.com
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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.

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ONE POINT JAPANESE

「敬語」で話しましょう Speaking Using Honorifics

A : こんにちは。はじめまして。アンと申します。

Konnichiwa. Hajimemashite.

An to mōshimasu.

(Hello. It's nice to meet you. My name is Anh.)

B : こんにちは。はじめまして。ジョンです。お国はどちらですか。

Konnichiwa. Hajimemashite. Jon desu. Okuni wa dochira desu ka?

(Hello. Nice to meet you, too. I'm John. Where are you from?)

A : ベトナムです。ジョンさんはお国は？

Betonamu desu. Jon san wa okuni wa?

(I'm from Vietnam. How about you, John?)



B : イギリスです。どうぞ、よろしくお願いたします。

Igirisu desu. Dōzo yoroshiku onegai itashimasu.

(I'm from the UK. I'm looking forward to working with you/getting to know you.)



A : 何を召し上がりますか。

Nani o meshiagarimasu ka?

(What would you like to have?)

B : コーヒーをお願いたします。

Kōhī o onegai itashimasu.

(I'd like coffee, please.)



A : ジョンさん、お仕事は何をなさっていますか。

Jon san, oshigoto wa nani o nasatte imasu ka?

(John, what do you do for a living?)

B : 会社員です。アンさんは？

Kaishain desu. An san wa?

(I do general office work. How about you, Anh?)

A : ITのエンジニアです。お宅は新居浜ですか。

IT no enjinia desu. Otaku wa niihama desu ka?

(I'm an IT engineer. Do you live in Niihama?)

B : はい、この近くに住んでいます。

Hai, kono chikaku ni sunde orimasu.

(Yes, I live near here.)



< 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.330 February 2023

Published by SGG Niihama



Bathing

Ehime Shimbun Column "Earth Axis"
 November 23, 2022

It is said that Japanese people are the world's biggest bath lovers. M.D. Hayasaka Shin-ya, a leading researcher of bathing, writes in his book "The Best Bathing" that there are 200 countries which have their own unique bathing cultures, however Japan is the only one country which has a specific bathing culture where people immerse themselves into the bathtub everyday in their own bathroom at every home.

How comfortable it is to wash off the dirt and get warm at the end of a day! I've never thought deeply about it because it is all too common, but according to Dr. Hayasaka, to take a bath itself is the easiest, cheapest and most reasonably practicable healthcare initiative.

According to twenty years of research, it turns out that bathing improves quality of sleep, reduces the necessity of nursing care and so forth. The relationship between bathing and healthy longevity cannot be denied. Therefore, the way to take a bath should be considered a very important matter.

The key point is to immerse the body slowly into the warm water of about 40°C, as the autonomic nervous system changes from the active sympathetic nerve to the parasympathetic

nerve resulting in relaxation and recovery from fatigue. Just taking a shower does not completely fulfill this process.

However, one must be careful when bathing in the coming winter season. According to statistics from the Ministry of Labor, Health and Welfare the number of sudden deaths while bathing is about 19,000 per annum, 80% of which is estimated to be people over sixty five years old. This contingency is conspicuous in the winter season. In addition to heat shock due to the temperature difference, we must be careful of heatstroke caused by bathing for too long in overly hot water.

Some surveys show that bathing every day raises the level of happiness. Could bathing be the key to improving the level of happiness of Japanese people, which is said to be rather low in comparison to their high economical level?



A Hint for your Life

How to Prevent your Hair from Generating Static Electricity

(Ehime Shimbun, December 11, 2022)

The season of cool, dry air has arrived, bringing various troubles along with it. Maybe you've experienced the trouble of your hair standing on end when you take off your scarf or cap? Using moisture rich shampoo or treatment works well to prevent this. Applying hair oil or serum essence before brushing also works. To prevent friction in your hair, a natural hairbrush does a better job than one made of chemical fibers.

Static electricity is likely to generate when you wear a combination of wool and polyester. Be careful about the materials you wear when layering your clothing. Clothes made of cotton, silk or hemp are recommended over those made of chemical fibers. It is also a good idea to use antistatic spray.



All the "Yokai" Monsters of Niihama Painted on a Standing Screen



Hirose Katsuya, a picture book writer based in Mitaka-city, Tokyo, specially illustrated the monsters of Niihama so that children could enjoy the world of monsters. The sixty-seven-year old artist visited the Besshi Copper Mine Memorial Library on November 27th and donated a standing screen with his illustrations of Niihama's monsters.

The screen stands at 90cm X 120cm. Characters from four old tales handed down through Niihama history appear on it, including Kojoro-danuki (a little girl raccoon dog), Yurei-no-katasode (a ghost with one sleeve), Hitotsume-kozo (a boy with one eye) and Shoya-to-Enko (a village chief/ "kappa" river monster).

At the presentation ceremony, superintendent of education Takahashi Yoshimitsu said with a sense of gratitude, "All the famous monsters of Niihama are painted on the screen. We'd like to treasure it." It will be displayed at the kids' corner of the library.



February Events

The 31st Annual Niihama Global Party



Date: Feb. 12 (Sun.) 2023
 Time: 1:00p.m. ~ 3:30p.m.
 Place: Niihama Women's Plaza
 4-4-19 Shonai-cho, Niihama-shi
 Admission: 500 yen/person
 Free for children 6 and younger



Join us for an afternoon of fun performances, activities, displays, and friendly conversations!

If you are looking to make friends from all over the world here in our very own Niihama, come on over and join the Global Party!

There are giveaway goodies, Kimono, Obi, tableware, Japanese dolls and so on.

Participants are required to wear a mask and are not allowed to enter with a temperature over 37.5°C. We cannot serve any food or drink because of the Covid-19 circumstances. You also cannot bring any food with you except some drinks.

Enquiry: yasumi@galaxy.ocn.ne.jp



Online Information is English from Niihama City

☆ A Guide for Living in Niihama



☆ The Niihama Medical Institution Map



☆ How to Sort Your Trash and Garbage



☆ What's New? in English



☆ Niihama Tourist Information

<https://niihama.info/>



☆ A Daily Life Support Portal for Foreign Nationals