

MOVIES

TOHO CINEMAS Niihama (AEON Mall)

Nov. 11 ~	Black Panther/Wakanda Forever	Sub/Dubbed
Nov. 18 ~	Where the Crawdads Sing	Sub
Nov. 23 ~	Strange World	Sub
Dec. 2 ~	Black Adam	Sub
Dec. 9 ~	Men R15+	Sub
Dec. 16 ~	Avatar: The Way of Water	Sub/Dubbed
Dec. 23 ~	I Wanna Dance with Somebody	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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* The editors for this month are M. Hada and H. Yamamoto.

ONE POINT JAPANESE

「～すぎ」の使い方

A : 和菓子がありますよ。食べませんか。

Wagashi ga arimasu yo. Tabemasen ka?

(I have some Japanese sweets. Would you like some?)

B : すみません、あんこのお菓子は甘すぎてちょっと.....

Sumimasen, anko no okashi wa amasugite chotto.....

(I'm sorry, sweets with bean paste are too sweet, so....)

A : 日本茶と いっしょなら、大丈夫だと思えますよ。

Nihoncha to issho nara, daijōbu da to omoimasu yo.

(I think they'll be alright if you eat them with Japanese green tea.)

B : じゃ、いただきます。

Ja, itadakimasu.

(OK then, I'd love some.)



A : 元気 ないね。どうか した?

Genki nai ne. Dōka shita?

(You don't look well. What happened?)

B : きのう、飲みすぎたから、ちょっと 気分が 悪くて。

Kinō, nomisugita kara, chotto kibun ga warukute.

(Yesterday I drank too much, so I feel a little sick.)

A : 二日酔いなんだ。

Futsukayoi nanda.

(You have a hangover.)

B : 最近、将来のこととか 考えると 心配で 眠れなくて。

Saikin, shōrai no koto toka kangaeru to shimpai de nemure nakute.

(Recently I can't sleep from worrying about the future and things.)

A : 考えすぎはよくないよ。そうだ、日曜日 ドライブに 行こうよ。

Kangaesugi wa yokunai yo. Sō da, nichiyōbi doraibu ni ikō yo.

(Thinking too much isn't good, you know. I have an idea. How about going for a drive on Sunday?)

B : ありがとう。海が 見たいな。

Arigatō. Umi ga mitai na.

(Thanks. I would like to see the ocean.)



< 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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What's New?

Niihama City No.329 January 2023

Published by SGG Niihama

Running, and Remaining, in Niihama

James Whittle

On December 4th, 2022, I completed my third Akagane Marathon in Niihama. The 21 kilometer race begins at Yamane Park, runs down by Niihama interchange and back to Yamane, then about eight or so kilometers up Besshi Mountain through Kiyotaki Tunnel at an elevation of 400 meters before coming back down. I finished at a somewhat respectable 2:02, about five minutes slower than my previous time. Unlike my last two runs, this year's event had a much smaller audience thanks to the gloomy and drizzly weather. I'll blame the rain and lack of audience participation for my weaker time, and I now know that cheers from strangers and a little sun are worth at least five minutes off my total time.

The beginning part of the race is easy and I always have to remind myself to take it slowly and try to conserve some energy. Even the first few kilometers up the mountain aren't bad. I enjoy looking down at the old houses along the Kokuryo River. Many runners listen to music through earphones, but I like to hear the sounds of nature and use the run as a chance to connect with the natural environment, as much as I can. Once we round Shikamori Dam though, that is when the pain starts. The distance from the dam to the turnaround point must be about five kilometers but the road starts to get really steep. Unlike previous years, I didn't see any monkeys this time, but I could hear them chattering and I'm pretty sure they were laughing at me. I consider this part of the run to be penance for any sins I may have committed throughout the year. I hope you're happy, monkeys.

After rounding the cone and heading down, a sense of jubilation always washes over me. I am reborn. This feeling lasts until around Minetopia, and the remaining three or four kilometers are a shivering stumble to the finish line. I remember in elementary school, some classrooms would have a box of old pencils to use. Dixon Ticonderoga No. 2 with bite marks in it, looking like they were last used sometime in the 1800's. That is what my legs feel like at this point. Then, it's across the finish line directly to the omiyage bag: Doraichi and Pocari Sweat hit the spot. See you next year!

I first ran the Akagane Marathon more or less on a whim. My colleague Hannah said "Let's run the marathon!" and I said "OK" without much thinking, and began the process of training. I completed my first race at the meager time of 2:17, but I was mostly just happy to survive it. I'm the most athletic member of a family of extremely non-athletic people. I played sports up through middle school but I don't have a lot of natural ability, or stamina, or determination, or...

I always allow myself three months to prepare for the marathon. I take a few shorts runs throughout the week and on Saturday evenings after work I take an increasingly long run starting at my school down in Kikumoto, up to Marugame Seimen, then up to MosBurger the next week, then Yamane Co-op, etc. I discovered that running provides time for deep reflection. I notice places on foot that I never notice while driving around. I pass by a now-abandoned basement shop where I danced with friends my first summer in Niihama, now 15 years ago. I think about old friends and wonder what they're doing now. What would they think of Niihama ten or so years after leaving? In a short time many things become unrecognizable. I feel like I've become a steward to this place for my friends who have gone. I don't want to leave.

I wouldn't call running a hobby, but something I do to maintain a reasonable level of fitness. Next year I'll be 40 years old and I'm starting to understand what age actually means. No longer can I fall down and get back up without consequence. My body tells me things. If I don't take care of it, it won't take care of me. My mind would like to harmonize with it, and for several glorious kilometers during the act of running, it does. Such congruency seems harder and harder to find amidst the complications of adult life, so I will take it where I can get it. I've contemplated stepping up my game and entering Ehime Marathon, a full 42 kilometers. After my middling performance at Akagane, I'm beginning to reconsider. Can I and do I want to spend five hours running? Maybe I'll enter the runner's lottery and pray that I don't get picked. The monkey gods of Besshi Mountain might be upset if I try to run a different race.

James Whittle drifted between Japan and the USA for several years, until finally settling in Doi. He and his wife own and operate Jade Eikaiwa in Niihama.

January Events

★"Illumination" Displays in Niihama

※The Plaza in front of JR Niihama Station ~1/31

5:00PM-10:00PM

※Minetopia Besshi ~1/15 5:00PM-10:00PM

※Kin-ei Elementary School ~1/7 5:30PM-10:00PM

※Habu Community Center ~1/6 5:00PM-11:00PM

※Uzui-gawa Hiroba ~1/15 5:00PM-10:00PM

★Akagane Museum

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

10:00AM-12:00PM Free Admission

You can join without any tools.

※1/8 (Sun) Sparkly & Nostalgic Tambourine Making

10:00AM-12:00PM Admission is ¥500

Reservation is required.

★Science Museum

※1/2 1/3 Free Pocket Heater 9:00AM~

Free Admission. First come, first served up to 100.

※1/2 1/3 Blind Lottery 9:00AM~11:45AM

Admission ¥500. First come, first served up to 50.

The 30th Global Party

Date: Feb. 12 (Sun.), 2023

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

Venue: Niihama Women's Plaza

4-4-11 Shonai-cho, Niihama-shi

Admission: 500 yen/person Free for children age 6 and younger

Join us for an afternoon of fun performances and friendly conversation!

If you're 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 Yasumi Okame



A Hint for your Life

What to Do with Leftover Canned Food

(Ehime Shimbun, September 11, 2022)

Canned food is a useful stockpile for disasters because it lasts for a long time. Since no preservatives are used, it is best to eat an entire can at once after opening. It is important to choose the proper size of canned food to suit you.

If you do end up with leftover canned food, you should put the contents into a clean container made of glass, ceramic or plastic, and keep it in the refrigerator. You should still eat it up within two or three days.

When it comes to canned fruit, the inside of the tin can is not coated. Once the tin can is opened, it is likely to resolve due to air exposure. You must put it into a new container. You can keep canned fish, meat or vegetables in the refrigerator even after you open them because the inside is coated. Still you should put the contents into another container to ensure its preservation.

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