

“You don’t even know where we are? Why, this is the highest point in western Japan, the peak of Mt. Ishizuchi!”
“Mt. I-shi-zu-chi?” I asked as I looked around. I took in the vast blue sky that seemed to stretch into space, the endless green of overlapping mountains, the orange sun in the eastern sky, the miniature-like city down in the distance.
The most amazing thing however was the fact that here on the peak of this mountain, there was a shrine!
“This is the peak shrine, the highest and furthest one of the three Ishizuchi Shrine’s dedicated to the mountain,” said Jack, bursting with pride.
“Amazing...this place is amazing, isn’t it?”
And then Jack pointed to a spot pretty far off. About a hundred meters away from us, was a craggy peak.
“That’s Tengu-dake. The very highest peak on this mountain. There is a mini shrine on that peak too. But the trail might be a bit too rugged for you, Fatty Catty.” And he pinched my belly. I snarled at him “Shaaaaa!” and my hair stood on end!
“Stop making fun of me! I’ve come this far. There’s no way I’d miss going to the highest peak.”

Living in Ehime you’ve surely heard of or seen Mt. Ishizuchi. At 1982m it’s Ehime’s and Westen Japan’s highest mountain. It is also one of Japan’s seven sacred mountains. I’m a great fan of Japanese mythology and was stunned to find out that the god of Ishizuchi was the third to be born of the creation myth gods, Izanagi and Izanami. Their first-born perished and little is known about their second-born. Of course, now the sun goddess is more prominent, but the god of Ishizuchi, preceded her. Even most locals don’t know this!

Mt. Ishizuchi is not an easy mountain to climb, but you don’t have to go up to the peak like Maru. You can take a cable-car to the mid-way Joju Shrine or picnic area and enjoy great views, fresh air, lower temperatures and maybe even a star gazing tour surrounded by some of Ehime’s best nature.

かなしきデブ猫ちゃん



Hardcover
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ONE POINT JAPANESE
「～で いい」の使い方
(How to use “fine/OK/alright”)

A : 今日は 買い物に 行かなかったから、夕食は どう しような。
Kyō wa kaimono ni ikanakatta kara, yūshoku wa dōshiyō kana.
(Since I didn’t go shopping today, I wonder what we should do about dinner.)

B : 昨日の カレーが 残って いたんじゃない？
Kinō no karē ga nokotte itanjanai?
(Isn’t there some of yesterday’s curry left?)

A : 昨日の 残りで いいの？ Kyō no nokori de īno?
(Are you OK with yesterday’s leftovers?)

B : いいよ、僕は カレーが 大好きだから。
Īyo, boku wa karē ga daisuki dakara.
(That’s fine with me, because I love curry.)

A : 会議の 資料は もう 準備できた？
Kaigi no shiryō wa mō junbi dekita?
(Are the meeting materials ready yet?)

B : すみません、まだです。今日中に 作って しまいます。
Sumimasen, mada desu. Kyōjū ni tsukutte shimaimasu.
(Sorry, not yet. I’ll finish making them today.)

A : 会議は 金曜日だから、明日で いいよ。今日は もう 帰ろう。
Kaigi wa kinyōbi dakara, ashita de īyo. Kyō wa mō kaerō.
(The meeting is Friday, so tomorrow is alright. For today, let’s just go home.)

A : お米が 高くなって、これまでの 銘柄米が 買えないわ。
Okome ga takaku natte, koremade no meigaramai ga kaenai wa.
(The price of rice is going up, so we can’t buy our usual name brand rice.)

B : 政府の 備蓄米や 輸入米の ような 安いので いいよ。
Sēfu no bichikumai ya yunyūmai no yōna yasui node īyo.
(Cheap rice like the government’s stocked rice or imported rice is fine.)

A : 安いのは すぐ 売り切れて 買えないのよ。
Yasui no wa sugu urikirete kaenai no yo.
(The cheap rice sells out quickly, so we can’t buy it.)

< by Niihama Nihongo no Kai >

NNK also provides Japanese lessons for foreigners living in Niihama.
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What’s New?

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“Earth’s Axis”
(Ehime Shimbun Column, May 28, 2025)

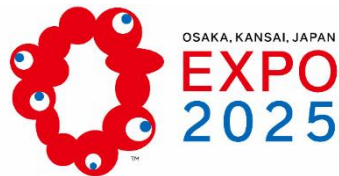
Cultural legacies such as adding “san” after a name as an honorific are spreading throughout the Expo 2025 in Osaka, Kansai, Japan. We’re glad to see Japanese-style communication spreading, where we mutually keep a certain distance with respect and intimacy.

This legacy is even found in communication between foreigners and Japanese, such as formal conferences in the English language. In Europe and America, it is a common tradition that honorifics differ by gender or age. Since “san” is usable as an honorific for both men and women, it fits the trend of gender equality.

The organizers of the Expo hope that participants will continue the tradition after they return to their own countries. However, it is essential to behave appropriately in every situation. Even in Japan, many people are particular about titles, or feel put off by too much familiarity.

What most visitors to the Expo frown at is the plague of small flies that appears overhead like a dark cloud. They also stick tightly to the Grand Ring, the featured facility of the event. The discomfort caused by a fly in the mouth or eye is greater than that of being bitten by a mosquito. Matsuyama has also experienced a plague of small flies. The citizens and the municipality office, over many years, made every effort to solve the problem. A newspaper article from those days still remains, showing that putting insecticide-

covered nets along the banks of the rivers was effective. Aesthetically, this method doesn't suit the venue of the Expo, but the safety of visitors should be the first priority. The Expo is an opportunity to convey the charm of Japan. Last week, three brave and gorgeous Taiko-dai floats represented Niihama-city at the event. We hope the dark cloud covering the world will dissipate and make people's hearts cheerful. The Grand Ring may be the main topic of conversation, but cultural legacies are not only things that have a concrete shape.



Saijo's Ichinokawa Mine Featured in Mineralogical Record

(Ehime Shimbun: May 9, 2025)

American mineral magazine Mineralogical Record featured Saijo's Ichinokawa Mine in the April-March 2025 issue. Ichinokawa flourished through the mining of crystal mineral stibnite during the Meiji era (1868-1910) and closed in 1957.

Mineralogical Record, first published in 1970, is a well-known international publication. This special full-color, 40-page feature conveys the mine's historical value, introducing its history and showing photos of the inside, which is now off-limits. Numerous images of the crystal mineral stibnite from Ichinokawa Mine, which were renowned as the best in the world for their size and beauty, are also shown.



How to Prevent Indoor Heat Stroke

(Ehime Shimbun: June 23, 2023)



The first thing to watch out for is sunlight through the windows. Use bamboo screens, curtains or blinds to limit sunshine.

Elderly people are less likely to feel heat and children are not as able as adults to adjust their

body temperature. Do not rely heavily on your own senses. Place a thermometer in the room and use an air conditioner to set the room temperature at approximately 28°C, with the humidity at 70%.

The temperature or humidity displayed on the air conditioner is likely different from the actual one. You should check them regularly and adjust them. Keeping an air conditioner on at the proper level rather than switching it on and off is good for conserving electricity.

Hydration is important even if you do not feel thirsty. Be sure to drink a glass of water before going to bed.



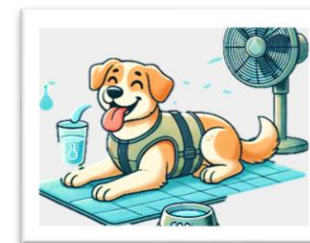
How to Prevent Your Dog's Heat Stroke

(Ehime Shimbun: July 14, 2024)

Like humans, dogs can also suffer heat stroke. Unlike humans, heat is likely to stay inside a dog's body due to their fur and small sweat gland system.

Dogs walk close to the surface of the ground, so it is recommended you walk your dog in the early morning or in the evening when the temperature is relatively low. Touch the surface of the road to make sure it's not too hot risking paw burns on your dog.

Keep the room temperature below 25 degrees Celsius and circulate the air using a circulator. When you go out even for a short time, turn on the air conditioner. taying hydrated is also important. Put a bowl of fresh water in an area away from direct sunlight and change it many times. Make use of cooling items for dogs such as cool mats and clothing with pockets to hold refrigerant coolers.



This newsletter is published by SGG, a volunteer group that helps foreigners living in and around 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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* This month's editors are Takako Kobayashi and Taeko Oishi.



August Events



Akagane Saturday Night Market

Date: August 9th (Sat) 6:00pm~9:00pm

Venue: Noborimichi Arcade

Parking lot: Parking "Domu"

(Free 90 minutes parking ticket)

Miyanishi Elementary School grounds



There will be many food stalls and experience booths, fun for both children and adults.

Let's dance (a special Bon Dance) together and beat the heat!!

Stamp rallies for elementary school children and younger will also be held, and there are prizes to be won.

Sansan Market

Date: August 24th (Sun) 9:00am~12:00am

Venue: Noborimichi Arcade

A variety of fresh local vegetables, fruits, meat, fish and processed foods will be on sale.

Online Information in English from Niihama City

☆ A Guide for Living in Niihama



☆ The Niihama Medical Institution Map



☆ Trash & Garbage Sorting Information



☆ What's New? in English



☆ Niihama Tourist Information

<https://niihama.info/>



☆ Help with legal matters, discrimination, insurance, etc.
Japan Life Guide

(Nationwide service) multilingual



☆ Yorisoi Helpline for foreigners

[TEL:0120-279-338](tel:0120-279-338) 10:00 am~10:00 pm

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