

What's New?

Niihama City

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Life in Japan

By Savitha Panditha

The experience of living in a country with a culture that is totally different from your own. There are many interesting countries in the world! But Japan is a special case. Japan has, throughout history, been a country that was basically isolated from the rest of the world for quite a long period of time. Through this it has developed very unique and interesting traditions. And, in addition to that, over the last half century, Japan has become the third economy in the world. Together, this results in a country that has old traditions on one hand, yet is very technologically advanced on the other. I believe that this combination is unique in the world. Old temples right in the middle of modern business districts, women wearing traditional “Kimono” on the subway, students walking around with their long bow for traditional archery are found only in Japan. In that sense I feel that the cultural experience of living in Japan is more interesting compared to many other countries.

Japan is safe. Granted, lately there are many reports in the news about murders, abuse, and rapes. But compared to other developed countries, I still have the impression that Japan is a very safe country. The region around Tokyo and Yokohama is a huge metropolis where more than 30 million people live. The region in Shikoku is remote where only 4 million people live. The population density varies, still, you can walk around late at night alone without any problem. This is not something I would do in many parts of New Delhi, Paris, London or New York, for example.

Japanese are correct, disciplined and polite.

I feel expressions of gratitude are much more polite here, and Japanese often think deeper about how they should behave in order to please and not offend other people. Punctuality is observed from business meetings to parties. Many citizens stick to and abide by the rules of the nation with pride. In daily walks of life, as we observe, many things are strictly followed by the people here, in Japan. They follow road rules. They follow lane traffic. They don't blow horns to convey that they wish to overtake or indicate that they are getting delayed or may it be any other reason except for the other person being at fault. From children to elders, they don't pluck leaves, fruits and vegetables that they come across roadside without permission. To be clear, they don't

interfere with others. Beginning with the morning greeting “Ohayo gozaimasu” to “Sayonara” they wish for everything that makes their speech even more appealing. I was amazed to see their humble nature when I initially started living here. Later, I got so used to that, that I now fear to go to any other country that is normal - it sounds harsh to me! In that way they are an addiction. No average Japanese thinks of stealing others’ things. Even the most expensive umbrellas kept at their doorstep are an indication of their level of trust in others. If you observe, even in the remotest area of Japan also most of them don't have a gate and fence in their house compound that truly indicates safety. They happily follow a policy of “live and let live”. Their simplicity in speech and deeds is yet another commendable factor. Tatami flooring, wooden houses, paper walls, porcelain bowls, wooden chopsticks, etc. “Ikebana” their beautiful flower arrangement is one of the fabulous examples of their simplicity. You will have to accept that things are different here.

Great Japanese food. I think everyone has heard about Sushi and Sashimi by now. In Japan people refer to the recent increase in popularity of Japanese food abroad as "the Sushi boom". While many like Sushi and Sashimi, Japan has much more to offer. Take Japanese "nabe", "tonkatsu", all kinds of "donburi", noodles, Japanese sweets, osake, umeshu (plum wine), miso soup, all kinds of fish dishes, etc. Eating here is a pleasure, and at affordable prices. They have healthy food habits that give a healthy body leading to an average life span for Japanese men of 80 and women of 86. In addition to that, they exercise a lot and take part in various sports and activities like swimming, trekking, skiing, water rafting, etc.

Culture and tourism In Japan you can lead a wealthy life, with a living standard comparable to or higher than that of many Western countries, and at the same time enjoy an Asian culture. This includes visits to various tourist spots all over the country. My personal favorite is of course Kyoto, the old capital of Japan. Kyoto has hundreds and hundreds of old temples, and is an absolute must for any visitor to Japan. But there is much more. Nikko with its gorgeous and colorful temple complexes in the mountain forest, Kamakura, a "small Kyoto" with temples and a giant Buddha statue close to the beach, Yokohama with its Chinatown and futuristic buildings, Nara with its huge Buddha statue and Hiroshima - Miyajima. Tokyo, the capital of the country, has various tourist attractions from traditional “Meiji Jingu” to Disneyland and Disney Sea. Beautiful Alpine route, Tateyama in the heart of Japan, Seaside Flower Park in Ibaraki, tulips, lavender gardens and plenty of snow to ski in the north in Hokkaido, all the way to tropical islands in the south in Okinawa. But even without traveling around you can enjoy Japanese culture. There are Japanese food, Japanese arts, calligraphy, Bonsai, Japanese traditional sports like Karate, Judo, Kyudo, and so on. There is Noh and Kabuki Theater; some might like anime and manga.

The writer is Savitha Panditha, an Indian Civil Engineer who came to Japan in Jan`2013; presently, staying in Niihama and developing her Japanese language skills to know more of Japan.

Volunteer Help for the 25th Niihama Global Party to be held next Feb.

It will be held on the 15th of February.

Volunteer help in preparation for the 25th Global Party is warmly welcomed.

Second meeting; Jan. 11 (Sun)

Time: 10:00~12:00

Place: Cooking room at Niihama Women's Plaza

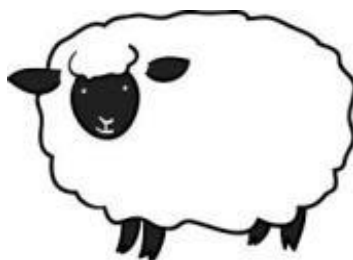
If you are interested, please contact one of the people below.

Enquiry: Ms. Okame 0897-34-8914

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January Events

☆1/1: New Year's Day

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

Department stores sell "lucky bags" full of valuable goods.

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

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

☆1/12 (Mon) Todo New Year's Fire Festival 6:00 a.m.~

at Oshima Island. Ferry boat leaves from Kuroshima Port at 5:30 a.m.

☆1/18 (Sun): Kite Flying Match 13:00~ at Marine Park

Your kite must be handmade with a string shorter than 150m. Metal is not allowed. No regulation of color, size or design.

☆1/25 (Sun) Hamasai Festival 10:00~16:00

At Noborimichi ~ Dome Niihama ~ Showa-dori

You can enjoy big Tanabata Decorations, fresh seafood from the tsunami-stricken

Minami-sanriku area such as oysters, scallops and octopus and fresh local vegetables, meat, and fish.

Information in English & Chinese on the Web

***What's New?**

***How to sort garbage and trash**

***Information on living in Niihama**

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

Clair: *Multilingual Living Information

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

Canvases of His Home Country, Nepal Selected Every Year

(from Ehime Shimbun, November 13)

Mr. NAINAVASTI Achyut from Nepal hopes someday to become a bridge between two countries through oil painting.

He came to Ehime over 11 years ago. He had never had a chance before to touch oil paints, but in Ehime he has had a chance to get close to oil painting. He has submitted his works to the Prefectural Exhibition hosted by the Ehime Prefectural Art Association for 4 years. His work has been accepted every year. He has been exploring the canvas in order to improve his techniques.

He came to the Department of Agriculture at Ehime University in 2003 to research agriculture and studied for 5 years up to doctoral level. He has been engaged in agricultural guidance and sales at Enseki Aojiru in Toon City.

He started oil paintings about 8 years ago when his wife Palbara was asked to pose as a model by Ms. Shigeo Nakasuka, a member of the oil painting section of the Prefectural Exhibition. Mr. Nainavasti became interested in oil painting by watching how it is done. Ms. Nakasuka recommended that he should join a painting class at the Prefectural Art Museum. And there he learned the basics of oil painting. He had never learned painting at school in Nepal so it was thrilling for him to feel the paintbrush while painting. It was also a lot of fun to mix different colored paints to make various new colors and to erase or change parts of pictures by using different colors.

After getting a job, he has made it a rule to paint on holidays or after work in Ms. Nakasuka's studio which he is allowed to use. He often visits art museums with his family and he has become more and more interested in art.

For the Prefectural Exhibition he always chooses themes on Nepal. This year he painted a Sherpa village at the foot of Mt. Everest.

Mr. Kazuo Akiyama, president of the Ehime Art Association says, "It is rare for foreign painters to submit their paintings several years in a row. He has high painting skills and we hope that he will learn more about the art in Ehime, and contribute to international exchange."

Mr. NAINAVASTI says, "My next goal is to win a prize at the Prefectural Exhibition. For painting there is still more left to learn. I must keep trying harder and my dream is someday to teach painting to children in Nepal."



MOVIES

TOHO CINEMAS Niihama (AEON Mall)

November 22 ~ Interstellar 2D English
November 28 ~ FURY 2D English
December 12 ~ GONE GIRL R15+ 2D English
December 13 ~ The Hobbit :
The Battle of the Five Armies 2D English
December 20 ~ BIG HERO 6 2D Dubbed
January 9 ~ Taken 3 2D English
January 23 ~ ANNIE 2D English /Dubbed
January 30 ~ EXODUS : Gods and Kings 2D English/3D

Information Service
Internet: <http://niihama-aeonmall.com>
Tape (24 hrs): 050-6868-5019(in Japanese)

A Hint for Your Life

Why not Improve Your Immune System with Vitamin A, C and E?

(from Ehime Shimbun, November 22)

When your immunity is low, you are more likely to come down with the flu. In order to boost your immunity and develop resistance, it is recommended that you should take vitamins A, C, and E.

Vitamin A, which is contained in yellowish green vegetables like carrots, can enhance the secretion of mucous membrane in the throat, nose and other areas, and therefore can improve the body's ability to resist infectious diseases.

Potatoes and citrus fruit are rich in Vitamin C, which is needed by the body to produce immune substances. As it is consumed in large quantities when the body is under attack from fever or stress, it is recommended to take more vitamin C when you have a cold.

Vitamin E, which is concentrated in bluefish and olive oil can improve the circulation of blood and can raise the body's immune strength. The function of vitamin E is enhanced when taken with vitamin C. Well balanced intake of all three vitamins helps prevent you from catching a cold.



SGG would welcome any suggestions, questions or ideas
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ONE POINT JAPANESE

喜ばれる/人気がある/好評だ/評判がいい

- A** : お正月休みは どうでしたか。Oshogatsu yasumi wa dō deshita ka.
(How was your New Year holiday?)
- B** : 長い 休みが 取れたので、国へ 帰りました。
Nagai yasumi ga toreta node, kuni e kaerimashita.
(I was able to take a long vacation, so I went to my home country.)
- A** : ゆっくり できましたか。Yukkuri dekimashita ka.
(Were you able to take it easy?)
- B** : ええ。久しぶりに 家族や 友人に 会えて、楽しかったです。
Ee. Hisashiburi ni kazoku ya yūjin ni aete, tanoshikatta desu.
(Yes. For the first time in a long time, I was able to see my family and friends; it was fun.)
- A** : どんな お土産が 喜ばれるんですか。
Donna omiyage ga yorokobarerun desu ka.
(What kind of omiyage (presents) please them?)
- B** : 人気があるのは、チョコレートや 化粧品、栄養ドリンクなどです。
Ninki ga aru no wa, chokoreto ya keshohin, eiyo dorinku nado desu.
(Popular ones are chocolates, cosmetics, health drinks, etc.)
- C** : 私の 国では、日本食ブーム なので、箸や 箸置き、お寿司型の マグネットなどが 喜ばれます。
Watashi no kuni de wa, nihon shoku-būmu nanode, hashi ya hashioki, osushigata no magunetto nado ga yorokobaremasu.
(My country is having a Japanese food boom, so people are pleased with chopsticks, chopstick rests, sushi-type magnets, etc.)
- D** : 私は 漢字が プリントされた Tシャツや タオルを あげたんですが、「カッコいい!」と 好評でしたよ。
Watashi wa kanji ga purinto sareta T-shatsu ya taoru o agetan desu ga, “kakko ii” to kohyō deshita yo..
(I gave T-shirts and towels printed with characters; they were popular and called “cool!”)
- A** : 爪切りや 皮むき器 なんかも 評判がいいと 聞きましたが…。
Tsumekiri ya kawamukiki nankamo hyōban ga ii to kikimashita ga…
(I’ve heard nail clippers and peelers have a good reputation…)
- C** : へえ、今度 買って 帰ろうかな。He, kondo katte kaerō ka na.
(Really! Next time, maybe I’ll buy some and take them home.)
- B** : ところで、Aさん、お正月は どうでしたか。
Tokorode A-san, oshogatsu wa dō deshita ka.
(By the way A, how was your New year holiday?)
- A** : どこにも 出かけないで、家で ずっと DVDを 見ていました。
Doko ni mo dekakenaide, uchi de zutto DVD o miteimashita.
(I didn’t go out anywhere, just stayed home watching DVDs the whole time.)

NNK also provides Japanese lessons for foreigners living in Niihama.

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