

# What's New?

Niihama City

No.245 January 2016

Published by SGG Niihama

## Climbing Ishizuchi

Anna Sheffer

I'm a fairly introverted person. I like doing things and seeing people, but there are days when I would rather stay at home. And it's for this reason that I felt living alone would be no problem prior to coming here.

But being an introvert and living alone has its own challenges. I sometimes struggle with making myself do things outside of my comfort zone. If left unchecked, I could probably spend days at a time locked in my apartment, with nothing but my Netflix account for company.

My chance to go outside my comfort zone came when I was invited to climb Mt. Ishizuchi during Silver Week.

I love mountains — my home state, Colorado, is known for them — so when I heard about Ishizuchi, I filed it away on my ever-growing, Japan bucket list. At 1,982 meters in elevation, Ishizuchi wasn't much higher than my hometown, Denver (1,600 meters high), so I was feeling pretty confident that it would be no problem.

Then I heard about the chains. I had never climbed anything like that in my life, and I am terrified of heights. The thought of pulling myself 68 meters in the air on iron chains seemed pretty unappealing, to say the least.

I told myself when I came here that I would do things that were scary and unfamiliar. Yet, despite my conviction I would challenge myself, I still spent a long time wrestling with whether or not I would climb Ishizuchi.

In the end I decided to go. If I can't handle the chains, I can always wimp out and take the stairs, I told myself.

The closer the day of the climb got, the less sure I became about my decision. In my panic, I spent hours reading about other people's experiences on Ishizuchi. I concluded that the chains were going to be scary and awful and if I tried to do them I would probably be sobbing the entire way up.

But I still bought the climbing gloves. And, despite brief fantasies about “getting sick” and bailing on the group, I still showed up at the Iyo-Saijo train station at 7:15 Monday morning.

It was a promising day to climb a mountain — warm, but not hot, with clear skies. And, joking with the rest of our group, I was feeling pretty good.

We reached the first set of chains, an extra set mostly designed to give people a taste of what’s in store if they continue. Looking at the snaking, metal links, I was pretty convinced that I would skip this set. I’ll try the next one, I told myself, knowing full well that if I didn’t try this set, it would be really easy to simply not try the next set, and the next one, until I reached the summit without touching a single chain.

But, seeing almost everyone else in the group head for the chains, something — whether sudden bravery or just peer pressure — changed my mind. I pulled on my gloves and walked up to cliff face.

The climb was much easier than I expected. There were a couple times I had to ask for help to find the best route, but I made it to the top in one piece. I did not have a panic-induced meltdown. I did not fall and die. And, perhaps most importantly, I did not chicken out.

I made it up the next two sets of chains as well. None of the chains were half as scary as I’d anticipated. After worrying myself sick about them, it was almost a letdown. But the last set of chains was supposed to be the hardest, and I was pretty resolute that when we got there, I would duck out and take the stairs the rest of the way up.

When we reached the last set, my friend pulled on her gloves, looked at me, and asked, “Are you gonna do it?” I relented and pulled out my gloves too.


The last set of chains was indeed the hardest. Unlike the other three sections, there were stretches where the cliff-face dropped away, leaving me no choice but to keep both feet in the rungs of the chains. I took the chains one link at a time, trying not to look down. I banged my knees on the cliff-face, straddled tree trunks, and got a little too familiar with the other climbers’ backsides. But despite all that, I made it. I stood on the summit and looked out at the rest of the Ishizuchi range, feeling tired but exhilarated. I looked down on the puckered mountains I was used to looking up at. I watched the clouds’ shadows skim across their surface. And, on top of that peak, it was easy to forget how worried I was at the bottom.

Anna Sheffer is an ALT in Niihama. She is from Denver, Colorado in the United States. Her hobbies include reading, hiking, and traveling. You can read more of her writing at [smalladventurer.blogspot.com](http://smalladventurer.blogspot.com).

Information in English & Chinese on the Web

**\*What's New?**

**\*How to sort garbage and trash**

Visit  <http://www.city.niihama.lg.jp>

**[Clair:\\*Multilingual Living Information](http://www.clair.or.jp/tagengorev/en/index.html)**

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

## MOVIE

### TOHO CINEMAS Niihama (AEON Mall)

December 4 ~	The Peanuts Movie	2D • 3D Dubbed
December 4 ~	Spectre	2D English
December 18 ~	Star Wars: The Force Awakens	2D English • Dubbed, 3D Dubbed
January 8 ~	Bridge of Spies	2D English
January 15 ~	Paddington	2D English
January 15 ~	Les Saisons	unfixed
January 16 ~	In the Heart of the Sea	2D English
January 23 ~	THE WALK	2D English

#### Information Service

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

Tape (24 hrs): 050-6868-5019(in Japanese)

Movies might be changed without notice. Please check.

## About Rabies

(from the Monthly City News, July, 2015)

Rabies is an infectious disease which is caused by rabies viruses and is derived from animals. And any mammal can get infected with it. Sources of infection to humans mostly derive from dogs. If human is bitten by an animal infected with rabies, the virus with saliva enters the body through an open wound, causing human rabies. Once the symptoms of rabies appear, it almost hundred-percent leads the patient to death because there is no effective method of treatment.

In Japan at present, no rabies is identified, but throughout the world, rabies occurs in almost all the regions including the neighboring countries and killed about 55 thousand people every year.

If by any chance rabies should occur in Japan, it is essential to take immediate measures to stop the spread of the disease. So every dog owner must have enough knowledge of rabies and have their dog registered and give vaccine to their dog once a year.

## **The 26th Niihama Global Party**

Join us for an afternoon of fun performances,  
delicious treats, 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!

Date: Sunday February 21st, 2016

Time: 1p.m.-3:30p.m.

Venue: Niihama Women's Plaza

4-4-19 Shonai-cho, Niihama-shi

Tel: 0897-37-1700

Admission: ¥500/person

Free for children age 6 and younger

Try on traditional outfits!

Learn fun dance moves!

Visit the calligraphy corner!

Enjoy sweets from all over the world!

We are looking for volunteers to help prepare the Global  
Party's famous sweets.

If you are interested, please contact:

Ms. Okame 0897-34-8914 [yasumi@galaxy.ocn.ne.jp](mailto:yasumi@galaxy.ocn.ne.jp)

Mr. Nakamura 080-3403-3351 [qq4k8q39k@hyper.ocn.ne.jp](mailto:qq4k8q39k@hyper.ocn.ne.jp)

Organizers: The Global Party Association, SGGNiihama  
& Niihama City Office

## **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.

### **☆ 1/2 - 1/3 Akagane Museum is Open**

**☆ 1/10 (Sun): Coming-of-Age Day** 11:00~ Bunka Center

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

**☆ 1/17 (Sun): Kite Flying Match** 1:00p.m.~ Marine Park

Your kite must be handmade with a string shorter than 150 m. Metal is not allowed. No regulation of color, size or Design. You can apply at the match. Admission free.

**☆ 1/24 (Sun): Hamasai Festival** 10:00a.m.~4:00p.m.

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, ripe apples directly from Aomori, tuna cut on the spot and fresh local vegetables, meat, fish and sweets.

**☆ 1/5 (Tue) ~ 1/17 (Sun) Toys Exhibition of Omocha Toshokan**

Akagane Museum 2F. Admission free.

**☆ Free Class on Making Fertilizer from Kitchen Garbage**

10:00-11:00

1/12 (Tue) Sumino Community Center

1/14 (Thur) Chiiki Koryu Center

1/19 (Tue) Kozato Community Center

For further information, please call City Hall at 65-1252.

**SGG** would welcome any suggestions, questions or ideas for monthly articles.

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\* The editors for this month are M. Hada & H. Yamamoto

# ONE POINT JAPANESE

## いろいろな“かける”no.2

<p><b>A :</b> 来週<small>らいしゅう</small>の金曜日<small>きんようび</small>に新年会<small>しんねんかい</small>をするんですが、いかがですか。 Raishū no kinyōbi ni shinnenkai o surun desu ga, ikaga desu ka. (We're going to have a New Year's party next Friday. How about joining us?)</p> <p><b>B :</b> 残念<small>ざんねん</small>ですが、その日はちょっと都合<small>つごう</small>が悪<small>わる</small>くて・・・。 Zannen desu ga, sono hi wa chotto tsugō ga warukute... (Oh too bad! I'm afraid I can't make it on that day...) 今度<small>こんど</small>また、声を<small>こゑ</small>かけてくださいね。 Kondo mata, koe o kakete kudasai ne. (Please ask me again next time.)</p>
<p><b>A :</b> あれ？今日<small>きょう</small>は眼鏡<small>めがね</small>をかけているんですか。 Are? Kyō wa megane o kaketeirun desu ka? (Oh! You are wearing glasses today!)</p> <p><b>B :</b> ええ、目の炎症<small>えんじょう</small>がひどくて、コンタクト<small>はい</small>が入<small>はい</small>らないんです。 Ee, me no enshō ga hidokute, kontakuto ga hairanain desu. (Yes. My eyes are badly inflamed, so I can't wear contacts.)</p> <p><b>A :</b> 大変<small>たいへん</small>ですね。でもその眼鏡<small>めがね</small>、よく似合<small>にあ</small>ってますよ。 Taihen desu ne. Demo sono megane, yoku niatteimasu yo. (That's terrible! But those glasses suit you very well!)</p>
<p>(会社<small>かいしゃ</small>で) (At the company)</p> <p><b>A :</b> 新製品<small>しんせいひん</small>のカタログ<small>かたろぐ</small>、余分<small>よぶん</small>に一部<small>いちぶ</small>もらってきましたよ。 Shinseihin no katarogu, yobun ni moratte kimashita yo. (I got an extra copy of the new product catalog.)</p> <p><b>B :</b> お手数<small>おてすう</small>かけて、すみません<small>すみません</small>。助<small>たす</small>かります。 Otesu kakete, sumimasen. Tasukarimasu. (Sorry to trouble you. Thanks for the help.)</p>
<p>(リビングで) (In the living room)</p> <p><b>A :</b> あれ？何か<small>なに</small>焦<small>こげ</small>げ臭<small>くさ</small>くない？。Are? Nanika kogekusakunai? (Hey! I smell something burning!)</p> <p><b>B :</b> あー、カレー、火<small>ひ</small>に<small>かけた</small>ままだった。 Aa, karē, hi ni kaketamama datta. (Oh no! I left the heat on under the curry!!)</p> <p><b>A :</b> あーあ、せっかく時間<small>じかん</small>を<small>かけて</small>作<small>つく</small>ったのに。 Aaa, sekkaku jikan o kakete tsukutta noni. (Oh, no! And after we took so much time to cook it!!)</p>

< 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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