

MOVIE

TOHO CINEMAS Niihama (AEON Mall)

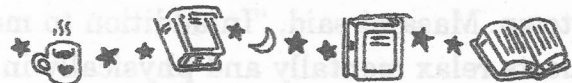
- July 13 ~ Jurassic World Fallen Kingdom Dubbed
- August 3 ~ Mission: Impossible-Fallout
2D English /Dubbed
- August 10 ~ OCEANS 8 2D English
- August 24 ~ Mamma Mia! Here We Go Again
2D English
- August 31 ~ ANT-MAN AND THE WASP 2D English
- September 14 ~ CHRISTOPHER ROBIN 2D English
- September 14 ~ THE PREDATOR 2D English
- September 21 ~ SKYSCRAPER 2D English
- September 23 ~ A QUIET PLACE 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.



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>



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.Shimamura & Y.Miki

ONE POINT JAPANESE

今日は敬老の日。皆さんに元気の秘訣をお聞きしました。

Kyō wa, keirō no hi. Minasan ni genki no hiketsu o okikishimashita.
(Today is Respect for the Aged Day. I asked people the secret of good health.)

- A: 週に2, 3回、ジムに通っています。
Shū ni ni san kai, jimu ni kayotte imasu.
(I go to the gym two or three times a week.)
- B: 毎晩、友達と、おしゃべりしながらウォーキングしています。
Maiban, tomodachi to, oshaberi shinagara wōkingu shiteimasu.
(Every night, I take a walk while chatting with friends.)
- C: 寝たきりにならないように、筋トレをしています。
Netakiri ni naranai yō ni, kintore o shiteimasu.
(I work out with weight so as not to become bedridden.)
- D: エレベーターに乗らないで、階段を使うようにしています。
Erebēta ni noranaide, kaidan o tsukau yō ni shiteimasu.
(I don't take the elevator but try to use the stairs.)
- E: 旬の物や発酵食品をたくさん食べるようにしています。
Shun no mono ya hakkō shokuhin o takusan taberu yō ni shiteimasu. (I try to eat a lot of seasonal and fermented food.)
- F: たんぱく質をたっぷりとって、よく噛んで食べています。
Tampakushitsu o tappuri totte, yoku kande tabeteimasu.
(I eat a lot of protein and chew my food well.)
- G: 自分より若い友達を作って、刺激をもらっています。
Jibun yori wakai tomodachi o tsukutte, shigeki o moratte imasu.
(I make friends with younger people and they stimulate me.)
- H: 自分のことはできるだけ自分でやるようにしています。
Jibun no koto wa dekiru dake jibun de yaru yō ni shiteimasu.
(I try to do things for myself as much as I can.)
- I: お笑い番組を見て、毎日わろとんよ。今日もようわろた。
Owarai bangumi o mite, mainichi waroton yo. Kyō mo yō warota.
(I watch comedy shows and laugh every day. I laughed today, too.)
- J: 特別なことはなんもしとらん。ありがとうの気持ちだけは忘れんようにしとるけどな。
Tokubetsu na koto wa, nanmo shitoran. Arigatō no kimochi dake wa wasuren yō ni shitoru kedo na.
(I don't do anything special. But I try not to forget to be grateful.)
- K: 年寄り扱いせんとして。まだまだ働こうと思とるんじゃけん。
Toshiyori atsukai sentotte. Madamada hatarakō to omotorun jaken.
(Don't treat me like an old person. 'Cause I think I can still work.)

< 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).

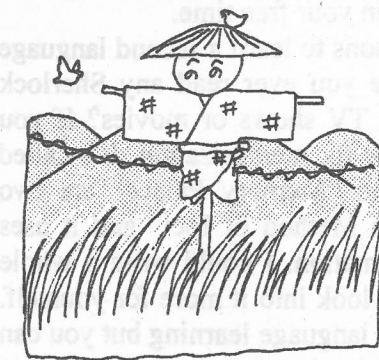
e-mail: manami-m@js6.so-net.ne.jp

What's New?

Niihama City

No.277 September 2018

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You should learn Japanese Celeste Barker

I know that title came off as a little pushy but I had to keep it short. This is not going to be an essay scolding you about why you should learn Japanese. I won't be telling you "you live here so that is what you have to do". I am not going to tell you that you will make more friends, you need it to read important documents or you will get a sparkly job at a Japanese company. I am just here to give you some insight on my experiences in learning Japanese and how I stay motivated to keep learning.

Just a little back story about me and my journey to Japan. I had interviewed with my company about a year ago. At the time they didn't have a job for me but they would keep me on their list and let me know if any jobs would become available. One day in October, my company called me and offered me a job. However, they wanted me in Japan in less than a month. Of course I accepted the job but I had no time to learn Japanese. I knew some words but not enough to make a single coherent sentence. So learning Japanese was and still is a frightening and daunting task. So to anyone who feels similarly to me this essay will give you some great reasons to keep studying even when you feel like you can't do it.

One of the most scientifically sound reasons to learn Japanese is that it will give you serious serotonin boosts. Of course, learning any second language will do this. Don't worry I have some research to back that statement up. A study done by several biologists found that "when successfully learning the meaning of new words, the adult subjects exhibited a robust fMRI activation in the ventral striatum. This is a core region of the brains reward processing system and release of serotonin (Ripolles et. al. 2014)". "Another important source to consider is "the pleasure in our life depends on our interpersonal communication" (Ripolles et. al. 2014). If we are living in Japan as foreigners and we can't speak the language we can easily feel isolated. The authors suggest that engaging in interpersonal communication is a key factor in feeling the positive effective of second language learning. I would love to continue to write about the compelling research conducted but I think the biologists can explain it much better. A citation of their work will be included at the end of this essay.

Another unexpected benefit to learning Japanese is how much you learn about your native language. Learning Japanese really opened my

eyes to how fascinating the creation of language really is. Now I am forever jealous of everyone who studied Linguistics at University. When you learn a second language you can also become a better teacher. As an English teacher, I am always trying to find effective ways to teach my students. Being a student yourself is one of the best ways to do that. Not only do you change your perspective, you can also visualize what your students are thinking during class. Soon enough researching etymologies will become a fun new hobby that you do in your free time.

Probably one of the most beneficial reasons to learn a second language is building your brains capabilities. Have you ever read any Sherlock Holmes books? Or maybe watched some TV shows or movies? If you have you know about Sherlock's technique for memorization. It's called many different things "Mind Palace" and "Memory Palace" are two common terms. It is also known as "The Method of Loci" and it uses spatial memory techniques to recall information. I could write a whole essay about only this but I implore you to look into it more for yourself. Not only can you use a memory palace for language learning but you can use it for other aspects of your life as well. It takes practice to get used to but using it for learning Japanese is a great first step in doing so!

The next reason I have listed for learning Japanese hits the heart. If you have not heard about it already, I recently found three abandoned kittens at Takinomiya Park as well as an abandoned dog in Besshi Mountain Village. In America, I had a lot of experience in animal rescue. However, animal rescue in Japan is a whole new landscape full of complications. A firm grasp of the Japanese language is necessary for making any significant progress in finding animals safe homes. I had to recruit the help of many Japanese friends in order to do that. I will forever appreciate everything they did to help me but I want to be able to do these things myself. Helping animals has been a great motivating force in learning Japanese. If there is something you care about, you will need Japanese in order to help with the causes you cherish.

As stated before, one of the most important aspects of learning Japanese is integrating yourself into a community. Of course you can learn Japanese alone. However, it is much more effective and helpful to learn from a native speaker. This reason for learning Japanese is very valuable. The classes held at the Niihama Welfare Center are not only a great way to learn Japanese but the teachers there really care about your well being. I recently experienced a heat stroke during the heat wave that hit Japan in July. While laying in the hospital bed, the doctor tried to explain my situation in Japanese. Obviously I couldn't understand much of anything. He then spoke in broken English, "you must be hospitalized for three days". I froze in fear and immediately called my Japanese teacher for help. She was at the hospital in ten minutes and stayed with me through out the process. She did this all on her own time and out of the kindness of her heart.

Everybody has different reasons for coming to Japan but one thing we all have in common is our experience in learning the local language. Learning a new language can be an arduous task. However, many other people have experienced the difficulties of second language learning. I believe it is important to share our tribulations with each other in order to reach success. I hope this essay provided you with some more motivation and encouragement to keep going!

Hello, My name is Celeste and I am currently living in Niihama with my husband Lucas. We both teach English for Language House and travel around Ehime teaching English to various company employees. We are both from Cincinnati, Ohio and have been living in Japan since November of 2017.

Food Provision during Disaster

(from Ehime Shimbun June 26, 2018)

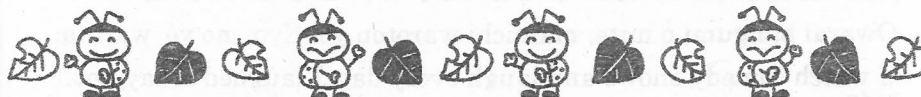


It is important to store food provisions in case a disaster should occur. Please prepare what you need. Some things you should keep in mind about emergency provisions are as follows:

1. Your favorite food can help reduce stress.
2. 2 liters of drinking water is necessary for 1 person a day.
3. A small package of food that you can consume at one time will reduce the possibility of leftovers.
4. Food you usually eat is the best. And it is recommended you consume it before the expiration date.

Replace the food with new provisions and keep a certain amount of food constantly (this is known as the rolling stock method). It is also recommended to keep canned vegetable juice from which you can get vitamins, minerals, and dietary fiber. You can also get water from it and make vegetable pilaf and pasta by using it.

Please make the best use of provisions to keep healthy. In the past, just storing food was thought to be important, but recently many people are beginning to pay more attention to well-balanced emergency food to stay healthy. Please be sure to prepare storage food and water.



<September Events>

Piano Concert At Cu Café in Akagane Musium

9/21(Fri.) 19:00-20:00

For Free

Tel: 0897-31-0305

Cleaning Event At Kuroshima Kaihin Park

9/29(Sat.) 8:00-13:00

For Further Information

<https://req.qubo.jp/niihama-clean/form/oubo>

Guest house "Omeguri-An" in Seiyo Comfortable guest house and Osteopathic Massage treatment

(from Ehime Shimbun May 18, 2018)

Omeguri-An opened officially in September, 2017. Mr. and Mrs. Gross, from the U.S.A. and Seiyo City respectively, refurbished an old Japanese-style house and are using it as a guest house and a Qigong manipulative institute. They named it Omeguri-An, hoping that the guests will be smiling and in good health thanks to the circulation of the four seasons, human relationships and energy.

Benjamin Gross came to Japan ten years ago, at the age of 21. He met his wife Masami while living in Kyoto. When he gives osteopathic treatment, he makes use of the spirit of ancient Japanese martial arts which he has practiced since childhood. In the garden which you can see from inside of the room and the veranda, you can enjoy each season's nice view, including plants such as crape myrtle. The well-kept lawn stage is available for various events or family celebration. The guests commented that they felt as if they were spending a leisurely time at their parent's house back in their hometown. Masami said, "In addition to meals, I'd like to help guests relax mentally and physically in a quiet and comfortable atmosphere."

Reservation required.

Please contact <https://www.facebook.com/omegurian/> for further information.

