

MOVIE

TOHO CINEMAS Niihama (AEON Mall)

April 17~ The Current War PG13 English

Information Service

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

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

Movies might be changed without notice. Please check.

April Events

☆ Cherry blossoms viewing



☆ Boat Cruise around Ōshima island

Date: Tuesday, May 5

Time: Cruises at 10am, 11am, 1pm, 2pm

Reservation: From April 5 until sold out

(first come, first served)

Route: From Niihama East Port around Ōshima island

Capacity: 40 people each (age 3+)

Fee: ¥ 200 per person

If it is rainy or bad weather, it'll be called off.

Enquiry: Marine Park Niihama

TEL: 46-5636



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.

email: sheep@abeam.ocn.ne.jp

yukiko-m@shikoku.ne.jp

* The editor for this month is T.Ōishi.

ONE POINT JAPANESE

「～てみる」の使い方

A : 日本の水族館に行ったことがありますか。

Nihon no suizokukan ni itta koto ga arimasu ka.

(Have you ever been to an aquarium in Japan?)

B : 一度もありません。

Ichido mo arimasen.

(No. I've never been even once.)

A : じゃ、今度いっしょに行きませんか。

Ja, kondo issho ni ikimasen ka.

(Well, how about going together sometime soon?)

香川に「四国水族館」という水族館ができたんです。

Kagawa ni "shikoku suizokukan" to yū suizokukan ga dekitan desu.

(An aquarium named "Shikoku Aquarium" has opened in Kagawa.)

車でも、JRでも行けますよ。

Kuruma demo, JR demo ikemasu yo.

(We can go there by car or by JR.)

B : ぜひ、行ってみたいです。

Zehi, itte mitai desu.

(Definitely, I'd like to go.)

香川なら、「さぬきうどん」も食べてみたいんですが…

Kagawa nara, "sanuki udon" mo tabete mitain desu ga...

(Speaking of Kagawa, I'd like to eat "Sanuki Udon noodles," too.)

A : 大丈夫です。帰りに寄りましょう。

Daijōbu desu. Kaeri ni yorimashō.

(O.K. Let's stop off on our way home.)



A : すみません、この靴をはいてみてもいいですか。

Sumimasen, kono kutsu o haite mite mo ī desu ka.

(Excuse me, can I try these shoes on?)

B : はい、こちらへどうぞ。サイズはよろしいですか。

Hai, kochira e dōzo. Saizu wa yoroshī desu ka.

(Yes. This way please. Is the size O.K.?)

A : ぴったりです。デザインもすてきですね。

Pittari desu. Dezain mo suteki desu ne.

(They fit me perfectly. The design is nice, too.)

< 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?

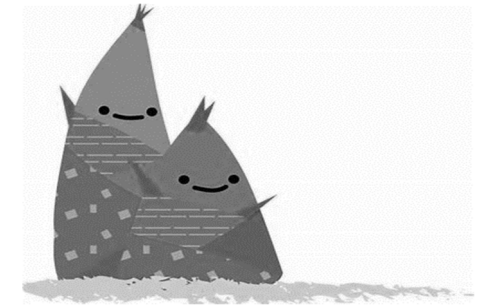
Niihama City

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Inspired by Mt. Ishizuchi

Noella Monteiro

(cont'd from March issue)

Over the years I've found myself climbing Mt. Ishizuchi at least once a year, guiding newcomers, locals, foreigners, Japanese and sometimes even climbing alone. Staff at the shrines and lodgings have become my friends. The path, the rocks, the trees and even the endless stairs and the chains are like familiar weathering (yet unchanging) old friends. Always there waiting and welcoming.

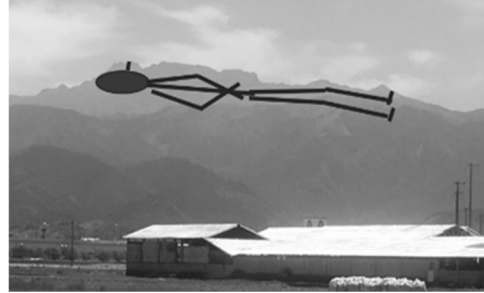
I've climbed Ishizuchi 27 times now...and this inspired and motivated me to climb Japan's highest mountain, Mt. Fuji (3667m) 3 times, and my other two favorite sacred climbs are Mt. Misen(535m) on Miyajima and Mt. Inari(233m) in Kyoto. Even when I can't climb I often find myself stopping to admire and capture images of Mt. Ishizuchi from various spots in Saijo - Ishizuchi reflected in rivers and water-filled paddy fields, Ishizuchi in the pink dawn or dusk light, snowcapped Ishizuchi, mist enfolded Ishizuchi- every day brings a different Mt. Ishizuchi.

The views of Mt. Ishizuchi, the climb, the history and nature, the fact that it protects Saijo from bad weather are all things I never knew before I came here but its energy and beauty will forever be a source of inspiration and motivation for me. And I now can't imagine life without Mt. Ishizuchi climbs and sightings. I recommend this hike at least once, to anyone who wants to take a short break away from reality and feel the vast power of Shikoku's nature and I hope the climb inspires and motivates you like it does every time for me.

Noella came to Toyo as an ALT and has experience teaching at nursery schools, elementary schools and junior high schools. She is a car, boat and private plane license holder. When she's not taking pictures of, or climbing Mt. Ishizuchi, she runs marathons, does aerial yoga, does Japanese calligraphy, learns and teaches figure skating and appears on a local FM radio show.



me at 1974m Misen Peak



Mt. Ishizuchi is said to look like the 'Reclining Buddha'



Talismans available only at the peak shrine

Left: for general good fortune

Right: for luck in links and relationships with others.

CLIMBING TIPS FOT Mt. ISHIZUCHI

If you dislike insects avoid the summer months.

If you dislike crowds and waiting avoid the fall foliage period.

If you like talismans, do buy the special talismans available only at the peak.

If you have time, spend a night at the peak and enjoy the sunset, moonrise, stars and sunrise.

If you plan to climb the chains, non-slip gloves and sneakers that fit in the rings are advisable.

If you want to alleviate muscle aches and injury risk do use stocks.

If you want a smooth climb don't use the Trial 'tameshi' chains which only tire you out.

Start early and climb slowly taking the time to enjoy the sights and sounds around you.

On a clear day try to spot the ShimaNami Bridge, and ImazoShipyard Cranes down below.

※please note the rope way to Jōju will be closed for maintenance till

April 24th.2020.

Food & Health

Boosting Immunity Against COVID-19

(From Ehime Shimbun, March 10, 2020)

The spread of infectious Covid-19 has Japan on high alert. Preventive measures against this new coronavirus must be taken urgently. One countermeasure we can easily take ourselves is boosting and maintaining our immunity.

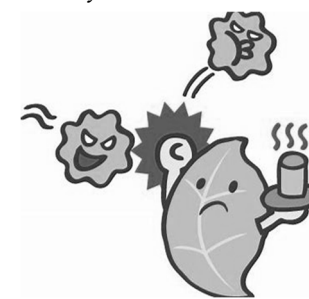
The methods to boost immunity are:

1. Improving intestinal environment
2. Avoiding overly cooling your body
3. Reducing stress

Foods which can boost our immunity are:

- ▽ Yogurt which improves gut health
- ▽ Natto which contains dietary fiber and keeps the condition of our intestinal environment
- ▽Ginger which warms our body
- ▽Garlic which activates blood circulation and vitalizes the NK cells
- ▽Microgreens which keep high antioxidant effect

As for drinks, green tea is best as it has antiviral effects. It is proven that catechin and theanine in green tea are effective against viruses. Green tea sold in plastic bottles is effective, however, you should be careful as consuming too many cold drinks may cool your body too much. Drinking green tea in small amounts often is most effective. Polyphenol in black tea has theaflavin, which can weaken viral infections. And you should drink black tea straight because milk cancels the function of polyphenol. When your immunity is high, you are hardly vulnerable to viral contagious diseases, or if you are infected, you will recover quickly. Let's eat properly and boost our immunity.



Some Interesting New Products

(From Ehime Shimbun, February 10, 2020)

In winter, many people sooth their throat with cough drops. When the hint of spring is in the air, the season of anxiety for people who suffer from hay fever begins. There are various types of so-called "Hana-nodo-ame (nose/throat candy)" on the market which contain ingredients effective to clear a blocked nose.

Kanro Co., Ltd emphasize the feeling of refreshment with their "Nonsugar Hanahana Meiwaku (Nonsugar flower/nose attack)". Its strong menthol ingredient is refreshing, diverting the sufferer from the discomfort of hay fever. The price of this herb mint candy is ¥216 for 70 grams.

"Kafun Plus Hana Nodo Ame (Nose throat candy for pollen season)" from Lion Confectionary Co., Ltd. contains mint powder with an exhilarating feeling. It also contains condensed fruit juice providing three kinds of taste such as grape mint, lemon mint or peach mint. Its price in shops is around ¥220 for 70 grams.

"Hana Nodo Ame EX (nose throat candy EX) of ASADAAME CO., LTD is also a minty, refreshing candy. It contains propolis extract which honeybees produce during beehive making, along with shiso leaf extract, vitamin C, etc. It has the refreshing flavor of lemon. The manufacturer's recommended price is ¥356 for 70 grams.



Online Information in English from Niihama City

☆Garbage Rules:

Go to: city.niihama.lg.jp

Search: How to sort and put out your trash and garbage"



☆What's New? in English & Chinese

Go to: city.niihama.lg.jp/soshiki/chiiki/whatsnew2020.html



Multilingual Living Information from Clair:

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