

## MOVIE

### TOHO CINEMAS Niihama (AEON Mall)

Toho Cinemas started to show films on May 15th, but due to the new coronavirus infection, the schedule of movies won't be announced in advance. Please check the homepage for information.

Information

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

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

### A Hint for Your Life

#### Good Posture Improves Your Physical Condition

(from Ehime Shimbun April 15 2020)

If you work on a computer for long periods of time or use a smartphone all day long, you may tend to have stiff shoulders or back pain. If so, you check yourself in the mirror. You might find yourself exhibiting bad posture with rounded shoulders or a forward-slanted head.

In order to keep good posture, firstly please make conscious efforts to adjust yourself accordingly. Secondly, you should straighten your knees and push out your chest paying attention to your shoulder blades. Then erect your pelvis while you tighten your muscles under the navel and retract your abdomen. And also tuck your chin in and straighten your back bone as if being pulled from the top of your head. Lastly, check your posture again in the mirror.

Please make it a rule to check yourself periodically to avoid returning to bad posture.

**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 K. Kaida & T. Masuda

## ONE POINT JAPANESE

「場合」の使い方

A: 来月のサッカー、集合時間は決まりましたか。

Raigetsu no sakkā, shūgō jikan wa kimarimashita ka.  
(Has the meeting time of the next month soccer game been decided?)

B: はい、9時集合になりました。

Hai, kuji shūgō ni narimashita.  
(Yes. It's 9 a.m.)

遅れる場合は、必ず電話してください。

Okureru bāi wa, kanarazu denwa shite kudasai.  
(If you are late, be sure to call me.)

選手の人数がぎりぎりなんです。

Senshu no ninzū ga girigiri nan desu.  
(There are just barely enough players.)

A: 雨が降ったら、中止ですか。

Ame ga futtara, chūshi desu ka.  
(If it rains, will the game be canceled?)

B: 1週間、延期します。

Isshūkan, enki shimasu.  
(It will be postponed one week.)

その場合は、早めに連絡しますね。

Sono bāi wa, hayame ni renraku shimasu ne.  
(In that case, I'll let you know as soon as possible.)

A: わかりました。

Wakarimashita.  
(Got it.)

A: もっと敬語を使ったほうがいいでしょうか。

Motto kēgo o tsukatta hō ga ī deshō ka.  
(Would it be better for me to use more respect language?)

B: 時と場合によりますね。

Toki to bāi ni yorimasu ne.  
(It depends on the time and the situation.)

初対面の人には、敬語を使うのがいいですよ。

Shotaimen no hito ni wa, kēgo o tsukau no ga ī desu yo.  
(When you first meet someone, you should use respect language.)

< 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](mailto:manami-m@js6.so-net.ne.jp)

# What's New?

Niihama City

No.298

June 2020

Published by SGG Niihama



### An Invitation Giovanni Madonna

These past few months have no doubt been an ordeal for all of us. I know many who are unable to work and have begun struggling to keep up with bills and payments. And of course, there's the mental pressure as well. Waking up most mornings one of the first things I see is an update about COVID-19 or a message from my family or friends. "Are you okay?" "How are things over there?" "Are you staying inside?" There's so much distance between us so all we can do is send messages to each other, like children whispering secrets through a cup and string.

Here in Niihama we've been fortunate, all things considered, but we all have to do our part to make sure it stays that way. I pray that all of this passes and we're able to return to our normal lives soon. At the very least it seems we are starting to gradually move towards that.

Though I'm sure you're all tired of hear all this. It's on the news, on your phones, it's on the noisy and hard to understand intercom that comes on every evening. So instead, why don't we all indulge ourselves a bit? When I have far too much time on my hands I like to cook. Well, that's a lie. I tend to play games and have recently been spending far too much time in *Animal Crossing*. But when I'm not trying to catch virtual fish I do enjoy making some of my Dad's recipes. I've been craving one in particular lately, his apple pork chops.

New York isn't called the Big Apple for no reason. It's because the northern part of the state has apple farms absolutely everywhere. Going apple picking each year, chugging apple cider, and baking apples into pie are just a few of the ways we enjoy the apple season. There are even whole festivals to celebrate it. One of my favorite things to do as a kid was climb up into the apple trees and look for the ones towards the top that no one else had taken. My

friends and I would compete to see who could fill their baskets the fastest, or who could find the biggest apple. It may be a bit late now, but I'm sure you can still find apples at the supermarket.

The recipe is simple, you just need apples, pork steaks, apple juice, some oil, rosemary, and as much salt and black pepper as you like. Cover the bottom of a frying pan in oil (preferably olive oil) and warm it over medium heat. Cut the apples into thin slices and set them aside. Salt and pepper the pork as you like and then put it into the pan. Let both sides cook for a couple minutes and then add the rosemary, apple slices, and the apple juice. Be careful not to add too much, you only need to fill the pan up about a quarter of the way. I usually add a bit more pepper here, but that's up to you. Turn the heat to low, put a lid on the pan, and then let it sit. Come back periodically to stir the pork and apples around so they absorb the flavors properly. When the apples are soft but still retain their shape, it should be ready.

That's all there is to it. Just be careful not to cook the apples or the meat too long and there shouldn't be any problems. If you're feeling motivated I'd recommend having them with mashed potatoes, as the leftover sauce makes a delicious gravy.

Some of you might think I'm a bit silly for sharing a family recipe at a time like this. Believe me, I feel the same way. But in my family, food has always been one of those things that brings us together. No matter what sort of fights we had or hardships we faced, we'd all still gather around a table and feel a bit better after having a nice meal.

We can't go out like we used to. We can't always gather with the ones we love. It's as if we're all trapped on a chain of tiny islands. That's why this isn't just a recipe, it's an invitation. I might not be able to welcome anyone into my home, but perhaps with this simple recipe I can in some way invite you to my table. Warm, delicious food always does wonders for me when I'm stressed, so I hope that it might be a source of comfort for anyone reading this.

Thank you for taking the time to read this... Recipe? Recollection? Well, either way. Who knows, maybe by the time this is published we will already be back to our daily lives. I truly hope that is the case. Though if not you can always try to find more ways to make your island a bit more comfortable. If you have any good ideas, please let me know.

Stay safe, everyone.

My name is Giovanni Madonna. I'm an assistant English Teacher working in Niihama. I'm from New York, U.S.A and I like to spending my time reading, writing, playing games, and cooking. I hope you enjoyed the recipe!



## Niihama-city Disaster Prevention Center



Opened on April 1

April 11, 2020

Article in Town Magazine Hooja

The common building for the Fire Fighting and the Disaster Prevention Office which had been under construction is finally opened on the west side of Niihama City Hall, in which the Disaster Prevention Center is also opened.

At the Center, visitors can experience a virtual disaster to learn about the response capability in real situations. The virtual experiences include a seismic vibration, evacuation from smoke and using an escape device to recognize fear of smoke. There are also displays of disaster information, an audiovisual presentation of disasters, and a space where the pseudo-experience of fire and flood damage can be experience virtually.

The editing of video images for the theater screen on the second floor was supervised by movie director Kenji Omori and the narration was done by the voice actress Nana Mizuki, both of whom are tourism ambassadors of Niihama. The complete experience time is about one hour and twenty minutes. A reservation is required for entrance. For confirmation of availability and reservation, please call or visit the home page.

## Niihama-city Disaster Prevention Center

Place : 5-1 Ikkucho Niihama-city

Open from 9:00AM to 5:00PM

Closed Monday and Tuesday, Yearend and New Year holidays

Tel : 0897 65 1583

## JUNE EVENTS

Not many events will be held in June because of the coronavirus.

1. The bus tour to the Tonaru Area "Western Machu Picchu" from Minetopia Besshi is being held every day so far, starting at 11:00 a.m. and 1:00 p.m. The tour takes about 2 hours. The fee for adults is 1,350 yen and for 3 year old to junior high school is 750 yen. For reservations call 0897-43-1801.
2. A panel exhibition on tap water will be held from June 2<sup>nd</sup> to 7<sup>th</sup> at the Besshi Memorial Library.
3. A talk show "What is the Grammy Awards?" will be held on June 14<sup>th</sup> in the all- purpose hall of the Besshi Memorial Library from 10:00 a.m. to 11:30 a.m.

### Online Information in English from Niihama City

☆ Garbage Rules:



How to sort and put out your trash and garbage"  
<https://www.city.niihama.lg.jp/soshiki/gomi/gomibunbetu-1.html>

☆ What's New? in English



<https://www.city.niihama.lg.jp/soshiki/chiiki/whatsnew2020.html>

### Multilingual Living Information from Clair:

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