

# MOVIES

TOHO CINEMAS Niihama (AEON Mall)

November 1 ~	<b>Venom: the Last Dance</b>	Sub / Dubbed
November 15 ~	<b>Be: the One – Meant to be</b>	Sub
November 15 ~	<b>Gladiator II</b>	Sub / Dubbed
December 13 ~	<b>Kraven the Hunter</b>	Sub

Movies might be changed without notice.  
So please check the homepage for information.

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



This newsletter is published by SGG, a volunteer group that helps foreigners living in and around 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](mailto:sheep@abeam.ocn.ne.jp)  
[yukiko-m@shikoku.ne.jp](mailto:yukiko-m@shikoku.ne.jp)  
[k.toshiko.0305@gmail.com](mailto:k.toshiko.0305@gmail.com)  
[hayatine@nbn.ne.jp](mailto:hayatine@nbn.ne.jp)

\*The editors for this month are M.Hada & T.Matsuoka

## ONE POINT JAPANESE

「～たり、～たり」の使い方  
(How to use ~tari ~tari 'things like A and/or B')

A : 2024年も、もうすぐ 終わりですね。  
Nisenjūyōnen mo, mōsugu owari desu ne.  
(2024 is almost over!)



B : 今年は、本当に 暑かったですね。  
Kotoshi wa hontō ni atsukatta desu ne.  
(It was really hot this year, wasn't it?)



A : 涼しく なったり、暑く なったり、大変でした。  
Suzushiku nattari, atsuku nattari, taihen deshita.  
(It was tough because it kept shifting between cool and hot.)

B : 寒暖の 差が 大きいと、体調を くずしやすいですね。  
Kandan no sa ga ōkī to, taichō o kuzushiyasui desu yo ne.  
(When there is a big difference between cold and warm temperatures, it's easy to get sick, isn't it?)

A : 暇な ときは、いつも なにを してる？  
Himana toki wa itsumo nani o shiteru?  
(When you have free time, what do you do?)



B : 暇な とき？ うーん、なにも してないなあ。  
Himana toki? Ūn, nanimo shitenai nā.  
(Free time? Um, I don't do anything.)

A : わたしは、サイクリングしたり、映画を みます。してるよ。  
Watashi wa, saikuringu shitari, ega o mitari shiteru yo.  
(I do things like going cycling or watching movies.)

B : そうなんだ。休日を 満喫してるね。うらやましい。  
Sō nan da. Kyūjitsu o mankitsu shiteru ne. Urayamashī.  
(That's right. You enjoy your days off fully. I'm jealous.)

A : じゃ、今度 一緒に サイクリングに 行かない？  
Ja, kondo issho ni saikuringu ni ikanai?  
(Then, how about going cycling with me soon?)



B : おもしろそう。お願いします。楽しみ！！  
Omoshirosō. Onegai shimasu. Tanoshimi!!  
(Sounds fun! Please! I'm looking forward to it!)

< by Niihama Nihongo no Kai >

NNK also provides Japanese lessons for foreigners living in Niihama.  
Feel free to contact us at:  
Niihama Kokusai Koryu Kyokai (Niihama International Center)  
[Tel:0897-65-1579](tel:0897-65-1579) E-mail:[niihamashikokusai@gmail.com](mailto:niihamashikokusai@gmail.com)

# What's New?

Niihama City

No.352 December 2024

Published by SGG Niihama



Hello!! Xin chào  
Lê Thị Phương Quý

Hello, everyone. My name is Quý. I started working for Niihama City Office in August this year as the Coordinator for International relations – CIR. My name “Quý” means “precious” in Vietnamese.

My hobbies are watching anime, practicing Yoga, traveling and painting. I especially love anime. It relieves my daily stress. Yoga enables me to move my body in relaxation. I feel like I can keep my body and mind tidy through this busy life.

I was born and raised in Hue City, an old city in Vietnam. I was raised surrounded by my loving family, friends and teachers. This city is very precious to me as my name implies. Hue City is a beautiful city in the central part of Vietnam. The city is known as a place of historical and cultural value. The Hue Imperial Palace is especially famous as the palace of the Nguyen Dynasty that flourished from the 19<sup>th</sup> century to the beginning of the 20<sup>th</sup> century. The royal palace is a UNESCO World Heritage Site. You can feel the history and culture of Vietnam. And Hue also has many unique cuisines. It is an exciting place for food enthusiasts. Please go and visit Hue City if you have a chance. My experience in my school days made me interested in Japan. I started to study the Japanese

language in my junior high school days and experienced a one-year exchange program at Doshisha University. I got deep into Japanese culture and language. It made me feel a strong connection with Japan. In 2023, I experienced a one year internship with the JAL Foundation and engaged in activities to contribute to the development of relations between Japan and Vietnam. These experiences made my desire stronger to work as a bridge for the development of Japan and Vietnam. That led me to live in Niihama now as the Coordinator for International Relations of Niihama City.

I felt Niihama is a beautiful city and the people are warm-hearted. Niihama is surrounded by the mountains and rivers. It has something similar with that of Hue. I felt familiar with this city. The people in Niihama were very kind and welcomed me warmly. I could quickly get used to my new life. And I had the chance the other day to go and see the Taiko Festival for the first time. The festival was in full swing. Not only the local residents but also non-Japanese carried the Taiko. I was moved by the scene so much where even non-Japanese can connect with traditional Japanese culture. I was so impressed with this and realized that Niihama is a comfortable city for non-Japanese to live in.

Now I am thinking that I want to help deepen cultural exchange between Japan and Vietnam through my work. I want to show the charms of Vietnam to the people of Niihama. I will make it possible through events and exchange programs. I especially want to promote the exchange program with Hoi An. The city is making efforts to build strong relations with Niihama. And I want to be the bridge between Niihama and Hoi An to strengthen the friendship between the two cities. I am looking forward to working with you all.

### Stick-shaped Futon Dryer by cado

(Ehime Shimbun: October 7, 2024)

Kiuchi Kazuaki of Tokyo-based home appliance manufacturer cado wanted to make products that can be used easily every day. Futon Dryer FOEHN001, the stick-shaped dryer released last December, has sold well. All you have to do is put it into the futon as it is and press a button. The price is 24,200 yen.

When the company held a discussion about the problems of daily life, one person said, "If I use a futon dryer, the futon feels comfortable. But I don't use it that much because putting it into a bag and preparing a special mat is troublesome." They

came up with the idea of a product which can dry and warm the futon on a daily basis.

They achieved a compact-sized futon dryer with a width of 31.5cm in and a diameter of 4.9cm. If you put it on the edge of the futon and turn it on, warm air will come out for ten minutes. There are four fan courses in which it can dry, prevent mites and deodorize at the push of a button.

They worked hard on both the miniaturization and high efficiency of the device. They adjusted the air volume, pressure and wind speed many times so that it could warm a whole double-sized futon."

Since it is put into the futon directly, safety was a priority. Taking fire prevention and possible pet urination into consideration, they installed ten safety devices on it.

Customers have appreciated this product, saying, "(Warming the futon is) not a pain anymore." or "I can warm up to the tips of my feet."

### High Nutritive Cabbage

(Ehime Shimbun: February 13, 2020)

Cabbage has the highest vitamin C content among hypochromic vegetables. In particular the outer leaves and core contain vitamin C so densely that eating two or three raw outer leaves is enough for your daily intake of vitamin C. Also, a vitamin-like substance discovered in cabbage known as "cabagin"™ effectively suppresses the secretion of gastric acid, helping to heal the mucous membrane of the stomach and thus preventing gastric or duodenal ulcers.

Cabbage is ranked in the top group of designer foods, a list presented by the National Cancer Institute. Cabbage also contains a strong cancer cell growth inhibitor called isothiocyanate, as well as a carcinogen depressant called peroxidase. Furthermore, cabbage is rich in vitamin C and vitamin U. The top ranked on this list is garlic, and the next group includes cabbage, soybeans, ginger, carrot, celery, etc.

Lastly, cabbage is famous for nutritional fortification and for making the brain healthier.

Imagawa Yayoi

National Registered Dietitian

## December Events

Akakane Museum

Exhibition: Tezuka Osamu (manga & anime creator)

Date: December 7, 2024 to January 19, 2025

(Except Museum Closed Day)

Time: 9:30 AM to 5:00 PM (Last entry 4:30 PM)

Fee: Adult ¥ 1,200

College and High School students ¥ 1,000

Elementary and Junior High School students ¥ 800

Pre-school children Free

Christmas Party

Date: December 14 and 15

Time: 1:00 PM to 4:30 (Opening 00:30 PM)

Fee: Free

Further Information: Tel 31 0305

Minetopia Festival

Date: December 22

Time: 10:00 AM to 3:00 PM

Place: Shibafu Square, Minetopia Besshi

Dancing and Music Playing by Local Groups

Food truck service and Other Entertainments

## Online Information in English from Niihama City

☆ **A Guide for Living in Niihama**



☆ **The Niihama Medical Institution Map**



☆ **How to Sort Your Trash and Garbage**



☆ **What's New? in English**



☆ **Niihama Tourist Information**

<https://niihama.info/>



☆ **Help with legal matters, discrimination, insurance, etc  
Japan Life Guide**

(Nationwide service) multilingual



☆ **Yorisoi Helpline for foreigners**

**TEL:0120-279-338** 10:00 a.m. ~ 10:00 p.m.

**Multilingual Your privacy will be protected.**