MOVIES

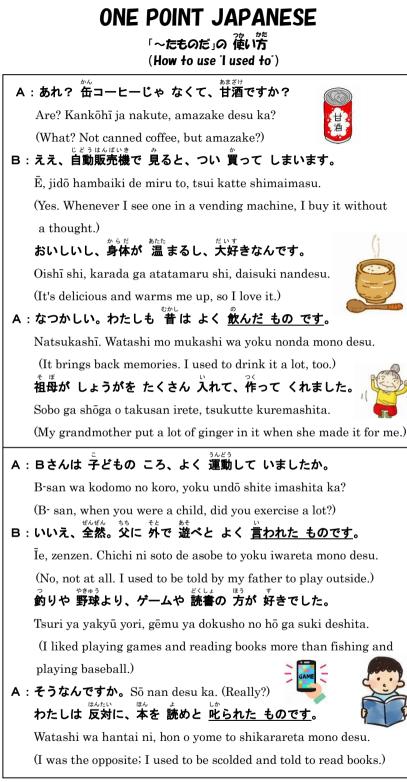
	TOHO CINEMAS Niihama (AEON Mall)	
Dece	ember 13 \sim Kraven the Hunter	Sub
Dece	ember 6 \sim Moana 2	Dubbed
Dece	ember 20 \sim Mufasa: The Lion King	Dubbed
Janu	uary 10 \sim Formed Police Unit %PG12	Sub
January 9 & 30~ Moana 2 (Baby Club Theater) Dubbed		
Janı	uary 17 \sim The Apprentice	Sub
Movies might be changed without notice. So please check the homepage for information.		
	Information Service Internet: 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.

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< by Niihama Nihongo no Kai>

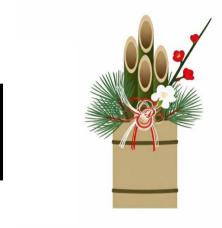
NNK also provides Japanese lessons for foreigners living in Niihama. Feel free to contact us at:

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Niihama City

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A 15-year Journey to Japan

My name is Sailendra Katwal.

Last December, I came to Niihama from Nepal. The journey by plane took only nine hours, but it had been a 15-year journey since I first became fascinated with Japan. I first learned about Japan when I was in elementary school. The teacher was not in the classroom, and everyone was making a lot of noise. A teacher from the neighboring class came over and scolded us. She told us that Japanese children were polite and behaved with discipline. She gently encouraged us to become good children like them. As an elementary school student, I wanted to meet Japanese children and become friends with them. Now, I work with those who were elementary school students in Japan back then. Just as my teacher said, they are very disciplined and polite.

After graduating from elementary school, I had many opportunities to learn about Japan. From history classes, I learned about the humility and kindness of the Japanese people and the progress in science and technology. News of earthquakes and tsunamis taught me about the resilience and strength to face hardships and sorrows. When I was a thirdyear university student and received a job offer, I thought my dream of visiting Japan had come true. After coming to Japan, my childish admiration turned into a challenge. Rather than just observing the diligence, punctuality, and consideration of Japanese people from the outside, I began to live as a member of Japanese society. This wasn't easy. Sometimes, I felt like I was lost. The workplace culture was unfamiliar to me, and I often struggled to understand work instructions, resulting in many mistakes.

Days were busy and exhausting, making it hard to manage my personal time. I felt stressed, with no friends to share my feelings and no place to enjoy leisure time. However, gradually, I got used to my job and became better at managing my time. I explored places to go and became accustomed to Japanese culture. I refused to give in to the desire to quit, encouraging myself, and slowly began to feel that I was adapting to life in Japan.

It took time, but now I am here in Japan. However, my journey is not over yet. A new journey has just begun. There is still much to learn, and I am excited about the future that lies ahead.

Accidental Ingestion of Medication by Small Children (Ehime Shimbun: December 26, 2023)

Families living with children must be careful about keeping medication for chronic illnesses or colds. Some cases have been reported that small children ate medication after mistaking it for candy, or out of curiosity.

According to the Consumer Affairs Agency, a one-year-old child took out a bottle of over-the-counter cold medicine kept in the drawer and mistakenly took several tablets. The child suffered acute drug poisoning and had to spend a week in hospital. Another case involved a seven-year-old who ate 28 asthma tablets with chocolate.

The basic countermeasure for accidental ingestion of medicine by small children is to keep it in a place unreachable to them.

If your child does accidentally ingest medicine, you must confirm their state of consciousness, the name of the medicine and the amount they took. Call a special 24/7 institution, such as "Osaka Poisoning 110." Then, go to the right medical institution if necessary. Some medicines are fatal. The Consumer Affairs Agency recommends, "Please call an ambulance if your child looks different than usual."

Nori is Fabulous, Rich in Nutrition and Easy to Take (Ehime Shimbun: January 28, 2020)

February 4th is Setsubun, the day before the calendric beginning of spring. These days people tend to eat "ehomaki" instead of the traditional custom of throwing beans to celebrate Setusbun. Ehomaki is a thick sushi roll eaten while making a wish, silently facing the direction of "eho" (best luck) that is specified each year.

Nori (dried seaweed) plays an important role in ehomaki. It is black and flimsy and doesn't look nutritious. It appears to play a supporting role at the dining table but is actually highly nutritious, known in Japan as "the green and yellow vegetable of the sea". Moreover, it is low in calories and rich in minerals like potassium and iron. It also contains a lot of vitamins, folic acid and dietary fiber, making it a crucial food for good health promotion.

February 6th is Seaweed Day. One week before and after, various events involving ehomaki are held in many places. It is easy to get vitamins and minerals by eating nori. It supplements nutrients that modern people tend to lack. It is said two sheets a day are appropriate.



☆January 26th (Sun)

NHK casual classic concert

Akagane Museum 3:00pm~5:00pm
Fee: Free of charge. Advance application required. If there are a large number of applica nts, a lottery will be held.

☆January 26th (Sun) Sansan Market

9:00am \sim 12:00am Noborimichi Arcade

☆Exhibition: Tezuka Osamu (manga & anime creator)

Venue: Akagane Museum 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

The 33rd Global Party

- Date: February 9th (Sun) 1:00pm \sim 3:30pm
- · Venue: Niihama Women's Plaza
- · Fee: ¥500/person Free for children 6yrs and below
- •How about wearing your national costume or trying Japanese Yukata?
- Learn some fun dance moves!
- •Meet some new friends!
- •Have some drinks and snacks.
- Choose some Japanese tableware or kimono from the Giveaway Corner.

Online Information in English from Niihama City



 \Rightarrow A Guide for Living in Niihama



- $\stackrel{\scriptstyle }{\succ}$ The Niihama Medical Institution Map
- ☆ Niihama Tourist Information https://niihama.info/

 \Rightarrow What's New? in English



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