

# What's New?

Niihama City

No.191

July 2011

Published by SGG Niihama

## **Why Just Survive When You Can Thrive in Niihama/Saijo**

Michael Newlin

When I first came to Japan, like most people, I was primarily concerned with learning how to meet my basic needs such as finding a supermarket, department store, city hall, the train station and arranging for an apartment, bank account, dentist, etc. As time went on, I was able to meet my basic needs and began to learn how to function effectively in a very new and different country. Around this time, I began to meet a number of foreigners in the Niihama and Saijo area who told me that they liked being in Japan but either said, or acted, as if they were not so happy here. Their views seemed to fall into two general categories:

-The first group said that there was nothing much to do in this area but it was interesting in other bigger cities (Matsuyama, Osaka, Tokyo) and they lived their lives focused not on each day but on the next time they could spend a few days in their favorite big city. This meant that the majority of their days were not positive and they were just passing time waiting for the next trip.

The second group tended to struggle more, they sometimes tried new experiences in Japan but found it progressively more difficult over time. After awhile their life would be simply going to work, then the supermarket for food, and home to watch movies on the internet in their native tongue. Eventually, some percentage became depressed and left Japan.

Neither of these perspectives seemed to represent how I envisioned my life in Japan. After talking to a number of people who have lived here longer than I, and thinking about my training in Psychology, a number of things seemed to be important to survive and be happy:

First, I needed to acknowledge that it is difficult to live in, and learn, a

new country and culture. In fact, it is so hard that most people would never consider, or actually do, it. This allowed me to sometimes feel overwhelmed and not internalize it as some sort of failure. Sometimes it can be exhausting and frustrating to live in another country.

Second, to truly enjoy your new life, it is important to enjoy the many new and special things that are available nearby. The Niihama and Saijo area has many, sometimes a bit hidden, treasures that will make life more enjoyable. Special places such as Ikku Shrine in Niihama (especially for Taiko-Matsuri), Panas (Niihama) and Hondani (Saijo) Hot Springs, Asahi Beer Community Hall (incredible shabu-shabu and private label ponzu in Saijo), Minetopia, Besshi Museum at Yamane Park, Takinomiya Park (especially for O-Hanami) – all in Niihama, Hanabi (both Saijo & Niihama), Ishizuchi Tirol Forest (sometimes called German Town) in Saijo, Ishizuchi Mountain (Saijo), Imotaki (Niihama and Saijo), Marubun Pizza and Pasta (with a pizza oven from Italy), Cooks Café in Niihama (bagel sandwiches), and many others can greatly increase one's quality of life.

Third, integrate some of your culture into your life in Japan. Sometimes we all need things that we know and are comfortable. Food is a good example of this. I think almost everyone loves learning about and experiencing Japanese food. But, it is important not to forgo foods you love from your and other cultures and countries. It turns out that there are many supermarkets and grocery stores, as well as specialty butchers, fishmongers, etc in this area. Each of these stores carries some different and unique products. If you explore these stores (and augment with online ordering from Japanese companies such as The Meat Guy, The Foreign Buyers Club, Amazon.jp and the occasional visit to Costco in Osaka), you can find almost any food or ingredient. For example (because so many people have told me that they missed it): Mexican Tacos. It turns out that you can get everything for tacos in the local area: Tortillas are available frozen at Gyomu Super in Niihama, all of the spices to make taco seasoning and guacamole are available in most supermarkets, as is shredded cheese, sour cream, hot sauces, and salsa. It just takes a bit of exploring different stores and supermarkets. It turns out that we can enjoy many foreign dishes in this local area. Here is a partial list of foods people I know have made recently in Niihama/Saijo: chili, chili-cheese dogs, meatloaf, sloppy joes, hummus, tabouli, lamb kebobs, cheddar cheese burgers, home cured and smoked bacon, pancakes, waffles, dill dip, buffalo chicken wings, restaurant-style blue cheese dressing, sun dried tomato-salami-feta-smoke mozzarella pizza, Greek salad, chicken noodle soup, minestrone, pot roast, baba ganoush, red-chili enchiladas,

tortellini, gnocchi, Italian pasta sauce, peanut blossom cookies, pancit, grilled cheese sandwiches, pb&j, sinigang, pesto, ham and gruyere Panini, barbeque pulled pork sandwiches, roast turkey, hollandaise sauce, and smoked salmon dip.

If you are interested in exploring a bit, here are some relatively surprising ingredients to be found in the local area (and who has them):

Gyomu Super: 1000-year eggs, churros, hash browns, duck breast, pigs, chickpeas, dried mustard, XO sauce, black pepper sausage, rice noodles, salsa, coconut cream powder, coconut milk.

Marunaka (Route 11 in Niihama): Mediterranean garlic/cheese flat bread, salami, chorizo (sometimes), capers

Value Market: Spicy chicken fingers, chili powder, hamburger buns

Hanamaru: Oxtails, 100% ground beef, pig ears and feet

Jusco: Green olives, German pickles, dill (herb), anchovy paste, gnocchi, microwave popcorn, white wine and balsamic vinegar

Kobe Butcher Shop: Beef brisket (full or half), lamb, whole chickens

Maruyoshi Center: Brussel sprouts, Lays sour cream and onion potato chips

Fuji Grand: Smoked Salt, Bouquet Garni, whole grain mustard

Kawamura Sangyo (Baking store near Niihama station): Mascarpone cheese, frozen pie dough, almond paste

Michael Newlin is a Senior Teacher for Language House in Niihama, is from Cape Canaveral, Florida (USA) and is enjoying his fourth year in the Niihama area.

You can read on the Web.

**\*What's New?**

**\*Garbage and trash Collection Calendar**

**\*Information living in Niihama**

Click  <http://www.city.niihama.lg.jp/english/>

## **How to Lead a Life Less Dependant on Electrical Home Appliances.**

(From The Ehime shimbun's "A note for your life" column)

Electricity saving is an urgent challenge now for those living in certain regions of the nation. Take this opportunity to try to lead a life less dependent on electrical appliances.

### **1.Cleaning the floor**

Turn to the classical method. Sweep away coarse rubbish with a broom and wipe up fine dust with a wet rag.

### **2.Cleaning the carpet.**

Use a vacuum cleaner for a limited time just enough to remove any dust mites in the carpet.

**3.Small laundry items such as stockings, socks and handkerchiefs.** You can wash them with your hands while taking a bath. A small wash board would be convenient for use in the bathroom as it takes up less space. Solid detergent is recommended because you can easily use it with one hand.

With practice I'm sure you will become more accustomed to these tasks and they will take no more time to do than using electrical appliances. Plus you will have the added benefit of the physical exercise being good for your health.

## **July Events**

### **★July 3(Sun.)**

### **Summer Festival “Marin-mura”**

9:00-16:30

Location : Marine Park Niihama

Free admission

-Visitors will be able to enjoy a watermelon splitting game, catching fish game, hula dancing performances and a chance to purchase local products on display.

### **★July 17 & 18(Sun.&Mon.)**

### **Somen Nagashi**

10:00-15:00

Location : Ikatazu Sanso

Phone : 64-2018

Fee : ¥ 500 (junior high students and over)

¥ 300 (elementary students and under)

-Somen Nagashi involves eating noodles from flowing water.

### **★July 29(Fri.)**

### **Niihama Firework Festival**

19:30-21:00

Location : Kokuryo-gawa riverbed

Free admission

-In case of rain, it will be postponed to August 1(Mon.).

## MOVIE

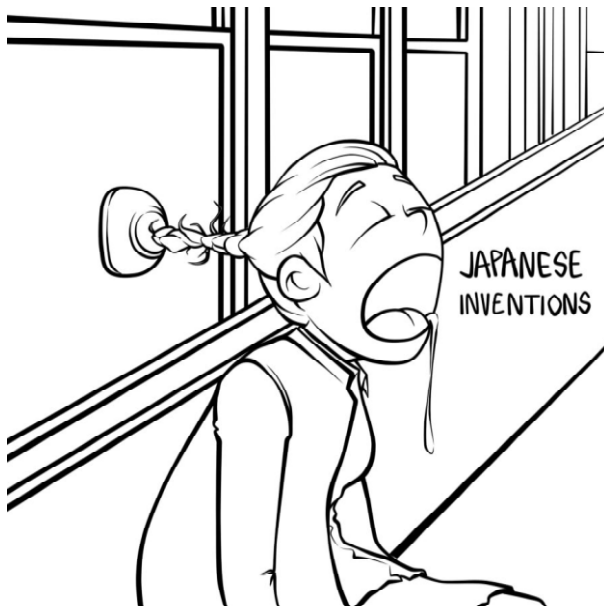
### TOHO CINEMAS Niihama (AEON Shopping Center)

June 11 ~	X-MEN:FIRST CLASS	English/ Dubbed
June 24 ~	SUPRR 8	English/Dubbed
July 2 ~	THOR	English
July 15 ~	HARRY POTTER AND DEATHLY HALLOWS : Part II	3D English
July 30 ~	TRANSFORMERS: DARK OF THE MOON	3D English
July 30 ~	CARS II	Dubbed

#### Information Service

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

Tape (24 hrs): 0897-35-3322 (in Japanese)



<Contributed by Adam Schartup>

SGG would welcome any suggestions, questions or ideas for monthly articles.

email: [yukiko-m@shikoku.ne.jp](mailto:yukiko-m@shikoku.ne.jp)

[kasi4386@plum.ocn.ne.jp](mailto:kasi4386@plum.ocn.ne.jp)

[sheep@abeam.ocn.ne.jp](mailto:sheep@abeam.ocn.ne.jp)

\* The editor for this month is Keiko Takahashi

# ONE POINT JAPANESE

## なんでも

A : 和食は好きですか。

Washoku wa suki desu ka.  
(Do you like Japanese food?)

B : ええ、今は大好きです。

Ee, ima wa daisuki desu.

(Yes, I really like it now.)

初めは味が薄くて、あまり好きじゃなかったんですが。

Hajime wa aji ga usukute, amari suki ja nakattan desu ga.

(At first, I didn't like it much because the flavor was weak.)

A : 何か苦手な食べ物がありますか。

Nanika negate na tabemono ga arimasu ka.

(Is there any food you don't like?)

B : いいえ、何でも食べられますよ。Iie, nandemo taberaremasu yo.

(No, I can eat **anything**.)

A : 納豆も？Natto mo? (Natto, too?)

B : ええ、安いし、栄養も豊富なので、毎日食べています。

Ee. Yasuishi, eiyo mo hofunanode, mainichi tabeteimasu.

(Yes. It is inexpensive and also nutritious, so I eat it every day.)

A : 明日のパーティー、何を持って行きましょうか。

Ashita no pati, nani o motte ikimasho ka.

(What shall I take to the party tomorrow?)

B : 何でもいいですよ。Nandemo ii desu yo.

(**Anything** is OK.)

A : じゃ、私は、飲み物を準備します。

Ja, watashi wa nomimono o junbishimasu.

(OK. I'll prepare some drinks.)

C : じゃ、私は果物にします。Ja, watashi wa, kudamono ni shimasu.

(OK. I'll take some fruit.)

D : それじゃ、私は、お寿司とから揚げを持って行きますね。

Soreja, watashi wa, osushi to kara-age o motte ikimasu ne.

(Then I'll take some sushi and kara-age fried chicken.)

B : すごい！Dさんは何でも作れるんですね。

Sugoi! D-san wa nandemo tsukurerun desu ne.

(Wow! You can make **anything**.)

D : あのう、スーパーで買うんですけど…。

Ano, supa de kaun desu kedo...

(Well... I'm going to buy them at the supermarket...)

A : 東北地方へ、ボランティアに行くそうですね。

Tohoku chihō e, borantia ni ikuso desu ne.

(You are going to the Tohoku district for volunteering, I hear.)

B : ええ、何でも実際にやってみないとわからないですから。

Ee, nandemo jissai ni yatte minai to wakaranai desu kara .

(Yes, like **anything** - unless you try doing it you won't understand it.)

< 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