

# What's New?

Niihama City

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## My life on Tatami

Donna Huang

First of all I really want to tell everyone that I truly love tatami.

I think most of you will know Japan's Anime and Teleplay is quite famous in the world especially in Asia, of course China is without exception. And tatami is always shown in Anime and Teleplay. I was fascinated by it as I just knew stone and wood flooring until that time. This was the first time for me to know that there was another flooring which is called tatami that I never knew before in my childhood. I grew up under that kind of circumstance.

When I was 17 years old, I heard that there was tatami in Taiwan restaurant. I was so happy that I called them for a dinner reservation immediately. I remember now that I told them I need a room with tatami several times. I do not remember what kind of dishes I had on that day. All I can remember now is happiness and excitement.

Four years ago I came to Japan and for the first time I met real tatami. "Wow... I cannot believe I am touching and sitting on the real thing!" I yelled. In my opinion real tatami was in Japan. All the others are fake one. I counted how many Jyou I had.(by the way, Jyou was a totally

new unit for me at that time).and then I lay down and enjoyed the sweet smell that greeted my nose. I was so happy at that moment.

Actually it is quite comfortable when I relax in my own place. But it is hard to be a guest in my neighbour's apartment even now. I think Seiza and Yokozuwari are quite difficult for foreigners. But my Japanese friends totally understand that. My legs gradually become paralyzed with the passing of time, so I always stretch my legs even it is not Japanese etiquette. I am enjoying every single day on tatami, having home parties, watching Japanese TV programs, etc.

How time flies! I was pregnant last year, and my enthusiasm for the tatami away along as my baby grew. I had to get up from the tatami numerous times every day and it made me crazy. During that period I really missed life with a bed.

Then my boy came into the world when I was in China. I brought him back to Japan when he was 3 months old. Restarting life on tatami gave me another surprise. My little boy is 12 months old now and he can turn over on a mattress from side to side very well even during sleep. The biggest difference to the bed is it's not necessary to worry about falling down from somewhere. Sleeping on tatami keeps my little man in safe circumstances.

Sitting in good posture on tatami is still a big problem for me, but I still love it. So in the near future if I buy an apartment in Shanghai I will definitely leave a room just for tatami. Then not only in Japan but also in China I can enjoy my life on tatami every day.

Donna Huang came to Niihama in 2009 from Shanghai, China. She has been working as the International Advisor in the Niihama City Office since May this year. If you need help, she can help you with information about Niihama in English, Chinese, or Japanese. Go to the second floor of City Hall to the Shimin Katsudo Suishin-ka (市民活動推進課). Ms. Huang will be available 13:00 -17:00, Monday – Friday.

## September Events

☆9/1(Sun) 9/15(Sun) **Sunday Market** 7:30-12:30  
at street on east side of Niihama Central Park

☆9/1(Sun) **Chorus Festival in Toyo district**  
12:30 - 16:30 at Bunka Center

☆9/8(Sun) **Cycling Revolution in Niihama** 9:00 - 11:00  
at riverbed on east side of City Gym

☆9/19(Wed) **Moon Viewing** 18:00 ~ **Candle Art** 19:00 ~  
at the City Ball Park  
You can enjoy *imodaki*, viewing the full moon with 10,000  
candles in the ground.  
Information 0897-32-8312 Niihama Community Center

☆9/22(Sun) **Monthly Special Sunday Market**  
9:00 - 15:00 at Noborimichi Sun Road  
Food brought directly from where it is grown.

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### Exploring Restaurants: Indian

### スパイス王国

Spice Kingdom

by Brad Patterson



My family and I love Indian food, so when we went by Spice Kingdom, we had to stop. They have a large variety of curries and biriyani dishes. We ordered the lunch sets which, for ¥1000, come with one type of curry, naan, rice and salad. You choose your level of spiciness, with mild (0 or no spice) to very hot (4). My level 4 chicken saag curry had a good amount of heat, but didn't overpower the other spices and greens in the sauce. You can also add a drink for ¥200 and have a choice of soft drink including lassi and tea. 新居浜市中須賀町1丁目1番3号. 0897-32-0522. Located on Heiwa Dori across from the Eneos gas station.

## Get Vaccinated against Measles and Rubella

( from the City News May, 2013 )

The number of the people who come down with Rubella is increasing, especially in and around metropolitan areas. However, there is an effective vaccination against Rubella. If you are in one of the target groups, please get inoculated as soon as possible.

Target groups :

\* children who are less than two years old.

\* those who were born between April 2, 2007 and April 1, 2008.

If you are an adult, make an appointment and get vaccinated at a medical facility.

Vaccination Period: Until March 31, 2014

What are Measles and Rubella?

Measles are spread through a virus which causes a fever, coughing, and a runny nose. These symptoms are followed by a red rash all over the neck and face. The fever increases and the rash spreads all over the body and lasts from a week to ten days. It is so infectious that adults without immunity are likely to catch it too. It can also cause encephalitis and pneumonia and one out of a thousand patients dies of complications.

Rubella, which is also caused by a virus, makes sufferers feverish and causes them to have a light-colored rash all over their bodies.

Generally the symptoms of Rubella are less serious than Measles. However, a woman in the early stages of pregnancy can develop congenital rubella syndrome which can lead to disorders in the heart, eyes, and ears of the baby in her womb.

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/>

**Clair: \*Multilingual Living Information**

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

## MOVIE

### TOHO CINEMAS Niihama (AEON Shopping Center)

August 2 ~	THE LONE RANGER	English / Dubbed
August 9 ~	PACIFIC RIM	2D English · 3D Dubbed
August 10 ~	WORLD WAR Z	2D English · 3D Dubbed
August 16 ~	WHITE HOUSE DOWN	English / Dubbed
August 23 ~	STAR TREK INTO DARKNESS	2D · 3D English 3D Dubbed
August 30 ~	MAN OF STEEL	2D · 3D English
September 13 ~	SAMURAI	2D English · 3D Dubbed
September 20 ~	ELYSIUM	2D English
September 21 ~	DESPICABLE	2D · 3D Dubbed

#### Information Service

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

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

Movies might be changed without notice, so please check beforehand.



<Contributed by Adam Shartup>

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 editors for this month are A. Akiyama & K. Kumata.

# ONE POINT JAPANESE

## “もう”と“まだ”

**A** : もう <sup>ひる</sup> <sup>ほん</sup> <sup>た</sup> 昼ご飯を 食べましたか。 Mō hirugohan o tabemashita ka.

(Have you eaten lunch yet?)

**B** : いいえ、まだ です。 Iie, mada desu. (No, not yet.)

**A** : じゃ、いっしょに ランチに <sup>い</sup> 行きませんか。 Ja, issho ni ranchi ni ikimasen ka.

(OK, how about going out for lunch?)

**B** : いいですね。どこに <sup>い</sup> 行くんですか。

Ii desu ne. Doko ni ikun desu ka.

(Sounds good! Where are you planning to go?)

**A** : まだ、<sup>き</sup> 決めていないんです が、スシローはどうですか。

Mada kimeteinain desu ga, “Sushirō” wa dō desu ka.

(I haven’t decided yet, but how about ‘Sushiro’?)

**B** : お寿司 <sup>すし</sup> ですか。いいですね。 Osushi desu ka. Ii desu ne.

(You mean sushi? Sounds good!)

(<sup>ちゅうしやじょう</sup> 駐車場で chūshajō de) (in the parking lot)

**A** : ああ、もう あんなに <sup>なら</sup> 並んでいますよ。

Aa, mō anna ni narandeimasu yo.

(Ah, there are already so many people lined up!)

**B** : 土日に <sup>どにち</sup> 比べたら まだ ましですよ。

Donichi ni kurabetara mada mashi desu yo.

(Compared to Saturday and Sunday, it’s much better!)

(Aさんの家で A-san no uchi de) (At A-san's house)

A : 遠慮しないで たくさん 食べてね。Enryo shinaide takusan tabete ne. (Don't hold back – eat plenty!)

B : ありがとうございます。でも、もう おなかが いっぱい で・・・。

Arigatō gozaimasu. Demo mō onaka ga ippai de・・・。

(Thank you very much. But my stomach is already full...)

A : まだ デザートも ある から。Mada deza to mo aru kara.

(We still have dessert.)

B : あっ、もう こんな 時間！そろそろ 失礼 しないと・・・。

A! Mō konna jikan! Sorosoro shitsure shinai to...

(Ah! Look at the time! I'd better be going ...)

A : ええ、もう 帰るん です か。よかったら これ、持って 帰って。

Ee, mō kaerun desu ka. Yokattara kore motte kaette.

(Oh, you're leaving already? If you'd like, please take this home.)

B : じゃ、遠慮なく、いただきます。Ja, enryonaku, itadakimasu.

(OK, thank you. I'm happy to accept.)

< 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