

Iwaki City Monthly Event & Information Guide

Relay to Countdown 100 Days Before the Iwaki Sunshine Marathon

The "Kizuna" Relay Marathon in Iwaki was held on 5 November to celebrate the 100 day countdown to the 8th Iwaki Sunshine Marathon. The relay was held in the 21st Century Forest Park with over 450 runners in 55 teams.

The relay participants ran an incredible 96 laps of a 450m course – the equivalent of a full 42.195km marathon. Teams ranged from 4-10 members and used a variety of strategies for their race; some chose to run several lap stints whilst other teams switched over every lap. The winning team was the Misoji Run x Run team with a time of 2:15:24, but unfortunately they weren't able to break the world marathon record time of 2:02:57.



Meanwhile, Iwaki City Hall featured two teams from the Tourism Exchange Office (Team Chiba Ojisan 2016) and Sports Exchange Division (Team Iwaki Sunshine). I ran in my office's team, which is why I'm pleased to report that our Tourism Exchange Office had a triumphant win over the Sports Exchange Division, placing 27th and finishing in 2:46:01 against their time of 2:46:34.

Of course the relay was not a serious competition and was all about having fun and interacting with the other runners. That is why when the last placed team reached their final laps almost every single runner ran alongside them to support them towards the final stretch. It was a heart-warming sight and overall this relay helped in strengthening the true bonds or "kizuna" shared within the running community.

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観光交流課及び公益財団法人いわき市国際交流協会は皆
さんを歓迎します。お気軽にお立ち寄り下さい。お電話、
e-mail をお待ちしております。

Festivals & Events



Your guide to what's happening around Iwaki City and beyond this month

Iwaki

26th November-25th December: Aquamarine Christmas @ Aquamarine Fukushima. Opening hours will be extended to 8pm from 23rd-25th December. Aquamarine Fukushima will be holding a variety of activities and events in the lead up to Christmas. There will be illumination displays and a 5m Christmas tree near the entrance. The 23rd-25th December will feature a Christmas night candle lighting ceremony and concert. For inquiries, please email amf@aquamarine.or.jp.

3rd December: Lighting Ceremony and Fireworks @ pedestrian deck and taxi rank on southern side of Iwaki Station. From 11:30am-7pm. Lighting Ceremony from 5:30-6pm at pedestrian deck on southern side of Iwaki Station. A festival will be held for the opening day of the Iwaki Cherry Blossom Illumination Festival. There will be a live concert featuring Iwaki's own idol group Ice Girls and Wadaiko group Ichidanokai in the large taxi rank area opposite of Latov. There will be fireworks after the lighting ceremony starts. Apart from the fireworks, no events will be cancelled due to rain (concert will be cancelled in the event of severe weather). For inquiries, please contact Junior Chamber International Iwaki: TEL 0246-24-0780.

3rd December-9th January: Iwaki Cherry Blossom Illumination Festival @ main street in front of Iwaki Station. From 5-11pm. The trees lining the street of Taira's city centre will be lit up and appear like cherry blossoms are flowering on them throughout December and early January. An piece of artwork will also be put on display outside the 2F entrance of Latov. This is the 5th Illumination Festival and marks 5 years since the Great East Japan Earthquake as a symbol of revitalisation. For inquiries, please contact Junior Chamber International Iwaki: TEL 0246-24-0780.

4th December: Crab Festival @ west side plaza of Iwaki La La Mew. From 11am. Purchase any item at Iwaki La La Mew and receive a free serving of crab hot pot (1 per person). For inquiries, please visit the event page on Iwaki La La Mew's website: <http://www.lalamew.jp/index.php?module=View&action=EventMore&EID=680>.

10th-11th December: Horuru 2016 Christmas and Museum Night @ Iwaki Coal and Fossil Museum Horuru, Joban. From 11am. Horuru will also be holding a range of activities and events to celebrate Christmas. You can experience burning coal and making your own ammonite specimen. The day will also feature local products, free amazake, a magic show and yoyo performance followed by Christmas illumination. A hide-and-seek game will be played during the night from 5:30-8pm on 10th December. For inquiries, please contact the Iwaki Coal and Fossil Museum: TEL 0246-42-3155.

**The above event information may be subject to cancellations or changes. Before attending any events please confirm with the event sponsors in advance.*

Another section of the JR Joban Line to be reopened soon!



As a result of the 2011 Great East Japan Earthquake and subsequent tsunami and nuclear disaster, a large section of the JR Joban Line that once connected Iwaki to Sendai in Miyagi Prefecture became inoperable and was replaced by bus services. Currently you can only take the Joban Line from Iwaki up to Tatsuta Station before transferring onto a bus to travel up to Odaka or Haranomachi Stations.

However there is great news for train enthusiasts and for travellers in general. As of 10 December, the Joban Line will resume operating from Soma to Hamayoshida Stations, meaning you will be able to take the train from Odaka in Minamisoma all the way up to Sendai.

Additionally, as a sign of further progress in the rebuilding after the disaster, Namie Station is expected to reopen during the spring of next year followed by the expansion of the Joban line from Iwaki up to Tomioka during 2017.

The entire Joban Line is expected to be reconnected by the end of 2019.

From the Editor

Iwaki was struck by a large earthquake with a magnitude of 7.4 and seismic intensity of 5-lower at 5:59am on 22 November. The earthquake's effects were felt across the rest of the prefecture and along the east coast of Tohoku. A 60cm tsunami was detected in Onahama and a 90cm tsunami was observed in Soma on the northern coast of Fukushima.

Despite the worrying similarities to the 2011 earthquake, there were fortunately no casualties and minimal damage from this recent quake. However many residents on the coast had to seek refuge in higher ground until the warnings were lifted.



This was one of if not the largest earthquake I have ever experienced anywhere in my life and was a timely reminder for myself and many others that we should take disasters like this very seriously. For instance, you should remember the following:

1. If you're inside a building during a large earthquake try to seek cover under a table or desk to protect yourself from falling debris (do NOT go outside as there is a risk tiles or debris could fall on you)
2. Once the tremors have stopped, make sure the gas is turned off and leave doors and other exits open to make escape easier
3. If a tsunami warning or forecast has been issued make sure to evacuate to a nearby shelter or higher ground – do NOT go near the water to see the tsunami (many people lost their lives in the 2011 tsunami because they stayed behind to watch the incoming wave)

Anyway despite this little scare, I'm glad to hear that everyone is safe. I would now like to finish on a positive note and wish all of the Time Out readers a safe and pleasant Christmas and New Year Holiday period. See you next year!

-Ben 弁

Iwaki International Association Events

For applications and more information on IIA events, please contact the IIA.
TEL: 0246-22-7409 FAX: 0246-22-7581 Email: info@iia-fukushima.or.jp Website: www.iia-fukushima.or.jp/



LEGAL SYSTEM SEMINAR AND PSYCHIATRY SEMINAR



Date: Wednesday 14th December
Time: Legal System Seminar from 10:00am-12:00pm; Psychiatry Seminar from 1:00pm-3:45pm
Venue: Meeting Room no.1 inside the Iwaki City Cultural Centre (scheduled)
Fee: (For each seminar) 500 yen for IIA Members (including foreign residents), 1000 yen for non-members

Information Board

The information board is a bulletin board limited to IIA members. You can post anything as long as it is not associated with any profit organisation, religion or political-based. (does not apply to businesses with IIA membership) Please send us your posts by the 20th of each month. We look forward to hearing from you.

Learn Useful Japanese for Working in Japan

The Fukushima Branch of the World Cheongsam Association, together with the IIA, will host a "Japanese used at Work" course for the foreign resident community. You will learn Japanese whilst also gaining practical skills in business manners. Please apply if you're interested.



Time and Date: Sunday 18 December from 1pm-4pm
Venue: Large Meeting Room 2 on the 4th floor of the Iwaki Lifelong Learning Plaza
Fee: Free
Instructor: Chizuko Hasegawa, Eclat-eternal CEO
Applications and Inquiries: Please contact Zhang Jing from the Fukushima Branch of the World Cheongsam Association. TEL 080-3383-9826 email: xinxin1998@softbank.ne.jp



Iwaki Hospital Guide



The following is a guide to hospitals open on Sundays and public holidays in Iwaki City during December and early January

December Guide

Sunday 4 December

Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Taira Area	Shiga Seikeigeka-Geka (orthopaedics & surgery)	9-12	23-5050
Onahama Area	Ishii lin	9-5	54-5330
Nakoso Area	Kureha General Hospital	9-5	63-2181
Joban Area	Seki Seikei Geka Clinic (surgery)	9-5	84-9905
Nakoso Area	Ohara Kodomo Clinic (paediatrics)	9-12	63-0001

Sunday 11 December

Taira Area	Takahashi Clinic	9-5	46-1231
Onahama Area	Kashima Hospital	9-5	58-8010
Nakoso Area	Kushida Hospital	9-5	63-3202
Joban Area	Iwaki Yumoto Hospital	9-5	42-3188
Joban Area	Muramatsu Shonika (paediatrics)	9-12	72-0707

Sunday 18 December

Taira Area	Aratame Hospital	10-4	28-1222
Taira Area	Yamaguchi lin	9-5	24-1811
Onahama Area	Kusano Clinic	9-5	56-1060
Nakoso Area	Kojima Jiai Hospital	9-5	63-5141
Joban Area	Soeda lin	9-5	68-6155
Onahama Area	Shiga Kodomo Clinic (paediatrics)	9-12	58-5505

Friday 23 December

Taira Area	Hasegawa Seikeigeka lin (orthopaedic surgery)	8:30-11:30	25-5691
Uchigo Area	Suda lin	8:30-12	27-6060
Onahama Area	Nakayama Clinic	9-5	73-1112
Nakoso Area	Iwaki South Clinic	9-5	77-1663
Joban Area	Tokiwakai Joban Hospital	9-5	43-4175

Sunday 25 December

Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Taira Area	Sakamoto Seikeigeka lin (orthopaedic surgery)	9-5	38-2830
Onahama Area	Ozaka Clinic	9-5	56-8777
Nakoso Area	Nakoso Hospital	9-5	65-7755
Joban Area	Katayose Clinic Sanka Fujinka (obstetrics & gynaecology)	9-5	42-4135
Taira Area	Yamagiwa Kodomo Clinic (paediatrics)	9-12	28-8686

Friday 30 December

Onahama Area	Nakamura Hospital	9-5	53-3141
Nakoso Area	Yabuki Hospital	9-5	63-1818
Nakoso Area	Mori no Kodomo Clinic (paediatrics)	9-5	38-7227

Saturday 31 December

Onahama Area	Iwaki Central Clinic	9-5	53-3511
Nakoso Area	Kureha General Hospital	9-5	63-2181
Nakoso Area	Yano Naika Ichoka (internal & gastroenterology)	9-5	62-3262
Joban Area	Kazawa Icho Seikeigeka (gastroenterology and orthopaedics)	9-5	42-2198

Counselling Service for Foreigners

Yoriso Hotline (Helpline for Foreigners): Consultation service available in Japanese, English, Korean, Tagalog, Chinese, Spanish, Portuguese and Thai. Available languages vary depending on time. Are you having a problem with your visa, nationality, family, work, everyday living, discrimination, domestic violence, confinement or human trafficking? Please call us about any problem you may have. Your privacy will be protected.

Free. TEL: 0120-279-226. Mon-Fri, 10am-10pm.

TELL Lifeline: TELL is a professional non-profit organisation that provides counselling to English-speaking foreigners all over Japan. The lifeline is staffed by highly trained volunteer phone counsellors and provides free, non-judgemental and confidential phone counselling and information 365 days a year from 9am - 11pm.

TEL: 03-5774-0992. For more information, check out their website at <http://www.telljp.com> or e-mail them at admin@telljp.com.

Safety and Consultation Centre for Women (Police Box in front of Iwaki Station): For consultations related to women's safety. Free. Can only speak Japanese. 10am-6pm daily.

TEL: 0246-25-9344.

January Guide

Sunday 1 January

Onahama Area	Kashima Hospital	9-5	58-8010
Nakoso Area	Kushida Hospital	9-5	63-3202
Nakoso Area	Clinic Tabata	9-5	63-1476
Joban Area	Tokiwakai Joban Hospital	9-5	43-4175

Monday 2 January

Onahama Area	Ishii Noshinkei Geka Ganka Hospital (neurosurgery and ophthalmology)	9-5	58-3121
Nakoso Area	Kojima Jiai Hospital	9-5	63-5141
Nakoso Area	Ohara Kodomo Clinic (paediatrics)	9-5	63-0001
Joban Area	Watanabe Sanka Fujinka (obstetrics and gynaecology)	9-5	42-4567

Tuesday 3 January

Onahama Area	Onahama Seikyo Hospital	9-5	53-4374
Nakoso Area	Nakoso Hospital	9-5	65-7755
Nakoso Area	Iwabuchi Clinic	9-5	63-1501
Joban Area	Joban Jin Hinyoki Clinic (nephrology & urology)	9-5	43-1200

Sunday 8 January

Taira Area	Takahashi Clinic	9-5	46-1231
Onahama Area	Kazawa Naika Ichoka lin (internal and gastroenterology)	9-5	54-6200
Nakoso Area	Kureha General Hospital	9-5	63-2181
Joban Area	Iwaki Yumoto Hospital	9-5	42-3188

Monday 9 January

Uchigo Area	Suda lin	8:30-12	27-6060
Taira Area	Aratame Hospital	10-4	28-1222
Onahama Area	Nakayama lin	9-5	55-8141
Tono Area	Komatsu lin	9-5	89-2041
Joban Area	Haruyama lin	9-5	44-4011

Sunday 15 January

Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Taira Area	Yamaguchi lin	9-5	24-1811
Onahama Area	Clinic Abe	9-5	85-5801
Nakoso Area	Kushida Hospital	9-5	63-3202
Joban Area	Kamome Clinic	9-5	28-1010

**Information regarding paediatricians open on Sundays and public holidays during January will be posted on Iwaki City's website later this month.*

Emergencies

Emergency Dental Care

All emergency dental care will be provided at the **General Health and Welfare Centre** (*Sogo Hoken Fukushima Senta*) in Uchigo.

This centre is open on Sundays and all national holidays from 9am to 12pm and 1pm to 4pm. The reception closes at 3:30pm.

For more information please contact the centre on 27-8620.

*The centre will also be open from 31 Dec-3 Jan with the same hours as above

After Hours and Holiday Emergency Treatment Centre

(Located in Iwaki Kyoritsu Hospital)

If you need to see a doctor urgently in the evening or on a weekend or public holiday, the **After Hours and Holiday Emergency Treatment Centre** is open at the following times:

Weekdays: 8pm - 12am.

Saturdays: 8pm - 7am (next day).

Sundays: 1pm - 12am.

Public Holidays: 9am - 12am

TEL: 27-1208

*30 Dec; New Year's Day; 2-3 Jan:

9am - 12am

New Year's Eve: 9am-7am (next day)

Please make sure whenever possible to bring a Japanese-speaker with you when visiting the hospital in Iwaki.

Emergency Contact Numbers

Police: 110

Fire & Ambulance: 119

Children Emergency, First-Aid Telephone Consultations

The Fukushima Prefecture Children Emergency, First-Aid Telephone Consultation Centre (*Fukushima-ken Kodomo Kyukyu Denwa Sodan*) is a free telephone service that provides professional advice when your child has become sick during the night. This telephone service is available in Japanese only.

TEL: 024-521-3790 or #8000
From 7pm to 8am.

