



©いわき市

Time Out

Volume 304

February 2017

Iwaki City Monthly Event & Information Guide

Snow in “Sunshine Iwaki”

Some people say that Iwaki is like the “Shonan of the Tohoku” as it has an overall mild and pleasant climate all year-round and virtually no snow – even when it does snow it rarely accumulates. However this winter has seen a significant period of cold weather and with it some heavy snowfall.

In particular the weekend of 13-15 January was quite snowy, with an almost blizzard-like fall on the afternoon of the 14th. At Taira Central Park, the snow from the previous day had just melted when the downpour came, covering the park in a sheet of white within minutes.



Whilst some people – especially those from places or countries that never receive snow – might joyfully welcome this weather, it is important to stay safe (and warm!) in these conditions. Wear running shoes or other appropriate footwear when going outside to prevent slipping and take extra care when driving as the road may be covered in a barely visible thin-layer of slippery ice.

And for those who will be taking part in this month’s Sunshine Marathon, I’m sure that even the most ardent of snow-lovers among you will be wishing for clear weather just for that day.



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.

Time Out is produced by the Tourism Exchange Division Iwaki City Hall

21 Aza Umemoto, Taira, Iwaki City
Fukushima Prefecture 970-8686

Tel: 0246-22-1279 Fax: 0246-22-7581

Email: kankokoryu@city.iwaki.fukushima.jp

mcmullen-b@city.iwaki.fukushima.jp

The Tourism Exchange Division and the IIA are open to the public. Please feel free to drop by, call, or e-mail us anytime.

Iwaki City’s Official Website:

<http://www.city.iwaki.lg.jp/www/index.html>

Iwaki International Association’s Official Website:

<http://www.iaa-fukushima.or.jp>

いわき市役所 観光交流課

〒970-8686 福島県いわき市平字梅本 21

電話: 0246-22-1279 FAX: 0246-22-7581

E-mail: kankokoryu@city.iwaki.fukushima.jp

mcmullen-b@city.iwaki.fukushima.jp

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。

Inside this issue

Festivals & Events 2 / Iwaki Info 3, / Ganbappe Japanese! 4 / Hospital Information 5 / February Events Calendar 6

Iwaki Festivals and Events



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

Event	Time & Date	Venue	Details	Inquiries
Setsubun Festival	3rd February Bean throwing from 2pm	Iino-Hachiman Shrine, Taira	Setsubun is a traditional bean-throwing festival held around this time of year to help drive away evil spirits associated with misfortune.	Iino-Hachiman Shrine TEL: 0246-21-2444 Email: hatiman@noteplan.net
Tsurushibina Festival	4th- 6th February From 10am-4pm	Seiko-kan, Nakanosaku, Onahama	Tsurushibina are decorative hanging ornaments which will be hung around the Nakanosaku area. There will also be cafes, local goods stalls as well as a tea party on the 2 nd floor of the Seiko-kan building (held on the 5 th only). Entry into the building is ¥100 and a further ¥500 to take part in the tea party.	Nakanosaku Project TEL: 0246-55-8177 Email: nakanosakuproject@gmail.com
Hula Festival	5th February 1F Performances: 10:30am-11:45am; 1:30pm-2:45pm 6F Performances: 11am-12:15pm; 2pm-3:20pm	1 st and 6 th Floors of Latov, Taira	Eight high schools will perform various hula dances inside the Latov shopping centre. Entry is free.	Hula Girls Koshien TEL: 0246-68-8282
Magatama Bead-making in Pairs	11th February Morning Session: 9:30am-11:30am Afternoon Session: 1:30pm-3:30pm	Iwaki City Archaeological Centre, Joban	In the lead up to Valentine's Day, why not try and make a special magatama bead with your partner, friend or family? Tea and magatama-shaped cookies will also be handed out to participants. Participation is ¥500 per person. Pre-registration required by 9 February. Limit of 40 pairs.	Iwaki City Archaeological Centre TEL: 0246-43-0391
Iwaki Sunshine Marathon	12th February Full marathon starts at 9am	Full Marathon Start: Iwaki Athletics Stadium, Taira Finish: Aquamarine Park, Onahama (all other races start and finish here)	Courses: Full marathon, 10km, 5km and 2km runs plus 2km parent-child team event. Although the entries have long closed for the marathon, you are more than welcome to come along and cheer for the runners for free. Free shuttle buses run from Iwaki, Yumoto and Izumi Stations as well as other places towards the start and finish points.	Sunshine Marathon Executive Committee TEL: 0246-22-7607 Website: http://www.iwaki-marathon.jp/
Flower Centre Winter Festival	18th-19th February From 10am-4pm	Iwaki City Flower Centre, Taira	Entry to the Flower Centre is free. There will be a Christmas rose exhibition, fresh local produce for sale, various craft and flower related workshops, a stamp rally raffle and other things to enjoy.	Iwaki City Flower Centre TEL: 0246-22-5667 Email: flowercenter@jobankaihatsu.co.jp
Taiko Revitalisation Concert 2017	26th February From 12:30pm (doors open at 12pm)	Main Theatre, Alios, Taira	Watch a live traditional performance of Taiko – giant Japanese drums. Pre-purchased tickets are ¥2000 for adults and ¥1000 for children of junior high school age and under. Ticket prices are an extra ¥500 if purchased on the day.	Alios Ticket Centre TEL: 0246-22-5800 (closed Tuesdays)

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



Guide to using the libraries in Iwaki City

Have you ever used the library facilities in Iwaki before? For those who haven't, here's a simple guide to how to make use of these convenient facilities (and a refresher for those who have used them before).

For first-time users of the library

When you first use the library facilities, the staff will help you make a **library card**. Please bring your residence card and/or health insurance card so they can verify your address.

When borrowing items

Take your **library card** and the books that you wish to borrow to the front counter.

- You can use your **library card** to borrow items from any of the libraries within Iwaki City.
- You can borrow up to 15 books for a loan period of 14 days.
- You can also borrow up to two videos DVDs or CDs for a period of 14 days.

When returning items

Please return books to the counter. If the library is closed, you may return books by using the **after-hours return box**. Please make sure to return videos, CDs and DVDs directly to the counter.

Lastly, don't forget:

- Please be sure not to lose or damage your library card
- No eating or drinking in the library
- Please refrain from talking or making loud noises when inside the library
- Please make sure to return books and other borrowed items on time

Inquiries

Iwaki City Library
Website <http://library.city.iwaki.fukushima.jp>
TEL: 0246-22-5552

From the Editor

Some of you might have noticed that this edition of Time Out appears a little different than usual. I recently decided to try and make a new design for Time Out as the previous one had been used for just over 10 years (since January 2007). What do you think?

Apart from a different layout, there are also some new features in the newsletter. One of the main ones is a new section that covers Japanese language involved in various aspects of daily life in Iwaki. Among foreign residents in Japan, there are those who have some level of Japanese ability and others with no knowledge of the language. I hope this new section will help Japanese learners of all levels be able to read or communicate in Japanese with more confidence than before.

Of course I will still aim to keep you up to date on the latest notices, upcoming events in Iwaki, information on hospitals and IIA events. If you have any other suggestions for what you would like to see in future issues of Time Out, please don't hesitate to email me your ideas.

Until then, I hope you will still enjoy reading this new edition of Time Out from now on.

-Ben 弁

Ganbappe Japanese!

Learn all the essential Japanese

for everyday life in Iwaki!

おはんです!



Japanese Alphabet (Kana)

One of the first things you learn in Japanese is the *kana* or Japanese alphabet. Japanese uses three scripts: hiragana, katakana and of course kanji, which are based on Chinese characters. But if you can memorise the hiragana, you will be able to start reading many things in Japanese. Some books and manga comics use hiragana above the kanji (*furigana*) to help assist readers with difficult kanji (they may also use *furigana* for all kanji in books and comics aimed at young adults and children). Although there are many characters to remember, this table helps make it easier to understand the letters and their sound – usually a consonant combined with one of the 5 vowels a, i, u, e, o. Katakana is mostly used for foreign loan words so try to remember the hiragana first.

Hiragana ひらがな

	A	I	U	E	O
	あ a	い i	う u	え e	お o
K	か ka	き ki	く ku	け ke	こ ko
S	さ sa	し shi	す su	せ se	そ so
T	た ta	ち chi	つ tsu	て te	と to
N	な na	に ni	ぬ nu	ね ne	の no
H	は ha	ひ hi	ふ fu	へ he	ほ ho
M	ま ma	み mi	む mu	め me	も mo
Y	や ya		ゆ yu		よ yo
R	ら ra	り ri	る ru	れ re	ろ ro
	わ wa		を wo		ん n

Katakana カタカナ

	A	I	U	E	O
	ア a	イ i	ウ u	エ e	オ o
K	カ ka	キ ki	ク ku	ケ ke	コ ko
S	サ sa	シ shi	ス su	セ se	ソ so
T	タ ta	チ chi	ツ tsu	テ te	ト to
N	ナ na	ニ ni	ヌ nu	ネ ne	ノ no
H	ハ ha	ヒ hi	フ fu	ヘ he	ホ ho
M	マ ma	ミ mi	ム mu	メ me	モ mo
Y	ヤ ya		ユ yu		ヨ yo
R	ラ ra	リ ri	ル ru	レ re	ロ ro
	ワ wa		ヲ wo		ン n

Notes:

- The highlighted K, S, T, and H rows can be modified to make G, Z, D and B sounds respectively by adding ゝ to the letter (e.g. がゝ = ga さゝ = za). The H row can also be modified into P sounds by adding ゃ (e.g. はゝ = pa).
- Adding a small Y character such as や in front of a character in the “I” column changes it to a palatalised vowel (e.g. きゃ = kya, しゃ = sha, にゃ = nya).
- A small “tsu” っ is used to make a double-consonant sound like in the word がっこう *gakkou* which means “school”.
- When う is after a character on the U or O column it makes a long vowel like in the word とうきょう *Toukyou* which is of course Tokyo.
- を is pronounced the same as お but is only used to mark the object of a sentence. Sometimes it is Romanised as “wo” to make this distinction.
- All of these rules apply to Katakana as well. However you can also make other sounds in katakana. For instance, adding ゞ to ウ makes it “vu”. Adding a small A ア I イ U ウ E エ O オ to various characters also makes new sounds.
ヴァ va ヴィ vi ヴォ vo ファ fa フィ fi フォ fo ウィ wi ウォ wo シェ she チェ che ティ ti トゥ to

Do you have any “nayami” (worries)?

Ganbappe Japanese is a new section dedicated to offering help for all learners of the Japanese language – from those who’re just starting to advanced learners who might still struggle to communicate in certain situations in everyday life in Japan. If you have a question or would like to know more about a particular theme or aspect of Japanese, please contact me (mcmullen-b@city.iwaki.fukushima.jp) and I will try to answer it or cover that theme in the next issue.

よろしくおねがいします!



Iwaki Hospital Guide

119



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

February Guide

Sunday 5 February

Taira Area	Shimada Ophthalmologist's Office	9-12	22-1677
Taira Area	Yamaguchi Doctor's Office	9-5	24-1811
Onahama Area	Ochiai Internal & Gastroenterology Clinic	9-5	73-1171
Nakoso Area	Kureha General Hospital	9-5	63-2181
Joban Area	Tokiwakai Joban Hospital	9-5	43-4175
Uchigo Area	Aihara Paediatrician's Office	9-12	26-5551

Saturday 11 February

Uchigo Area	Suda Doctor's Office	8:30-12	27-6060
Onahama Area	Iwaki Central Clinic	9-5	53-3511
Nakoso Area	Midorikawa Internal Clinic	9-5	68-6415
Joban Area	Oriuchi Doctor's Office	9-5	44-1133

Sunday 12 February

Taira Area	Shirai Surgery & Gastroenterology Doctor's Office	8:30-12	25-3788
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
Nakoso Area	Ohara Children's Clinic	9-12	63-0001

Sunday 19 February

Taira Area	Chuodai Tanaka Ophthalmology	9-2	29-1722
Taira Area	Takahashi Clinic	9-5	46-1231
Onahama Area	Ishii Neurosurgery and Ophthalmology Hospital	9-5	58-3121
Nakoso Area	Kojima Jiai Hospital	9-5	63-5141
Joban Area	Seki Orthopaedic Surgery Clinic	9-5	84-9905
Onahama Area	Konnai Children's Clinic	9-12	73-8815

Sunday 26 February

Taira Area	Shirai Surgery & Gastroenterology Doctor's Office	8:30-12	25-3788
Taira Area	Sakamoto Orthopaedic Surgeon's Office	9-5	38-2830
Onahama Area	Sasaki Internal & Gastroenterology	9-5	73-0345
Nakoso Area	Yabuki Hospital	9-5	63-1818
Joban Area	Soeda Doctor's Office	9-5	68-6155
Taira Area	Nagai Paediatrics	9-12	28-2535

March Guide

Sunday 5 March

Taira Area	Yamaguchi Doctor's Office	9-5	24-1811
Onahama Area	Nakamura Hospital	9-5	53-3141
Nakoso Area	Nakoso Hospital	9-5	65-7755
Joban Area	Tokiwakai Joban Hospital	9-5	43-4175

Sunday 12 March

Taira Area	Takahashi Clinic	9-5	46-1231
Onahama Area	Kashimura Gynaecology Clinic	9-5	56-2289
Nakoso Area	Kushida Hospital	9-5	63-3202
Joban Area	Iwaki Yumoto Hospital	9-5	42-3188

*Information regarding paediatricians open on Sundays and public holidays during March 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.

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.

*11 Feb (Sat): 9am-7am (next day)

TEL: 27-1208

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.

Event Calendar for February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 	3	4 Egypt Exhibition Lecture: “Investigating the mystery of Pharaoh Tutankhamun” (Free) 
5 NHK Symphony Orchestra: 6 th Iwaki Regular Concert (Alios Main Hall)	6 <div style="border: 1px solid black; border-radius: 15px; padding: 5px; width: fit-content;">Ticket prices from ¥5000-¥8000 Reservations and inquiries: Alios Ticket Centre 0246-22-5800 (closed Tuesdays) Online reservation: http://iwaki-alios.jp/cd/app/?C=event&H=default&D=01803</div>	7	8 	9  <div style="border: 1px solid black; border-radius: 15px; padding: 5px; width: fit-content;">Venue: Iwaki Coal and Fossil Museum “Horuru” Lectures and Workshops all from 1pm. Entry fees also apply. Inquiries: email gakugei@iwaki-kankou.or.jp</div>	10	11 National Foundation Day Egypt Exhibition Workshop: “Write your Name in Hieroglyphics on Papyrus Paper” (¥500)
12 Iwaki Sunshine Marathon 	13	14	15 	16 	17	18 Egypt Exhibition Workshop: “Make your own Shabti Funerary Figure” (¥1000) 
19	20	21	22  	23  	24	25 Egypt Exhibition Lecture: “The Mystery of Mummies” (Free) 
26	27	28				

IIA Custom Made Plans



Très bien – Inquiries to Yamazaki-san 090-1934-0506



Yu no Hanakai – Inquiries to Ohba-san 0246-42-2135



Lac lăm Thai - Inquiries to Nakano-san 090-2881-4433



Interpreters in the Making – Inquiries to Nishiyama-san 090-7197-1913

#Please confirm the event date with the relevant representative if you're participating for the first time



Legal Consultations:

Iwaki City Hall provides free general legal consultations. Scheduled days are as listed on the calendar; however these are subject to change. Please contact **City Hall (Hometown Revitalisation Division TEL 0246-22-7438)** and confirm the date, time and place. Reservations are required for consultations. For Iwaki City Council of Social Welfare consultations (held at the **Social Welfare Centre**), please contact 0246-23-3320.

Other Legal Support for Foreign Residents

Japan Legal Support Centre (Houterasu)

Futaba Sub-branch Office (Iwaki within this jurisdiction) – 050-3381-3805

Fukushima District Office – 050-3383-5540

Fukushima Bar Association Iwaki Branch Office – 0246-22-1320