

## Iwaki City Monthly Event & Information Guide

### "Gocha-maze" Farming Experience

I had the opportunity to take part in a farming experience with over 60 other participants at Farm Shiraishi on Sunday, the 7<sup>th</sup> of February. It was an opportunity for people to try and make their own delicious food with vegetables they had freshly picked themselves.

We were firstly divided into groups with some picking cabbages and others picking broccoli, as well as carrots, spring onions and daikon radishes. After all the ingredients were gathered, we all worked together, washing, peeling, cutting and boiling the vegetables, before we finally got to enjoy some delicious freshly picked boiled vegetables on their own with dip or with shrimp flavored hot pot.



I found it quite fun picking my own cabbage and spring onion out of the field and found the freshly cooked vegetables even more delicious than those bought at the supermarket.

Gocha-maze is a Japanese word meaning a scramble or mixing together of things. For this farming experience, we had a mixing together of various members of the community and people from outside the city, both young and old, and some who had a slight disability. But despite our backgrounds and levels of ability, we all worked hard together towards a single goal whilst casually interacting with one another. I hope I have the opportunity to join in other "Gocha-maze" exchange events in the future.



## Volume 293 March 2016

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市民協働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

**2<sup>nd</sup>-27<sup>th</sup> March: Furusato-dayori Exhibition** @ 4<sup>th</sup> floor, Iwaki City General Library, Taira. Furusato-dayori is a monthly publication that documents the progress of recovery of areas that were damaged by the tsunami. The exhibition will be held again this year to mark 5 years since the earthquake. Articles from the magazine as well as unpublished photos will be featured in the exhibition. For inquiries, please contact the Furusato-dayori editorial office:

TEL 0246-26-5157

**5<sup>th</sup>-27<sup>th</sup> March: Fukushima Stars and Moon Contest Exhibition** @ 2<sup>nd</sup> floor Citizen's Gallery, Iwaki La La Mew. This exhibition displays beautiful photos of the stars and moon taken from within Fukushima Prefecture. For inquiries, please contact Iwaki La La Mew: TEL 0246-92-3701

**5<sup>th</sup>-27<sup>th</sup> March: The People and City of Iwaki Exhibition** @ 2<sup>nd</sup> floor Live Iwaki Museum, Iwaki La La Mew. This exhibition displays illustrations of Iwaki City and its people, drawn as a way to express hope for recovery from the Great East Japan Earthquake. For inquiries, please contact Iwaki La La Mew: TEL 0246-92-3701

**6<sup>th</sup> March: 3.11 Memorial Service and Pledge for Reconstruction 2016** @ Main Hall, Alios. From 2:44pm (scheduled to open at 1:30pm and finish at 5pm). As we approach 5 years since the Great East Japan Earthquake, there will be a memorial service for those victims of the disaster. Whilst conveying memories of the disaster across all generations, there will also be a pledge in determination for ongoing reconstruction. For inquiries, please contact the Iwaki City General Affairs Division: TEL 0246-22-7401

**6<sup>th</sup> March: Light of Hope – Candle Night** @ Taira Central Park (in front of Alios). From 4pm. On the same day of the Memorial Service, there will also be a lighting of candles in tribute to the victims of the disaster and as a symbol of hope for Fukushima's reconstruction. For inquiries, please contact Fukushima Prefecture's Iwaki Regional Development Bureau: TEL 0246-24-6253

**13<sup>th</sup> March: Iwaki Woman Festival** @ Multipurpose Hall, Iwaki City General Health and Welfare Centre, Uchigo. From 1-4pm. Event limited to women only. There will be a lecture from Madre Bonita's Maco Yoshima on how to "Build your career from rock bottom" until 2:30pm. The second half of the event will be a "World Café", where participants can exchange in an open and relaxed café-like setting. Entry is free. Applications will close once capacity of 200 participants is reached. For applications or inquiries, please contact the Gender Equality Centre: TEL 27-8694. FAX 27-8641.

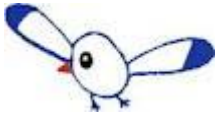
Email: [danjokyodosankaku@city.iwaki.fukushima.jp](mailto:danjokyodosankaku@city.iwaki.fukushima.jp)

## In the surrounding areas

**21<sup>st</sup> March: Bandai Shrine Fune-hiki Festival and Shrine Maidens' Ceremonial Dance** @ Bandai Shrine, Bandai. Held every year on Vernal Equinox Day, this event has been designated by Fukushima Prefecture as an Important Intangible Folk Cultural Asset. Following the shrine maidens' ceremonial dance and taiko drum performance, there will be a fune-hiki tug-of-war contest. After three rounds, it is said if the east team wins, then there will be a bountiful rice crop for the year, and if the west team wins, then the price of rice will rise. For inquiries, please contact the Bandai Town Tourism Association: TEL 0242-74-1214. Website: [http://www1.town.bandai.fukushima.jp/kanko/event/fune\\_miko.htm](http://www1.town.bandai.fukushima.jp/kanko/event/fune_miko.htm)

## Iwaki City's official website has been redesigned!

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



## The IIA's website has been redesigned

The new website has been linked with the IIA's Facebook photo album, making it easier to find out more about multicultural-related events and projects. Downloading the necessary documents for applications has also been made easier. So check out the IIA's new website: <http://www.iaa-fukushima.or.jp>



## Notice about the IIA's Japanese Language Course

The IIA's Japanese language courses will begin as of May this year for foreign residents. Those who would like to study Japanese should get in touch with the IIA as soon as possible. Details about the courses will be included in the next issue.



## Notice about the Japan Legal Support Centre (Houterasu)

Those who had residence at the time of the 2011 earthquake disaster in one of the three disaster-affected prefectures can access the Japan Legal Support Centre (Houterasu) and can consult with a lawyer for free for up to three matters. Legal costs can be covered by Houterasu on your behalf through a deferred payment system. So if any issues or concerns arise, please consult with the Japan Legal Support Centre as soon as possible.

**Houterasu Support Centre:**  
**Houterasu Fukushima:**

0570-078374 (weekdays: 9am-9pm, Saturdays: 9am-5pm)  
0503383-5540 (consultation hours: Tuesdays and Thursdays)



# 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.

## Listen to the sounds of prayers performed by Komuso Monks

On Friday, the 11<sup>th</sup> of March, there will be a gathering of 22 Komuso Monks from across Japan to play a memorial tone with their Shakuhachi flutes. Please come and listen to these songs of prayers performed by Komuso Monks.

**Venue:** Toyoma Fishing Port

**Time:** Begins at 2:46pm to coincide with the time that the earthquake occurred. The performance will go for 5 minutes.

**Inquiries:** Shakuhachi Studio (Yoshitomo) 0246-89-4722



## From the Editor ●●●

Spring has officially begun as of this month but for some, it must still feel like Winter.

If the cold had put you off going out and exercising, now might be the time to get back into the rhythm of training. Meanwhile, I had been running throughout the Winter in preparation for the Sunshine Marathon, which was recently held on Valentine's Day, the 14<sup>th</sup> of February. I entered the 10km course for my first ever Sunshine Marathon and, although this year wasn't cancelled due to snow, we had some very unusual warm and rainy weather for the day. Despite the disappointing conditions, I had a great time running along Onahama Port and managed to complete the 10km course in just over 45 minutes. Everyone received a completion certificate and some Valentine's Day chocolates after the run and there was an array of delicious local food available near La La Mew as well.

The Sunshine Marathon is a great event and a good motivator for keeping fit during the colder months. You should definitely consider challenging the marathon or one of the shorter running courses for next year!

**Ben 弁**



# Iwaki Hospital Guide



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

## March Guide

### Sunday 6 March

Taira Area	Takahashi Clinic	9-12, 2-5	46-1231
Taira Area	Yamaguchi lin	9-12, 2-5	24-1811
Taira Area	Yamauchi Clinic	9-12, 2-5	25-8181
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	Nakamura Hospital	9-5	53-3141
Nakoso Area	Nakoso Hospital	9-5	65-7755
Joban Area	Tokiwakai Joban Hospital	9-5	43-4175
Onahama Area	Kodomo Clinic Suzuki (paediatrics)	9-12	56-6336

### Sunday 13 March

Taira Area	Takahashi Clinic	9-12, 2-5	46-1231
Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Uchigo Area	Suda lin	8:30-12	27-6060
Onahama Area	Sasaki Naika Ichoka (internal & gastroenterology)	9-5	73-0345
Nakoso Area	Kojima Jiai Hospital	9-5	63-5141
Joban Area	Iwaki Yumoto Hospital	9-5	42-3188
Nakoso Area	Mori no Kodomo Clinic (paediatrics)	9-12	38-7227

### Sunday 20 March

Taira Area	Yamaguchi lin	9-12, 2-5	24-1811
Uchigo Area	Suda lin	8:30-12	27-6060
Onahama Area	Kashima Hospital	9-5	58-8010
Nakoso Area	Kushida Hospital	9-5	63-3202
Joban Area	Iwaki Kusakidai General Clinic (paediatrics)	9-5	28-1145
Taira Area	Watanabe Clinic (paediatrics)	9-12	25-1170

### Monday 21 March

Uchigo Area	Suda lin	8:30-12	27-6060
Onahama Area	Onahama Seikyo Hospital	9-5	53-4374
Nakoso Area	Matsuzaki Naika (internal medicine)	9-5	63-3358
Joban Area	Hatano Ganka (ophthamology)	9-5	42-2040

### Sunday 27 March

Taira Area	Takahashi Clinic	9-12, 2-5	46-1231
Taira Area	Sakamoto Seikeigeka lin (orthopaedic surgery)	9-12, 2-5	38-2830
Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Uchigo Area	Suda lin	8:30-12	27-6060
Onahama Area	Iwaki Central Hospital Fuzoku Shinryojo	9-5	53-3511
Nakoso Area	Kureha General Hospital	9-5	63-2181
Joban Area	Sakamoto Naika Ichoka Clinic (internal and gastroenterology)	9-5	72-2022

## April Guide

### Sunday 3 April

Taira Area	Yamaguchi lin	9-5	24-1811
Onahama Area	Kashimura Fujinka Clinic (gynaecology)	9-5	56-2289
Nakoso Area	Kureha General Hospital	9-5	63-2181
Joban Area	Tokiwakai Joban Hospital	9-5	43-4175
Taira Area	Wakamatsu lin (paediatrics)	9-12	22-3838

### Sunday 10 April

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
Taira Area	Nagai Shonika (paediatrics)	9-12	28-2535

## Emergencies

### Emergency Dental Care

All emergency dental care will be provided at the **General Health and Welfare Centre** (*Sogo Hoken Fukushi 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.

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.

### 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](mailto: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.

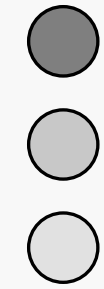
TEL: 0246-25-9344.



### **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.



# MARCH 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Feb	29 Feb	1	2  Free Legal Consultations ( Social Welfare Centre)	3 Hinamatsuri Doll Festival   Yu no Hanakai	4	5
6 Mar 3.11 Memorial Service and Pledge for Reconstruction 2016 <i>Light of Hope – Candle Night</i>	7	8	9  Free Legal Consultations (City Hall)  Nihongo no Kai	10  Yu no Hanakai	11 Prayers Performed by Komuso Monks  JHS Graduation Ceremonies	12
13 Iwaki Woman Festival	14 White Day 	15	16  Free Legal Consultations (City Hall)	17  Yu no Hanakai	18	19
20 Vernal Equinox Day 	21 Substitute Holiday 	22	23  Free Legal Consultations (City Hall)  Très bien	24  Yu no Hanakai	25	26
27	28	29	30	31  Yu no Hanakai	1 Apr	2 Apr

## IIA Custom-made Plans



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



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



Nihongo no Kai – Inquiries to Suzuki-san  
0246-62-3218



For more information on any of the IIA events,  
please contact Suko-san 22-7409

