

Time Out

5月

Iwaki City Monthly Event & Information Guide

Cherry Blossom Viewing in Iwaki

Japan is famous for its beautiful cherry blossom season, which usually begins in the milder southern regions before gradually heading up to the northern regions later in April – otherwise known as a “cherry blossom front” or *sakura zensen* in Japanese.

The cherry blossoms generally start blooming in Iwaki before the rest of Fukushima Prefecture. However the cherry blossoms had begun blooming even earlier than usual this year due to the relatively warmer weather Iwaki had been receiving earlier this year.

The first cherry blossom flowers began blooming in Iwaki around the end of March before reaching full-bloom (*mankai*) in early-April. I had the chance to see some beautiful cherry blossom sights during this period. One of the easiest places to see cherry blossoms is perhaps the Shinkawa River which neighbours Iwaki City Hall. There are also some cherry blossom trees around Central Taira Park just in front of Alios.

But perhaps one of the most spectacular places to view cherry blossoms is Matsugaoka Park, which is about a 15 minute walk west of Iwaki Station. There were large crowds of people at the park with high school students and families enjoying picnics or the scenery underneath the pink and white coloured trees. There were also some stalls lined along the park which helped create a very festive atmosphere.

Unfortunately the cherry blossom season in Iwaki is over. If you didn't have the chance to see the wonderful mid-spring scenery, please take the time to view some of the Iwaki cherry blossoms next year!



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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

29th April-5th May: Special Night Viewing of Shiramizu Amidado @ Shiramizu Amidado, Uchigo. For a limited time only, see inside the Shiramizu Amidado Temple, national treasure of Iwaki, at night and view the Buddhist statues illuminated in gold whilst listening to the chief priest's sermons. Entry into the temple grounds is ¥500 for adults and ¥300 for children. For inquiries, please contact the Shiramizu Amidado temple: TEL 0246-26-7008.

2nd-3rd May: Onahama Suwa Shrine Festival @ Onahama Suwa Shrine and Iwaki La La Mew. This festival involves several types of Omikoshi (portable shrines) including a giant 2 tonne Omikoshi and a children's Omikoshi which you can also see at La La Mew in Onahama Port. For inquiries, please contact Onahama Suwa Shrine: TEL 0246-92-2656.

3rd-4th May: Kashima Shrine Spring Festival @ Kashima Shrine and Onahama Bishoku Hotel, Onahama. This annual Omikoshi festival also features a giant 2 tonne Taiko drum 2.7m in diameter which you can also see at the Onahama Bishoku Hotel. For inquiries, please contact Kashima Shrine: TEL 0246-53-2591.

3rd-4th May: Okunitama Shrine Festival @ Okunitama Shrine, Taira. Features traditional Yamatomai and Chigomai dances on the first day followed by a carrying of an Omikoshi around the town on the second day. For inquiries, please contact Okunitama shrine: TEL 0246-34-0092.

4th May: Yotsukura Suwa Shrine Festival @ Yotsukura Suwa Shrine and various other places in Yotsukura. Several groups carrying Omikoshi will carry the shrines around Yotsukura in prayer for large fishing catches as well as maritime and household safety. For inquiries, please contact Yotsukura Suwa Shrine: TEL 0246-32-2485.

5th May: Yosakoi Festival @ south side plaza of Iwaki La La Mew. From 11:30am and again from 2pm. 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=642>.

8th May: Alios Park Festival @ Taira Central Park (in front of Alios). From 11am-4pm. The festival is held every second Sunday on every month from April to November. There will be stalls selling food and drinks, works of art and handicrafts. There is a live stage with various performances by local DJs and dance groups. For inquiries, please email parkfesinfo@gmail.com. Website: <http://ameblo.jp/parkfes-iwaki/>.

12th-15th; 18th-22nd May: Japan Avant Garde @ Small Theatre, Alios. From 10am-8pm. There will be a display of underground theatre posters as part of Alios' contemporary theatre poster exhibitions. Entry fee is ¥500 for adults and free for children of primary school age and under. Unlimited re-entry into the venue permitted. For inquiries, please contact the Alios Ticket Centre: TEL 0246-22-5800 (closed Tuesdays).

21st-22nd May: Iwaki Cultural Spring Festival @ Main Hall and other locations inside Alios. From 10am. The Iwaki Cultural Association has assembled a diverse range of cultural and art groups for a spring festival style event. Entry is free. For inquiries, please contact the Alios Ticket Centre: TEL 0246-22-5800 (closed Tuesdays).

29th May: Walk Through Fukushima's Hundred Sights of Greenery @ Tenjoda Park next to Mimaya Primary School, Uchigo. From 9.30am (applications on the day from 8.30am). Enjoy one of two scenic walking courses: a 10km course around Shiramizu Amidado Temple, and a 12km course which also includes some of Iwaki's coalmining heritage sites. Participation is free, but entry into the Shiramizu Amidado Temple grounds is ¥300 for adults and ¥50 for children. Please apply for the event by the 23rd May. To apply and for inquiries, please contact Fukushima Minpo: TEL 024-531-4173.

5th June: Kugatachi Shinji @ Kotohira Shrine, Yumoto. Water will be boiled in a large cauldron at this Shinto ritual. The priest stirs the water with bamboo grass and splashes it on the surrounding area. It is believed that if you are splashed with the water you will be protected from misfortune. For inquiries, please contact Kotohira Shrine: TEL 0246-43-1001.

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

Preparing for Disasters

Click on the "In Times of Emergency" link on Iwaki City's Disaster Prevention Information Site and you will find Disaster Prevention Maps (only written in Japanese) for each district. It is worth checking these pages so you can be sure that you're prepared for disaster.

Website: <http://www.city.iwaki.lg.jp/www/genre/1445404773668/index.html>

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/



Spanish Language Classes

Date: 31st May & 2nd June
Time: 6:30-8:30pm
Venue: Meeting Room Number 1, Iwaki City Cultural Centre
Lecturer: Federico Hernandez
Fee: 1000 yen for IIA members and all junior high school and high school students; 2000 yen for all other non-members
Participants: (covers both classes)
People who want to learn beginner level
Capacity: Spanish conversation
Applications: 20 people
Please apply by the 24th May via phone, fax or email

Yoga Café



Date: Sunday, 12th June
Time: 10am-12pm
Venue: Japanese Rooms 1 & 2, Iwaki City Lifelong Learning Plaza
Participants: Everyone, including foreign residents (junior high school students and older)
Instructor: Ms. Hiroko Waragai, Yoga Instructor
Capacity: 20 people
Fee: Free
Things to Bring: Yoga Mat (please wear comfortable clothing for relaxing)
Applications: Please apply by the 6th June

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.

Nepal Earthquake Recovery Project: Aid Caravan



Maki Miyahara, head of the Nepal Kathmandu Office who is promoting her recovery and restoration aid activities - titled "One year after the Nepal Earthquake, now and in the future" - will convey her thoughts on her activities until now and the ongoing recovery support efforts.

Time & Date: Friday, 27 May from 5pm
Venue: Joshoin (61 Iwama Nakahirakubo Taira)
Fee: 200 yen (includes tea)
Sponsors: Shapla Neer = Citizen's Committee in Japan for Overseas Support; Shapla Neer Iwaki Liason Council
Katsui (Nepal Kathmandu Office)
Application and Inquiries: TEL: 03-3202-7863
Email: event@shaplaneer.org

From the Editor

Whilst living and working in another country can be an awarding experience, people can often become homesick or miss their relatives; so it is important to maintain regular contact with them or meet them whenever there's an opportunity.

That is why I was glad to have some of my family come and visit Iwaki during the middle of April. I took them around some of Iwaki's main attractions, including La La Mew, Marine Tower, Shioyazaki Lighthouse and Spa Resort Hawaiians. I also showed them the 3.11 Earthquake Exhibition inside La La Mew and some of the areas that are still undergoing reconstruction due to the 2011 disaster.

Whilst they were shocked to see some of the damage from the tsunami, they also had a great time not only visiting Iwaki but meeting some incredibly friendly people during their stay. I hope everyone else has the opportunity to invite their family to Iwaki and introduce them to the local sights and people.

Ben 弁



Iwaki Hospital Guide



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

May Guide

Sunday 1 May

Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Taira Area	Yoshida Seikeigeka lin (orthopaedic surgery)	9-5	22-6030
Onahama Area	Iwaki Central Hospital Fuzoku Shinryojo	9-5	53-3511
Nakoso Area	Kushida Hospital	9-5	63-3202
Tono Area	Kojima Naika (internal)	9-5	74-1500
Joban Area	Hatano Ganka (ophthamology)	9-5	42-2040
Taira Area	Nagai Shonika (paediatrics)	9-12	28-2535

Tuesday 3 May

Taira Area	New Town Jin-Naika Clinic (internal & nephrology)	9-12	46-0606
Onahama Area	Onahama Seikyo Hospital	9-5	53-4374
Nakoso Area	Kojima Jiai Hospital	9-5	63-5141
Nakoso Area	Matsuzaki Naika (internal medicine)	9-5	63-3358
Joban Area	Tokiwakai Joban Hospital	9-5	43-4175

Wednesday 4 May

Onahama Area	Ishii Noshinkei Geka Ganka Hospital (neurosurgery and ophthamology)	9-5	58-3121
Nakoso Area	Nakoso Hospital	9-5	65-7755
Nakoso Area	Yokogi Naika Ichoka Clinic (internal medicine and gastrology)	9-5	65-1111
Joban Area	Watanabe Sanka Fujinka (obstetrics and gynaecology)	9-5	42-4567

Thursday 5 May

Onahama Area	Kashima Hospital	9-5	58-8010
Nakoso Area	Kureha General Hospital	9-5	63-2181
Nakoso Area	Sato Maternity Clinic (obstetrics)	9-5	65-6900
Joban Area	Joban Jin Hinyoki Clinic (nephrology & urology)	9-5	43-1200

Sunday 8 May

Uchigo Area	Suda lin	8:30-12	27-6060
Taira Area	Shiga Seikeigeka-Geka (orthopaedics & surgery)	9-12	23-5050
Onahama Area	Nagai Seikeigeka (orthopaedic surgery)	9-5	54-7722
Nakoso Area	Yabuki Hospital	9-5	63-1818
Joban Area	Iwaki Yumoto Hospital	9-5	42-3188
Nakoso Area	Mori no Kodomo Clinic (paediatrics)	9-12	38-7227

Sunday 15 May

Taira Area	Chuodai Tanaka Ganka (ophthamology)	9-2	29-1722
Taira Area	Yamaguchi lin	9-5	24-1811
Onahama Area	Fujii lin	9-5	56-2288
Nakoso Area	Kushida Hospital	9-5	63-3202
Joban Area	Kamome Clinic	9-5	28-1010
Joban Area	Muramatsu Shonika (paediatrics)	9-12	72-0707

Sunday 22 May

Taira Area	Aratame lin	10-4	28-1222
Taira Area	Takahashi Clinic	9-5	46-1231
Onahama Area	Taku Seikeigeka lin (orthopaedics)	9-5	56-8833
Nakoso Area	Kojima Jiai Hospital	9-5	63-5141
Joban Area	Haruyama Iin	9-5	44-4011
Taira Area	Watanabe Clinic (paediatrics)	9-12	25-1170

Sunday 29 May

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	Sumitaka Naika Clinic (internal)	9-5	75-1560
Nakoso Area	Nakoso Hospital	9-5	65-7755
Joban Area	Hakozaki lin	9-5	42-3131
Nakoso Area	Ohara Kodomo Clinic (paediatrics)	9-12	63-0001

June Guide

Sunday 5 June

Taira Area	Yamauchi Clinic	9-5	25-8181
Onahama Area	Izumi Orthopaedic Clinic	9-5	56-3533
Nakoso Area	Kureha General Hospital	9-5	63-2181
Joban Area	Tokiwakai Joban Hospital	9-5	43-4175
Onahama Area	Konnai Kodomo Clinic (paediatrics)	9-12	73-8815

Sunday 12 June

Taira Area	Takahashi Clinic	9-5	46-1231
Onahama Area	Nakamura Hospital	9-5	53-3141
Nakoso Area	Kushida Hospital	9-5	63-3202
Joban Area	Iwaki Yumoto Hospital	9-5	42-3188
Taira Area	Fukuda Shonika lin (paediatrics)	9-12	22-4272

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.

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.

MAY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Constitutional Memorial Day 	4 Greenery Day 	5 Children's Day 	6	7
8	9	10	11	12	13	14
15	16	17	18 IIA Japanese Speaking Class 1 IIA Japanese Communication Class 1	19 IIA Japanese Reading Class 1 IIA Japanese Writing Class 1  Yu no Hanakai  Lac lâm Thai	20	21
22	23	24	25 IIA Japanese Speaking Class 2 IIA Japanese Communication Class 2  Très bien	26 IIA Japanese Reading Class 2 IIA Japanese Writing Class 2  Yu no Hanakai  Lac lâm Thai	27	28
29	30	31 IIA Spanish Classes 1	Jun 1 IIA Japanese Speaking Class 3 IIA Japanese Communication Class 3	Jun 2 IIA Japanese Reading Class 3 IIA Japanese Writing Class 3 IIA Spanish Classes 2	Jun 3	Jun 4

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



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



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

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.



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.