



# SHIBUKAWA CURRENT

Shibukawa International Association  
195th Edition, January 2009



## Happy New Year!

The year of 2008 has passed but many memories will remain with us. Not all of them are good, but some are very encouraging for us. What was big for you in 2008? Do you have any unforgettable memories? In Japan, New Year's Day is the most important day of the year. People decorate their entrances and gates for the New Year. The 1st day of January is called Ganjitsu. People get out to Hatsumode to pray for a peaceful year.

I hope everyone will take part in the New Year's celebrations, Japanese style, and enjoy Omochi and Osechi Ryori.

Make the most of your New Year's holiday and have a wonderful and prosperous year of 2009 !

Please check inside, there are some useful information for your daily life.

## Pray at Shrines

(じんじや まい 神社でお参り)

- (1) Wash your hands and your mouth at the water basin.
- (2) Ring the bell.
- (3) Toss a donation into the offering box.
- (4) Bow slowly two times. Clap your hands together two times. Bow once again.



## New Year Party しんねん 新年パーティー



★ (There will be no fee if you bring a homemade dish) ★

It is coming soon!! Come join us!! We are very excited as there will be delicious food, song, dance, and games! , so we are looking forward to seeing you with your native dress. (Dressing room will be available for costume changing)

It is a good opportunity for you to meet new people and old acquaintance. You might be able to eat scrumptious homemade ethnic cooking, *so don't miss it !!*

**Date:** January 24, 2009 (Sat) 11:30 am ~ 2 pm

**Place:** Shibukawa Chuo Kouminkan (2nd Floor, Kogi shitsu)

**Limit:** 50 People (first-come, first-serve basis)

**Fee:** ¥500

**Contents:** Buffet luncheon: Ethnic homemade cooking, Sushi, sandwich, fruits, soft drinks etc.

**Sign-up:** until January 18th at 22-2396



## Wanted

- \* Your performance !
- \* Your homemade cooking !
- \* Your cooperation!



## Japanese Lessons にほんごきょうしつ (日本語教室)



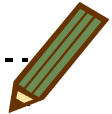
Shibukawa International Association provides a Japanese lessons for foreign residents from May to March of each year at Chuo Kouminkan (1st, 2nd and 3rd Tuesday of each month) . The 2008 program is still going on until March 17, 2009. If you are interested, **you can visit the remaining classes.** (It's free to visit) . Call for details at **22-2396**



# Living Guide (生活ガイド)



Please take note that there will be no garbage collect in New Year's holiday.



## Outbreak of Bird Flu (鳥インフルエンザ)

An outbreak of bird flu can happen any time. So please take precautions to prevent getting this disease. It is advised that preparing food for 2/3 weeks, mask, and some light medicine just for just in case. If you need more information about this please call the Shibukawa Health Center at 25-1321 or 22-4166.

### Evacuation Site

An earthquake can happen any time or any season and give no advance warning. So please check in advance the locations of evacuation sites in your area.



## Filing Tax Returns (確定申告)

filing final tax returns is filing the amount of tax calculated on income earned from January through December of the previous year. People whose income tax was not withheld from their salary, who had income from two or more sources, had income other than a salary must file a final tax return (kakutei shinkoku) between February 16 and March 15 of the following year at their nearest tax office. The Final Tax Return forms are not sent to those who are filling their final tax return for the first time or those who had their tax withheld from the source.

### Items needed:

- ★ Documents as proof of previous year's income
- ★ Documents for exemptions for dependents and spouse
- ★ Documents for exemptions for insurance
- ★ Certificates of Alien Registration
- ★ Seal/Signature (please call at your nearest city office for more information) .



### For your information

(異動のお知らせ)

The Shibukawa Health Center has moved to the Shibukawa City Office (2nd building) It takes 10 minute to get to on foot from the main building of the City Office.

### Bus Services to Narita International Airport

(成田空港行きのバスサービス)

- From: Shibukawa** Kan-etsu Koutsu Office
- // **Maebashi** Maebashi Station South Exit, and Kamisato parking
- // **Takasaki** Takasaki Station, South Exit
- // **Fujioka** Fujioka Interchange
- // **Isesaki** Machikado Station Hirose
- // **Honjo** Maidai Minami Kouen
- Tel: 0279-25-3000** (for more information)





# Coming Events (イベント)



## Confectionary Class for Children (キッズ友チョコレシピ)

Shibukawa Kouminkan wishes to hold a confectionary class for children (elementary school students). It is a good chance to learn how to bake a cake as a valentine gift for friends. This class will be held on January 18th (Sun) 10am-noon. (Please bring apron, small towel, head cover and dish towel)

**Limit:** 15 children

**Fee:** ¥300

**Sign-up:** January 7th-14th

**Tel:** 22-4321

## Shibukawa Skyland Park (しぶかわスカイランドパーク)

You can see the new year's first sunrise from the ferris wheel on January 1st early morning. The main attractions is receiving New Year's gift (children 15 and under, for the first 200 person) on January 1st and 2nd (It is advised that cars be parked at the designated area.)

**Tel:** 20-1589 (for more information)



## Eco-friendly Driving Workshop (エコドライブセミナー)

It's free!! So don't miss it. It will be held January 20th (Tue) 1pm-3:55pm at Gunma Kaikan Hall (Ote-machi, Maebashi).

**Limit:** 300 people

Please call at 027-226-2817 for more information

## Exercise in the Open Air (たのしい健康体操)

The classes will be held on January 9th to March 13th (ten times, every Friday) 2pm-4pm at City Budoukan (surrounding open air). It is a good chance to do exercise with stretch and walking. Please bring a bath towel and sports shoes for indoor and outdoor. Sign-up has already started (first-come, first-served basis).

**Limit:** 30 people

**Charge:** ¥1000

**Tel:** 22-2104 (for details)



## Bird-Watching (たんちょうかい 探鳥会)

**Meeting place:** Atagoyama Furusato Park (parking lot)

**Time:** January 18th (9am-)

Please bring your binocular, writing utensils.

**Tel:** 23-8612 (for details)

## Ikaho Green Park (いかほグリーン牧場)

Take advantage of the beautiful spring weather by visiting Ikaho Park. In this space you can enjoy playing with animals, various outdoor sports, milking cows, and sheepdog races.

## Sky Therme (スカイテルメ)

The Sky Therme is a hot spring bath, On the first floor, there is a warm-water swimming pool, heated by the heat from the hot springs. There are variety of tubes as well as outdoor baths and saunas. There are also many other forms of recreation including a restaurant, a karaoke room and a game corner.



# Health Information (健康情報)



## Useful Medical Terms (役立つ医学用語)

Here are some medical terms that may be of help when you are being diagnosed

### Conditions

I feel bad.  
 I think I have a fever.  
 I have a cold.  
 I have a headache.  
 I am dizzy.  
 I have chest pains.  
 I have indigestion.

### Jotai

Kibun ga warui desu  
 Netsu ga aru yo desu  
 Kaze o hikimashita  
 Zutsu ga shimasu  
 Memai ga shimasu  
 Mune ga kurushii desu  
 Shoka furyo desu

### 状態

気分が悪いです  
 熱があるようです  
 風邪をひきました  
 頭痛がします  
 目眩がします  
 胸が苦しいです  
 消化不良です

## Health Consultation 24 Hour Hot-Line

(24時間健康相談)

Shibukawa city now provides a free health consultation for 24 hours every day. Take advantage of this opportunity to ask about any of your or your family's physical or mental problems or medical information.

**Toll free number 0120-377-240**



## Night Emergency Clinic

(夜間急患診療所)

This service only for first aid treatment to emergency cases at their incipient stage during the night.

**Place:** Shibukawa Hot Plaza

(old Shibukawa Health and Welfare Center)

**Department:** for internal diseases/ outpatient department/ pediatrics

**Hours:** 7 p.m. - 11p.m. every day

**Tel:** 0279-23-8899

## Counselling Service

(外国人生活相談)

This service is available every Thursday from 1pm-3pm at Shibukawa City office (1st floor). This is a good chance to you to discuss any problems related to your daily life. The service is free of charge and it will be completely confidential, so please don't hesitate to contact us

### (For your information)

The Shibukawa Health Center provides health education, consultations, check-ups, advice on nutrition and exercise, and children's vaccinations etc. Please call at 25-1321 for more information.



## Information (お問い合わせ)

City Office Planning Division 80 Ishihara, Shibukawa City

TEL: 0279-22-2396 FAX: 0279-24-6541

Email: [kikaku03@city.shibukawa.gunma.jp](mailto:kikaku03@city.shibukawa.gunma.jp)

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