



SHIBUKAWA CURRENT

Shibukawa International Association

220th Edition, February 2011



Dear Readers,



I'm sure everyone had a great time during the New Year's holiday and at the New Year's party of Shibukawa International Association with a lot of delicious food, music, and dance.

As you know, February is the coldest month of the year. Gunma's mountains become covered with snow and the skiers and snowboarders are out in full force. You can warm up afterwards by visiting some of Shibukawa's hot springs, even some outdoor ones that are surrounded by snow.

February 3rd is Setsubun. People throw beans and shout, "Oniwa Soto, Fukuwa Uchi" (evil spirits outside, good luck within) to celebrate the coming of spring and drive away evil spirits. It is believed that if you eat the same number of beans as your age you will stay healthy throughout the year! *Why don't you give it a try?*

みなさん！お正月休みや国際交流協会の新年パーティーで美味しい料理、音楽そしてダンスを思う存分楽しんだことと思います。

ご存じの通り2月は日本で最も寒い月です。群馬では山の中腹まで雪に覆われ、スキーやスノーボードをする人にはこの季節が待ち遠しいですね！また、渋川市の温泉に入って体を温めるのも良いですよ。山々の雪を楽しみながら日帰り温泉も楽しむこともできます。

2月3日は節分の日です。「鬼は外、福は内」と叫びながら豆をまきます。春の到来を祝い、悪い霊を追い払います。自分の年齢と同じ数の豆を食べると一年間健康でいられと信じられています。試してみたいかがですか？



Children's Art Exchange Exhibition

(児童作品交換展示会)

The Shibukawa Museum will hold its annual children's art exhibition from February 17th - 27th. The museum will display the artwork of children from Logan City in Australia, Foligno City in Italy and Shibukawa City in Japan. Visitors can get a glimpse of the life in each of these cities through the works of these children.



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Italian Cooking (イタリア料理教室)

It is a good chance to get a glimpse of Italian culture through cooking. During this class Marianna Massimilla from Italy will prepare several delicious dishes for us. It will be held on February 26 (Sat) from 9:30am-1pm (please sign-up between Feb 4th-17th) **Call 22-2396** for more information

Limit: 25 people **Charge:** 800yen





Hand-rolled Sushi (かざり寿司)

Learn how to make a rolled sushi. This class will be held on February 25 (Fri) from 10am-12:30pm at Shibukawa Toubu Kominkan. Bring your head cover, dish towel and apron.

Limit: 16 people

Charge: 500yen

Sign-up: between February 8th-10th by 5pm

Tel: 22-4321 for more information



Transportation

(交通)

★ Gunhoku Dai-ichi Taxi

Tel: 0279-22-2245

★ Kanetsu Taxi

Tel: 0279-22-2538

★ Nihon Chuo Taxi

Tel: 0279-23-1828



Cooking Class (魚をおろしてクッキング)

Come join us! Shibukawa Kominkan will hold a cooking class on February 23 (Wed) from 10am-noon. You can learn how to fillet fish in the proper way and cook simply. Bring your head cover, dish towel, apron and sign-up between February 8th - 10th by noon.

Limit: 15 people **Charge:** 700yen **Tel:** 22-0999 for more information



For Skiing Fun (市民スキー教室)

On March 5th (Sat) there is ski training for children (6 ~ 15 years old) and adults at Yuzawa Nakasato ski resort (Niigata prefecture). Please provide parental supervision for 1st to 6th graders. Be advised that guardians will have to pay even if they are just supervising.

Fee: 2000 yen for 6 ~ 15 years old and 2500 yen for Adults (16 years and over)

(Rental fees should be paid by the attendees)

Assembly Point: In front of Shibukawa City hall (parking lot at 7am)

Tel: 22-2104 (for more information)

Physical Exercise

(エージェレス体操)



The classes will be held five times (every Wednesday) from February 23rd -March 23rd at City Budoukan from 2pm-4pm. Please bring a large size bath towel, indoor footwear, and soft drinks.

Limit: 30 people (first come first serve)

Charge: 500 yen

Sign-up: from February 7th

Tel: 22-2104 (for more information)

Cooking for Kids

(キッズ★ひな祭りクッキング)

It is a good chance for kids to learn how to cook Hina Festival dish. **It's fun!** The class will be held on February 26th (Sat) 9:30am-noon at Shibukawa Kominkan. Bring your apron and a small towel.

Limit: 15 children (elementary-age)

Charge: 300 yen

Sign-up: between Feb 14th-16th

Tel: 22-0999

Mother-Child Health Handbook

ぼしけんこうてちょう
(母子健康手帳)



When you find out you are pregnant, please come to the National Health Section at Shibukawa City Hall with a notice of pregnancy issued by a doctor. After you are notified, you'll get a Boshi Kenko Techo (mother-child health handbook). This handbook is valuable as a health document of your pregnancy and birth, and also your child's medical examinations and preventive vaccinations. Please bring this handbook with you for health check-ups or preventive vaccinations. For details please call at **0279-25-1321**

Legal Consultation for Foreigners

がいこくじん ほりつそうだん
(外国人のための法律相談)

If you need some advice about obtaining or changing a visa, family matters, work or any other legal matters, take advantage of this free legal counseling service. Your consultation will be kept confidential and interpreters are provided. Feel free to come.

(Reservations are strongly recommended)

Time: February 27 (Sun) 10am-3pm

Venue: Takasaki City Hall 2F Room 21

(Takamatsu-cho 35-1, Takasaki City)

Tel: 027-243-7271 (090-1215-6113 consultation day only)

Lost Drivers License

めんきよしょう ふんしつ
(免許証の紛失)

If you lose your drivers license, you must report the loss to the police. Next, go to the Shibukawa Traffic Safety Association in Shibukawa to have a new license issued. You are not permitted to drive until you have received the re-issued drivers license.

Tel: 0279-23-0110

Victims of Abuse

がいこくご でんわそうだん
(外国語による電話相談)

If you are suffering from mental or physical abuse from your spouse or work colleague, do not hesitate to call us. Your call will remain confidential. Consultation is available in English, Tagalog, Thai, Chinese, Korean, and Spanish. Please call 0120-941-826

Time: February 8 (Tue) - March 27 (Sun) from 9am-9pm

Congratulatory Child Allowance

しゅつさん いわ きん
(出産祝い金)



Shibukawa City is providing a congratulatory child allowance of 100,000 yen for the third child born to a family before December 31st, 2010. This allowance will be paid by the government to families for development and support of their children. Children of foreign nationalities residing in Shibukawa who have legal residence status can also receive this benefit. The application needs to be submitted together with other necessary documents within 60 days of the birth. For further information please contact your local municipal office (Children's Department): **Tel : 0279-22-2111**

Movie

えいがかんしょうかい
(映画鑑賞会)

Shibukawa City Library will give a free movie showing on February 20th (Sun) from 2pm. Everyone is welcome to come and enjoy!

Film: Park & Love hotel
(Japanese movie)

Tel: 22-0644 (for details)



Some Tips for Moving



(引っ越しの時のマナー)

After you move, don't forget to change your address for the following:

Foreign Resident's Registration Card, National Health Insurance, Phone, Water, Gas, Electricity, Post office and Motorcycle/Automobile Registration

- ◆ Other things include your bankbook, driver's license, and credit cards.
- ◆ It is also common in Japan to give a small gift such as a towel or soap to your new neighbors when moving in. At this time you can also inquire about things such as where your garbage station, hospital, and shopping facilities are located. (And before you move, be sure to clean your apartment well!)



Emergency Telephone

(緊急電話番号)

| | | |
|--------------|-------|-----|
| Police | (警察) | 110 |
| Ambulance | (救急車) | 119 |
| Fire brigade | (消防車) | // |

Bird Flu (鳥インフルエンザ)

An outbreak of bird flu can happen at any time. So please take precautions to prevent getting this disease. If you need more information about this please call 25-1321

Shibukawa Health Center



Hay Fever Season (花粉症の症状)

This spring in Japan brings a bad news to people suffering from pollen allergy. According to the Pollen Information Association of Japan, the cedar and flower pollens will be several times higher than an average year and have advised people to be ready for an early precaution.

If you have a stuffy, itchy or runny nose, itchy or watery eyes, or sneezing, you may be suffering from hay fever. Here are some precautions which would be helpful.

- ◆ Keep windows closed in your home and your car.
- ◆ Avoid outside activities on windy days.
- ◆ Don't hang clothing outdoors to dry, otherwise pollen can collect on clothing and be carried indoors.
- ◆ Goggles inhibit pollen entering your eyes.
- ◆ Wearing a flu mask is also effective. A flu mask can reduce the amount of pollen entering the nasal cavity.
- ◆ Washing your nose and eyes is sometimes effective to reduce symptoms.
- ◆ Early treatment using anti-histamine drugs can also help.

(From the Ministry of Health of Japan)



Information (お問い合わせ)

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