

# Aizu Wakamatsu City Information

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**Opinions, Suggestions, Change of Address, Subscriptions**  
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This newsletter is published by the Public Relations Section of City Hall, and is comprised of translated excerpts from the monthly Japanese newsletter, "Shisei Dayori".

**Language Assistance**  
The Aizu Wakamatsu International Association  
Open: 9am-5:45pm  
Phone: 0242-27-3703 Fax: 0242-27-3704  
E-mail: [mail@awia.jp](mailto:mail@awia.jp)  
Holidays: Every Sundays, Mondays, and national holidays.

## November 9th (Saturday) – 15th (Friday) is National Autumn Fire Prevention Drive

11月9日(土)から15日(金)は秋季全国火災予防運動期間

Fire is a terrifying thing which can instantly rob anyone of life and property.

Let's prevent fire by keeping the following points in mind.

### 4 Practices

- ◎Never smoke, or let someone smoke, in bed.
- ◎Do not place anything flammable around heaters.
- ◎Do not walk away from a lit stove.
- ◎Clean dust off electrical outlets, and unplug unnecessary plugs.

### 6 Countermeasures

- ◎Use stoves, heaters etc. with installed safety devices.
- ◎Check home fire/smoke alarms regularly, and replace them about every 10 years.
- ◎Keep you room clean and use fire resistant bedding, clothes, and curtains.
- ◎Install fire extinguishers etc. and check how to use them.
- ◎Elderly people and disabled people should always have evacuation routes and methods available and prepared.
- ◎Take part in fire and disaster prevention drills, door-to-door visits, and other district wide fire prevention measures.
- ◇**Contact...**Aizu Wakamatsu Fire Station(☎25-1205)

## Support consultation for victims of crime

犯罪被害者等支援の相談

November 25th (Mon) - December 1st (Sun) is Victims of Crime Week. We ask for your consideration and understanding of the circumstances put upon people who have experienced crime. The city has set up a consultation service for problems arising in daily life from experiencing crime.

▼**Time...**Every week Monday-Friday 8:30am-5:00pm ※Excluding national holidays

◇**Contact...** Environmental Life Division(☎39-1221)

## Let's all practice the "Third Healthy Wakamatsu 21 Plan!"

「第3次健康わかまつ21計画」をみんなで実践しましょう！

### Let's correctly understand diabetes, and prevent its onset and aggravation

Every year November 14th is Global Diabetes Day. Often there are no early subjective symptoms of diabetes, and by the time symptoms like becoming easily thirsty, or quickly becoming tired appear, the disease is already progressing.

Getting regular health checks can catch diabetes early, and to prevent onset/worsening of diabetes let's review and improve lifestyle choices like diet and exercise.

#### Action Goals

- Get regular health checks to check the condition of your body.
- Control blood sugar by improving your lifestyle, and taking appropriate treatment.

◇ **Contact...**Health Promotion Division( ☎ 39-1245)

## Sharing information and initiatives relating to food!

食に関する取り組みや情報を発信！

The city nutrition education day (19th of every month) provides a variety of information and initiatives related to food education.

### Know your ideal body weight and BMI to prevent obesity

- Ideal body weight calculation...** height (meters) x height (meters) x 22
- Ideal BMI calculation...** weight (kg) ÷ height (meters) ÷ height (meters)

A BMI above 25 is considered obese and is said to increase the risk of developing diseases such as diabetes and high blood pressure. Make a habit of checking and recording your body weight everyday so you can keep track of changes. Also, review your eating habits and find opportunities for exercise to maintain as close to your ideal body weight as possible.

◇ **Contact...**Health Promotion Division( ☎ 39-1245)



## Manabeko History and Culture Lecture

まなべこ歴史文化講座

### Touring registered cultural properties in the city II

Walk around registered cultural properties, buildings such as of the Church of Christ in Japan Sakae-machi Church, and Fukunishi Honten.

▼ **Time:** November 17th (Sun) 1:30 pm ~

▼ **Target:** Elementary School Students 5th grade and above

▼ **Capacity:** 15 people

▼ **Cost:** 500 JPY

▼ **Registration...** Contact Historical Records Center “Manabeko” by phone to sign-up.

※ Registrations starts November 4th (Mon).

◇ **Inquiries:** Historical Records Center “Manabeko” Records Center “Manabeko”( ☎ 39-1305)

## Folktale Telling - Good fortune comes from talking soba –

語る蕎麦から福きたる

▼ **Time...** December 1st (Sun) 9:15am - Noon

▼ **Content...** Folktales told by the Mitsuwa Katanbe Association ※ Hand-made soba noodles available for those who want it (Limited quantity available, 700 JPY/1 serving)

▼ **Capacity...** 50 People

▼ **Sign up...** November 5th (Tue) – 18th (Mon)

◇ **Place/Sign-up/Contact...** Kita Community Center( ☎ 25-4044)

## Natural Environment Class

自然環境教室

### Tsuruga-jo Birdwatching Meet

▼ **Time:** November 24th (Sun) 9:30am – 12:00pm

▼ **Place:** Tsuruga-jo Castle Park etc.

▼ **Lecturer:** MITSUTA Shinya, Wild Bird Society of Japan, Aizu Branch

▼ **Target Group:** Elementary School Students and Above ※ Students Grade 3 and below must be accompanied by an adult

▼ **Limit:** 24 People

▼ **Sign-up Deadline:** November 19th (Tue)

▼ **Applications • Inquiries:** Environment Life Division( ☎ 39-1221)

## Exhibition of works from the Research Learning Competition using Aizu Library

会津図書館を使った調べる学習コンクール作品展示会

An exhibition of works from Elementary School students who have researched topics they like or are curious about using books from Aizu Library.

### Exhibition of submitted works

▼ **Time...** November 9th (Sat) 11:30am-3:00pm

▼ **Place...** Aizu Keikodo

### Exhibition of prize winning work

▼ **Time...** November 10th (Sun) 9:00am-6:00pm, November 11th (Mon) 9:00am-5:00pm

▼ **Place...** Aizu Library

◇ **Contact...** Aizu Library( ☎ 22-4711)

## Let's put out our garbage and recycling properly

正しく出そう ごみと資源物

Please put separated garbage and recycling at the designated location by 8:30a.m. on the correct day according your local collection schedule.

### *Holiday Garbage Collection*

November 4th (Mon)	Except large-size garbage, pick up is as normal.
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◇ **Contact...** Waste Management Division( ☎ 27-3961)

## Radiation Doses as of October 15th

housyasenryou jouhou 10 gatsu 15 niti  
放射線量情報 (10/15)

Measurement Location	Measured Value	Measurement Location	Measured Value
Aizu Wakamatsu CityHall	0.04	Kita Public Hall	0.08
Aizu Wakamatsu Station	0.07	Kozashi-machi Takaku	0.08
Higashiyama Elementary School	0.07	Kozashi-machi Kitashigo	0.05
Iimoriyama Mountain Tourist Information Center	0.08	Kawahigashi-machi Takatsuka	0.09
Ikki-machi Tsuruga	0.08	Kawahigashi-machi Kumanodo	0.08
Matsunaga Danchi	0.07	Kawahigashi-machi Hirota	0.04
Yanagiwara-machi	0.07	Kitaaidu-machi Shimoarai	0.11
Monden-machi Niidera	0.08	Kawanami Elementary School	0.07
Minami Public Hall	0.07	Oto Public Hall	0.05
Aizu General Athletic Park	0.06	Minato Citizen's Center	0.04

※Measured in microsieverts / hour

## After-Hours Pharmacies

Kyuujitsu touban Yakkyoku  
休日当番薬局

November.3rd (Sun)	●Houzando Yakkyoku Ougimachi-ten (Ougimachi 3 chome ☎ 33-9383)
November.4th (Mon)	●Tanpopo Yakkyoku Kita Aizu-ten (Kitaaidu-machi Higashi Komatsu ☎ 57-1170)
November.10th (Sun)	●Kabotya pharmacy (Niideraminami 1 chome ☎ 29-1214)
November.17th (Sun)	●Apple pharmacy (Kachino-machi ☎ 29-4193) ●Daian Pharmacy (Byakko-machi ☎ 39-0311)
November.23rd (Sun)	●Aiai pharmacy Johoku-ten (Johoku-machi ☎ 37-7701)
November.24th (Sun)	●Sekura pharmacy (Chuo 2 chome ☎ 39-3123) ●Kosumo Dispensing Pharmacy Nishisakaemachi ten (Nishisakaemachi ☎ 36-6039) ●Edoya Pharmacy (Nisshin-machi ☎ 27-0534)
December.1st (Sun)	●Nanukamachi Yakkyoku (Omachi 1 chome ☎ 85-8328) ●Daian Pharmacy (Byakko-machi ☎ 39-0311)

## Emergency medical care at night

Yakan Kyuubyou center  
夜間急病センター

The Night Emergency Clinic adopted a reservation-only policy. If you need a medical examination, please call ahead to make a reservation in advance. \*open every day of the year

▶ **Treatment field...** internal medicine, pediatrics

▶ **Reservations/Place...** Night Emergency Clinic (Yakan Kyubyo Center) (☎ 28-1199) (Yamagamachi 1-22)

▶ **Consultation...** 7:00pm-11:00pm

▶ **Reception...** 6:30pm - 10:30pm

## ▼ Attention:

Aizu Wakamatsu Area Code=0242 \*Please dial the area code first.

## After-Hours Medical Facilities

Kyuujitsu touban jin  
休日当番医院

November.3rd (Sun)	Internal medicine ・ Pediatrics	Sone Internalmedicine clinic そね内科クリニック	33-1024	Ougi-machi 3 chome
	Surgery	Shiba clinic 志波医院	22-0289	Baba-machi
	Dentistry	San Dental clinic さんデンタルクリニック	77-0032	Sengoku-machi
November.4th (Mon)	Internalmedicine	Kachino-machi clinic 徒之町クリニック	26-6181	Kachino-machi
	Surgery	Takadabashi Orthopedics clinic たかだばし整形外科クリニック	56-2882	Kitaazumi-machi Higashikomatsu
	Dentistry	Watanabe Keiichi Dental clinic 渡部圭一歯科	24-6890	Fujiwara 2 chome
November.10th (Sun)	Internalmedicine ・ Pediatrics	Kachino-machi clinic 徒之町クリニック	26-6181	Kachino-machi
	Surgery	Takadabashi Orthopedics clinic たかだばし整形外科クリニック	56-2882	Kitaazumi-machi Higashikomatsu
	Dentistry	Watanabe Keiichi Dental clinic 渡部圭一歯科	24-6890	Fujiwara 2 chome
November.17th (Sun)	Internalmedicine	Saitou Pediatrics ・ Gastroenterology さいとう内科胃腸科クリニック	38-3717	Miya-machi
	Surgery	Ebitani Orthopedics 蛭谷整形外科医院	24-6511	Byakko 1chome
	Dentistry	Miyagi Orthodontics clinic みやぎ矯正歯科	37-0418	Inter Nishi
November.23rd (Sun)	Internal medicine	Toyama Gastroenterology, Internalmedicine 遠山胃腸科内科医院	24-8911	Johoku-machi
	Surgery	Anazawa Ear,nose,and throat clinic 穴沢耳鼻咽喉科医院	29-0033	Tenjin-machi
	Dentistry	Miyamachi dental clinic 宮町デンタルクリニック	85-6091	Miya-machi
November.24th (Sun)	Internal medicine	Arakawa Gastroenterology, Internalmedicine clinic 荒川胃腸科内科クリニック	32-2201	Chuo 2 chome
	Surgery	Ear, nose, andthroat Suzuki Clinic 耳鼻咽喉科鈴木医院	28-3387	Nishisakae-machi
	Dentistry	Kuwahara Dental clinic 桑原歯科医院	26-4023	Nisshin-machi
December.1st (Sun)	Internalmedicine	Koshiishi clinic こしいしクリニック	33-6100	O-machi 1 chome
	Surgery	Naruse Tomiko Ladies clinic なるせとみこレディースクリニック	37-7851	Byakko 1chome
	Dentistry	Niidera family Dental clinic 飯寺ファミリー歯科クリニック	27-0648	Monden-machi Niidera

▶ Consultation Hours... ◎ **Internal Medicine ・ External Medicine ・ Pediatrician** : 9:00am ～ 5:00pm  
◎ **Dentist** : 10:00am ～ 4:00pm

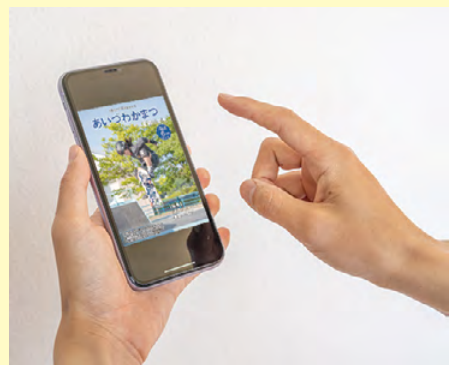
▶ Caution... You can check the doctor-on-duty for holidays on the City Homepage.

### You can freely browse information from the city government at any time!

いつでも気軽に市政だよりを見ることができます！

Feel free to try out “Catalog Pocket,” an electronic web browsing service from any smartphone or computer. This service offers multiple languages and is free to use. ※ The user is responsible for personal communication fees

●Contact... Secretary Public Information Division  
(☎39-1206)



If you are receiving this newsletter and plan to change your address or leave Japan, please make sure to tell us of your new address or your departure date so that we may forward or cancel this newsletter.

Please contact us by phone, fax, or e-mail as soon as possible. Public information and Public Hearing Section (Kouhou Koucho group), Aizu Wakamatsu City Hall 3-46 Higashi Sakae-machi, Aizu Wakamatsu City, Fukushima 965-8601

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City Public  
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Living  
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