

# FUKUROI

## NEWSLETTER



On 28 April, the Japanese government issued a country-wide "State of Emergency". In order to prevent the spread of novel coronavirus (COVID-19), please observe the following 4 precautions:

- ① Practice good cough etiquette, handwashing, and other measures to prevent the spread of infection.
- ② Avoid the "3 C's": confined spaces, crowded places and close-contact settings,
- ③ Refrain from leaving the house for non-essential/non-urgent reasons.
- ④ For those returning to Fukuroi from especially heavily affected areas (Tokyo, Kanegawa, Hokkaido, Aichi, etc), please limit



Multilingual information for foreigners about the novel coronavirus (COVID-19) can be seen from the QR code on the left.



### <INFORMATION・お知らせ>

#### Confirm Your Single-Parent Child Allowance Payments

おやかてい ぼしかてい ふしかてい たいしょう じどうふようてあて ふ こ かくにんくだ  
ひとり親家庭（母子家庭・父子家庭）などを対象とした児童扶養手当の振り込みをご確認下さい

Details	<b>May</b> is a payment month for single-parent child allowances. Payments for the period of <b>March 2020 – April 2020</b> will be transferred to the beneficiaries' designated bank accounts. The payment amount is detailed in your child allowance documentation that you received in April (with your allowance payments updated beginning with the April payment as reported in your allowance documentation). For those who have applied for benefits to begin in April, your payment amount is detailed on your child allowance documentation. If you are newly eligible to receive child allowance payments, please apply.
Payment Date	<b>Monday 11 May</b>
Contact Details	<b>Welfare Promotion Division, Family Welfare Section (Shiawase Suishin-ka Katei Fukushi-kakari)</b> ☎0538-44-3184

### <CONSULTATION・相談>

#### Fukuroi Health Fair

けんこうほけんしつ  
ふくろい健康保健室

City public health nurses and nutritionists visit community centers once a month to share energizing activities and healthy recipes as well as provide health consultations. Please feel free to come and go as you please, open to all. No cost. No need to apply.



Times	Day and Time	Location	Day and Time	Locations
	Saturday 6 June 9:30-11:30	Asaba Kita Community Center	Thursday 18 June 9:30-11:30	Yamana Community Center
	Tuesday 9 June 13:30-15:30	Mitsukawa Community Center Sansan Kaikan	Saturday 20 June 9:30-11:30	Fukuroi Kita Community Center
	Wednesday 10 June 9:30-11:30	Asaba Higashi Community Center	Sunday 21 June 9:00-15:00	Sachiura (Asaba Minami) Community Center
	Thursday 11 June 9:30-11:30	Fukuroi Nishi Community Center	Wednesday 24 June 9:30-11:30	Konan Community Center Kibo-kan
	Saturday 13 June 9:30-11:30	Fukuroi Minami Community Center	Wednesday 24 June 10:30-12:00	Kasahara Community Center
	Wednesday 17 June 9:30-11:30	Imai Community Center	Friday 26 June 9:30-11:30	Fukuroi Higashi Community Center
	Wednesday 17 June 13:30-15:30	Asaba Nishi Community Center	Saturday 27 June 9:30-11:30	Toyozawa Fureai Kaikan
Contact Details	Health Promotion Division, Community Healthcare Promotion Section (Kenko Zukuri-ka Chiiki Kenkou Suishin-kakari) ☎0538-42-7340			

## Free Professional Traffic Accident Consultations

せんもんそうだんいん こうつうじこそうだんかい  
専門相談員による交通事故相談会



Date & Time	Tuesday 2 June, 10:00 am – 3:00 pm
Location	Fukuroi City Hall 3F, Meeting Room 303
Details	Free consultation with a professional about traffic accidents.
Limit & Conditions	<ul style="list-style-type: none"> <li>✧ <b>Open to all</b> (Fukuroi citizens take priority).</li> <li>✧ <b>Limit of 4 people</b> (in order of application).</li> </ul>
How to Apply	<p>Please submit your <b>name, address and phone number</b> via phone to the contact details below between <b>Friday 15 May</b> and <b>Friday 29 May</b>.</p> <ul style="list-style-type: none"> <li>✧ Phone consultation is also available through the <b>Prefectural Traffic Accident Consultation Office</b> (Ken Koutsu Jiko Soudan-sho). ☎054-202-6000</li> </ul>
Contact Details	<b>Collaborative Community Development Division, Transport Policy Section</b> (Kyodo Machizukuri-ka, Kotsu Seisaku-kakari) ☎0538-44-3125

## <DISASTER PREVENTION・防災>



### Fukuroi City E-Mail Emergency Information Service – “Mellow Net”

ふくろいし はいしん  
袋井市メール配信サービス「メローねっと」



Mellow Net is an information distribution service that sends a variety of useful information to support you. If you register for categories like, “disaster prevention information,” and, “wireless broadcast information,” then you can automatically receive announcements from the Japanese Meteorological Society about all types of weather information, disaster information and wireless broadcast details via **email** or **LINE** message at any time. We are also able to offer disaster preparedness information in **Japanese, English and Portuguese**. Please tell your friends!

Details	Classifications		Details
	<b>Emergency &amp; Disaster Information</b>		Receiving vital information during disasters and emergencies.
	<b>Disaster Preparedness Information</b>	Earthquakes	Seismic intensity levels greater than a 3 as well as the South Trough Earthquake information
		Weather	Heavy rain, strong winds, blizzards, wave warnings, high water and flood warnings, special warnings, landslides, record-setting rainfall and river information within Fukuroi city as well as cancellation of warnings.
		Lightning	Lightning warning within the city of Fukuroi as well as cancellation of warnings.
		Tsunami	Shizuoka Prefecture coastal section tsunami cautions, tsunami warnings and large tsunami alerts as well as cancellation of warnings.
	<b>Wireless Broadcast Information</b>		Information for all the city's residents (not including fires and suspicious person sightings).
	<b>Useful Information</b>	Emergency Medical Offices	After-hours and holiday operating hours for emergency medical offices (sent out every Monday).
		Others	Non-emergency announcements from the city.
	<b>Events</b>		Announcements for various events that will be held in the city.
	<b>Crime Prevention</b>		Information on suspicious person sightings, fraudulent business practices warnings.
	<b>Fire</b>	Fukuroi Fire Information	Announcement of fires within Fukuroi City as well as information regarding extinguished fires.
		Asaba Fire Information	Announcement of fires within Asaba as well as information regarding extinguished fires.
	<b>How to Register</b>		<ul style="list-style-type: none"> <li>➤ Send a blank email to <b>t-fukuroi@sg-p.jp</b> and follow the prompts.</li> <li>➤ For <b>LINE message</b>, search for the city of Fukuroi's LINE ID: <b>@fukuroicity</b> and send a friend request.</li> <li>➤ You can use the QR code on the right as well to register on LINE or through your email. <a href="http://plus.sugumail.com/usr/fukuroi/home">http://plus.sugumail.com/usr/fukuroi/home</a></li> </ul>
	<b>Contact Details</b>		<b>Policy Planning Division, City Promotion Office</b> (Kikaku Seisaku-ka, Shitipuumoshon-Shitsu) ☎0538-44-3104



新しいメローねっと  
登録サイト (PC/スマートフォン)

## Japanese Archery Lessons

きゅうどうきょうしつ  
弓道教室

Date & Time	Every Sunday 21 June ~ 18 October (15 times), 9:30 am – 11:30 am
Location	Aino Park, Japanese Archery Grounds
Details	<ul style="list-style-type: none"> <li>Learn Japanese archery in this fun class aimed at beginners!</li> <li>There will be an introductory class for participants held in the <b>Aino Park Japanese Archery Grounds</b> on <b>Sunday 14 June, 10:00 am - Midday</b></li> </ul>
Target	Those aged <b>18 and up</b> .
Limit	<b>15 people</b> (in order of application)
Cost	<b>¥8,000</b> (includes insurance)
How to Apply	<ul style="list-style-type: none"> <li>Please submit your <b>name, address, age</b> and <b>phone number</b> via <b>phone</b> or <b>fax</b> to the contact details below. <b>Application period: Saturday 16 May – Saturday 13 June</b></li> </ul>
Contact Details	<b>Fukuroi Sports Association, Japanese Archery Club</b> ( <i>Fukuroi Supotsu Kyokai, Kyudo-bu</i> ) <b>Takeda</b> - ☎/FAX: 0538-43-8827 <b>Yoshinaga</b> - ☎/FAX: 0538-42-9570



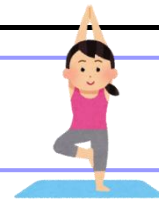
## June Courses for Beginners at Mellow Plaza

がつかいこう      にゅうもんへん  
メロープラザ「6月開講！メローカレッジ（入門編）」



Course Name	Day	Time	Cost	Instructor	Details
③① Home Cooking Salon	Sunday 21 June	10:00 am ~ 12:30 pm	¥1,300 (Includes materials)	Ms. Eiko Kawakami	Join us as we make frypan paella, chicken rolls with spring vegetable sauce and mint tea.
Target	Anyone may apply (children are not permitted).				
Limit	12 people (in order of application)				
How to Apply	Please provide your <b>name, phone number</b> and the <b>course number</b> you would like to apply for via telephone. <b>Application period begins Sunday May 24.</b>				
Additional Information	<ul style="list-style-type: none"> <li>The course may be cancelled if there are not enough applicants.</li> <li>Payment for the course must be paid at minimum the day before the course date.</li> <li>The course fee will not be refunded in the case of a cancellation after the course has already begun.</li> <li>For further information contact Mellow Plaza directly, or visit the Mellow Plaza home page.</li> </ul>				
Contact Details	<b>Mellow Plaza (Mero Puraza)</b> ☎0538-30-4555 (9:00 am - 10:00 pm. Closed Wednesdays) <a href="http://www.mellowplaza.com">http://www.mellowplaza.com</a>				



## “Chiki Genki Ikiki” Classes

ちいきげんき      こうぎ  
地域元気いきいき講座

This class is open to people living and/or working in Fukuroi City.

Course Name	Information	Limit	Cost	How to Apply
Aerobics and Yoga	Why not try some soft aerobics and yoga? Learn some simple aerobic exercises in this beginner-friendly class!	20 people (in order of application)	¥500	<ul style="list-style-type: none"><li>• Please submit your <b>name, address</b> and <b>phone number</b> to the contact details below in person or by telephone.</li><li>• Applications accepted from <b>9 am - 5 pm(closed national holidays and Mondays)</b>.</li><li>• Applications period begins <b>Friday 15 May.</b></li></ul>
Date & Time				
Every Tuesday June 2 ~ 30 10:30 am~11:30 am	Instructor: <b>Kayo Mizuno</b>			
Contact Details	Sachiura (Asaba Minami) Community Centre		☎ 0538-23-7205	 



Hello, my name is John Cheney and I am the American Coordinator for International Relations at the International Affairs Division of the Fukuroi City Hall. I am so happy to be have the opportunity to engage with so many people from so many different cultures in our wonderful city. One of my favorite things to do in Fukuroi is walk around and look at all of the nature in our city because it reminds me of my home in Salem, Oregon. Working in the International Exchange Section, we plan several events that all are welcome to attend, I hope that we can meet at a future event!





## After Hours and Holiday Emergency Care Roster 15 May - 15 June 2020

やかん きゅうじつきゅうきゅうとうばんいおもて れいわ ねん がつ にち がつ にち  
夜間・休日救急当番医表 令和2年5月15日~6月15日

Date	Clinic Name	Address	Medical Practice	TEL (0538)
5/15 Fri	Tokunaga lin	Nishidori 149-1	Internal medicine, pediatrics, dermatology, rehabilitation	23-2017
16 Sat	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Hospital			
17 Sun	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, pediatrics, surgery	84-9131
18 Mon	Yasou Kodomo Shinryojo	Kuno 2855-1	Pediatrics, allergology	48-5515
19 Tue	Tanaka Jyunkanki Naika Clinic	Takao 1766-1	Internal medicine, angiology	41-0810
20 Wed	Genma Naika/Kokyuki Naika Clinic	Toyosawa 1289-41	Internal medicine, pulmonology, allergology, infectious diseases	41-0055
21 Thu	Kidokoro lin	Hirooka 1463-2	Internal medicine, gastroenterology	44-2323
22 Fri	Aoba Kodomo Clinic	Takao 1780	Pediatrics, allergology	41-0852
23 Sat	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Hospital			
24 Sun	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, pediatrics, surgery	84-9131
25 Mon	Ishizuka Shonika/Naika Clinic	Kamiyamanashi 3-14-2	Pediatrics, internal medicine	49-2099
26 Tue	Yamana Shinryojo	Haruoka 588-1	Internal medicine, rheumatology, angiology, gastroenterology	49-1331
27 Wed	Hiro Clinic	Kamiyamanashi 2070	Internal medicine	48-5200
28 Thu	Uesugi Naika Clinic	Kakenoue 19-2	Internal medicine, angiology	41-3000
29 Fri	Mizoguchi Family Clinic	Asaoka 45-1	Internal medicine, pediatrics	23-8300
30 Sat	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Hospital			
31 Sun	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, pediatrics, surgery	84-9131
6/1 Mon	Miki Shonika lin	Izumi-cho 1-7-5	Pediatrics	43-3797
2 Tue	Shiraki Naika Junkanki Clinic	Takao 259-2	Internal medicine, angiology	43-9555
3 Wed	Shimura Naika lin	Kuno1973-3	Internal medicine, pulmonology, pediatrics	44-1159
4 Thu	Tokunaga lin	Nishidori 149-1	Internal medicine, pediatrics, dermatology, rehabilitation	23-2017
5 Fri	Kono Naika/Shoukaki Naika lin	Hojo 3-7-9	Internal medicine	42-2277
6 Sat	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Hospital			
7 Sun	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, pediatrics, surgery	84-9131
8 Mon	Yamana Shinryojo	Haruoka 588-1	Internal medicine, rheumatology, angiology, gastroenterology	49-1331
9 Tue	Kidokoro lin	Hirooka 1463-2	Internal medicine, gastroenterology	44-2323
10 Wed	Hiro Clinic	Kamiyamanashi 2070	Internal medicine	48-5200
11 Thu	Yasou Kodomo Shinryojo	Kuno 2855-1	Pediatrics, allergology	48-5515
12 Fri	Tanaka Jyunkanki Naika Clinic	Takao 1766-1	Internal medicine, angiology	41-0810
13 Sat	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Hospital			
14 Sun	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, pediatrics, surgery	84-9131
15 Mon	Genma Naika - Kokyuki Naika Clinic	Toyosawa 1289-41	Internal medicine, pulmonology, allergology, infectious diseases	41-0055

## Holiday Emergency Dental Care Roster May - June (9:00 am - midday)

きゅうじつきゅうきゅう し か しんりょうとうばんいおもて れいわ ねん がつ がつ  
休日救急歯科診療当番医表 令和2年5月~6月



Date	Day	Clinic Name	Address	TEL (0538)
5/17	Sun	Iwata Byoin Shika Koku Geka	Iwata-shi Okubo 512-3	38-5000
24	Sun	Dental Services Unavailable		
31	Sun			
6/7	Sun	Sakata Shika lin	Iwata-shi kanzo 348-1	(0539) 62-1003
14	Sun	Olive Shika Clinic	Iwata-shi Akaike 170-2	24-8811

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# Making a Handmade No-Sew Mask

Right now, mask production can't keep up with demand from the population, and mask shortages are continuing. **Using a handmade mask can reduce the risk of those without symptoms being infected with the virus in a closed space and help prevent the infection of others.** Research on the effectiveness of handmade masks is controversial, but their correct use can protect the wearer from contracting viruses up to 70% better than wearing none at all. **Handmade masks should preferably be made using tricoline, a type of cotton cloth with a more tightly closed mesh than regular cotton.** It is also important to make sure to use double layers of cloth to effectively protect against viruses.

**The ideal size for a mask is one that covers half the nose and extends to the chin along the contours of the face. Care must be taken when wearing any type of mask, handmade or otherwise. You must be sure to wash your hands frequently, for a period of at least 20 seconds at a time. Do not touch the mask with your hands. When removing the mask, hold the elastic or strap used to secure it in your hand and never take it off from the front.**

Here's how to make a mask using only one handkerchief and two elastics!

## Required materials



1. Spread out your handkerchief



2. Fold your handkerchief in half



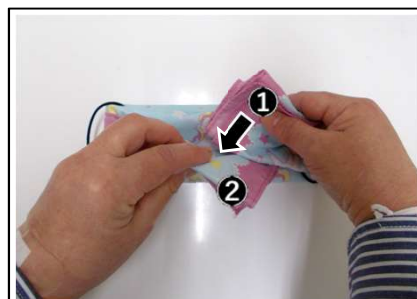
3. Fold it in half again



4. Thread the elastic from both ends



5. Fold it in three (Fold so that the inside of ② overlaps ①)



6. Insert the folded part inside (Insert ① inside ②)



7. All done! Your handmade mask is ready to go!

## Points to Note!

When wearing your mask, pull up the woven inside and adjust as desired.

※If elastic is out of stock in shops, the soft elastic from disposable masks may be washed and reused.

