

medical info

HEALTH CONSULTATIONS FOR APRIL

Adult Health Consultations

Free health consultation available at the following locations:
Morning: 9:30 am ~ 11:30 am Afternoon: 1:30 pm ~ 3:30 pm



Fukuyama Area

4/12 Seto Fureai Plaza Morning

Infant Child Care Consultations Free consultation services for parents who have any concerns about their baby or infant's health and well being.

Morning: 9:30 ~ 11:00 am

Fukuyama Area

Eastern Area

4/10 Hoken Center (6-7mths) Morning
4/17 Hoken Center (10-11mths) Morning
4/23 Jinken Kouryu Center (1-2yrs) Morning
4/24 Hoken Center (1yr4mths-1yr9mths) Morning
5/1 Hoken Center (1-3mths) Morning

4/11 Toubu Shimin Center (8-9mths) Morning
4/18 Toubu Shimin Center (4-5mths) Morning
4/19 Toubu Shimin Center (1yr-1yr3mths) Morning
4/25 Toubu Shimin Center (1yr10mths-2yrs) Morning

Northern Area

Kannabe Area

4/10 Shinichi Community Center (1-2yrs) Morning
4/12 Hokubu Shimin Center (7-11mths) Morning
4/24 Kamo Shisho (1-11mths) Morning
4/25 Ashida Kouryukan (1-11mths) Morning
5/1 Shinichi Community Center (1-11mths) Morning

4/10 Kannabe Chuo Comm. Cen. (1-3mths) Morning
4/17 Kannabe Chuo Comm. Cen. (7-8mths) Morning
4/24 Kannabe Chuo Comm. Cen. (1yr-1yr6mths) Morning

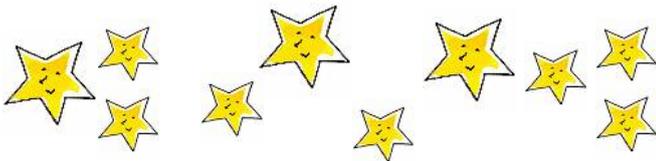
Matsunaga Area

Numakuma/Utsumi Area

4/11 Seibu Shimin Center (4-6 mths) Morning
4/12 Seibu Shimin Center (9-11mths) Morning
4/16 Seibu Shimin Center (1yr7mths-2yrs) Morning

4/24 Utsumi Shimin Kouryu Center (1mth-2yrs) Morning
5/1 Numakuma Shisho (1-2yrs) Morning

April is upon us! Take the time to enjoy a healthy walk outside and admire the cherry blossoms before the season is over! Take the time to rest from the busy end of the fiscal year and see you in next month's issue of The Globe!



notices from the city

お知らせ

GARBAGE COLLECTION FOR APRIL

April 30th (Monday) is a national holiday, however, those areas with garbage collection for Monday WILL HAVE COLLECTION AS NORMAL. Please consult your garbage collection schedule as necessary.

PAPER RECYCLING FOR APRIL

The following Hallows locations will be collecting newspapers, cardboard boxes, books, magazines, and milk cartons for recycling during the hours of 10:00 am~4:00 pm.

April 4: Minami Matsunaga Hallows April 18: Higashi Fukuyama Hallows
April 11: Shingai Hallows April 25: Ekiya Mall Hallows



※NOTICE FROM THE COUNCIL OF LOCAL AUTHORITIES FOR INTERNATIONAL RELATIONS (CLAIR)※

CLAIR has published online information about living, education, medicine, emergency/disaster info, etc. in 13 languages. If you are interested, please check the following: www.clair.co.jp/tagengo

events

イベント

69th Annual Onomichi Minato Matsuri

It's that time of year again—time for the Onomichi Minato Matsuri! This year the event will take place on **April 28 and 29** around the main areas of the city.

More information and details on the schedule for the two days can be found on the following website:

www.onomichi-matsuri.jp/port_festival

For more information, please call 084-825-7184 (JAPANESE ONLY, Onomichi Minato Matsuri Association within the Onomichi Tourism Division)

3rd Annual Innoshima Sakura Matsuri

If you haven't been to Innoshima in awhile, now might be the time to go. On **April 8 (Sunday) from 10 am – 3 pm** the 3rd Annual Innoshima Sakura Matsuri will take place. Details on the schedule for the day are not out yet, but a local group, 'Himari,' is scheduled to perform. They remind me a bit of Yuzu, if any of you know that group, so if you have time why not take spin out to see them?

For more information, please call 084-526-6111 (JAPANESE ONLY, Innoshima Tourism Association)

**Fukuyama's Sister City Tacloban: Photo Display**

Do you know where Tacloban City is? If you don't, it might be time for a trip to the library! The Fukuyama Association for Global Exchange (FAGE) will start a photo display featuring Fukuyama's sister city, Tacloban, in the Fukuyama Main Library 4th Floor, Kokusai Salon (International Salon) starting **March 29th**.

If you're ever at the library to borrow a book or study, take a spin up to the 4th floor while you're at it. There is the photo display, of course, but also a multitude of other resources for you to enjoy in the Kokusai Salon. We have some Japanese language books, magazines, and other resources you might enjoy looking at. **PLEASE REFRAIN FROM REMOVING ANY MATERIALS FROM THE LIBRARY**, but you are welcome to look at them while inside the Salon itself.

Cherry Blossom Season

Starting from around the end of March to early April, as many of you know, the cherry blossoms will be in bloom around the prefecture. If this is your first Spring in Japan, there are many places throughout the country that you can admire the beautiful blossoms, including some nice spots here in Fukuyama and the surrounding areas. Popular spots include Fukuyama Castle and Senkoji Park in Onomichi.

japanese proverb corner

日本語

**Japanese Proverb of the Month**

「薬も過ぎれば毒になる。」
(kusuri mo sugireba doku ni naru.)



This is a phrase that I believe has an English equivalent—something along the lines of “too much of a good thing can be a bad thing.” Or, a phrase that might go along with this is, “everything in moderation.” As the Japanese proverb points out, even with medicine, if one has too much it can become poison instead. Even the most seemingly harmless thing like water, believe it or not, can be deadly to humans when consumed in large quantities.

services

サービス

HELLO WORK FUKUYAMA

Hello Work provides advice and services to arrange employment for foreign nationals. Language services in English, Spanish, and Portuguese are available on **Wednesdays & Fridays between 9:00~12:00, 13:00~17:00**. Please bring your own interpreter for all other times.

Address: Higashi Sakura-machi 3-12 (the building east of city hall)
Tel: 084-942-0074

FREE VISA CONSULTATION FOR FOREIGNERS

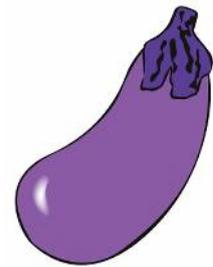
Areas of consultation include: employment of workers with special skills from overseas, getting a student visa, changing the status of visas, marriages and divorces and obtaining Japanese citizenship. FREE and confidential.

PLACE: Hiroshima International Center, Crystal Building 6th floor, Hiroshima City, Naka-ku, Nakamachi
Call: 0120-783-806 (toll free) from landlines or 082-541-3888 from cell phones.

English consultants available Tuesday-Sunday 9:00~13:00; Visa consultations on Saturday 9:00~12:00

deep in the kitchen

日本食情報



**FISH TRAP TECHNIQUE
(for Stuffed Eggplant)**

If you love stuffed eggplant, here's a new way to present it. The eggplant entwines the food, giving the diner a peek at what is to come. Inspired by the traditional river traps of old that were fashioned from tubes of giant bamboo, the Fish Trap garnish becomes a major element of the dish itself.

Use small eggplants and you have an attractive appetizer, larger ones and you're all set for your main course. Consider stuffing with shrimp balls, a vegetable-and-tofu mixture, diced cubes of meatloaf, or just about anything that comes to mind. Bake or deep-fry, depending on your preferences and choice of stuffing.



1. Trim both ends of the eggplant



2. Hollow out the center with a punch or apple corer.



3. After the core is removed ...



4. Make vents in the side of the eggplant and cook!

*Have fun with this! Depending on your stuffing, you might want to cook it with the eggplant, or cook it separately on its own and stuff the eggplant later.

(<http://www.bento.com/>)

FAGE events & services

イベント

FREE JAPANESE TUTORING FOR FOREIGNERS

One-on-one Japanese language tutoring for beginners is available through the FAGE office. **Please apply in person** at the Citizens' Consultation Division, 1F Fukuyama City Hall. For info please call FAGE at (084) 928-1002



4月

CROSS-CULTURE LECTURE



Mao Pai (Hello!)

Welcome to our Sister City, Tacloban!

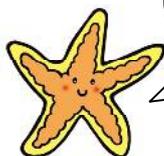
Did you know that Fukuyama City shares a sister city relationship with Tacloban City in the Philippines? If you don't, then this is the lecture for you! Come and join us and learn a little bit about one of Fukuyama City's International Sister Cities, and a little bit more about a culture different than your own!

When: Sunday, April 15
14:00 ~ 15:30

Where: Fukuyama City Hall, 3rd Floor
Medium Meeting Room (中会議室)

Lecturer: Mrs. Carmela Akehira

Limit: None! NO RESERVATION NEEDED!



Parking is available in the usual 'Higashi Sakura-machi Parking Lot,' however, we will only be able to validate for **1 hour**, so please understand! =D

5月

CROSS-CULTURE LECTURE



Welcome to India!

You hear about India on the news, but ever wonder what it's really like—from its history to every day life? Come and learn about India with FAGE!

When: Sunday, May 13
14:00 ~ 15:30

Where: Fukuyama City Hall, 3rd Floor
Medium Meeting Room (中会議室)

Lecturer: Mr. Anand Nambiar

Limit: None! NO RESERVATION NEEDED!



Parking is available in the usual 'Higashi Sakura-machi Parking Lot,' however, we will only be able to validate for **1 hour**, so please understand! =D



Japanese classes

日本語教室

MATSUNAGA JAPANESE CLASS

When: Every Saturday
19:00-20:30

Where: Miyanishi Community Building
Fee: Free

Please apply in person on the day of the lesson.

For info please call (084) 936-2312 (JAPANESE ONLY)

NGO FUKUYAMA JAPANESE CLASS

When: Every Saturday
19:00-20:30

Where: Fukuyama Shimin Sankaku Center

Fee: ¥1000/month

Please call (090) 8993-4305 (JAPANESE ONLY) to register.

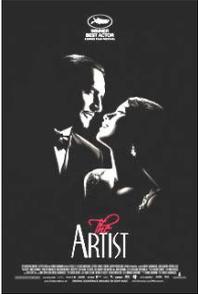
EKIYA JAPANESE CLASS

When: Every Tuesday: 14:00~16:00
Every Saturday:
19:30-20:30

Where: Ekiya Kuramitsu Community Bldg. (Tues.) & Ekiya Community Center (Sat.)

Fee: FREE

Please call (084) 976-0470 to register.



THE ARTIST (DRAMA/FOREIGN)

Hollywood 1927. George Valentin is a silent movie superstar. The advent of the talkies will sound the death knell for his career and see him fall into oblivion. For young extra Peppy Miller, it seems the sky's the limit - major movie stardom awaits.

PLAYS AT EIGARU 8 CINEMAS STARTING APRIL 7

<http://movies.yahoo.com/movie/the-artist-2011/>

TITANIC 3D (ROMANCE/DRAMA/ACTION/ADVENTURE)

American Jack Dawson spots the society girl Rose DeWitt Bukater who is on her way to Philadelphia to marry her rich snob fiance Cal Hockley. Rose feels helplessly trapped by her situation and makes her way to the aft deck and thinks of suicide until she is rescued by Jack. Cal is therefore obliged to invite Jack to dine at their first-class table where he suffers through the slights of his snobbish hosts. In return, he spirits Rose off to third class for an evening of dancing, giving her the time of her life. Deciding to forsake her intended future all together, Rose asks Jack, who has made his living making sketches on the streets of Paris, to draw her in the nude wearing the invaluable blue diamond Cal has given her. Cal finds out and has Jack locked away. Soon afterwards, the ship hits an iceberg and Rose must find Jack while both must run from Cal even as the ship sinks deeper into the freezing water



PLAYS AT EIGARU 8 CINEMAS STARTING APRIL 7

<http://movies.yahoo.com/movie/titanic>



THIS MEANS WAR (COMEDY/THRILLER/ACTION/ADVENTURE)

Two of the world's deadliest CIA operatives are inseparable partners and best friends - until they discover that they've fallen in love with the same woman. Deciding to keep their friendship a secret from her, they pull out their full arsenal of fighting skills and high-tech gadgetry to defeat their greatest enemy - each other.

PLAYS AT EIGARU 8 CINEMAS STARTING APRIL 20

<http://movies.yahoo.com/movie/this-means-war>

LONDON BOULEVARD (ACTION/ADVENTURE/DRAMA)

Fresh out of prison, Mitchell lands a legitimate job as a handyman for a rich actress who's eager to reward him with cash, cars and sex. But Mitchell can never truly escape his violent past or the dangerous world of loan sharks, druggies and other bottomfeeders.

PLAYS AT CINEMODE STARTING APRIL 21

<http://movies.yahoo.com/movie/the-twilight-saga-breaking-dawn-part-1/production-details.html>



contact

E-MAIL:

kokusai@city.fukuyama.hiroshima.jp

Tel: (084) 928-1002

Fax: (084) 927-3897

The Globe is published monthly by the Fukuyama Association for Global Exchange (FAGE), c/o Citizens' Consultation Division, Fukuyama City Hall, 3-5 Higashisakura-machi, Fukuyama-shi, Hiroshima-ken, Japan 720-8501

All contributions are welcome. Please address your correspondence regarding subscriptions, article contributions, and comments/suggestions in English or Japanese to the FAGE office.

The Globe はふくやま国際交流協会より月1回発行されています。日本語寄稿も大歓迎します。連絡先は、〒720-8501 広島県福山市東桜町3-5、福山市市民相談課