

## Gotemba Newsletter

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### Here Comes the Snow Season. Get prepared for it in advance!!

In our city we perform snow removal from roads and sidewalks etc. The arrangement of a snow removal system is so that citizen can live in peace here during the winter season.

Even though we spread road salt, the roads will not be the same as usual. Please be sure to get ready for snow in Gotemba, and change to snow tires before the snow hits.

Management maintains division at (82)4233.

### GIA International Fair 2019

Date & Time: Monday (Holiday), January 14<sup>th</sup> 2019, starting from 11:00 am to 1:30 pm.

Place: Citizen's Hall (Small Hall)

Contents: International Food booth (expect 11 different countries in the world) and stage performance of the Bali Dance and Ninja Performance. Experience for Earthquake simulation vehicle from 10:30 am to 12:00 pm.

For more information please contact GIA (Kokusai Koryu Kyokai) at (82)4426.

### Winter Event at Fujisan Zyuku-no-Mori

\*Anniversary of the agreement conclusion with JAXA exhibition "Let's learn the challenge for universe"

\*Lecture "Let's learn the challenge for universe"

\*Christmas candle making

\*Ado Mizumori's Exciting Museum

Inquiries: Fujisan Zyuku-no-Mori at (80)3776 or Tourism exchange division at (82)4622.

### Emergency Medical Center Closing Information

The Emergency Medical Center will not be open between 6:00 pm on Thursday, December 13<sup>th</sup> and 8:00 am on Friday, December 14<sup>th</sup>. The covering medical staff for that period will be available at Fuji Hospital, phone (83)3333.

Inquiries: Emergency Medical Center at (83)1111.

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★Copies of this Newsletter are available at the City Hall, the City Branch Offices, Library, Health Care Center and GIA.

★The Gotemba Newsletter can be viewed on the GIA Internet site:

<http://city.gotemba.shizuoka.jp/cgi-bin/gia/infombbs/magbbs.cgi>

**1. Year-end and New Year's office duty schedule / Property Division: Phone (82)4322**

	27	28	29	30	31	1	2	3	4	5	6	7	Phone	Remarks
	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon		
City Hall	○	○	—	—	—	—	—	—	○	—	—	○	(83)1212	Night & Holiday Information
Resident Section	○	○	—	—	—	—	—	—	○	—	—	○	(82)4120	Any report will be accepted at the janitor's room at (83)1212
Water Utility Business	○	○	—	—	—	—	—	—	○	—	—	○	(82)4627	See the assigned plumber in Japanese paper, page 3.
Garbage	○	○	—	—	*	—	—	—	○	—	—	○	(88)0530	* Collect burnable only on Dec.31 <sup>st</sup>
Fujisan Eco Park Large waste Disposal Center	○	○	—	—	△	—	—	—	○	△	—	○	(88)3776	△:only 8:30am to11:45am
Fujisan Eco Recycle Center	○	○	—	—	—	—	—	—	○	△	—	○	(88)3776	Special acceptance on Dec 23 <sup>th</sup> 8:30-Noon, 1pm to 4:30pm △:only 8:30am to11:45am
Citizen's Hall	○	—	—	—	—	—	—	—	○	○	○	○	(83)8000	Jan.2020's Reservation for Big/Small Hall needs to be made after Jan. 4 <sup>th</sup> (Fri) at 9am
Gotemba Gym	—	—	—	—	—	—	—	—	—	—	—	—	(89)5555	Under repairmen Closed till the beginning of April, 2019
Field Truck	○	○	—	—	—	—	—	—	○	○	○	○	(89)5555	
Library	○	○	○	○	—	—	—	—	○	○	○	○	(82)0391	Use Book Post on closing day
Tamaho Fureai Pool	○	—	—	—	—	—	—	—	—	○	○	○	(80)1515	
Onsen-kaikan	○	○	○	○	△	△	○	○	○	○	○	—	(83)3303	△ 12/31 <sup>st</sup> opens @ 10am to 6pm, 1/1 <sup>st</sup> opens @7am to 6pm. (Reception closes at 5pm)
Fujisan Zyukuno Mori	○	○	○	—	—	—	△	○	○	○	○	○	(80)3776	△:only 10:00am to 4 pm
Otome Shinrin Park	○	○	○	○	○	○	○	○	○	○	○	—	(82)7870	#1 camp site is closed. #2 site is only opened.
ShiminKoryu Center	○	—	—	—	—	—	—	—	○	○	○	—	(70)6800	

**2. Year-end and New Year Emergency Medical Center Information**

The emergency center will be holding open health checks from 6:00 pm on Friday, December 28<sup>th</sup> to 8:00 am on Thursday, January 4<sup>th</sup>. Whether visiting for the first time or as a return visitor, please remember to bring your health insurance card.

For more information contact Emergency Medical Center at (83)1111.

### 3. Year-end and New Year Emergency Dentistry Information

Examination hours for emergency dental work are from 9:00 am to 3:00 pm. Please remember to bring your health insurance card. Emergency procedures are limited to new patients only. On the next visit, please go to your family dentist. For more information please contact Emergency Medical Center at (83)1111.

CLINIC DATE	CLINIC NAME	ADDRESS	PHONE
DEC. 29 (SAT)	YAGO Dental Clinic	Gotemba-shi, Hagiwara 73-1	(84)1070
DEC. 30 (SUN)	TAMAHO Dental Clinic	Gotemba-shi, Gumizawa 719-1	(89)1010
DEC. 31 (MON)	ISHIDA Dental Clinic	Gotemba-shi, Gumizawa 1143-4	(88)2850
JAN. 1 (TUE)	INABA Dental Clinic	Gotemba-shi, Niihashi 1584-3	(84)1080
JAN. 2 (WED)	IWASE Dental Clinic	Gotemba-shi, Kawashimata 426-1	(83)8989
JAN. 3 (THU)	EZUKA Dental Clinic	Gotemba-shi, Nakashimizu 234-1	(87)3141

### 4. Year-end and New Year Garbage Collection and Self-Haul

#### [Garbage Collection]

#### ◆Recycle promotion Division at (88)0530

○The last day for combustible garbage collection will be Monday, December 31<sup>th</sup>; for non-combustibles and recycling, the last day will be Friday, December 28<sup>th</sup>. Collection starting dates will be Friday, January 4<sup>th</sup> and will resume as normal.

\* Due to the increase of garbage during the holiday season, garbage collection times will be delayed.

#### [Self-Haul Combustible Garbage]

#### ◆Fuji-san Ecopark Shokyaku Center at (88)3776

○The last day for self-haul combustible garbage at the Gotemba Oyama RDF center will be Monday, December 31<sup>st</sup>. Starting day will be Friday, January 4<sup>th</sup> as normal.

Dec. 31<sup>st</sup> (Mon) and Jan. 5<sup>th</sup> (Sat) is from 8:30 am to 11:45 am. No acceptance on Dec. 29<sup>th</sup> (Sat)

Hours: From 8:30 am to the noon and from 1:00 pm to 4:30 pm. (8:30 am to 11:45 am on Saturdays)

Handling Rate: Individual housing disposal: 40 yen per 10kg. (Every another 10kg disposal charges 40 yen.)

Any business disposal: 80 yen per 10kg. (Every another 10kg disposal charges 80 yen.)

\* Garbage in the designated garbage bag is free

#### Attention when you do self-haul

- Please try to use sheets to cover it so it doesn't make mess on the street.
- No other than combustible garbage.
- Items can't be hauled if non-combustibles are mixed with combustibles or items (such as wood chip or branches) are longer than 50cm and under 5cm thickness. Please bring it to Recycle center. (Carpets, ropes and hoses etc must be cut under 1 meter in length)

#### [Self-haul oversized garbage and non-combustibles]

#### ◆Oversized waste disposal: Fuji-san Ecopark Recycle Center site at (88)3776

Please call Shokyaku center at (88)3776 for any questions.

○The last day for self-haul oversized garbage and non-combustibles will be Friday, December 28<sup>th</sup>. Starting day will be Friday, January 4<sup>th</sup> as normal.

End of the year's special acceptance is only December 23<sup>rd</sup> (Sun) from 8:30am to noon and 1:00pm to 4:30pm

No acceptance on 29<sup>th</sup> (Sat).

Hours: From 8:30 am to the noon and from 1:00 pm to 4:30 pm. (8:30 am to 11:45 am on Saturdays)

Handling Rate: 200 yen per 10kg. (Over-sized garbage and non-combustibles)

(Every another 10kg disposal charges 200 yen.)

\* Garbage in the designated garbage bag is free.

\* Handling rate will be more dependent on the kinds of oversized garbage. Recycle disposal is free.

#### Attention

- Items referring to the city garbage separation items can't be hauled (please give us a call for details) TVs, air conditioners, refrigerators/ freezers, washing machines/ dryers, Normal garbage bagged with city provided bags are not accepted for self-haul services.
- Please make sure to separate to oversized combustibles and oversized non-combustibles (includes oversized) and try to use sheets to cover it so it doesn't make mess on the streets. (In the event your garbage is not separated correctly, we will ask you to separate it again on site.)
- Please dispose you small household appliance in the container at recycling center.

## 5. Health Consultation for Babies & Infants/ Inquiries: Kenko Suishin-ka at (82)1111

**(\* No reservations needed)**

Information sessions are available for questions relating to body measurement, childcare and nutrition, dentistry consultation etc.

Date: Monday, January 7<sup>th</sup> from 9:15 am to 10:15 am at the Health Care Center

\* Because it will be crowded, mothers with children less than 12 months of age should arrive early.

## 6. Adult Health Consultation/Inquiries: Kenko Suishin-ka at (82)1111 (\*Reservations needed)

Date: Monday, January 21<sup>st</sup> from 1:30pm to 2:30 pm at the Health Care Center

Contents: Information sessions for questions relating to health, nutrition and bone densitometry to prevent lifestyle-related diseases, build-check and reading and understanding personal medical charts/ blood pressure and reports. If you want, we check the salt measurement of the miso soup. (Please bring your small amount of miso soup.)

Application and inquiry: Please apply at the counter or call in advance to Kenko Suishin-ka.

## 7. Workshop for Pregnant Women/Inquiries: Kenko Suishin-ka at (82)1111 (\*Reservations needed)

Date & Time: Friday, January 18<sup>th</sup> from 1:10 pm to 3:30 pm \*Guidance for being pregnant is till 4:00 pm.

Place: Health Care Center

Subject: Pregnant woman and her husband, Limited to 20 people on a first-come, first-served basis.

Contents: What to do while pregnant information and mother and child dental health. (Guidance for tooth brush information and guidance for being pregnant)

How to apply: Call in advance or apply to Kenko Suishin-ka directory by Thursday, January 17<sup>th</sup>.

## 8. Health Checkups/Shoots for Children in January/ : Kenko Suishin-ka at (82)1111

All checkups and consultations are held at the Health Care Center.

For more information, please call Kenko Suishin-ka by noon of the checkup or consultation.

Check-up/Consultation Info	Day of session - Eligible ages	Times	What to bring
Seminar for babies (born in September, 2018)	Tue. January 8 <sup>th</sup> - born from the 1 <sup>st</sup> to the 15 <sup>th</sup>	1:00 pm - 1:20 pm	Mother and child health notebook
	Tue. January 22 <sup>nd</sup> - born from the 16 <sup>th</sup> to the 30 <sup>th</sup>		
6 months old (born in June, 2018)	Wed. January 9 <sup>th</sup> - born from the 1 <sup>st</sup> to the 15 <sup>th</sup>	1:15 pm - 2:00 pm	Mother and child health notebook, survey
	Wed. January 23 <sup>rd</sup> - born from the 16 <sup>th</sup> to the 30 <sup>th</sup>		
18 months old (born in June, 2017)	Tue. January 15 <sup>th</sup> - born from the 1 <sup>st</sup> to the 15 <sup>th</sup>	1:15 pm - 2:00 pm	Mother and child health notebook, survey
	Tue. January 29 <sup>th</sup> - born from the 16 <sup>th</sup> to the 30 <sup>th</sup>		
2 years old (born in December, 2016) *Tooth brushing information	Fri. January 11 <sup>th</sup> - birth date not applicable	9:30 am - 10:30 am	Mother and child health notebook, tooth brush, towel
3 years old (born in December, 2015)	Wed. January 16 <sup>th</sup> - born from the 1 <sup>st</sup> to the 15 <sup>th</sup>	1:15 pm - 2:00 pm	Mother and child health notebook, health checkup survey, urine sample
	Wed. January 30 <sup>th</sup> - born from the 16 <sup>th</sup> to the 31 <sup>st</sup>		
Vaccination shots (BCG)	Fri. January 11 <sup>th</sup> - born from July 16 <sup>th</sup> to the 31 <sup>th</sup> in 2018	1:30 pm - 1:50 pm	Mother and child health notebook, Vaccination form * Infants under 1 year will also be accepted if they have not been vaccinated yet.
	Fri. January 25 <sup>th</sup> - born from August 1 <sup>st</sup> to the 15 <sup>th</sup> in 2018		

☆Translated by KH of GIA volunteers

**GIA Gotemba International Association**

Tel: 0550-82-4426 Fax: 0550-81-6439 E-mail: [gia@mail.wbs.ne.jp](mailto:gia@mail.wbs.ne.jp)