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この情報誌は、下記のアドレスよりダウンロードすることができます。

This newsletter is available at:

<http://www.ccia-chiba.or.jp/005003jyoho/index.html>

Additional information not listed in this publication can be found at the Chiba City International Association's blog which is updated regularly.

Chiba City International Association Blog (URL): <http://cciachiba.blog21.fc2.com/>

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CITY NEWS

いざというときのために！ さいがいじょうほう にゆうしゅほうほう しょうかい 災害情報の入手方法をご紹介します

Preparing for the Worst! How to Obtain Information in an Emergency

Chiba City has taken several steps to ensure that residents are able to find useful information for emergency situations by using several different methods of communication. Please be sure to look for accurate information to protect yourself in the event of a disaster.

① Radio Communications for Disaster Prevention and Administration

News alerts about earthquakes, severity of damage, tsunami warnings, etc. are all announced and can also be found on the City's homepage.

② Public Relations Mobile

A fire department or ward office car will drive around neighborhoods and announce information.

③ Chiba City International Association's Online Blog (<http://cciachiba.blog21.fc2.com/blog-category-14.html>)

Information about emergencies, safety procedures, and other useful news for foreign residents will be posted in English, Chinese, Spanish, and Korean, (depending on availability of translators).

④ City Homepage and Twitter Account

Updates on damage to the city and risks will be published regularly.

⑤ Chiba Disaster Reduction Project

Information will be shared on this project's web page about the weather, disaster prevention information, damage updates, City news, etc.

⑥ Bulletin Boards at Public Facilities

City facilities will feature updates on information for victims of disasters, damage to the city, etc. This information will be posted in ward offices, public centers, and other public buildings.

⑦ Community-Wide Information Sharing

Community organizations will work to promote awareness of local disaster-related news.

⑧ Radio and TV announcements of Disaster Information

Media outlets that have agreements with Chiba City (Bay FM, Chiba Television) will air emergency information as the need arises.

⑨ Chiba City *Anshin-Anzen* (Safety) Mail

Local information about crime, disasters, etc. will be sent out electronically to cell phones (registration required).

⑩ Chiba City Disaster Prevention Area Mail

NTT Docomo customers will receive information about local, high priority evacuation and emergency instructions.

⑪ Confirming Your Family's Safety

Make use of the Emergency Message System "171" to leave messages and check on the safety of other family members, using your phone. You can notify others of your safety and also use your contacts' cell phone numbers to find information about their safety. Most cell phone companies offer a similar option.

For more information, see the following websites:

- ① (PC・Mobile) www.city.chiba.jp/t/musen/

- ④ (PC) http://twitter.com/Chiba_city_PR
- ⑤ (PC) http://weathernews.jp/gensai_chiba/ (Mobile) <http://wni.jp/?50>
- ⑨ (PC) <http://www.chiba-an.jp/guide/> (Mobile) <http://www.chiba-an.jp/>
- ⑩ (PC) www.city.chiba.jp/t/areamail/
- ⑪ (PC) <http://www.9tokenshi-bousai.jp/comehome/pre03.html>

Information: ぼうさいたいさくか 防災対策課 Disaster Prevention Section
 Tel: (245) 5113 Fax: (245) 5552 Email: bosaitaisaku.GEM@city.chiba.lg.jp
ききかんりか 危機管理課 Crisis Management Section
 Tel: (245) 5151 Fax: (245) 5597 Email: kikikanri.GEM@city.chiba.lg.jp

しない ほうしゃせんりょうりつ ちょうさけつか
 市内の放射線量率などの調査結果

Radiation Level Test Results from within Chiba City

Chiba City conducts tests on the radiation levels of food, water, air, etc. within the city limits to check for abnormalities. Below are the results of samples collected from late July to early August.

Atmosphere	From soil samples and air samples taken in 18 locations, six were chosen (one for each ward) and tested on August 2. The levels found were even lower than the levels found in the last series of tests. These tests will be performed again, once a month.
Inage no Hama	Ocean waters were tested between June and August, but no abnormal results were reported. The beaches' radiation levels also tested lower than in other urban areas.
Food	Chiba City independently tests foods that pass through the prefecture. Three examinations have been conducted each week since May 16, particularly on products that easily retain radioactive materials, such as beef, milk, etc. Product samples are chosen from markets, super markets, etc. and are tested for iodine and cesium levels. 33 tests were conducted by the end of July, with no abnormal results found in any test.

Information: かんきょうきせい か 環境規制課 Environmental Regulations Section
 Tel: (245) 5193 Fax: (245) 5581
みはまこうえんりょくちむしよ 美浜公園緑地事務所 Mihama Park Greenery Office
 Tel: (279) 8440 Fax: (278) 6287
しほけんじょしょくひんあんぜんか 市保健所食品安全課 City Public Health Office Food Safety Section
 Tel: (238) 9937 Fax: (238) 9936
 Homepage: http://www.city.chiba.jp/shinsai_jyuuyou.html#0006
 Chiba City International Association Blog: <http://cciachiba.blog21.fc2.com/>

だいじしん そな
 大地震に備えて

Preparing for a Large Earthquake

① きたく こんなん 帰宅が困難になったときは When you are unable to go home

- First, calm down and find out what you can. If you act without knowing what is going on, you could be putting yourself in more danger or get in the way of rescue efforts. Secure your own safety and then find information on damage and traffic conditions.
- Avoid going home if it is dangerous. If you attempt to go home even when it is not safe, you risk becoming a victim to secondary damage. Avoid moving around too much if it is not necessary. If you run a business, it

may be a good idea to always have some food, water, and an emergency toilet ready for people to use in during a disaster situation.

• If you must go home on foot: convenience stores, gasoline stations, and family restaurants in Chiba have all joined an agreement to assist those returning home after an emergency. If you stop by one of these locations (called *kitaku shien station*), you will be allowed to use water and a restroom.

② さいがいじ みず かくほ 災害時の水の確保 Finding drinking water in an emergency

• During emergencies, supplies often run short. In particular, drinking water can be hard to find. Chiba City has prepared emergency wells (*hijyo-yo ido* or *taishinsei idotsuki chosuisou*) for such a shortage.

③ ひ じゅんび 日ごろからの準備 Preparation you can do to now

• During an emergency, please do your best to communicate with the people around you to find out more information. If you cannot speak Japanese, use gestures, sign language, etc.

• Make an effort to get to know Japanese-speaking people around you in your neighborhood, these people will have access to more information immediately after a disaster. If you have friends you can ask, let them know in advance what kind of help you would like during an emergency.

• Learn about earthquakes, evacuation centers (*hinanjo*), and other terms in Japanese that relate to disasters and emergencies. The more you know, the better prepared you can be.

Information: ぼうさいたいさくか 防災対策課 Disaster Prevention Section

Tel: (245) 5113 Fax: (245) 5552 Email: bosaitaisaku.GEM@city.chiba.lg.jp

Homepage: www.city.chiba.jp/gem/bosaitaisaku

りよう がいしゅつじ じゅにゆう が あんしん あか えき ご利用ください、外出時の授乳やおむつ替えに安心、赤ちゃんの駅

Please Make Use of the “Baby Station,” a Useful Place for Baby-Care when out of the Home

What: In order to assist families with small children while they are out of the home, Chiba City has provided several spaces in public facilities, called “baby stations” that can be used for diaper changes, feeding, etc. A list of these facilities can be found online or on your mobile.

To find the list on line, go to Chiba City’s homepage and access the map information service “Chiba Annai Map” and select *kosodate* (child-raising) map. Then, input the address you will be going to and locate the stations nearby. You can also see photos of each station online to see what kinds of services are available. You can also find this information from your mobile phone by going to:

<http://m.mappage.jp/mcode.php?gid=12100&mode=c>

Currently, City Hall and ward offices are equipped with baby stations, but we hope to expand further in the future. Locations will be marked with a Baby Station sign, so please feel free to use these facilities.

Information: きかくか こども企画課 Child Planning Section

Tel: (245) 5178

Fax: (245) 5547

Homepage: city.chiba.jp/cfc/kikaku

ふねん ゆうがい きげんぶつ りんじしゅうしゅう 不燃ごみ・有害ごみ（危険物）の臨時収集

Extra Garbage Collection Date for Non-Combustible and Dangerous Garbage

Because Friday, September 23 is a public holiday, garbage will not be collected. A replacement date for collection of dangerous or non-combustible garbage will be arranged on Friday, September 30 (only in areas where the normal collection dates are the second and fourth Friday of the month).

Information: しゅうしゅうぎょうむか 収集業務課 Waste Collection Operations Section

Tel: (245) 5246

Fax: (245) 5477

HEALTH CARE

「エイズ」・「クラミジア」^{けんさ そうだん} 検査と相談

AIDS and Chlamydia Testing and Consultation Services

- Testing:** Same-day results: Tuesday, September 27 from 13:30 – 14:30
 Regular testing: Tuesday, September 27 from 18:00 – 19:00
- Consultations:** Every Tuesday from 10:00 – 12:00, 13:00 – 16:00 (phone consultation available)
 Wednesday, September 21 from 14:00 – 17:00 (phone consultation available)
 Every fourth Tuesday from 18:00 – 19:00 (in person only)
- Where:** ^{しほけんじょ みはまぐさいわちよう} 市保健所 (美浜区 幸町 1) City Public Health Office (1 Saiwaicho, Mihama-ku)
- ※Consultations are anonymous, and are administered by professional counselors.
- Information:** ^{しほけんじょかんせんしやうたいさくか} 市保健所感染症対策課 City Public Health Office, Infectious Diseases Control Section
 Tel: (238) 9974 Fax: (238) 9932

^{じよせい けんこうそうだん} 女性のための健康相談

Health Consultations for Women

- Phone Consultations:** Speak to a health specialist between Mon-Fri from 9:00-16:00 (closed holidays).
- Information:** ^{しほけんじよほけんしどうか} 市保健所保健指導課 City Public Health Office Health Guidance Section
 Tel: (238) 1220 Fax: (238) 9946

^{ちば しきゆうきゆういりよう} 千葉市救急医療サービス

Chiba City Emergency Medical Services

◆^{やかん きゆうじつしんりよう} 夜間・休日診療 Night Time, Holiday Examinations

	Night Examinations	Holiday Examinations
	Kaihin Hospital Night Emergency Examination	General Health Medical Center Holiday Emergency Medical Examination Center
Telephone	279-3131	238-9911
Open	Every day	Sundays, National Holidays, Year End Holidays
Location	3-31-1 Isobe, Mihama-ku	1-3-9 Saiwaicho, Mihama-ku
Reception time		8:30 – 11:30, 13:00 – 16:30
Examination hours	Monday to Friday 19:00 – 6:00 (next day) Sat, Sun & Holidays, Year End Holidays 18:00 – 6:00 (next day)	9:00 – 17:00
Divisions	Internal, Pediatric Medicine	Internal, Pediatric, Trauma, Orthopedic Surgery, Eyes/Nose/Throat, Optometry, Dental Medicine

◆^{きゆうきゆういりよう} 救急医療テレホンサービス Emergency Medical Hotlines

	General Health Medical Center	Emergency Doctor on Call for Holiday	Guidance for Medical Facilities Open at Night	Medical Facilities on Duty for Nighttime

		Obstetric and Gynecological Care		Emergency Trauma Treatment
Tel.	244-5353	244-0202	246-9797	244-8080
Open	Sundays, National Holidays, Year End Holidays	Sundays, National Holidays, Year End Holidays	Monday to Saturday	Every day
Time	8:00 – 16:15	8:00 – 17:00	17:30 – 19:30	8:00 – 6:00(next day)
What	Reception/exam hours, units, place	Information for the doctor on call	Information on medical facilities open at night	Information for the doctor on call
How	Automated answering system	Automated answering system	Speak to a nurse	Automated answering system

◆ きょうびょうでんわそうだん 急病電話相談 Telephone Consultation Service for Children with sudden illness
(Speak to a pediatric doctor or nurse) Dial #8000 or 242-9939. Every day from 19:00 – 22:00

EVERYDAY LIFE

おさらい教室 Schoolwork Help

What: The Silver Resource Center is running a tutoring class for students and is currently looking for participants to begin in October – March. Classes are four times per month. Call the number below after Thursday, September 1 to apply.

Fee: For one course (1 month long): ¥2,500 for elementary students, ¥3,500 for middle school. Elementary school students pay separately for supplies and materials.

Ward	Day of Week	Grade Level	Subject	Time
Chuo Ward	Suehiro Class (Silver Resource Center)			
	Tuesday	Middle School Grade 1 (3 students max)	Math	17:00 – 18:30
	Thursday	Elementary Grade 6 (5 students max)	Arithmetic	16:30 – 17:30
		Middle School Grade 1 (5 students max)	Language Arts	17:30 – 18:30
Hanamigawa Ward	Hanamigawa Class (Hanamigawa-Danchi Dai 3 Shuukaijo)			
	Saturday	Elementary Grades 3 ~ 6 (Grades 3+4, 5 students max)	Arithmetic	14:00 – 15:00
		(Grades 5+6, 5 students max)	Language Arts	15:00 – 16:00
		Middle School Grades 1 ~ 3 (5 students max per grade)	Math	16:00 – 17:30
		English	17:30 – 19:00	
Mihama Ward	Masago Class (Masago Community Center)			
	Saturday	Middle School Grade 2 (3 students max)	Math	16:00 – 17:30
English			17:30 – 19:00	

Information: 市シルバー人材センター City Silver Resources Center
Tel: (265) 0070 Fax: (265) 0048

こそだ
子育てママのおしゃべりタイム

Chit-Chat Time for Mothers

Who: Those in the process of raising children

When: 10:00 to 12:00 (please feel free to drop in anytime)

Ward	Date & Public Center	Information
Chuo	9/12 (Mon) Shinjuku Public Center 9/26 (Mon) Miyazaki Public Center	Matsugaoka Public Center Tel: (261) 5990
Inage	9/12 (Mon) Konakadai Public Center 9/30 (Fri) Chigusadai Public Center	Konakadai Public Center Tel: (251) 6616
Wakaba	9/22 (Thu) Mitsuwadai Public Center	Chishirodai Public Center Tel: (237) 1400
Midori	9/12 (Mon) Honda Public Center	Honda Public Center Tel: (291) 1512
Mihama	9/16 (Fri) Takahama Public Center	Inahama Public Center Tel: (247) 8555

EVENTS

きょうわこくどくりつ しゅうねん しせいしこう しゅうねん
パラグアイ共和国独立200周年・市制施行90周年
10/16 (日) 記念コンサート

Commemorative Concert for the 200th year of Paraguayan Independence and the 90th Anniversary of Chiba City's Formation on Sunday, October 16

What: A free Arpa concert will be held to celebrate the 200th year of Paraguayan independence and 90 years of Chiba City's existence as a municipality. Limit 1,000 people.

When: Sunday, October 16 from 14:00 – 16:00

Where: Chiba City Civic Center Great Hall (Kanamecho, Chuo-ku)

Apply: Send a pre-paid postcard with the names of all applicants, your address, phone number and return address to the address below by Thursday, September 15:

〒260-0013 中央区中央2-5-1千葉中央ツインビル2号館8階千葉市国際交流協会記念コンサート係り

Up to two people can apply per postcard, but multiple applications are not allowed.

Information: 千葉市国際交流協会 Chiba City International Association

Tel: (202) 3000

Fax: (202) 3111

Homepage: www.ccia-chiba.or.jp/

国際交流課 International Relations Section

Tel: (245) 5018 Fax: (245) 5247

しょうがいがくしゅう えいがじょうえいかい
生涯学習センター映画上映会

Lifelong Learning Center's Movie Screening Schedule

① Thursday Classic Cinema "Rio Bravo"

When: Thursday, September 15 at 10:00 and 14:00 250 persons max.

② Classic Movie Screening "Conversation Piece"

When: Sunday, September 25, at 10:00 and 14:00 80 persons max.

※Admission begins 30 minutes prior to each showing for all shows. First-come, first-serve.

Information: 生涯学習センター (中央区弁天3) *The LLC is closed every 4th Monday of the month.

Lifelong Learning Center (3 Benten, Chuo-ku)

Tel: (207) 5820

Fax: (207) 5822

がんばれ！ジェフユナイテッド千葉 2011 フクダシートプレゼント
Ganbare! JEF United Chiba – Giving Away 2011 Fukuda Seats

What: Fukuda Denshi will be inviting Chiba City residents to the following home games for free.
The seats will be in the unassigned corner area.

**There will also be a Nadeshiko Japan (Women's Soccer League) game between JEF United Chiba Ladies and INAC Kobe Leonesse on September 23 (Holiday) at 13:00.*

When: ① Sunday, October 16, vs. Thespa Kusatsu (kick-off time 16:00)
② Sunday, October 30, vs. Tokushima Vortis (kick-off time 16:00)

Where: Fukuda Denshi Arena (Kawasakicho, Chuo-ku) フクダ電子アリーナ (中央区川崎町)

Target: Elementary and middle school students living or in school in Chiba City, and their parents.

Capacity: 80 seats (40 pairs). There will be a lottery in the event of excess applications.

Apply: Entries must arrive by Tuesday, September 20. Write the names of the parent/child (with furigana), the child's grade, phone number, and the game you wish to attend. Address all submissions to: 〒260-8722 千葉市役所公園管理課「フクダシートプレゼント」係
“Fukuda Seat Presents” Chiba City Hall Parks Management Section

Information: 公園管理課ホームタウン推進室 Parks Management Section, Hometown Promotion Office
Tel: (245) 5897 Fax: (245) 5886 Homepage: www.city.chiba.jp/urp/kanri/

飼い犬のしつけ方教室 (基礎講座)

Dog Training Class (Basic Lessons)

Where: Animal Welfare and Guidance Center (Miyanogicho, Inage-ku)

When: Thursday, September 15 from 13:30 – 16:00

Target: Residents of Chiba City who have a dog or are planning on getting a dog.

Capacity: 25 people (first come, first serve) Call the number below to apply.

Information: 動物保護指導センター Animal Welfare and Guidance Center
Tel: (258) 7817 Fax: (258) 7818

秋休み講座「秋のお花でアレンジメント」

Autumn Break Class “Autumn Flower Arrangements”

Where: Nanbu Youth Center (1 Shirahata, Chuo-ku)

When: Friday, October 7 from 13:30 – 15:30

Target: Elementary/Middle school students.

Capacity: 20 people (first come, first serve) Call the number below to apply.

Fee: ¥500 per person.

Information: 南部青少年センター Nanbu Youth Center (closed Mondays and holidays)
Tel: (264) 8995 Fax: (268) 1032

ハーモニーシアター「ジェーン・エア」

Harmony Theatre Screening “Jane Eyre”

When: Saturday, October 1 at 10:00 – 11:40

Where: Gender Equality Center

Capacity: 200 individuals, first-come, first-serve.

Apply: Come directly or by phone to the number below.

Information: だんじょきょうどうさんかく 男女共同参画センター ちゅうおうくちばでらちよう (中央区千葉寺町ハーモニープラザ内)
Gender Equality Center (Chibaderacho, Chuo-ku in the Harmony Plaza)
Tel: (209) 8771 Fax: (209) 8776

CONSULTATIONS

き 気づいてください! からだ 体 こころ と げんかい 心の限界サイン がつ 9月10-16日は にち 自殺予防週間 じきつよぼうしゅうかん

Be Aware of Your Mental and Emotional Limits! September 10–16 is Suicide Prevention Week

If you would like to speak to somebody about any of the following concerns, call the following numbers for Consultations on:

Emotional Health

Chiba City Kokoro (Emotional Health) Hotline: Tel: (204) 1583

Chiba Lifeline Hotline: Tel: (227) 3900 – Operates 24 hours a day.

Suicide Prevention Lifeline: Tel: (0120) 738-556 – Open until March 2012 every 10th day of the month from 8:00 a.m. until 8:00 a.m. the following day.

Working Conditions Occupations Consultation Office Tel: (300) 8282

Individuals with Multiple Debts Consumer Affairs Center Tel: (207) 3000

Business Management and Project Funding City Industrial Development Association Tel: (201) 9505

School/Education Educational Consultation 24 Hotline Tel: (0120) 101 830

がいこくじん 外国人のための ほうりつそうだん 法律相談

Legal Consultation for Foreign Residents

When: Monday, September 26 from 13:00 to 16:00

Where: こくさいこうりゅう 国際交流プラザ International Communication Plaza (Chuo 2, Chuo-ku)

What: Consultation with a lawyer. You may not ask for advice about cases currently in trial. Those requiring an interpreter must request one when making an appointment.

Capacity: 4 people, consultations are first come, first serve.

Information: ちばしこくさいこうりゅうきょうかい 千葉市国際交流協会 Chiba City International Association
Tel: (202) 3000 Fax: (202) 3111

しゃかいほけんろうむしそうだん 社会保険労務士相談

Consultation by Certified Social Insurance Labor Consultants

What: Receive advice on labor, social insurance and pensions. Phone consultations available.

When: Tuesday, September 20 from 10:00 – 16:00. Come directly on the day of.

Where: けんしんりんかいかん 県森林会館 Prefectural Shinrin Hall, Room 304 (1 Nagazu, Chuo-ku)

Information: けんしゃかいほけんろうむしかい 県社会保険労務士会 Prefectural Organization of Certified Social Insurance Labor Consultants
Tel: (224) 9027 Fax: (224) 9058

しみんそうむか 市民総務課 General Affairs Section of Citizens' Affairs Bureau
Tel: (245) 5156

とくせつほうりつそうだん
特設法律相談

Special Legal Consultations

- What:** Speak to an attorney. Cases currently being tried in court or in arbitration will not be accepted. An appointment is necessary. Phone consultations not available.
- When:** Saturday, September 24 from 13:00 – 16:00
- Where:** Consultations will be held at the Chuo Community Center 2F.
- Apply:** Call for an appointment after Thursday, September 15 at 9:30. 16 individuals maximum.
- Information:** しみんそうむか 市民総務課 General Affairs Section of the Citizens' Affairs Bureau
Tel: (245) 5156 Fax: (245) 5155

じんけんようごいいんとくせつそうだん
人権擁護委員特設相談

Human Rights Consultation Services

- What:** Issues regarding human rights such as discrimination, bullying, defamation, etc.
- When:** Every Tuesday, 10:00 – 15:00 (phone consultation not available)
- Where:** ちゅうおう 中央 かい コミュニティーセンター 2階 Chuo Community Center 2F
- Contact:** ほうむきよくじんけんようごか 法務局人権擁護課 Law Bureau, Human Rights Section Tel: (302) 1319
- Information:** しみんそうむか 市民総務課 General Citizen's Affairs Section
Tel: (245) 5153 Fax: (245) 5155

たじゅうさいむしやとくべつそうだん
多重債務者特別相談

Consultations for those with Multiple Debts

- What:** Consult with an attorney regarding debts (30 minutes per person).
Consultations must be made in person, by the debtor.
- Apply:** Call the number below for an appointment. 6 individuals max.
- When:** Thursday, September 22 from 13:00 – 16:00.
- Information:** しょうひせいかつ 消費生活センター Consumer Affairs Center (1 Benten, Chuo-ku)
Tel: (207) 3000 Fax: (207) 3111

しんぱい そうだん じょうせつそうだん
心配ごと相談 (常設相談)

Consultation Services (Permanent Consultation)

- What:** Consult with a welfare commissioner or a children's welfare commissioner. Phone and in person consultations are available.
- When:** Monday through Friday from 10:00 – 15:00 (except public holidays).
- Where:** ししゃがいふくしきょうぎかいしんぱい そうだんじよ ちゅうおうくちばでらちやう
市社会福祉協議会心配ごと相談所 (中央区千葉寺町ハーモニープラザ内)
City Social Welfare Council *Shinpaigoto Soudanjo*
(Chibaderacho, Chuo-ku in the Harmony Plaza)
- Information:** しんぱい そうだんじよ
心配ごと相談所 Shinpaigoto Soudanjo
Tel: (209) 8860 Fax: (209) 8866

Chiba City's Consultation Services in Japanese

- Receive advice (in Japanese) regarding daily life, accidents, city government, etc. at the Citizens' consultation rm. of the Chuo Community Center 2F or any ward office. Consultation days vary depending on the topic you wish to ask about.
- For more details, ask at the Public Hearing and Consultation Desk, Community Promotion Section, of the Chuo Community Center 2F, or at the Consultation Desk, Community Promotion Section at any ward office (in Japanese). If you do not speak Japanese, please bring an interpreter.

Public Hearing and Consultation Desk, Community Promotion Section	Tel: (245) 5140		
Consultation Desk, Community Promotion Section, Chuo Ward Office	Tel: (221) 2106		
Community Promotion Section, Hanamigawa Ward Office	Tel: (275) 6213		
Inage Ward Office	Tel: (284) 6106	Wakaba Ward Office	Tel: (233) 8123
Midori Ward Office	Tel: (292) 8106	Mihama Ward Office	Tel: (270) 3123