

Numazu Newsletter

No. 273

February 1, 2014

Voluntary Supporters

Kalamazoo Division NICE

<http://www.city.numazu.shizuoka.jp/>

You can get information about Numazu twice a month on this home page and some hard copies issued by Supportive Volunteers at the Tourist Information Office at the Numazu Station, Palette, the City Library Participation, the City Gymnasium, Speakeasy, the Tap Room, Catholic Church, Kato Gakuen, Chiku Centers and the City Hall.

Information ~~ Declaration of Tax ~~ Please be sure of the place to declare. ~~

Inquiries: Municipal Tax Division ☎ 055-934-4736

~Residence Tax Return~ Inquiries: Municipal Tax Division ☎ 055-934-4736

Where: Numazu Cultural Center, Exhibition Room

Period: Feb. 19(Wed) ~ Mar. 18(Tue) [except weekends and Mar. 10 & 17(Mon)]

Hours: 9:00 ~ 12:00, 13:00 ~ 17:00

*Tax returns will not be accepted at City Hall during the above period.



◆ **People who have to file a tax return:** Those who live in Numazu City on the day of Jan. 1, 2014 and fall into any of the following cases below

- ① People who were sent a form from City Hall but don't have to pay income tax
- ② People who earned taxable income during 2013 but don't have to file a final income tax return
(People whose total amount of extra income is less than 200,000 yen included.)
- ③ People who receive a public pension and are going to file the deductions for National Health Insurance or life insurance premiums
- ④ People who pay the National Health Insurance and are not supported by others
- ⑤ People who don't earn taxable income during 2013 but need proof of earnings or a tax exemption certificate

*People who have filed the final income tax return to the tax office and salaried workers who have already deducted from employment income in the year-end adjustment need not file the return.

*People who will file the deductions of any insurance need to file the residence tax return even if you don't need to file a tax return.

~Income Tax Return~ Inquiries: Numazu Tax Office ☎ 055-922-1560

Where: Kira Messe Numazu (2F *Shimin* Gallery)

Period: Feb. 12(Wed) ~ Mar. 17(Mon) [except weekends]

Hours: 9:00 ~ 17:00

*Please come by 16:00 because a lot of people are expected to come.

*Numazu Tax Office doesn't guide you in filling in a return form during the above period.

*You need to pay 50 yen for a parking space.



◆ People who have to file a tax return

*The self-employed or people who get income from real estate, or sold their land or buildings

Their total amount of income for 2013 exceeds the total amount of income deduction like basic deduction or spouse allowance.

*Salaried workers applicable to any of the following cases below

- ① People who earned more than 20,000,000 yen a year.
- ② People who received income from two or more places.
- ③ People who earned more than 200,000 yen in extra income over the past year.

Refer to Numazu Tax Office about the details.

*People whose income is only miscellaneous income from public pension, and have remains after income deduction

*People whose amount of pension is fewer than 4,000,000 yen, and miscellaneous income except pension is 200,000 yen don't need to file an income tax return. (They need to file a tax return about a residence tax.) *Please ask Tax Office about the details.

*What you should bring with you when filing tax return

- ① *Inkan* (personal seal)
- ② The documents on which you added up your income and necessary expenses (like certificate of taxes deducted, detailed statement of receipts and payments, etc.)
- ③ The documents necessary for deduction from income

※Certification of premium payment for social insurance, small enterprise mutual aid plan, national pension, national health insurance, medical insurance for the elderly, nursing-care insurance, life insurance, earthquake insurance, etc.

※In case of filing a deduction for National Pension, a certificate sent from the Social Insurance Agency will be needed.

Inquiries: Numazu Pension Office ☎ 055-921-2207

(Number for certificate of deduction ☎ 0570-070-117)

- ④ Others

*If you have a copy of last year's tax return form, please bring it.

*Income tax returns can be submitted in the following ways, too.

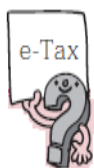
*On Saturdays and Sundays, please drop into "after-hours box" set in front of the entrance of Numazu Tax Office.

*By post: Please mail to Numazu Tax Office (3-30, Yoneyama-cho 〒410-8686)

*By e-Tax: You can submit at all hours during the period.

*Please refer to the National Tax Agency website < URL: <http://www.nta.go.jp/> >

Introduction of "e-Tax"



This is the system where you can declare and pay national taxes and do other procedures on the Internet. In order to use e-Tax, you need to be ready in advance.

You must get an electronic certificate. (charged in City Hall, Citizen Division

☎ 055-934-4721) You can refer to the National Tax Agency website.

*** Free consultation about taxes by certified accountants**

When: Feb. 17(Mon) ~ 26(Wed) 9:30 ~12:00, 13:00 ~ 16:00 (except weekends)

Where: Numazu Shoko Kaikan (1200-1 Hara)

*Please come to the places on the day.

*You can receive some advice about e-Tax. If you want some advice, bring your PIN (if you have).

Events

Join “Fujisan no Hi” (Memorial Event to Celebrate Mt. Fuji) Feb. 23(Sun)!

Mt. Fuji was registered on the World’s Cultural Heritage List on last June.

Why don’t you join the events of “Fujisan no Hi”?



Listen! Speech ‘Mt. Fuji, the Mentor in My Life’

Jitsukawa Yoshinobu, who has climbed Mt. Fuji 1,619 times, will talk about Mt. Fuji.

Applications & Inquiries: City Library ☎ 055-952-1234

When: Feb. 23(Sun), 13:30 ~ 15:00 / Where: City Library (4F Audio-visual auditorium)

Capacity: about 200 persons / How to apply: by phone from Feb. 6(Thu), 9:30 ~



Watch! Ukiyoe (wood-block prints), Photos & Video

Exhibition of “Katsushika Hokusai Fugaku 36 kei”

Inquiries: Kira Messe Numazu ☎ 055-920-4100

Tourism & Exchange Division ☎ 055-934-4843

When: Feb. 11 (Holiday) ~ Mar. 9(Sun) / Where: Kira Messe Numazu (1F entrance gallery)

◆Exhibition of Photographs ‘Mt. Fuji from nationwide points’&

“Mt. Fuji Climber, Jitsukawa Yoshinobu ~ Documenting of Challenge~”

Inquiries: City Library ☎ 055-952-1234

When: Feb. 15(Sat) ~ 23(Sun) / Where: City Library (4F Exhibition hall)

◆Videos concerning Mt. Fuji

Inquiries: Heda Library ☎ 0558-94-4420

When: Feb. 23(Sun), ①10:00 ~ ②14:00 ~ / Where: Heda Library (2F Audio-visual room)

Videos: “Takatori Monogatari (The tale of the bamboo cutter)” and others

Capacity: 100 persons (first-come, first-served basis)



Walk and look! : Rogaining around Mt. Fuji in Numazu

According to the map, let’s visit various spots with fine views and enjoy delicious food!

When: Feb. 23 (Sun), start at 10:00

Place to meet: Chuo Koen Park / Capacity: about 30 teams (2 ~ 5 people one team)

Fee: 1,500 yen for one person

How to apply: By Feb. 14(Fri), fill out an application form on HP

Inquiries & application: Numazu Running & Skills Station ☎ 055-952-3222

Website: <http://n-sta.com/>

Inquiries: Commerce and Industry Promotion Division ☎ 055-934-4748

Walking Event on the Day of Mt. Fuji

When: Feb. 22(Sat) (If it rains, it will be held on the following day.)

Place to meet: at 9:00 at the parking lots of Kadoike Park

Course: Kadoike Park ~ Monument to mourn the dead from Ansei Big Earthquake ~

Ayutsubo Waterfall Park ~ the lava mount at Inari Shinto Shrine ~ Kadoike Park

*Come to the place to meet on the day.

Inquiries: Numazu Sightseeing Volunteer Guide ☎ 055-964-1300

Tourism and Exchange Division ☎ 055-934-4746

“Fuji-san no Hi”: The city’s facilities are free of charge on Feb. 23

①	Imperial Villa Park	⑧	Heda Shipbuilding & Local Data Museum
②	View-O, the large water gate with observatory in Numazu port	⑨	City gymnasium(table tennis, Japanese archery, training room)
③	La la la Sun Beach	⑩	Gymnasium for workers
④	Bokusui Literature Museum	⑪	Koryo Practical Room of Japanese Archery
⑤	Serizawa Koziryo Memorial Museum	⑫	Heda B & G Community Sports Center
⑥	Mon Musee Numazu	⑬	Indoor Swimming Pool
⑦	Meiji Historical Museum		

*①admission only, ⑨～⑬admission of individual use only(high school students and under), till 17:00,⑨training rooms for user’s identification holders only, ⑨⑪an instructor should accompany ⑩⑫table tennis stands are installed in the arenas.

Ashitaka Sakura(Cherry) Relay Run, 2014

Inquiries and applications: Ashitaka Park, administration office ☎ 055-924-8878

Inquiries: Sport Promotion Division ☎ 055-922-7200

When: Mar. 21(Holiday), 9:00 ~ (Reception: 8:00 ~) (If it rains, it will be held.)

Where: Multi-purpose sports stadium, Ashitaka Park

Course: Ashitaka Park surrounding course

Applicants: elementary school students and older

Events: Relay run(full, half), half marathon, 10 Kilometer run, family run and kids run

Fee: 1,000 yen ~ 4,000 yen *It depends on the event.

How to apply: Directly make the entry with the form placed at Ashitaka Park by Mar. 7(Fri).

*Please access the home page about the details. HP address: <http://ashitaka-sakura.jp/>

Enjoying Ume Blossom and Tea Ceremony /Girl’s Festival, Dolls Display

Inquiries: Numazu Imperial Villa Park ☎ 055-931-0005

Tree and Park Planning Division ☎ 055-934-4795

***Tea ceremony**

When: Saturdays and Sundays and holidays till Feb. 23(Sun), 10:00 ~ 15:30

(If it is bad weather, it will be cancelled.)

Where: Numazu Imperial Villa Park (Plum garden)

Fee for tea ceremony: 500 yen with tea and sweets

Entrance fee: 100 yen for adult, 50 yen for elementary and junior high school students

*The session might be changed depending on plum blossoms.

*Girls' Festival, Dolls Display

Hanging dolls, creative dolls, Daimyo dolls from the Mizuno, the former Numazu feudal lord, will be exhibited.

When: till Mar. 30(Sun), 9:00 ~ 16:30 (Please enter it before 16:00.)

Where: Numazu Imperial Villa Park (West Annex)

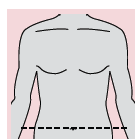
Admission: 400 yen for adult, 200 yen for elementary and junior high school students

Special Issue : Check Your Lifestyle

Bad living habits, such as eating too much, smoking, lack of exercise, result in metabolic syndrome, which leads to various diseases and does damage to your health. Let's learn more about metabolic syndrome, check on your condition and improve your lifestyle and lead a more healthy life. Inquiries: Health Promotion Division ☎ 055-951-3480

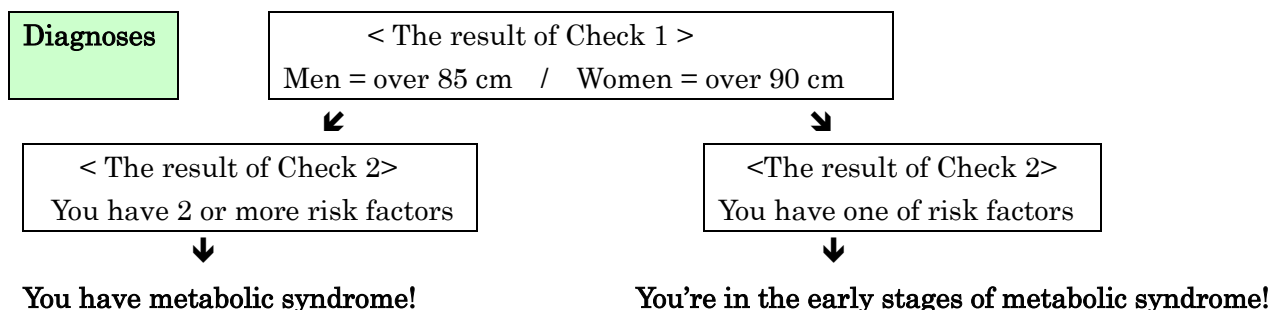
Check 1 Measure Your Waist at the Navel.

Your waist = _____ cm



Check 2 How many risk factors do you have?

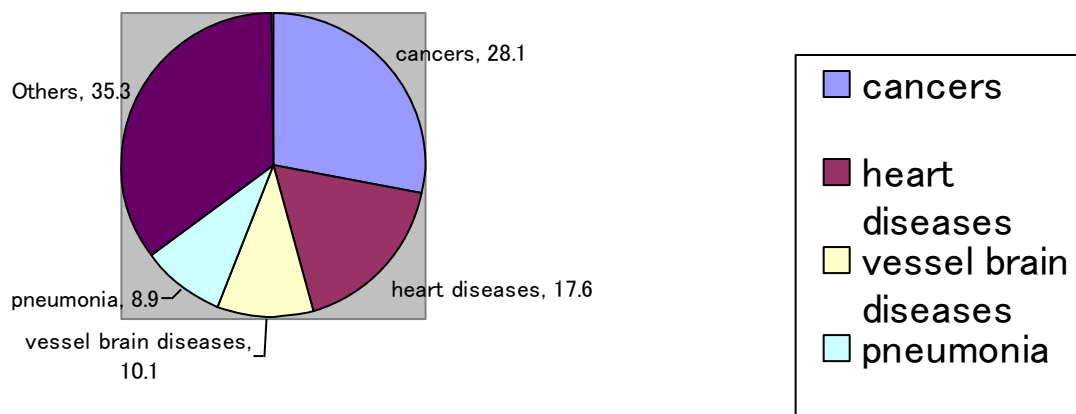
- | | |
|--|--|
| <input type="checkbox"/> Blood Pressure | Systolic [maximum] blood pressure = over 130 mmHg |
| | Diastolic [minimal] blood pressure = over 85 mmHg |
| <input type="checkbox"/> Blood Glucose Level | Fasting blood glucose = over 110 mg /dl |
| <input type="checkbox"/> Blood Fat Level | Triglyceride [neutral fat in blood] level = over 150 mg/dl |
| | HDL cholesterol level = less than 40 mg/dl |



Metabolic syndrome is a common metabolic disorder resulting from visceral fat [fat around internal organs] obesity, diagnosed by a co-occurrence of several medical conditions: hyperlipidemia, high blood pressure and hyperglycemia. An unhealthy life such as lack of exercise, eating and drinking too much leads to excess accumulation of visceral fat. Excessively accumulating visceral fat increases the symptoms of three risk factors of metabolic syndrome, hyperlipidemia, high blood pressure and hyperglycemia, which cause hardened arteries.

The major causes of death in Numazu are cancers, heart diseases and vessel brain diseases. Out of these causes, heart diseases and vessel brain disease are caused by hardened arteries. One out of four people die of diseases related to hardened arteries.

CAUSES OF DEATH IN NUMAZU



Even if you are diagnosed as metabolic syndrome, it doesn't mean that you are not healthy any more and will suffer from diseases immediately. But, if you leave your bad living habits as they are when you are diagnosed as metabolic syndrome, atherosclerosis [hardened arteries] will progress rapidly and you'll realize that after it's too late.

After reaching their thirties, people burn fewer calories than in their twenties. According to the government statistics, one out of two men over 40, and one out of five women over 40 have a metabolic syndrome or are in the early stages.

Preventing Metabolic Syndrome Starts With Improvement of Your Life Style

1. Eating Habit

2. Sport Habit

3. Smoking and Drinking

Metabolic syndrome is a disorder with excess accumulation of visceral fat as a result of bad living habits such as overeating, smoking, drinking and lack of exercise. So, if you change your bad living habits, you can improve your metabolic condition spontaneously. The important thing to lose visceral fat effectively is that you rethink your living habits such as eating and sports habits and keep a good balance between them. It is also important not to work too hard. Working too hard sometimes causes an increased risk of rebound.

1. Eating Habit

Your health is based on what you eat. Overeating or skipping a meal causes an excess accumulation of visceral fat. Please keep a balanced diet and reduce salt intake.

<Recommended Calories Intake>

Men(weight 70kg)=2,731 kcal

Women(weight 50kg) =1,898 kcal

<Calories Examples>

*curry and rice

(999kcal)



*ramen noodles(443kcal)



*tendon(731 kcal)



*cake (258 kcal)



Three tips;

***Eat three meals on a regular schedule**

If you skip your breakfast, you tend to eat a lot for lunch or dinner. Also, if you eat three or less hours before you go to bed, your meal will be easily converted to fat.



***Increase your vegetable intake**

Vegetables contain dietary fibers, vitamins and minerals, which block the absorption of fat. Let's add one more dish of vegetables and get 350 grams of vegetables every day.

***Eat food in a certain order. Eat vegetables, sea weeds or mushrooms first.**

It prevents you from overeating and helps slow digestion.

2. Sports habits

In order to improve your metabolic condition, it is necessary to take exercise, burn fat, increase muscle strength and metabolic rate. Start with low-impact workouts.

Three tips;



***Incorporate exercise into your daily life**

Consider walking or cycling instead of taking short car journeys.

Use stairs instead of elevators or escalators.



***Set a goal of 10,000 steps per day**

Walking is quite effective in burning visceral fat. Start with 10 minute walks, and if you're getting used to it, set a goal of 8,000 ~10,000 steps per day.

***Increase muscle strength and reduce visceral fat.**

Increased muscle strength leads to increased basal metabolism as well as higher energy consumption, which prevents visceral fat from accumulating.

3. Smoking and Drinking



Smoking increases neutral fat and bad cholesterol in the blood and causes a blood clot to form. It makes blood vessels narrow and pushes blood pressure up, which causes hardened arteries to progress. Drinking properly can help people to remove stress, but drinking too much does damage to people. Eating too many nibbles or night meals after

drinking can cause visceral fat to accumulate.

***Rethink your drinking and smoking habits**

If you are a smoker, please quit smoking. It is effective to visit some smoking cessation clinics. Do not drink too much every day and do give our liver a rest several days a week.

Let's take specific health checkups and specific health guidance!

For medical insurers (national health insurance), health checkups and guidance focusing on visceral fat obesity towards the insured and the dependents aged 40 or over are obliged. Thorough health guidance is conducted for those who are found to be necessary to get health guidance by health checkups. This will be a good chance to rethink your living habits. So, do not forget to take specific health checkups and specific health guidance.

Information



The Notice of the Change of the Sewage Rate from April 1

Inquiries: Water and Sewage Service General Affairs Division ☎ 055-934-4862

The sewage rate of Numazu City has been the lowest in Shizuoka Prefecture so far.

In spite of efforts of controlling labor costs, however, we have had a deficit problem since 2010. So the city is obliged to raise the sewage rate for the first time in 19 years. We know the raise falls on the users but please understand the situation.

◆Why will the sewage rate be revised?

Numazu City's sewerage coverage ratio is 55.7% up to the end of 2013, which is low compared to 60.3% of the average of Shizuoka Prefecture and 76.3% of national average.

In order to prepare hygienic living environment, we will make efforts for the wider spread of sewage system.

At the same time, we will do maintenance work of decrepit pipes and sewage treatment plants and promote earthquake-resistant work by making effective use of the new income.

◆Income and expenditure balance of sewage management in 2012

Income: 2,210,000,000 yen { 1,070,000,000 yen : money transferred from the general account
40,000,000 yen: others
1,100,000,000 yen: sewage use fee

Expenditure: 2,440,000,000 yen

(sewage disposal fee like maintenance of sewage treatment plants)

*In general, sewage disposal and treatment have to be paid by the users' fee.

As you can see, we cannot cover sewage treatment only by the users' fee, we use the money transferred from the general account, but income and expenditure of sewage management is still in the red.



What is changed?

Sewage rate will be changed on April 1, 2014. Water rate isn't changed.

The basic rate (per month)			Extra charge (monthly, per 1 m ³)		
Waste water	Old dues	New dues	Waste water	Old dues	New dues
~ 10 m ³	750 yen	1,050 yen	10 m ³ ~ 20 m ³	75 yen	105 yen
			20 m ³ ~ 30 m ³	77 yen	107 yen
			30 m ³ ~ 50 m ³	79 yen	110 yen
			50 m ³ ~ 100 m ³	82 yen	114 yen
			100 m ³ ~ 500 m ³	85 yen	118 yen
			500 m ³ ~	88 yen	123 yen

*including the consumption tax

How to compute: The amount of sewer is laid down the amount of used running water. Meters are read every other month. Check the city's homepage for more information.

Information

Come on! Numazu History and Folklore Museum in Goyotei Imperial Villa Park

◆The Special Exhibition “the Tools for Fishery Boat Building in Numazu”



The museum has the collection of fishery tools which were used around Uchiura and Shizuura area. The collection has been designated as “**National significant tangible folk cultural asset**”. This exhibition will show you the fishery boat building items out of the collection.

When: Feb. 1(Sat) ~ Mar. 25(Tue), 9:00 ~16:00

Where: Numazu History and Folklore Museum 2F (☎ 055-932-6266)

Fee: Free for the museum, but you need to pay for Numazu Imperial Villa Park.

(Adults: 100yen junior and elementary students: 50 yen)

Closed: Mondays, the next days of the national holidays, the last week day of each month



Call an Ambulance Only When You Really Need

Inquiries: Medical Emergency Training Work Station ☎ 055-921-9999

In Numazu city, ambulances were sent out 9,042 times in 2013, and the number of the people who were transported to hospital by ambulance was more than 9,000 for three consecutive years. Recently the number of the inappropriate cases of calling an ambulance has been increasing and this could seriously jeopardize the chances to save lives due to the delay of the proper lifesaving measures.

◆Take a look at the Manual of How to Utilize an Ambulance

Fire and Disaster Management Agency Home Page: <http://www.fdma.go.jp/>

★Available Services★

●Telephone Service by Cooperating Medical Staff for Emergency Case during Nights, Weekends and Holidays --- ☎ 055-935-0119 (24 hours a day, every day of the year)

●Shizuoka Telephone Consultation Service for Emergency Case of Children

☎ #8000 (18:00 ~ 8:00 next morning, every day of the year)



◆Dial 119 without Hesitation in the Following Cases!!!



- Unconscious
- Severe headache or abdominal pain, stomachache
- Seem to stop breathing
- Difficulty in breathing
- Lasting cramp
- Be unable to articulate properly
- Widespread burn
- Heavy bleeding

◆Never Call Ambulance for Any Reason of the Followings!!!

- Because you think you might be able to see a doctor preferentially.
- Because it cost you a lot to take a taxi to hospital.
- Because you don't know any hospitals available at night or on holidays.
- Because you worry about your symptoms such as a bruise, a cut, or too much drunken though they might not be so serious.

Pay Attention to the PM 2.5 (Fine Particulate Matter)

Levels of PM2.5 tend to be higher during the winter and spring every year.

Inquiries: Environmental Policy Division ☎ 055-934-4740

◆ **What is the PM2.5?** --- PM2.5 is defined as suspended particulate matter of 2.5 μm or less in diameter, which is about one-thirtieth the diameter of a single human hair. Since the fine particle of PM2.5 can easily penetrate deep into the lungs and cause damage to respiratory and cardiovascular systems, health concern has been raised about the effects of PM2.5.

※ 1 μm (micrometer) is one thousandth of 1 mm

◆ Information about high PM2.5 levels

When Shizuoka prefecture issues information calling for attention about the high PM2.5 levels in the atmosphere, we will promptly provide the information by the wireless radio broadcast.

◆ What we should be careful of at the time of calling the attention



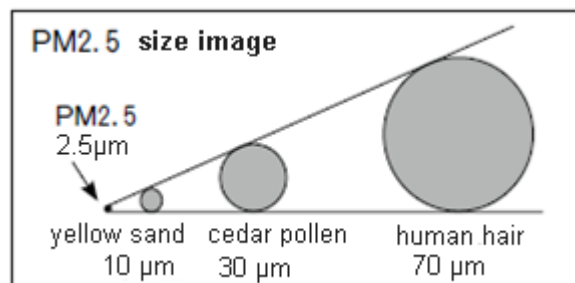
- Limiting outside visits to a necessary minimum
- Refraining from outdoor activities
- Limiting the frequency of opening windows and air ventilations
- Wearing an antivirus mask which filters out bacteria and particles

※ People with respiratory disease or cardiovascular disease, elderly people and children need to pay particular attention.

◆ Observation System in Shizuoka Prefecture

There are 19 observation points in Shizuoka prefecture, monitoring PM2.5 levels 24 hours a day. The PM2.5 data is openly available on the website of Air Pollution Monitoring System Shizuoka.

Website address: <http://taikikanshi.pref.shizuoka.jp/>



Information from Health Center

Applications and Inquiries: Health Promotion Division (Health Center) ☎ 055-951-3480

◆ Weekend Service for the Delivery of Vaccination Tickets

The grant application is available on the following weekend for routine vaccination tickets. You can also consult for general things about vaccination.

When: Feb. 22 (Sat), 8:30 ~ 12:00 / Where: Health Center

Things to bring: *Boshitecho* (Mother and child health handbook)

◆ Cooking Class for 3-year-old kids

Cooking class for 3-year-old children and their parents

When: Mar. 11 (Tue), 10:00 ~ 13:00 / Where: Health Center cooking room

Applicants: Children born between Oct. 2010 and Mar. 2011 and their guardians living in Numazu

Capacity: 15 pairs (first-come-first-served basis)

Fee: 220 yen per person (for ingredients and insurance)

Things to bring: *Boshitecho* (Mother and child health handbook), apron, bandana, towel, 2 dishcloths, fork and spoon

How to apply: by phone from 8:30 on Feb. 13 (Thu)



◆ Health Check

Let's measure bone density and body composition to think about your lifestyle. Carbon monoxide concentration measurement for smokers and dietitian consultation are also available.

When: 9:00 ~ 16:15 weekdays / Where: Health Center

Applicants: people aged 20 and over living in Numazu

Things to bring: *Kenkotecho* (Health book) if you have / How to apply: by phone

Contents	Applicants
Bone Density Measurement	People who haven't taken the check within the past one year
Body Composition Measurement	People who haven't taken the check in the past 3 months, and not having a cardiac pacemaker
Carbon monoxide Concentration Measurement	Smokers

Child Raising

Child Allowance will be paid on Feb. 13(Thu)

Inquiries: Child Support Division ☎ 055-934-4827

The payment covers between Oct., 2013 and Jan., 2014. People who applied after Oct. because of child birth or moving into the city will receive the money that covers through the following month to January.

Elementary school and junior high school admission notices have been delivered

Inquiries: School Education Division ☎ 055-934-4808

If you have some special reason to change the school specified by the notice; physical problems, both parents work, or moving, don't hesitate to contact us.

*You have to take the notice on the entrance ceremony day.

*The application of the selection of "*Rinsetsu-ko*" (a school next to your school area) has already finished.



Student Scholarship from the city is available

Applications & Inquiries: School Management Division ☎ 055-934-4805

Applicants: Parents of the applicants must live in the city. The applicants are anyone entering universities (except junior college) this year and need school expense assistance.

Amount: 120,000 yen a year

Capacity: 10 people (selected by "Scholarship Student Selection Committee")

Applicants have to submit the following through your school by Apr. 18(Fri).

1. Applications for the scholarship
2. Recommendation letter for the scholarship
3. A copy of all your family resident registration
4. A copy of your university's admission paper or the equivalent

Classes

Fresh Leader Class ~ for becoming a new leader

Inquiries: Lifelong Education Division ☎ 055-934-4871

You can learn about *Kodomo-kai* (Children's Gathering) through recreation.

When: Mar. 22(Sat) 10:00 ~ 23(Sun) 16:00 [for two days and one night]

Where: SHONEN SHIZEN NO IE(Youth House in Nature)

Applicants: 4 ~ 6 graders of elementary schools and 1~2 grades of junior high schools, who are living in the city

Capacity: 60 elementary students & 60 junior high students

(If there are too many applicants, a drawing will be held.)

Fee: 2,000 yen

How to apply: Fill in the form, which is distributed in an elementary or junior high school, and bring it directly by Feb. 21(Fri). *Please ask for the details.

Recruitment of the Members of "Children's Village"

Application & inquiries: Shonen Shizen no IE ☎ 055-922-1746

Children will stay in Shizen no Ie together and do various activities in nature.

When: May 10(Sat), 11(Sun), June 7(Sat), 8(Sun), Aug. 16(Sat), 17(Sun), Nov. 1(Sat), 2(Sun), Dec. 6(Sat), 7(Sun) (10 times in total)

Where: Shonen Shizen no Ie

Applicants: 3rd ~ 6th graders who can join all days

Capacity: 12 boys and girls each grade (first-come-first-served basis)

Fee: 16,000 yen (lodging charge, food expenses, material fees, insurance)

How to apply: by phone from Feb. 8(Sat), 10:00 ~ (closed on Monday)

Tennis Class

Application & Inquiries: Ashitaka Sports Koen Park (Tennis court) ☎ 055-920-8688

FAX: 055-920-8686

Tree and Park Planning Division ☎ 055-934-4795

	Class	When	Hours	Capacity	Fee
①	Beginners	Feb. 14 ~ Apr. 25	9:00 ~ 10:30	10	8,000 yen
②	Basics	Every Friday	10:50 ~ 12:20	10	
③	1 st ~ 3 rd graders of elementary school	Feb. 18 ~ Apr. 22	16:30 ~ 17:30	10	
④	4 th ~ 6 th graders of elementary school	Every Tuesday	17:45 ~ 18:45	10	
⑤	1 st ~ 3 rd graders of elementary school	Feb. 13 ~ Apr. 17 Every Thursday	16:30 ~ 17:30	5	

Where: Ashitaka Sports Koen Park (Tennis Courts)

*If there are too many applicants, a drawing will be held.

*The fee includes insurance.

How to apply: come to the park directly or by FAX, Feb. 8(Sat) ~ 10(Mon), 10:00 ~ 17:00

Lecture on How to Wear Kimono and Manners

Applications and inquiries: Numazu Imperial Villa Park ☎ 055-931-0005, FAX:055-933-3614

Applications: Tree and Park Planning Division ☎ 055-934-4795

When: Feb. 18 ~ Aug. 12, every Tuesday, ①10:00 ~ 12:00 or ②14:00 ~ 16:00

(except holidays, 24 times in total)

Where: East Annex, Numazu Imperial Villa Park,

Contents: learning how to wear Kimono and manners to be useful in daily life

Lecturer: Ms. Rumi Igusa, (NPO Dento Wabunka Manner Meister Association)

Applicants: Women

Capacity: 10 people each, (if too many persons apply, there will be a drawing.)

Fee: 29,050 yen including textbooks

Things to bring: Kimono, Obi, Nagajuban(underwear), an accessory set

Applications: by phone or FAX by Feb. 15(Sat)

Recruitment

Looking for Municipal Housing Residents

Inquiries and applications: Public Housing Repair and Maintenance Division ☎ 055-934-4792



Name of Danchi: Ishida Danchi(1 house), Jiyugaoka Danchi(1), Nakao Danchi(3), Matsubara Danchi(2), Haratorisawa Jyutaku(1), Hara Danchi(4), Haramachinaka Danchi(3), Nishi-ide Danchi(2), Imazawa Danchi(4), Green Hills Yutaka(1)

*Every Danchi has a limited number of parking lots.

Requirement:

- ①you have or are going to have relatives to live with (Jiyugaoka Danchi/Nakao Danchi(1 house), Hara Danchi(2), Nishi-ide Danchi(1), Imazawa Danchi/Green Hills Yutaka(Single people who were born before Apr. 1, 1956 also can apply for them)
- ②your income meets the income standard fixed by the regulations
- ③you live in the city or commute to it
- ④you are now in need to housing
- ⑤you are not Boryokudan(gang), (housemates are not Boryokudan either)

Terms to apply: from 8:30 to 17:00 commencing from Feb. 12(Wed) to 14(Fri)

The day of drawing: from 13:30 on Feb. 27(Thu)

*If many applicants apply, there will be a public drawing.

*This is the first time for you to apply for it, come to Public Housing Repair and Maintenance Division on the 6th floor of the city hall before the deadline of the application. Contact us about the details or visit the city home page on the internet.

Looking for a shop operator of the City Funeral Hall

Inquiries and applications: Resident Registration Division ☎ 055-934-4720

Term of the operation: Apr. 1, 2014 ~ Mar 31, 2016

Where: 14-1, Nakase-cho

Requirement: an organization or corporation who can retail and run the shop directly.

The terms to apply: Feb. 27(Thu), no later than the day

*Contact us or see the city home page about the details of the application.

Information

Advance Payment of National Pension Premium for 2 Years Will Start from Apr. 2014

Inquiries and applications: Japan Pension Service, Numazu ☎ 055-921-2207

Inquiries: Resident Registration Division ☎ 055-934-4724

“Advance payment of the premium for 2 years” by the fund transfer will start from Apr., 2014.

If you use the prepayment, you can save about 14,000 yen for 2 years, compared with the monthly payment.

Place to apply: The banking facilities where you have your bank account the premium will be transferred from or Japan Pension Service, Numazu.

For: The merit is applied if the payment of the premium for 2 years by fund transfer on Apr. 30 is done.

Time limit: Feb. 28(Fri) *Contact us about the details.



Night Acceptance and Consultation about Water Fee

Inquiries: Water and Sewage Service Division ☎ 055-934-4853

When: Feb. 18(Tue), until 20:00 / Where: Water Utility Department Building 1F

Subsidy for Complete Medical Checkup Cost

Application & Inquiries: Nation Health Insurance Division ☎ 055-934-4725

Applicants: People who have received postcards with the information around late July in 2013

Terms to apply: Feb. 28(Fri)

*If you haven't applied for it yet, please use it after checking the information details.

Nighttime Window of the City Hall will Open

You can pay City Tax and National Health Insurance at nighttime.

Inquiries: Tax Payment Division ☎ 055-934-4730

Inquiries: National Health Insurance Division ☎ 055-934-4727

When: Feb. 20(Thu), until 20:00

Where: Tax Payment Division(City Hall 2F) / National Health Insurance Division(City Hall 1F)

Higashi Surugawan Beltway from Mishima Tsukahara IC to Kannami Tsukamoto IC will be Opened

Inquiries: Ministry of Land, Infrastructure, Transport and Tourism Numazu Office ☎055-934-2010
Construction Office ☎ 055-934-4776

Higashi Surugawan Beltway from Mishima Tsukahara IC to Kannami Tsukamoto IC, which runs the length about 6.8 km, will be opened in Feb. 11(holiday). Then you can make use of the beltway from Numazu Okanomiya IC to Kannami Tsukamoto IC, which runs the full length of 16.8 km. If you want to know about the details, please check the HP. (<http://www.cbr.mlit.go.jp/numazu/>)

Free Events

School Festival at Numazu Professional College of Information and Business

Inquiries: Numazu Professional College of Information and Business ☎ 055-924-1551

When: Feb. 15(Sat) 10:00 ~ 16:00

Where: Numazu Professional College of Information and Business (Kotobuki-cho)

Contents: A refreshment booth, Game, CG works by the students and firefighting experience

*Please come to the site by “school shuttle bus” from Numazu North entrance because there is no space to park.

Shall We Start Bowling for Your Health?

Inquiries: Joyland Bowl Hara ☎ 055-968-2222 / Joyland Bowl Kanuki ☎ 055-931-9110

Joyland Bowl Takarazuka ☎ 055-963-2123

There are some bowling classes as follows. Each class will accept about 20 people. If you are interested in the class, please call by the date.

◆ Joyland Bowl Hara

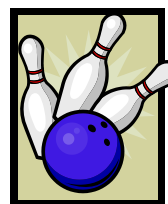
- ①Feb. 17 – Mar. 17 every Monday (5 times) from 20:00-21:30
- ②Feb. 18 – Mar. 18 every Tuesday (5 times) from 10:00-11:30
- ③Feb. 19 – Mar. 19 every Wednesday (5 times) from 10:00-11:30

◆ Joyland Bowl Kanuki

- ①Feb. 17 – Mar. 17 every Monday (5 times) from 13:30-15:00
- ②Feb. 21 – Mar. 21 every Friday (5 times) from 13:30-15:00

◆ Joyland Bowl Takarazuka

- ①Feb. 12 – Mar. 12 every Wednesday (5 times) from 13:30-15:00
- ②Feb. 13 – Mar. 13 every Thursday (5 times) from 19:00-20:30
- ③Feb. 14 – Mar. 14 every Friday (5 times) from 19:00-20:30



Information

Citizens' Voices for Better Development

Applications & inquiries: Citizens Consultation Center ☎ 055-934-4702

We have been listening to citizens' opinions on the municipal administration. There were 203 opinions as of the end of 2013. Followings are some examples reflected by the government.

1. Installation of guideboards on Mt. Kintoki

Voice:

I went hiking on Mt. Kintoki. The view from its top was marvelous and I enjoyed walking, but I noticed there were fewer guideboards on the route. Is it possible to fix more guideboards for walkers' safety?



Answer & Reflection:

Followed by your suggestion, we checked the hiking route and found some intended points, so we decided to set the boards. We will continue maintaining and improving the hiking route. Thank you very much for your opinion.

Inquiries: Tourism and Exchange Division ☎ 055-934-4746

2. Watching over the elderly people

Voice:

As for watching over the elderly, I hear the government is thinking about cooperation with electricity and gas companies, but how do you think about the cooperation with the delivery agencies such as newspapers and milk, as they have more opportunities to visit the elderly.



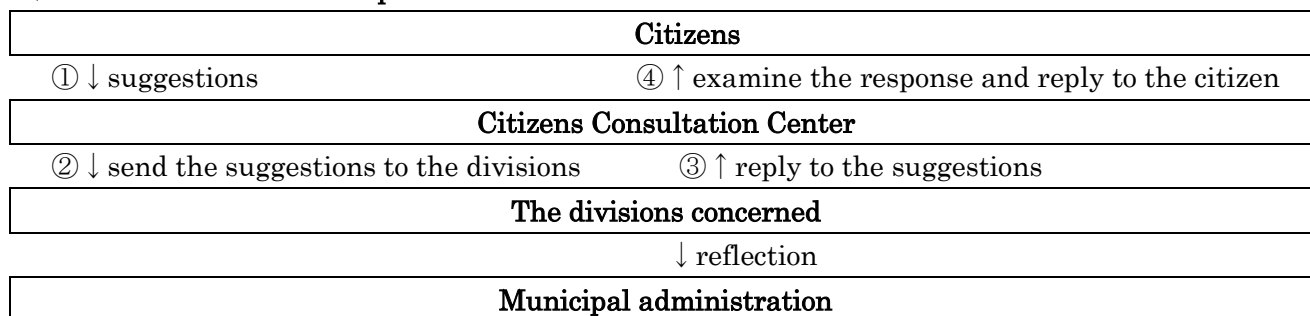
Answer & Reflection:

In 2012 we started a registration system with companies for watching over the elderly, and TEPC Co. Mishima Branch and Izu Branch besides our Water Service Department joined us. In this fiscal year, a banking institution, and a newspaper agency have newly joined. We are going to ask more companies for their help. **Inquiries:** Longevity Welfare Division ☎ 055-934-4835

◆ How to submit your opinion

- Come to Citizens Consultation Center
- Through the city website or mobile website
- Put your idea into the recommendation box settled at City Hall 1F Multipurpose Space, the citizen information offices and City Library
- Mail to “Citizens Consultation Center, City Hall 〒410-8601
- Call ☎ 055-934-4702 / Fax: 055-934-2593

◆ Flow chart of collected opinion



◆ Municipal government tour bus

Tour route: Clean Center, South Cleanup Center, Fire Station, etc.

Your request will be accepted.

Applicants: 15 or more people who live in Numazu

How to apply: by phone



~~ Don't forget to declare your income ~~

Inquiries: National Health Insurance Division ☎ 055-934-4726 (or 4728)

The income rate based on your income of the previous year is reflected in your National Health Insurance premium and the medical insurance for latter-stage elderly people. If your income declaration is late, your insurance premium might not be accurately calculated and a higher insurance premium might be charged later. If you have no income or do not need to declare your income in terms of the tax code (you receive only tax-free pensions such as bereaved family pension and disability pension), your insurance premium might be reduced by declaring your income. Please declare your income by the due date of the final return (Feb. 12(Wed) to Mar. 17(Mon)).

<< Q & A on Disaster Prevention & Reducing Disaster Occurrence in an Earthquake >>

Inquiries: Risk Management Division ☎ 055-934-4758

Q: What is “Earthquake Early Warning”?

A: The Earthquake Early Warning is a warning issued just after an earthquake. It is issued when Japan seismic intensity scale 4 or more is predicted.



For Numazu citizens, the city offers the Earth Early Warning system which is called “J alert.” There are several ways to get the warning information. You can get the warning alert from a broadcast radio system. If you have registered your cell phone for the “risk management information mail service” issued by Numazu city, you can also get the alert information. Or you can get the warning alert if you have registered for the warning information system service issued by the cell phone company’s. Please protect yourselves when you get the Earthquake Early Warning. When you are at home, make sure that the fire is out, and take refuge under the table. When you are outside, you should be away from concrete-block walls which could fall down, and glass windows which would be dangerous.

100 Selections of Numazu Treasure Troves

No. 24: Daichu-ji-Temple and Shoromon (gate with bell tower)



Zen Temple Linked with the Imperial Family

Daichu-ji-Temple is known for ume blossoms. Onkoden in the ume blossom garden was built in 1909. Empress Dowager Shoken (empress consort of Emperor Meiji) who came to see ume blossoms from the Numazu Imperial Villa Park rested in Onkoden. It is registered as a tangible cultural asset. The gate at the entrance was built in the Edo period and it is the only shoromon in Numazu City. Though there was the Ansei Great Earthquakes, it shows traces of how it originally looked.



1 Shoromon (gate with bell tower)

The bell was tolled twice a day to tell people the time.

2 The Ume Blossom Garden

There are more than a hundred ume blossoms, white ume blossoms and wintersweet in the garden. Ume blossom viewing party is held on February 11 every year.

3 Daichi-ji-Temple *Imo* (taro)

Daichi-ji-Temple *Imo* is the traditional vegetable in Numazu. We prepared taro to the imperial family members who visited Daichu-ji-Temple, so we call it Daichi-ji-Temple *Imo*.

