

Numazu Newsletter

No. 289

October 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

Shopping at 'A Smile Shop' Leads to Eco-Friendly Life

Inquiries: Garbage Countermeasure Division ☎ 055-934-4743

◆ What is 'A smile Shop'?

Numazu City has approved the stores, which are carrying out the efforts as follows, as 'A Smile Shop';

- ✓ Simple wrapping
- ✓ Encouraging customers to bring shopping bags
- ✓ Selling refills or recycled goods
- ✓ Collecting and recycling recyclable materials like Styrofoam and milk packaging

*There are 43 stores that are authorized as 'A Smile Shop' as of Aug. 31. Please take a look at Numazu City homepage about shop lists.

◆ What can you do for Eco-Friendly Life?

- ✓ Bring your own shopping bags
- ✓ Try to buy good with an eco-mark or refillable goods
- ✓ Rinse and dry empty plastic trays, and bring them to collection boxes at the stores



Smile Shop Grand Lottery

A grand lottery will be held for the consumers who cooperate with eco-friendly shopping.

Application period: Oct. 8(Wed) ~ 14(Tue)

How to apply: You will receive an application ticket when you refuse plastic bags at the cash register. Please fill in the form, and put it in the box set at the shop.

Premium: Recycled bicycle (3)

Announcement of winners: In mid-November, at the counter of the shop you applied

※After the announcement of winners, Numazu City will contact the winners directly.

※You can find stores which give out an application ticket on the City's homepage.



Special Issue HAKUIN Zen Master

Hakuin Zen master was a great person who was born in Hara, Numazu. In the middle of the Edo period, he revived the Rinzai school, preached Zen to ordinary people, and even now he is well-liked and called “Hakuin-san” by the local people. Recently not only Japanese people, but also people overseas, are becoming interested in his calligraphy and religious drawings. We are introducing his life here.

Inquiries: Numazu Treasure Troves Promotion Division

☎ 055-934-4879



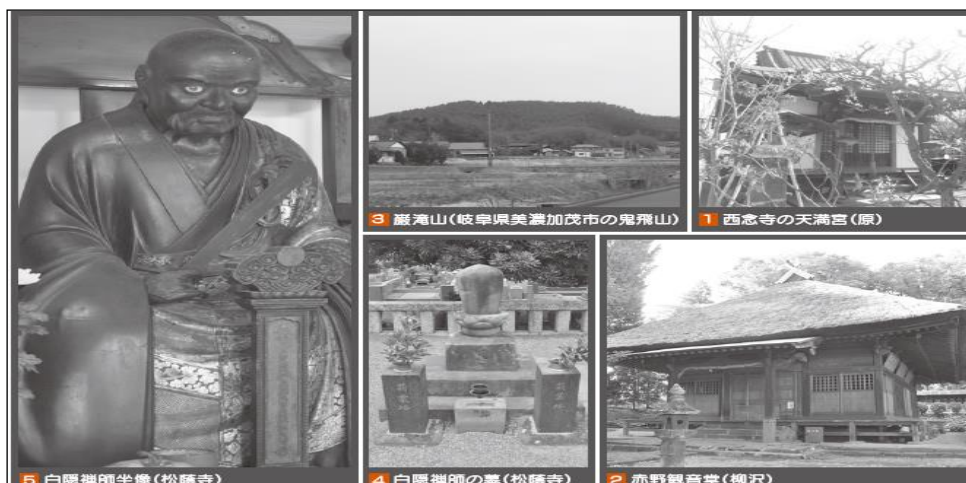
[“Daruma” drawn by Hakuin]

§-The priest’s history and character

Hakuin was born in the Nagasawa family of *Tokaido Harashuku* in 1685. He was the youngest of 5 children, named “Iwajiro” and brought up by a devout Buddhist mother who believed in the *Hokke* school. One day he was taken to a temple by his mother to listen to a lecture and heard about hell. He thought it was such a horrible place that he cried out. The fear of hell had a great influence on his life. Iwajiro sought how to be saved from hell, prayed to *Tenjin sama* (the heavenly gods) of Sainenji Temple (㊶) and had religious trainings at Hachijoishi (refer to the back of the newsletter) in Yanagisawa and at *Akeno Kannon Do* (Chapel of Kannon) (㊷). He later became a Buddhist monk.

At the age of 15, he became a Buddhist monk in Shoinji Temple and was named “Ekaku” and later he went on a religious training journey. When he was 20 years old, he regretted being a Buddhist monk and felt hopeless, but he read a book called “*Zenkansakushin*” and was impressed by the monk who devoted himself to the religious training in the story. Ekaku thought better of the religious training and continued the journey, walking “Wakasa (Fukui prefecture)” and “Iyo (Ehime prefecture)”, etc. After that, he did religious training in Shinshu (Nagano prefecture) and was admitted to having attained Buddhahood. He then continued religious training on Iwatakiyama Mountain (㊸) in Mino (Gifu prefecture), but as his sick father wanted him to come home, he decided to go back to Hara.

When he was 33 years old, he became the chief priest of Shoinji Temple. The following year he named himself “Hakuin”. The Zen master preached for about 50 years in Hara and trained a lot of excellent disciples. Hakuin Zen master passed away at Shoinji Temple in 1768. There is a tomb tower of the Zen master (㊹ ㊺) on the grounds of Shoinji Temple.



1. Temmangu (Shrine) of Sainenji Temple (Hara)
2. Akeno Kannon Do (Chapel of Kannon) (Yanagisawa)
3. Iwatakiyama Mountain (Onitobiyama Mountain in Minokamo City, Gifu)
4. Tomb of Hakuin Zen master (Shoinji Temple)
5. Seated statue of Hakuin Zen master (Shoinji Temple)

§-Distinctive Art

Hakuin left about 10,000 pieces of drawings and poems in order to preach about Zen. Learning art by himself, his art is fresh and unique. He has a wide variety of paintings such as statues of mercy, animals assimilated with humans, humor, satires, and Mt. Fuji. His work preaches not only to monks but to lay followers and tries to bring up his pupils with his originality.



1 白衣観音(松蔭寺蔵)



2 すたすた坊主(松蔭寺蔵)



3 富士山図(徳源寺蔵)

§-Hakuin's Great Achievement

Hakuin created the Zen concept that goes with the times in the Edo period. He spread the Zen teachings through painting and calligraphic work. Zen and his painting and calligraphic work are gathering worldwide attention.

John Lennon and Hakuin

It is said that John Lennon was impressed with the Zen teachings.

His hit song has the lyrics as follows

“Imagine there's no Heaven”

This has something in common with Hakuin's famous writing

“南無地獄大菩薩 (Heaven and hell are in our mind.)”

EVENT INFORMATION

Numazu Imperial Villa Park

“Shorai no Utage 2014” : Exhibition of Hakuin’s Zen Paintings and Suiboku

Calligraphies

Why don't you visit the park and see Hakuin's impressive works with your own eyes?

When: Nov. 2 (Sun)-16 (Sun), 9:00-16:30

Where: History and Folklore Museum 2F (inside Imperial Villa Park)

Admission: free for the exhibition

*You have to pay the admission for the Imperial Villa Park (100 yen for an adult, 50 yen for an elementary or junior high school student)

*Free parking is available.

Inquiries: Tourism and Exchange Division ☎ 055-934-4747

FORUM HAKUIN in NUMAZU 2014

Hakuin Forum, which was held in Tokyo and New York, is going to be held in Numazu. In the Forum, we will decipher the calligraphy works of Hakuin which citizens bring to us.

When: Nov. 9 (Sun) / Where: Plaza Verde

	Time	Places	Contents
①	9:30-12:00	3F Kaigi-shitsu (Conference Room)	Decipher of Hakuin's works *People are not allowed to attend deciphering works.
②	12:30-16:30	Convention Hall B	Lecture

Lecturer: Mr. Yokota (kancho of the Kamakura Engakuji temple), Prof. Yoshizawa (Professor of Zen Studies, the Hanazono University International Research Institute for Zen Buddhism), Prof. Lachaud (French School of the Far East)

Capacity: around 400 people

How to apply: by phone or email (Write your name, address and phone number and send by email.)

*If you want to ask us to decipher the Hakuin works you have, tell us about it when you apply.

Application and Inquiries: the Hanazono Univ. International Research Institute for Zen Buddhism ☎ 075-823-0585

Email: hakuin@hanazono.ac.jp

Inquiries: Numazu no Takara Suishin Ka ☎ 055-934-4879

Classes and Lectures

Gakuyo-Class [Gakuyo: a friendly city in China]

Inquiries: NICE office ☎ 055-934-4717

Trainees from Gakuyo, a friendly city of Numazu, are going to introduce their culture, tourism, funny Chinese words, and exhibit photos.

When: Nov. 6(Thu) 19:00-20:30

Where: San-well Numazu (2F Big meeting room)

Capacity: 60 people (in order of arrival)

How to apply: by phone, Oct. 8(Wed), 8:30-

NICE Tai Chi Class 2014 (latter period)



Application & Inquiries: NICE office ☎ 055-934-4717

When: Nov. 10, 17, Dec. 1, 8, 22 (Mondays), 19:15-20:45 (5 classes in total)

Where: City Gym (multipurpose room)

Contents: Eight-form Tai Chi

Capacity: 25 people (in order of arrival)

Fee: 1,500 yen (NICE members, elementary school children and junior high students: 1,000 yen)

How to apply: by phone after Oct. 9(Thu), 8:30

*This course is a collaborative one with Shizuoka Prefecture Resident College.

Life Saving Classes

Inquiries: Emergency Work Station ☎ 055-921-9999

When: Oct. 19 (Sun), 9:00 ~ 12:00 =①General Course

Nov. 16(Sun), 9:00~17:00 =②Advanced Course

Where: Emergency Work Station in Numazu City Hospital

Contents: How to use AED(Automated External Defibrillator) and how to stop bleeding

To whom: Students over junior high school or adults who live in the city or commute to Numazu

Capacity: 30 people for each

How to apply: By phone ①By Oct. 16(Thu) ②By Nov. 13(Thu)

Chinese Language Course for Beginners

Applications & Inquiries: Numazu City Japan-China Friendship Association / Nakayama san
☎ 055-951-2148

Inquiries: Civic Collaboration Division ☎ 055-934-4717

In this course, you can learn Chinese language through Chinese history, culture, and songs.

When: Fridays (excluding Jan. 2) during the period from Nov. 7 to Jan. 16, 2015 / 14:00 ~ 15:30
(10 classes in total)

Where: Numazu *Rosei Kaikan* (Labor Administration Hall) / #3 Meeting Room)
(*Takashimahon-cho*)

Fixed number: 20 persons (in the order of application)

Fee: 5,000 yen (textbooks and others)

How to apply: By phone / after Oct. 8 (Wed) 8:30

Let's Make *Konnyaku*

Applications & Inquiries: Shop OH! MOS ☎ 055-943-2136

Inquiries: Agriculture and Forestry Division ☎ 055-934-4757

When: Oct. 11 (Sat), 9:00 ~ 11:00

Where: Shop OH! MOS (*Uchiuraomusu*)

Applicants: Those who have no experience of making *konnyaku*

Fixed number: 30 persons (in the order of application)

How to apply: By phone / after Oct. 8 (Wed), 9:00

Child Raising

October is Foster Parents Month

Inquiries: Numazu Foster Parents Organization ☎ 055-932-7702

Child Support Division ☎ 055-934-4828

There are children who cannot live with their parents because of various reasons. Foster parents, who are authorized by the prefectural governor, will take care of those children at home instead of their parents.

◆ What you can do as foster parents: ①～④

① You'll invite children who live in children's home to your house, and spend time with them temporarily.

②, ③ You'll foster children for a short period of time(②) or for a long time(③).

④ You'll foster them for adoption.

◆ Consultation by the person in charge of foster parents

When: Oct. 25(Sat), 10:00-14:00

Where: "Poppo" (Numazukko Fureai Center: Numazu *Shoren-kaikan* Build. 4F)

To whom: People who are interested in being foster parents

*Please come to the site directly.

Child Benefit will be paid on October 10(Fri)

Inquiries: Child Support Division ☎ 055-934-4827

On Oct. 10 (Fri), Child Benefit for four months, June ~ September, will be paid to the citizens who meet the benefit payment conditions. (Those who got the right to receive the benefit in July and after will get the benefit for the starting month and the remaining months.) "Situation Report" is indispensable in order to receive the benefit, so submit yours as soon as possible if you have not yet handed in.

Kingdom of Children's Play in Numazu

Inquiries: Lifelong Education Division ☎ 055-934-4871

When: Oct. 19 (Sun), 10:00-14:30 (Opening Ceremony: 9:30-)

※In case of rain, this event will be postponed until Oct. 26(Sun).

Where: Multipurpose Athletic Field at ASHITAKA SPORTS PARK

Free Open Space at SHONEN SHIZEN NO IE (Youth House in Nature)

Contents: Struck-Out, Spinning-Top, Shoe-Throwing, Handcraft of

Disposal-Wooden-Chopstick Pistol, Pencil Balloon Art, Handcraft

※It is convenient to get on the bus bound for UNDO KOEN (Sports Park) at

the BUS STOP NO. 3 in front of *Fujikyū* Department Store near the South Entrance of JR Numazu Station if you want to take a bus.

※Shoes with high heels and Japanese wooden footgear are banned to avoid spoiling the lawn in the multipurpose athletic field at ASHITAKA SPORTS PARK.



Fureai Koryu Kai

Application & inquires: Numazu-shi Social Welfare Council ☎ 055-922-1500

Inquiries: Social Welfare Division ☎ 055-934-4824

Let's communicate with handicapped junior and high school students by picking mandarin oranges together!

When: ①Nov. 2(Sun), 10:00-15:30 ②Nov. 16(Sun), 9:00-15:30 (twice in total)

Where: San-well Numazu, and other places

Contents: ①workshop in advance ②event (picking mandarin oranges in Nishiura)

For: junior and high school students who live in the city or commute here and are interested in volunteer activities and welfare

Capacity: 20 people (in order of arrival)

How to apply: by phone, Oct. 8(Wed), 9:00-

Recruitments

Sweet Potato Harvesting

Application & Inquiries: JA Nansun, Kanaoka Branch, Ono-san

☎ 055-921-4456 / FAX: 055-921-4415

Inquiries: Agriculture & Forestry Division ☎ 055-934-4751

When: Nov. 15(Sat) 9:30~ *When it rains, it will be postponed until Nov. 16(Sun).

Meeting: JA Nansun Tea factory (Matsuzawa-cho)

Capacity: 50 pairs (in order of arrival)

Fee: 1,000 yen per pair (5kg sweet potatoes will be distributed.)

What to bring: a pair of cotton gloves, plastic bag, shoes that you can work in

How to apply: By phone or Fax, Oct. 8(Wed), 9:00-

*Tell us your name, age, the number of members and phone number.

Nansun Lady

Application & Inquiries: JA Nansun (Nansun Lady kakari) ☎ 055-931-4977

Inquiries: Agriculture & Forestry Division ☎ 055-934-4751

We are looking for two lively girls living in the eastern area of the prefecture or commuting there.

They are supposed to be over 18 years old (as of Apr. 1, 2014) and are interested in agriculture and *Nokyo* business.

Deadline: Nov. 7(Fri) *Please ask for the details.

Events

The 8th Chokan Sai

Inquiries: Numazu Municipal Nursing Professional Training College ☎ 055-951-3500

When: Oct. 18 (Sat), 10:00-14:30 / Where: *Shiritsu Kango Senmon Gakko* (Ozuwa)

Contents: experience of sympathetic nursing technique, presentations, bazaar, and others

※Please refrain from a visit by private car.

※No need for applications. Please come to the place directly on the day.

Come to Observe Plants in *Kanukiyama* (mountain)

Applications & Inquiries: Agriculture and Forestry Division ☎ 055-934-4751

When: Oct. 26 (Sun), 9:30-13:00 (A slight rain does not halt the event.)

Meeting Time and Place: At 9:20 / at *Kanukiyama Koryodai*

Applicants: Those who are interested in plants growing in *Kanukiyama*

Fixed number: 25 people (in the order of application)

What to bring: drinks, loupe (if you have one)

How to apply: By phone / after Oct. 8 (Wed), 9:00

※Please wear comfortable clothes to move around.



Chiiki Fu-re-a-i Concert

Inquiries: Cultural Promotion Division ☎ 055-934-4812

When: Oct. 18 (Sat), 14:00-15:30

Where: Hara Chiku Center

Contents: Anthology; pieces for cello remaining in our hearts

Performer: Otokawa Kenji san (Former chief cellist in Tokyo Symphony Orchestra)

Fixed number: 200 people approximately

※No need for applications. Please come to the center directly on the day.

Charity Bazaar

Inquiries: ①Numazu City Council of Social Welfare ☎ 055-922-1500

②Social Welfare Division ☎ 055-934-4824

When: Oct. 25 (Sat), 10:00-15:00

Where: San-Well Numazu (4F, Multipurpose Hall)

Contents: sales of goods, sales of goods made by volunteer groups or in facilities for social welfare and others

※Please come to the hall directly on the day.

Tour around Geo-Site in *Nishiizu* Area and Cultural Property in Heda

Applications & Inquiries: *Heda Bunka Kyokai* (Cultural Association) / Yamaguchi san

☎ 0558-94-4351 / FAX: 0558-94-5100

Inquiries: Cultural Promotion Division ☎ 055-934-4812



Bus tour visiting geo-sites in Heda and Osezaki, and cultural property in Heda with a tour guide

When: Nov. 16 (Sun), 9:15-15:00 (A slight rain does not halt the event.)

Meeting Time and Place: At 9:00 / At Heda Central Pier

Tour Course: *Matsushiro-tei* (residence) ~ Osezaki (*Kamiike* / Devine Pond) ~ Ida (*Kirameki-no-Oka*) ~ *Deai-misaki* (promontory) ~ Heda Shipbuilding Local Collection Museum

Fixed number: 20 people (If there are many applications, there will be a drawing.)

Fee: 2,000 yen (including expense for lunch)

How to apply: By FAX / during the period from Oct. 15 (Wed) to 31 (Fri)

The 61st Numazu Bokusui Festival

Inquiries: Bokusui Memorial Museum ☎ 055-962-0424

Cultural Promotion Division ☎ 055-934-4812

When: Oct. 19(Sun) 11:00-

Where: Senbonhama Park (in front of the Bokusui Monument)

※Also the award ceremony of 'Junior High School *Tanka* Competition' will be held.



Fujinokuni Art Festival 2014 Photo Exhibition

Inquiries: Prefectural Culture & Tourism Cultural Policy Division ☎ 054-221-2254

Inquiries: Cultural Promotion Division ☎ 055-934-4812

When: Oct. 22(Wed)-27(Mon), 9:30-17:00 (*Oct.22=10:00-17:00 / Oct. 27= 9:30-15:00)

Where: Plaza VERDE (Citizens' Gallery)

Information

Open school: Numazu *Ichiritsu* High School / Junior High School

Inquiries: Numazu *Ichiritsu* High School ☎ 055-921-0805

Numazu *Ichiritsu* Junior High School

☎ 055-924-8000

When: Oct. 25(Sat) 8:45-16:30 (Reception: 8:30-)

*Please come to the site directly.

<< Contents >>

◆ Class observation

You can visit several classes. In the school, projectors are set up in each classroom, and the teachers use them effectively in lessons. Several classes will be offered for the visitors from 8:45 to 14:10, so please visit the classes anytime.

◆ School information session /Asking Questions about school

The teachers will talk about the school curriculum, school lifestyle and so on. You can ask several questions about the school individually.

Time: High school 11:45-12:15(School information session)/ 12:35-13:20(Private inquiry session)

Junior high school 13:30-15:00(School information session, Private inquiry session)

◆ Club activity observation

There are 25 club activities in the school. You can observe the club activity freely from 14:30-16:30.



Student's voice

Our school gives the students several opportunities to have international exchange. I enjoyed a home stay at Kalamazoo city. It was my good memory. If you are interested in our school, please come to visit Numazu Ichiritsu High /Junior high school.

City Tax is available at Night

Inquiries: Tax Collection Division ☎ 055-934-4730

When: Oct. 21(Tue), 17:15-20:00

Where: City Hall (2F Tax Collection Division)

National Health Insurance payment is available at Night

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

When: Oct. 21(Tue), 18:15-20:00

Where: City Hall (1F National Health Insurance Division)

Indoor pools are open on Health-Sports Day

Inquiries: Indoor Pool ☎ 055-932-2719

Inquiries: Heda B&G Community Sports Center ☎ 0558-94-3501

When: Oct. 13 (Mon., Health-Sports Day)

Fee: free

Tour of Welfare Facilities

Applicants & inquiries: Numazu Social Welfare Council ☎ 055-922-1500

Inquiries: Social Welfare Division ☎ 055-934-4824

When: Oct. 30(Thu) 10:00 ~ 13:00

Gathering Place: San-Well Numazu 1F

Contents: Visit welfare facilities in Numazu city and get a better understanding.

Kokoromi Farm, Plege Ashitaka, Angel Lamp

Applicants: People who live in Numazu city or commute to Numazu city.

Capacity: 15 people (in order of arrival)

Fee: 500 yen (for lunch)

How to apply: by phone after Oct. 8(Wed), 9:00

Placement of Puppies and Kittens

Inquiries: Sunto Veterinary Medical Association Windy Animal Clinic ☎ 055-922-4113

Environmental Policy Division ☎ 055-934-4740

When: Oct. 19(Sun) 14:00 ~

Where: Clean Center



People who want to have a puppy or kitten

Bring your seal and pens and pencils and choose a puppy or kitten. (People underage must be accompanied by parents.)

People who want to hand over a puppy or kitten

Have a free health check up, stool test and debug at the veterinary hospitals during Oct. 5(Sun) ~11(Sat). Take your pets to the site directly.

※You can hand over a puppy or a cat aged 2 months to 4 months. If you want to know the hospitals where your pet can have a free checkup, please ask Windy Animal Clinic or Environmental Policy Division.

Educational Loan Subsidy for Workers

Applications & Inquiries: *Rokin* (Workers' Credit Union) Numazu Branch Numazu Loan Center
☎ 055-926-5515

Inquiries: Commerce and Industry Promotion Division ☎ 055-934-4749

When workers who are residents of the city and have employment income take out educational loans from Shizuoka Prefecture Workers' Credit Union, the city government subsidizes a fixed rate of interest on them.

Use of funds: Cost for taking entrance examinations for universities, two-year colleges, higher professional schools, and others / related cost for proceeding to higher education or attendance at school

Limited cost to subsidize: 3,000,000 yen

Fixed rate of interest subsidy: 1.5 % a year (for 5 years)

※Consultations are also held on the following days; Wednesdays (17:00-19:00) and Sundays (9:00-12:00 / 13:00-16:00) ◆Prior booking essential

※Please make inquiries about details.

The 2nd Job Fair; for college students and others

Applications & Inquiries: Shizuoka Prefecture Business & Industry Department Employment Promotion Division ☎ 054-221-2573

Inquiries: Commerce and Industry Promotion Division ☎ 055-934-4749

When: Oct. 17 (Fri), 13:00-16:00

Where: *Fujisanmesse*, Large Exhibition Hall (*Yanagishima*, Fuji city)

Contents: Consultations and interviews with persons in charge of personnel administration in business enterprises / Selection / Seminar on business interviews, and others

Applicants: College students and others who are going to graduate from school in March, 2015 / applicants for employment who graduated from school three years ago and later.

※Please access the website for details about how to apply or others.

Homepage Address: <http://www.koyou.pref.shizuoka.jp/>

Events on the Day of Good Teeth

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

When: Nov. 8(Sat), 9:00-12:00 / Where: San-Well Numazu

The Corner for Making Teeth Healthy

***Open Square of Healthy Mouths for Children and Parents**




Contents: Fluorine coating on teeth of children aged one and half years old up to pre-school and periodontal disease examination for the parents.

*If you had fluorine coating less than three months, you can not apply for it.

Capacity: 50 pairs (first-come first-served basis)

Applications: by phone, Oct. 9(Thu), 8:30-

*Periodontal disease examination Applicants: people aged 20 years old and over	*Cavity prevention drama Contents: The play, "Yobo-san," (→) is held by 8020 promoters.	
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Exercise corner

***Exercise for parents and children**

40-minute-exercise

Course Name	When	Applicants
Nikoniko course	9:15-	2-3 years old children who are not go to kindergarten
Pikapika course	10:35-	3-5 years old children who are go to kindergarten

Capacity: 20 pairs per course (first-come first-served basis)

Fee: 20 yen per person (insurance)

Applications: by phone after Oct. 9(Thu), 8:30

***Introduction of exercise while taking care of children**

***Measurement of physical fitness**

Measuring Corner

*People with beautiful blood vessels Contents: observation of the blood flowing in a body Capacity: 24 people (first-come first-served basis) Applications: by phone after Oct. 9(Thu), 8:30	*Bone density measurement
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Besides, there are a lot of pleasant sections. Food education corner, salt restriction/salinity check, chewing check, non smoking support corner, introduction of breast cancer self-examination method, health quizzes.

Information from Health Center

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

In Order to Prevent Cervical and Breast Cancer



Numazu City carries out medical examinations for cervical cancer for women over 20 years of age and breast cancer for women over 30 years of age.

We recommend women who have not yet gone through the medical examination this year to take it.

Deadline of medical examination: Oct. 31(Fri)

※Those who have free coupon ticket for cancer examination can take the medical examination until Dec. 28.

Where: Designated medical institutions

Measurement of Bone Density and Body Composition and Diet Counseling by a Nutritionist

When: 9:00-16:15 during the weekdays / Where: Health Center

Applicants: Numazu citizens over 20 years of age / How to apply: By phone

Things to bring: a health handbook (if you have)

Contents of measurement	Applicants
Bone density	People who haven't measured within a year (except those who have medical treatment of osteoporosis)
Body composition (visceral fat index, visceral fat quantity of parts of a body, muscular quantity, etc.)	People who haven't measured within six months (except those who have a cardiac pacemaker)
Carbon monoxide concentrations	People who smoke

Health Lecture about Your Toes

Foot's troubles like calloused toes, ingrown nails or hallux valgus may have been caused by your daily lifestyle. If you leave them, your body might be distorted.

This is the practical lecture looking at your toes.

When: Nov. 8(Sat) 14:00-15:30

Where: San Well Numazu 2F Big Meeting Room

Lecturer: Dr. Hata Maki (dermatologist of City Hospital)

Applicants: People who live in or commute to Numazu City

Capacity: 80 people (in order of arrival)

How to apply: By phone, Oct. 8(Wed), 9:00~

※Participants can measure bone density and toes' grip if they wish for 30 minutes before and after the lecture.

Refreshing Class for a Mother-to-Be and a Mother with a Baby

Inquiries and applications: Numazu *Jyosanshi* (Midwife) *kai Nakagawa san* ☎ 055-951-1077

When: ① Nov. 2(Sun) 10:00- ② Nov. 30(Sun) 10:00-

Where: Health Center 1F

Contents: Exercises together with an expectant mother and a mother and a baby, advice from experienced mothers, babies counseling, etc.

Applicants: Women from the twentieth to thirty-sixth weeks of pregnancy, babies born from May to August in 2014 and their mothers

Capacity: Pregnant women (20 persons) Mother and baby (10 pairs)

(In case of a lot of applicants, there will be drawing.)

How to apply: Please use a return postcard

Application deadline: ① Oct. 20(Mon) ② Nov. 17(Mon) Must arrive on the day.

※Please come wearing clothes you can exercise in.



A letter sent to get a reply

Front page: Address : 〒410-0036 *Hiramachi 5-15*

Addressee's name Numazu *Jyosanshi kai*

Back page: 1. Your address 2. Your phone number

3. The date you want to participate. ①or②

4. In case of a pregnant woman: Name, the date of birth, an expected date of delivery

In case of a mother and a baby: Names and dates of birth of a mother and a baby, baby's sex

A reply card

Front page: Your postal code, address and name

Back page: Don't write anything.

Free Events

Exhibition of Works by Retired Teaching Staff in Numazu

Inquiries: Planning Committee of Exhibition of Works by Retired Teaching Staff in Numazu

☎ 055-964-5500

When: Oct. 21 (Tue)-26 (Sun), 9:30 ~ 16:50 (Visitors should enter the hall by 16:30.)

Where: Numazu *Kyoiku Kaikan* (Education Assembly Hall) (*Marukocho*)

Contents: Exhibition of paintings, calligraphy, craftworks, pottery, photographs, and others

Bones and Joints Day; lecture for citizens and medical treatment consultations

Inquiries: *Egawa Clinic* ☎ 055-921-5148

When: Oct. 18 (Sat), 14:00-17:00

Where: Numazu Chamber of Commerce and Industry 4F, Large Conference Room (*Yoneyama-cho*)

※When you come to the place by car, please park your car at a parking lot in Plaza Verde.

※No need for applications. Please come to the place directly on the day.

Tour around 100 Treasure Troves in Numazu City NO. 32

The Huge Rock, “Hachijo-ishi”: Zen master Hakuin often went to sit on it in his childhood.



There is a big and unusual shaped rock that was named Hachijo-ishi. The name means eight **tatami-mat-sized rock**. It is about 3 meters high and 50 square meters wide in its upper area. Actually it is bigger than eight tatami. The rock is in Hachijo-ishi Park. The park is by the Takahashi River in the Yanagisawa area at the foot of Mt. Ashitaka.

The rock is made of andesite, a kind of volcanic rock that we often see around there. It is said that the rock fell from the eastern mountainside during a big flood in 1635(*Kanei* 12). It is said that Hakuin came to the rock many times and sat on it to study Buddhism hard in his childhood. In this newsletter we are introducing Hakuin as a special topic. Now the local people keep the park clean by planting cherry trees and cutting the grass and doing other things. In spring, people enjoy the cherry blossoms and walking around there. Also, people who like to visit famous sites relating to Hakuin go there. (20 minutes by car from JR Numazu station)



Hakuin Breathing



Hakuin, distinguished Zen master, was hit by Zen-disease in his 20s and wandered between life and death. Zen-disease's symptom is similar to autonomic imbalance and a psychosomatic disease. It comes from a physical and mental imbalance due to fierce Zen training. Hakuin got over it by doing abdominal breathing, being aware of *tanden*, and through image training. In this breathing he focused his awareness on *tanden*, the point below your navel and through this image training, he was able to make his whole body warm. After he became the chief priest of Shoin-ji, he wrote about it in his book titled “*Yasenkanna*” and popularized this breathing throughout the nation. It is said that a lot of people, including not only ascetic monks at Shoin-ji, but also ordinary people, followed him and learned the breathing, generally benefitting from it.

How to breathe

1. Breathe out quietly and long, being conscious of *tanden*. When you do it, flatten your abdomen like you are shrinking a rubber ball.
2. When you blow out 80 percent of breath, loosen your abdomen, imagining the rubber ball returning.
3. Repeat this breathing again and again, imagining that you put butter on the head and it is melting and soaking into the body. Your whole body is getting warmer and relaxed.