

Numazu Newsletter

No. 309

August 15, 2015

Voluntary Supporters

Kalamazoo Division NICE

INFORMATION

<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

Child Raising



“Raising Children without Fearing for The Future” Let’s Develop Easy Child-raising!

Child-rearing Support Corner Numazu city supports children’s healthy growing.



“Tell me, U-san!” (Vol.1): Nintei Kodomoen (Centers for Early Childhood Education and Care (ECEC))

[U-san] As the new-type qualified institution started in April, the 1st ECEC in Numazu called *Nintei Kodomoen Shoei Yochien* opened. The City develops ECEC to reduce the waiting children for pre-schools and is opening a new ECEC next year in cooperation with Katahama Sakura Kindergarten and Katahama Nursery School.

*What is Centers for Early Childhood Education and Care (ECEC)?

ECEC is an institution which offers not only care, but also education. It also gives some support to parents whose children don’t belong to it.

*What are the advantages?

Children whose mothers are not working are also accepted. Children can stay at the same place even if their parents’ working conditions change. Children aged between zero and pre-schooled age can apply. As the institutions accept more children, the number of waiting children for nursery schools will be reduced.

Inquiries: Child Support Division ☎055-934-4842



Information Ohira Kindergarten Explanatory Meeting

When: Sep.28 (Mon) 10:00~10:30 / When: Ohira Kindergarten (Playroom)

Applicants: a family living in Numazu with children born between Apr.2, 2010 and Apr.1, 2013

What to bring: writing materials, slippers

*No reservation is required.

Inquiries: Ohira Kindergarten ☎055-932-2080



Events Musical Show for Parents & Children by Local Child Support Center

When: Sep.29 (Tue) 10:30~11:30 (Doors open at 10:15)

Where: Senbon Plaza (Music Hall) Contents: *Yukaina* (Entertaining) Concert

Applicants: children and their parents / Capacity: 200 people (first-come, first-served basis)

How to apply: by phone or FAX from Sep.1 (Tue)

Applications & inquiries: Katahama Nursery School *Karugamo* ☎055-966-5351, FAX 055-968-0848

Keiai Nursery School *Nikoniko Hiroba* ☎055-935-1234, FAX055-932-5455

Inquiries: Child Support Division ☎055-934-4826

“Team Lab Island” First Arrived in Eastern Shizuoka!



There are five activities waiting for you!

Oekaki Suizokkan (aquarium) – You draw a picture of fish and it swims with other fish in a huge aquarium.

Hikari no Ball de Orchestra – You touch the balls and they make different sounds and lights.

Hopscotch for Geniuses *Tensai Ken Ken Pa* – You hop on a mat with different shapes and they make sounds and pictures.

When: until Aug.31 (Mon) 10:00~16:30 (Admission is until 16:00.)

Where: Numazu Rakuun (6F Event Hall), Otemachi

Admission fees: 1,200 yen for junior high school students and older

700 yen for children between aged 3 and elementary school students (Children aged 2 and younger are free of charge.)

*Elementary school children and younger need to be accompanied by their guardians.

*People with physical disability certificate are free of charge.

Inquiries: Shizuokashinbunsha Shizuoka Broadcasting System Tobu Sokyoku Gyomubu

☎055-962-6520 (9:00~17:00 except weekends), or Public Relations Division ☎055-934-4703

Events

A Half Marathon along Kano River in 2015

Inquiries: Commerce and Industry Promotion Division,

☎055-934-4748

Why don't you run along "Kanogawa View Line", where we can see Mt. Fuji, one of the world heritages?

When: Oct. 18(Sun)

(It will be called off if it is rough weather.)

Where: *Chuo Park*



Category	Start at	Participant	Capacity	Fee(yen)
① Half (21.0975 km)	10:10	Over high school student age	500 people	2,000
② 10 km	10:00	Anyone	500 people	1,500
③ 5 km	9:20	Anyone	250 people	500
④ 3 km	9:00	Anyone	250 people	500

How to apply: on the website by Oct. 2 (Fri)

- ※ A gift is given to all the participants.
- ※ There are narrow roads because the course is the sidewalk along Kano River.
- ※ The course is not preferential for runners.
- ※ Please check the details about the course on the website.

Applications & inquiries: Numazu Running & Skills Station ☎ 055-952-3222

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

Classes, Lectures

CLASSES and LECTURES at Kinrosha Seishonen Home (the Center for Working Youth)

Applications and Inquiries: Kinrosha Seishonen Home (the Center for Working Youth)

☎ 055-931-1071

Inquiries: Lifelong Education Division ☎ 055-934-4871

Let's find a suitable class for you and explore your hobby in depth, making friends with others.

Period: October, 2015 – March, 2016, 20 times in total (except the classes shown below)

No.④⑥⑦⑧⑪⑫⑮⑲ = 10 times in total / No. ①②⑭⑰= 15 times in total

No.⑨ = 6 times (once a month)

Applicants: Young people living in or commuting to Numazu (39 years old or younger, as of April 1, 2015) who can participate in the events held at the Center for Working Youth

Fee: free *Applicants have to pay for material cost, the fee for using facilities (1,200 yen) and

insurance fee (300 yen).

How to apply: Fill out an application form at the Center for Working Youth and hand in it to the office directly

Application Deadline: 16:00 on Sep. 13 (Sun)

*In case of too many applicants, we'll have a drawing. If the applicants don't reach the fixed number, applications will be accepted until Sep. 30(Wed).

*Please ask us about the details.

Center Festival (Home Matsuri)! When: Sep. 13 (Sun), 10:00 – 15:00

	Class	Date	Time	Capacity (people)	Material cost(yen)
①	Penmanship	Mon (irregular)	18:30 – 20:30	15	3,000
②	Calligraphy	Mon (irregular)	18:30 – 20:30	15	3,500
③	Pilates	Mon	19:00 – 20:30	30	2,000
④	Flower Arrangement	Mon (every other week)	18:30 – 20:30	15	10,000
⑤	Cooking	Tue	19:00 – 20:30	16	12,000
⑥	How to wear kimono 	Tue (every other week)	18:30 – 20:30	15	13,500
⑦	Ball Exercise	Tue (every other week)	18:30 – 19:40	30	1,500
⑧	Nail art	Tue (every other week)	19:00 – 20:45	20	5,000
⑨	Numazu Seinen Challenge Seminar	Tue (6 times in total)	19:00 – 20:45	30	3,000
⑩	Ceramic Art	Wed	18:30 – 20:30	30	22,000
⑪	PC 	Wed (every other week)	19:00 – 20:45	15	5,000
⑫	Holistic Aroma Therapy	Wed (every other week)	19:00 – 20:30	15	5,000
⑬	Conditioning Yoga (for keeping your physical and mental balance)	Wed	19:00 – 20:10	30	2,000
⑭	Powdered green tea	Thu (irregular)	18:30 – 20:30	20	15,000
⑮	Sports Class for beginners	Thu (every other week)	19:30 – 20:45	30	1,000

⑩⑥	Hula Dance	Fri	19:00 – 20:30	30	1,500
⑩⑦	Photography for beginners	Fri (irregular)	18:30 – 20:00	20	2,000
⑩⑧	English conversation	Fri	19:00 – 20:30	20	4,000
⑩⑨	Conditioning Yoga (for keeping your physical and mental balance)	Sat (every other week)	14:00 – 15:10	30	1,000

Events

Meiji Historical Museum, Off-site Exhibition, Who is This Portrait ?

Inquiries : Meiji Historical Museum ☎ 055-923-3335

Display the portraits of celebrities (hanging scrolls and oil paintings) stored at the museum and introduce the celebrities.

When: Sep. 2(Wed) to 29(Tue) / Where: Numashin Street Gallery(Ohtemachi)

11th Goze Entertainment Festival

Inquiries: Heda Tourist Association ☎ 0558-94-3115, Tourist and Exchange Division

☎ 055-934-4747

When: 18:30 to 21:30 on Sep. 12(Sat) / Where: Mihamazaki Park

Contents: the ceremony of Goze memorial service, Yosakoi, Kuroshio-taiko, Fisherman dance, Shamisen, Fireworks launch

*the memorial service is also held at Goze extensive view point from 9:30.

Jamatsu Ryokudo Evening Walk

Inquiries: Numazu Tourist Volunteer Guide ☎ 055-964-1300, Tourist and Exchange Division

☎055-934-4746

When: 15:30 to 18:00 on Aug. 22(Sat) (in case of rain, it will be cancelled.)

Place to meet: JR Numazu Station, South exit, the east side of *e~ra de*

Course: Nishi Amane's former residence ~Jamatsu Ryokuro~Joun temple~Wakayama Bokusui's tomb~Shimogawara Park~Jamatsu ground~Shimogawara Park(dissolution)

Things to bring: drinks, hats

*come to the place to meet on the day. *use public transportation

Promise with God~Children Telling The Womb Memory

Inquiries: the culture center ☎ 055-932-6111, Cultural Promotion Division ☎ 055-934-4812

The documentary film children tell their memories in the bodies of mothers before birth will be shown.

When: morning course at 10:00, afternoon course at 13:30 on Aug. 28(Sat)

Where: the small hall of the culture center

Fee: 1,000yen for advanced ticket, 1,500yen for today's ticket(university students and under are free if they show the student certificate.

Ticket: on sale at the ticket corner of the culture center and ticket agencies

Free Events

JA Nansun Furusato Matsuri Festival

Inquiries: JA Nansun Numazu Branch, ☎ 055-931-0455

When: Aug. 23 (Sun), 11:00 ~ 18:00

Where: JA Nansun Numazu Branch (Shimokanuki Kami-shoji)

Contents: Selling farm products directly from the farm, Japanese drums performance, Shagiri performance, lottery, stalls, etc. / ※ No reservation is required.

Living Well with Dementia

Inquiries: Takeda Pharmaceutical Company Limited, ☎ 055-980-5361

This is a lecture to understand Dementia correctly.

When: Aug. 30 (Sun), 13:30 ~ 15:00 / Where: Plaza Verde 401 meeting room

※ No reservation is required.

Hatsuratsuto Sugosou Kai ~ to keep you healthy and vigorous

Inquiries: Tokai Kenshin Center (Medical Examination Center), ☎ 055-922-1157

This is a lecture about headache. You can learn how to identify different types of headaches and effective treatment.

When: Sep. 12 (Sat), 14:00 ~ 16:00

Where: Tokai Kenshin Center, 3F meeting room (Shin-Sawada-cho)

※ No reservation is required.

Mon Musée Numazu Exhibition in September

Yuichi Sawada Exhibition: Sep. 5 (Sat) ~ 27 (Sun), 10:00 ~ 17:00 (last admission at 16:30, at 16:00 on 27 (Sun))

Lectures & Classes

Numazu Kankyo (environment) Shimin-Daigaku

Inquiries and Applications: Environmental Policy Division ☎ 055-934-4741 / FAX: 055-934-3045

This is a four-series lecture for the citizens on an environmental problem.

Theme: "Where does garbage on the seashore come from?"

You can apply to join only one class.

	When	Contents	Where
①	Sep. 13(Sun) 10:00 ~ 12:00	The sea which appeals to us, and the way to make our city attractive	Cultural Center #1 <i>Renshu shitsu</i>
②	Sep. 26(Sat) 13:30 ~ 15:30	To learn about garbage on the seashore: Why don't you experience how to separate trash?	Senbon Plaza Big Meeting Room
③	Oct. 17(Sat) 9:00 ~ 15:30	<fieldwork> To learn about garbage in and along the rivers	Kano River, Kise River
④	Oct. 31(Sat) 13:30 ~ 15:30	<workshop> To put the research together	Cultural Center #1 <i>Renshu shitsu</i>

Applicants: those aged 18 and older, who live or work in Numazu (excluding high school students)

Capacity: 40 people (In case of too many applicants, we'll hold a drawing.)

Fee: only ③=1,300 yen (for lunch)

How to apply: by phone, FAX, or mail by Aug. 31(Mon)

Please show your address, name, age, and phone number.

E-mail: kankyo@city.numazu.lg.jp

“Mushroom Class” in Citizens’ Forest

Applications & Inquiries: Park & Tree Planning Division ☎ 055-934-4795

Numazu City Hall 〒 410-8601

When: Oct. 4 (Sun), 10:00 ~ 15:00

Where: Citizens’ Forest (Nishiura Kochi)

Contents: Gathering mushrooms, observing them, and growing mushrooms

*Your clothes may get dirty.

Lecturer: Mr. Kawamura (*Kinoko* (mushroom) adviser)

Applicants: People over 7 years old

(Elementary school and junior high students must be accompanied by their parents.)

Capacity: 30 people (If there are so many applicants, there will be a drawing.)

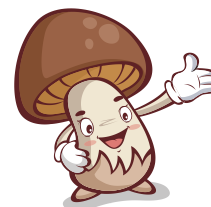
Fee: 50 yen a person (for insurance)

What to bring: writing implements, cotton gloves, plastic bags, lunch, drink and some clothes for the cold

How to apply: Send an *ofuku hagaki*(double-sided postcard) or e-mail with your address, name, phone number and “Mushroom Class.”

*You need to write the phone number which we can speak to you on the day.

Deadline: Sep. 16(Wed) / E-mail address: ryokuti@city.numazu.lg.jp



“Vegetable Planting” Class

Applications & Inquiries: Numazu City *Shinko Kosha* ☎ 055-931-8844

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



	Contents	When	Where
①	To grow vegetables in fall	Sep. 1 (Tue) 14:00 ~ 15:30	Cultural Center (#1 <i>Renshu shitsu</i>)
②	To grow vegetables in spring	Jan. 27(Wed), 2016 14:00 ~ 15:30	Cultural Center (Big Meeting Room)

Lecturer: Mr. Ishikawa (Seeds adviser)

Capacity: 70 people for each class (on first-come-first-served basis)

How to apply: By phone after Aug. 25(Tue), 8:30



Yoga & Belly Dance Class for Beginners

Applications and Inquiries: Senbon Plaza, ☎055-962-3313

Inquiries: Longevity Welfare Division, ☎055-934-4834

When: Sep. 1 (Tue), 8 (Tue), 15 (Tue), 29 (Tue), 19:00 – 20:00, 4 times in total

Where: Tamokuteki Hall, Senbon Plaza

Lecturer: Ms. Rosemary Mizuno (Fitness Instructor)

Applicants: people (20 years old or older) who can attend all four classes

Capacity: 40 people (the first 40 people)

How to apply: by phone after Aug. 22 (Sat), 10:00 –

Health Class

Applications and Inquiries: San Well Numazu, ☎055-922-2020

Inquiries: Social Welfare Division, ☎055-934-4824

You can learn how to stretch to ease your stiff shoulders.

When: Sep. 11 (Fri), 10:00 – 11:00 / Where: Tamokuteki Hall, San Well Numazu

Lecturer: Instructor at City Gymnasium / Applicants: people living in Numazu

Capacity: 40 people (the first 40 people)

What to bring: shoes for exercise, Yoga mat or a bath towel, drinks

How to apply: by phone after Aug. 24 (Mon), 9:00 –



Flower Arrangement Class for “Respect-for-Senior-Citizens Day”

Applications and Inquiries: Ashitaka Athletic Park, Tennis Court, ☎055-920-8688

Inquiries: Park & Tree Planning Division, ☎055-934-4795

When: Sep. 12 (Sat), 13:30 – 15:00

Where: Ashitaka Athletic Park, Tennis Court, Conference Room at Administration Building

Lecturer: Ms. Gyoda (flower designer)

Applicants: 4th graders of elementary school students and older

Capacity: 8 people *In case of too many applicants, there will be a drawing.

Admission: 1,000 yen for material costs

How to apply: Come to the office directly or call the office before Sep. 4 (Fri), 17:00 –

“Sogyo-Juku” is to be Held: Study Course for People who are Aiming to Start a Business

Applications & Inquiries: Chamber of Commerce and Industry ☎ 055-921-1000

Inquiries: Commerce and Industry Promotion Division ☎ 055-934-4799

When: Sep. 12 (Sat), 26 (Sat), Oct. 3 (Sat), 17 (Sat), 24 (Sat), 9:30 ~ 16:30 [5 classes in total]

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

Contents: how to make business plans and marketing strategies

Applicants: People who are aiming to start a business and can attend all five classes.

Capacity: About 30 persons

Fee: 5,000 yen / How to apply: By phone

Recruitment

Participants to Autumn Green Festival

Applications and Inquiries: Numazu City Green Promotion Committee Office ☎ 055-934-4795

When: Nov. 21(Sat) and 22(Sun)

Where: the multi-purpose hall of Plaza Verde

Participants: person who display, sell and make public relations about flowers and plants.

person who can hold classes with flowers and plants, such as flower arrangement or bouquets
person who can sell drinks and foods.

companies which can support it.

Applications: get the form placed at Park and Tree Planning Division on the 6th floor of the city hall or the city home page, fill it in and bring it in or send it by e-mail.

Deadline: Sep. 10(no later than the day) *contact us about the details.

Looking for Teams Participating in Quoits Tournament

Applications and inquiries: Longevity Welfare Division, 〒410-8601 Numazu City Hall

☎ 055-934-4834

Would you like to compete with the members of Sukoyaka Numazu(Numazu city elderly club association)for quoits?

When: from 9:30 on Nov. 14(Sat) / Where: The city gym

Applicants: a team consists of people who live in Numazu, being 60 years old and older and not the member of Sukoyaka Numazu.(a team consists of 5 people, including at least one woman)

Number of teams: 4 teams(in case of many applicants, there will be a drawing.)

Applications: write the team name, every athlete name and age, whether having experience of quoits or not, the representative's address, name and telephone number on a postcard and send it.

Deadline: Sep. 30(Wed), (no later than the day)

The 16th Shizuoka pref. Inter-Municipalities *Ekiden* Relay Race Runners

Applications & inquiries: Sports Promotion Division ☎ 055-922-7200

	When	Where
Workout	Every Saturday until Sep. 12(Sat), 9:00 ~ 12:00	Numazu Higashi High School (ground) and others
Tryout	Sep. 19(Sat), 23(Holiday), 9:00 ~ 12:00	Ashitaka Extensive Park (Running course around Multipurpose Athletic Stadium)



Applicants: Those who live, work or study in Numazu city

Sections: Elementary students, Junior school students, High school students, Adults, Those aged 40 years and older

* Please inquire how to apply.

* In workout, members of Numazu Track and Field Association will instruct you.

“Nansun Lady”

Applications & Inquiries: JA Nansun General Planning Division ☎ 055-931-4977

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

We will recruit three healthy ladies who meet the following conditions.

*aged 18 and over (as of Apr. 1, 2015)

*graduating from high school

*having interest in agriculture or JA business

*living or working in the eastern areas of Shizuoka pref.

Due Date: Nov. 6(Fri) * Please ask for the way to apply.

Information from City Hall

The City Library Will Be Closed

Inquiries: City Library ☎ 055-952-1234 / Inquiries: Heda Library ☎ 0558-94-4420

The libraries will be closed for the following period because of taking an inventory.

The City Library: Sep. 7(Mon) to 14(Mon) / Heda Library: Aug. 31(Mon) to Sep. 3(Thu)

*When you return books during these periods, put them in the book posts. Do not put Video, DVD, CD, picture-story shows in the book posts. These should be directly returned to the library reception after Sep. 15(Tue), (Sep. 4(Fri) at Heda Library).

Night Consultation on Payment of Water Charge

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

When: 17:15 – 20:00 on Sep. 8(Tue)

Where: Water and Sewage Service, 1st floor, Water and Sewage Service Division Building

Terminal Sewage Treatment Plant Observation associated with “The Sewage Day” on September 10 (Thu)

Inquiries: Sewage Facilities Management Center, ☎ 055-939-0811

When: Aug. 23 (Sun) and 24 (Mon), (1) 10:00 and (2) 14:00 on both days

Where: Nanbu Joka Center (Sewage treatment plant) in Enoura

※No reservation is required.

Connection to the Public Sewage System

Inquiries: Water and Sewage Service Division, ☎ 055-934-4856

By Sewage Water Law and municipal sewage ordinance, people in the area where improvement of the sewage system has been prepared have to connect the drainage of the house to the sewage system within the period as follows;

-Connection to the sewage system … within six months

-Remodeling a vault toilet into flush toilet and connecting to the sewage system … within three years ※ Please visit the Numazu City website for details.

Koryo Athletic Ground will be Closed

Inquiries: Sports Promotion Division, ☎ 055-922-7200

Koryo Athletic Ground will not be available from Nov.1 (Sun) due to geological survey and research of buried cultural property prior to the construction of new civic gymnasium.

※Please contact us for details.

Indoor Swimming Pool will be Closed

Inquiries: Indoor Swimming Pool, ☎ 055-932-2179

It will be closed for changing water and cleaning.

When: Aug.31 (Mon) ~ Sep.4 (Fri)

Disability Abuse Hotline

Inquiries: Handicapped person’s Welfare Division, ☎ 055-934-4830

This is telephone consultations about abuse to persons with disabilities.

◆Telephone Consultation: Disability Abuse Prevention Center (Handicapped Person’s Welfare Division), ☎ 055-934-2535 ※☎ 055-931-2500 at night ,on the weekend and holidays

Comprehensive Disaster Prevention Exercise on Aug. 30 (Sun)

Inquiries: Crisis Management Division, ☎ 055-934-4803

Disaster prevention drill will be held in the entire city on the assumption of an unexpected earthquake. To protect yourself from the earthquake, prepare for it on a routine basis. Let’s participate in the



disaster drills with your family and neighbors.

◆Time schedule on Aug.30 (Sun)

-9:00 The electric bell rings that is the sign of earthquake occurrence. Secure your own safety first.

-9:03 Tsunami warning siren sounds. Evacuate to higher ground or higher buildings.

-11:30 Announcement of end of drill.

Nationwide Reinforcement Week of Human Right Consultation for Elderly and Persons with Disabilities

Inquiries: Shizuoka District Legal Affairs Bureau Human Rights Division, ☎ 055-254-3555

Inquiries: Public Relations Division (Citizens Consultation Division), ☎ 055-934-4700

If you are in trouble, such as bullying, harassment, abuse, please call the telephone consultation without worrying by yourselves.

When: Sep. 7 (Mon) ~ 11 (Fri), 8:30 ~ 19:00, Sep. 12 (Sat) ~ 13 (Sun), 10:00 ~ 17:00

◆Telephone Consultation: Navi Dial (0570 service) throughout the nation ☎ 0570-003-110

Information from City Hall

We Would Appreciate Your Understanding and Cooperation for Appropriate Use of



Ambulances ----- let's keep the emergency ambulances for emergencies! -----

Applications and Inquiries: Medical Emergency Training Workstation,

☎ 055-921-9999

■ In order to save lives

There were 9,125 Ambulance responses in the 2014 fiscal year. Over 9,000 ambulance dispatches four years in a row. But about half of the people taken to the hospital by an ambulance had only minor symptoms or injuries. The number of ambulance response increases by non-urgent calls. An increase in the number of ambulance responses has the potential to delay responses to serious emergencies and put lives at risk.

*** Do not call 119 in the following situations.**

- A person cut his fingertips on an edge of paper.
- A person thinks he can get the priority to see a doctor when taken to the hospital by ambulance.
- A person uses an ambulance as a taxi service because taking a taxi is expensive.
- A person doesn't know which hospital he should go to at night or on holidays.

Please remember only to dial 119 if someone is seriously ill or injured or their life is at risk.

*** Please call 119 immediately in the following situations**

unconsciousness, extremely severe headache, stomachache or chest pain, not breathing, difficulty in breathing, continuing spasm, slurred speech, severe burns, excessive blood loss, etc.

■ Please make use of these services for emergencies

- Telephone service of the emergency hospitals at night and on holidays ☎ 055-935-0119 (24 hours a day, all year)
- Shizuoka Kodomo Kyukyu Denwa Sodan (Telephone service offering advice on emergency care for children) ☎ #8000 (available between 18:00~8:00 in the following day, all year)
- A guide for ambulance services (Fire and Disaster Management Agency) <http://www.fdma.go.jp>
- The list of authorized carriers which transport the sick and wounded (Numazu city Fire Department Headquarters)
<http://www.city.numazu.shizuoka.jp/kurashi/anshin/fdn/index.htm>

Emergency fair in 2015

When: 10:00~16:00 on Sep.12 (Sat.)

Where: Ishibashi Plaza (The Fourth Floor Hall)

Contents: Lecture meeting …①Let's learn about medical helicopter –our life saver– by the City Hospital surgeon ②A guide for ambulance services

Experience Corner…taking a ceremonial picture with an ambulance, experiencing to make a call to 119, mini-rescue, heat stroke and health measurement corner, family health promotion challenge, etc.

*Come to the site on the day.

Information from Health Center

Applications & Inquiries: Health Promotion Division ☎ 055-951-3480



Lecture to Comprehend Health Checkup Result

Health nurses and nutritionists will help you get healthy.

When: Sep. 11(Fri), Oct. 9 (Fri), Nov. 12 (Thu), Dec. 24(Thu) 10:00 ~ 11:30

Where: Health Center 2F, meeting room / Applicants: People aged about 75 and older

Capacity: 40 people for each date (in order of arrival)

Things to bring: the result of health checkup, writing implement

How to apply: Aug. 24(Mon) 9:00 ~ by phone

Genki Walking in Numazu (Heda)

Walking and self-care to prevent shoulder, back, and knee problems.

Applications & inquiries: Kenmin Genki Exclusive Committee ☎ 0558-94-3970

When: Sep. 12(Sat) 10:00 ~ 12:15 (start accepting 9:30 ~)

Where: Izurashi Heda Factory / Capacity: 20 people (in order of arrival)

How to apply: Aug. 24(Mon) 9:00 ~ by phone

Stress-Related Disorder Consultation

Clinical psychologist will discuss your problem.

When: Sep. 16(Wed), Oct. 7(Wed) 13:30~16:30 (1 hour per person)

Where: Health Center 1F, Health instruction room

Applicants: People over 18 years old who are worried about stress-related disorder and who do not go to the hospital and his or her family.

Capacity: 3 people for each date (in order of arrival)

How to apply: Aug. 24(Mon) 8:30 ~ by phone

“Free! Sukima Zikan de BODY Scan”

(Easy Health Check in Your Unoccupied Time for Free)

Health nurses will visit your office and do easy health check and discuss your health problem.

When: 9:30 ~ 19:00 on weekdays about 1 hour (reception time ~18:00)

Contents: Bone density measurement, body composition measurement (body fat, visceral fat, muscle mass and body age), and lung age measurement for smoker and consultation on stop smoking based on the result

Applicants: Companies in Numazu city (about 10 people for each visit)

How to apply: Aug. 24(Mon) 9:00 ~ by phone ※Please ask for details.

Application for Medical Benefit for Citizens with Specified Diseases ~ benefits for the first half year will be paid

City Government provides medical benefits for those who have diseases specified by Shizuoka Prefecture and own the Certificate of Specified Disease Medical Beneficiary showing that you are already certified and you are a critically-ill patient, using a ventilator or fit into the category of low income I and II. Applications for the medical benefits are now being accepted, so please come to the Health Center if you are suitable for the application.

How to apply: Bring your seal, a bank passbook of your own name, certificate of specified disease medical beneficiary issued by Shizuoka Prefecture, which must be valid at the time of application. (Please let us know if you want to send these to apply.)

Application Deadline: Sep. 30 (Wed)

September: Go out to *Machinaka* (downtown) and enjoy various events! =Information Corner for Events in *Machinaka*=

☺Chuo Park☺

Sep.10 (Thu) ~ 12 (Sat): Boasts of Numazu FESTA 2015

☀Food festival of specialty products of Numazu ▶Time: 17:00 ~ 21:00 (15:00 ~ 21:00 on Sep.12)

▶☎055-934-4748 (Head Office of Executive Committee for Boasts of Numazu FESTA)

☺Chuo Park☺

Sep.12 (Sat) / Sep.26 (Sat): RUN *Gaku* (Studies) Course

☀Running course to improve the ability of running with enriched knowledge of body care and diet ▶Time: 14:00 ~ ▶☎055-952-3222 (Numazu Running & Skills Station)



☺Kanogawa Kaze no Terrace (Breezy terrace along Kano River)☺

Sep.6 (Sun): Numazu *Kanogawa* Canoe Ekiden (Long distance relay)

☀Now accepting applications! Feel the good location of Kano River by canoeing!
▶Time: 10:00 ~ ▶☎055-934-4748 (Commerce and Industry Promotion Division)

☺Kanogawa Kaze no Terrace (Breezy terrace along Kano River)☺

Sep.20 (Sun) / Sep.27 (Sun): *Mizube no Stage* (Waterside Stage)

☀Enjoy the live music stage with the scenery around Kano river in the background.
▶Time: 14:00 ~ (Performances start at 15:00 on 27th (Sun)).
▶☎055-934-4748 (Commerce and Industry Promotion Division)

☺Numazu Arcade Shopping Mall☺

Sep.1 (Tue): *Tsuitachi Ichi* (Market opened on the first day of each month) and
Early-morning Market

☀Nearly 60 retail stores are to be opened by producers on the sidewalk. ▶Time: 8:00 ~
▶☎055-963-7053 (Numazu Arcade Shopping Mall)

☺Numashin Street Gallery☺

Sep.2 (Wed) ~ 29 (Tue): Meiji Historical Museum Extension Exhibition “Who is this *Shozoga* (portrait)?”

☀Portraits of *Ebara Soroku*, Concerned parties of Numazu Military Academy, *Morita Yasujiro* (Former Mayor of Numazu city), and others are to be exhibited.
▶☎055-923-3335 (Meiji Historical Museum)

🎁Gift Certificates with Premium🎁

Redeem your *San San* Numazu Coupons!

◆To Everyone of Citizens who have the coupons

San San Numazu coupons are redeemable **until Sep.30 (Wed)**. After



the redeemable period, all the coupons unused will become invalid. Please make sure to redeem your coupons within the period. Please access the Home Page below for the store list.

◆To Each Store dealing with *San San* Numazu Coupons

The deadline for the coupon encashment is **Oct.16 (Fri)**. Early encashment is strongly recommended because crowded condition will be expected as the encashment period approaches to the last day. Coupon encashment is available at Numazu Credit Union Central Branch and its each branch office in the city, and *Heda* Branch Office of Numazu City's Society of Commerce and Industry. Please access the Home Page below for more details about the encashment procedures.

Home Page Address

<http://www.numazu-cci.or.jp/numaducoupon/>

Inquiries: ①Executive Committee for *San San* Numazu Coupons (Numazu Chamber of Commerce and Industry) ☎055-921-1000 / ②Commerce and Industry Promotion Division ☎055-934-4748

WARNING!

☹**Please Pay Attention to Electric Fences set up around farmland!**☹

Electric fences are often set up around farmland or a forest in a mountain region as a countermeasure against damage caused by wild animals. These fences can give you an electric shock if you touch them. Please keep away from electric fences. Also those who have set up electric fences are required to double-check that appropriate safety measures under government regulations have been taken.

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