

# Numazu Newsletter

No. 312  
October 1, 2015  
Voluntary Supporters

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

Kalamazoo Division NICE

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.

## Events

### 2015 NICE Japanese Speech Contest

Inquiries: Numazu Association for International Communications and Exchanges ☎ 055-934-4717

Foreigners announce in Japanese what they usually feel.

When: 14:00 to 16:30 on Oct. 10(Sat)

Where: the audio-visual hall of The City Library

※ No reservation is needed.

### The 2nd Numazu International Children Film Festival

When: Nov. 29(Sun) / Where: Senbon Plaza

Inquiries: Numazu Heritage Promotion Division, ☎ 055-934-4879

Applications & Inquiries: 〒 410-0046 Yoneyama-cho 6-5

Hollypro Film Association ☎ 055-921-0100



### Film Show

Films from Kineko International Film Festival will be screened.

Time: 11:00 ~ 12:00 / 14:00 ~ 15:00

Capacity: 200 people each show (in order of arrival)

Few: 100 yen for each show (free for babies under one year old)

※Numbered tickets will be distributed before the movies start. Please come to the site directly.



<Shimauma Animals,  
Germany, 4mins>



<Sean's adventure,  
England, 29mins>



<Playmate, Russia,  
11mins>



<Magic colored pencils,  
Brasil, 16mins >



### Workshops

Time: 13:00 ~ 15:00 ( Reception: 12:30 ~)

Contents: ① Let's Try Pantomimes with Membo-kun! / ② Dance to English, Dance in English!  
③ Magic with Ono-chan man! / ④ Illustrations Class  
⑤ Let's Draw the Dream Map!

Applicants: ①,④,⑤ Elementary school year and older  
② Everyone ③ Fourth year student and older

Capacity: ①,⑤20 people ②30 people ③10 people ④15 people  
(In case of a lot of applicants, there will be a drawing.)

How to apply: Write the workshop name you want to join (1st ~3rd choices), name, age, sex, address, name of your parents, and phone number of your parent on Ofuku-hagaki and send it.

Application period: by Nov. 16(Mon)

※One family for a postcard. / ※Workshop presentation will be held from 15:15.



### Audition for LIVE Voice-Over Dubbing

When: Oct. 24(Sat) 14:00 ~ 16:00

Where: Numazu Chamber of Commerce & Industry, B meeting room

Applicants: Fourth year student and older / Capacity: about 8 people

How to apply: Write your address, name and age on Ofuku-hagaki and send it.

Application period: Oct. 18(Sun)

※People who pass the audition have a practice on Oct. 31(Sat) and rehearsal on Nov. 28(Sat).

※There will be a voice actor experience corner.

## **「歯 ppy Festival!」: Events on the Day of Good Teeth**

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

When: Nov. 7(Sat), 9:00-12:00 / Where: San-Well Numazu

### The Section 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 ago, you cannot apply for it.

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

Applications: by phone after Oct. 8(Thu), 9:00

#### **\*Periodontal disease examination**

Applicants: people aged 20 years old and over

### The Section for Measurement

<b>*People with beautiful blood vessels</b> Contents: observation of the blood flowing in a body Capacity: 50 people (first-come first-served basis) Applications: by phone after Oct. 8(Thu), 9:00	<b>*Bone composition measurement</b> Contents: visceral fat index, visceral fat quantity of parts of a body, muscular quantity
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### The Section for Introduction of Numazu Health 'Mileage'

#### \*Distribution and explanation of a Point Sheet

Contents: We'll distribute a Numazu Health 'Mileage' sheet, and explain the purpose of this project and how to save mileage points.

### The Section for Kids

#### \*Let's get together, Babies! Join the *Hai-hai* (Crawling) Race!

Contents: Crawling to the goal

For: Babies who can crawl (Babies who can walk are not able to join the race.)

#### \*Drama, and Storytelling with picture cards

Contents: The cavity prevention drama, "Yobo-san," is held.

"*Tabako*(cigarettes) Bye, bye!"



←'Yobo-san'

Besides, there are a lot of pleasant sections. Trial exercise, Stress check, quizzes on health, and so on.

## Events



### Book Week Events

Applications and inquiries: The City Library ☎ 055-952-1234

\*Lecture, adult's awareness and child's growth, the might of picture books will never be lost even in the global Internet society.

When: 13:30 to 15:00 on Nov. 8(Sun) / Where: Audio-visual hall, The City Library

Lecturer: Mr. Kunio Yanagida, a nonfiction writer

Capacity: 200 people (first come first served basis)

How to apply: come to or make a telephone call to the library from 9:30 on Oct. 14(Wed).

※child day care is available( an appointment is required)

\*Exhibition, Picture Books to Adults Too.

When: Oct. 15(Thu) to Nov. 8(Sun)(it is closed on Oct. 19(Mon), 26(Mon), Nov. 2(Mon) and 4(Wed).)

Where: the exhibition hall of The City Library

### The 9<sup>th</sup> Chokan Sai

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

When: 10:00 to 14:30 on Oct. 17(Sat)

Where: Numazu Municipal Nursing Professional Training College(Ohsuwa)

Contents: experience corner, announcement what they learn, bazaar

※refrain from coming by your private car. ※No reservation is needed.

### **Literature Lecture at Serizawa Koziro Memorial Museum**

Applications and inquiries: Serizawa Koziro Memorial Museum ☎ 055-932-0255

The lecture with theme, what is war for literature as it is the 70<sup>th</sup> anniversary since the end of World War II, is held.

When: 13:30 to 16:00 on Nov. 21(Sat) / Where: the audio-visual hall of the City Library

Lecturer: Mr. Masaaki Kanno, the director of Setagaya Literary Museum

Capacity: 200 people(first come first served basis)

How to apply: by phone or e-mail from 9:00 on Oct. 9(Fri)

### **Wakayama Bokusui Kinenkan Event**

Inquiries: Wakayama Bokusui Kinenkan ☎ 055-962-0424

Inquiries: Culture Promotion Division ☎ 055-934-4812

\*Special Exhibition of the 130<sup>year</sup> anniversary of Bokusui's birth

Write Bokusui - Enokura Koson and Narita Shindo

Exhibition of Bokusui's works written by the two calligraphers, cultural lesson, work shop are held.

Contents	When
Exhibition	9:00 to 17:00 till Nov. 29 (Sun) (admission at 16:30)
Cultural lesson	13:30 to 15:00 on Oct. 11(Sun)
Work shop	13:30 to 15:30 on Nov. 15(Sun)

Where: Wakayama Bokusui Kinenkan(Senbon Gorin)

※ Contact them about the details.

### **The 62 Numazu Bokusui Festival, *Hizen Sai*, Shibasakamori**

When: 11:00 on Oct. 18(Sun) / Where: before Bokusai tanka monument in Senbonhama Park

※ Awards ceremony for the winner of junior high school student's tanka contest is held on the day.

### **Kano River Local Market**

Inquiries: Kano River Local Market Executive committee

☎ 055-963-4556

Inquiries: Commerce and Industry Promotion Division

☎ 055-934-4748

Sale of the special product in Kano River area, workshop, stage performance will be held.

When: 10:00 to 14:00 on Oct. 18(Sun)

Where: *Kanogawa Kazeno Terrace* (the right stair bank of Kano River)



## **Charity Bazaar**

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

Inquiries: Social Welfare Division ☎ 055-934-4824

When: 10:00 to 15:00 on Oct. 24(Sat) / Where: the multi-purpose hall of San-Well Numazu

Contents: sale of goods and the vocational aid goods made by volunteer groups and social welfare facilities \*No reservation is needed.

## **2015 Fuku See Numazu Welfare Festival**

Inquires: 2015 Fuku See Numazu Welfare Festival Practical Secretariat Committee (within NPO Mamu) ☎ 055-963-7806

Inquiries: Handicapped Persons Welfare Division ☎ 055-934-4830

When: 10:00 to 15:00 on Oct. 12(Holiday) / Where: the multi-purpose hall of Plaza Verde

Contents: experience of welfare activities, introduction and consultation

※ No reservation is needed.

## **Kanaoka Three Schools PTA Joint Lecture**

Inquiries: Kishimoto-san, Sawada elementary school PTA ☎ 090-1915-7810

Inquiries: Lifelong Learning Division ☎ 055-934-4870

Would you like to learn together about local volunteer?

When: 13:30 to 15:00 on Oct. 24(Sat) / Where: the gym of Kanaoka elementary school

Lecturer: Mr. Shun Shioya(an actor) \*No reservation is needed.

## **Ashitaka Art Village –Autumn Ceramic Art Festival**

Inquiries: NPO Ashitaka Art Village ☎ 055-925-3365

Inquiries: Civil Collaboration Division ☎ 055-934-4807

When: 9:00 to 16:00 on Oct. 24(Sat), and 25(Sun) / Where: Ashitaka Art Village(Ashitaka)

Contents: Exhibition and sale of goods(pottery, antiques, wild plants), experience of pottery art corner. \*No reservation is needed.

## **Lecture and Classes**

Applications and inquiries: Health Promotion Division (Health Center) ☎ 055-922-7200

### **Karada Poka-poka Exercise Class**

Let's enjoy exercise with babies and parents!

Where: City Gym

Applicants: ① babies born between Nov. 2014 and Mar. 2015, and parents

② kids born between Apr. 2014 and Oct. 2014, and parents

③ kids born between Apr. 2013 and Mar. 2014, and parents

④~⑪ people aged 18 and older

Capacity: ①~③ 25 pairs / ④~⑨ 20 people / ⑩⑪ 30 people

(first-come first-served basis)

Fees: ①~③ 300 yen / ④⑤⑩⑪ 900 yen / ⑥~⑨ 1,500 yen

How to apply: Come to the division directly or by phone after Oct. 13(Tue), 9:00.

Course		When	Time	Contents
①	<i>Oyako Fureai Taiso</i> (exercise) <i>Hai-hai Course</i>	Oct. 26 (Mon)	10:00 -11:00	Children and parents play together using <i>furoshiki</i>
②	<i>Oyako Fureai Taiso</i> (exercise) <i>1-year-old Yochi-yochi Course</i>	Oct. 21 (Wed)	10:00 -11:00	
③	<i>Oyako Fureai Taiso</i> (exercise) <i>2-year-old Wampaku Course</i>	Nov. 4 (Wed)	10:00 -11:00	
④	<i>Joint maintenance</i>	Nov. 20(Fri), 27(Fri), Dec. 4(Fri) [3 times all]	13:30 -14:30	Training with caring for joints of shoulder, knee, and back
⑤	<i>Joint maintenance</i> (night class)	Nov. 2(Mon), 16(Mon), 30(Mon) [3 times all]	19:15 -20:15	
⑥	<i>Stretch ball</i>	Oct. 26(Mon), Nov. 2(Mon), 9(Mon), 16(Mon), 30(Mon) [5 times all]	9:15 -10:15	Exercise with a stretch ball
⑦	<i>Stretch ball</i> (night class)	Oct. 20(Tue), 27(Tue), Nov. 10(Tue), 17(Tue), 24(Tue) [5 times all]	19:15 -20:15	
⑧	<i>Pilates</i>	Oct. 26(Mon), Nov. 2(Mon), 9(Mon), 16(Mon), 30(Mon) [5 times all]	10:30 -11:30	Strengthen the parts of the body which have weakened with pilates
⑨	<i>Pilates</i> (night class)	Oct. 30(Fri), Nov. 13(Fri), 20(Fri), 27(Fri), Dec. 4(Fri) [5 times all]	19:15 -20:15	
⑩	<i>Yoga</i>	Nov. 19(Thu), 26(Thu), Dec. 3(Thu) [3 times all]	10:00 -11:00	Train how to breathe and so on
⑪	<i>Yoga</i> (night class)	Nov. 12(Thu), 19(Thu), 26(Thu) [3 times all]	19:15 -20:15	



### The Third “Life Seminar”

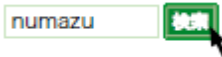
Applications & Inquiries: Citizens Consultation Center ☎ 055-934-4841

When: Oct. 28 (Wed), 10:00 – 11:30 / Where: Cultural Center, large conference room

Theme: How to save energy in winter

Lecturer: a staff member of Panasonic Eco Solutions Co., Ltd.

Capacity: 90 people (in order of arrival) How to apply: By telephone or electronic application on the city website from Oct. 8 (Thu), 8:30 –



### **A Lecture for Community Green Volunteers: How to Make Flower Gardens**

This is a lecture which encourages more people to green their community. The lecture focuses on how to make flower gardens and their maintenance.

When: Nov. 5 (Thu), 14:00 – 15:30

\*If it rains, it will be held on the 6<sup>th</sup> of November.

Where: Chuo Park / Applicants: People living in Numazu

Lecturer: Hamashima-san (a green advisor) / Capacity: 25 people

\*In case of too many applicants, we will have a drawing.

How to apply: write the following on a double-sided postcard and mail it to us or email the following to us by Oct. 26 (Mon), no later than the day: your name, address, age, telephone number (reachable phone number on the day) and the class name “Chiiki Ryokuka Volunteer Kadanzukuri Kosyukai”

\*an applicant per postcard/email



### **Bamboo Charcoal Class**

Applications and Inquiries: Park & Tree Planning Division, City Hall ☎055-934-4795, zip:410-8601

When: Nov. 1(Sun) from 10:00 to 15:00 / Where: Citizen's Forest Park (at Nishiura Kouchi)

Applicants: fourth graders of elementary school students and older

\*(Elementary and junior high school students have to be accompanied by their guardians.)

Capacity: 20 people (In case of a lot of applications, there will be a drawing.)

Things to bring: work gloves, lunch, drinks, clothes which can get dirty

Applications: write the following on a double-sided postcard and mail it to us or email the following to us: your name, address, age, telephone number (reachable phone number on the day) and the class name “Bamboo Charcoal Class” \*an applicant per postcard/email

Deadline: Oct. 21 (Wed), no later than the day

### **Life Saving Classes**

Inquiries: Emergency Work Station ☎ 055-921-9999

When: ①General Course = Oct. 18 (Sun), 9:00 ~ 12:00

②Advanced Course = Nov. 15(Sun), 9:00~17:00

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. 15(Thu) ②By Nov. 12(Thu)





### **NICE Tai Chi Class 2015 (latter period)**

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

When: Mondays between Nov. 9 and Dec. 7, 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. 8(Thu), 8:30 –

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



### **Classes on Tennis**

Inquiries& Applications: Ashitaka Exercise Park Tennis Court ☎ 055-920-8688 Fax: 055-920-8686

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

course		when	capacity
Beginners	Tuesday class	Tuesdays from Oct.27, 10:00 – 11:30	5 persons
	Friday class	Fridays from Oct.16 10:50 – 12:20	5 persons
Elementary school Kids(1,2 graders)	Tuesday class	Tuesdays from Oct.27 16:30 – 17:30	5 persons
	Thursday class	Thursday from Nov.5 16:30 – 17:30	5 persons

Where: ASHITAKA Exercise Park Tennis Courts / Fee: 8,300 yen

How to apply: Please call or fax from Oct. 8(Thu) 10:00 ~

There will be a lottery if there are many applicants.

### **Exercise is Better than Medicine!? Class for Promoting Health for the Middle Aged and Older**

Inquiries & applications: NPO Kenko Community Shizuoka ☎ 055-961-2238 or Civic Collaboration Division ☎ 055-934-4807

When	Contents
Nov. 17(Tue)	Balance ball exercise
Nov. 19(Thu)	Ladder step
Nov. 23(Holiday)	Exercise
Nov. 27(Fri)	Yoga for improving a posture

When: 18:45 – 20:00 / Where: San- Well Numazu, multiple-purpose hall

Applicants: A middle-aged or older person who is interested in fitness

Lecturers: Mitsumoto Kenji (professor of Tokai University), etc.

Capacity: 40 people for each course (accept in order of arrival) / Fee: 500 yen (for insurance)



Things to bring: Towel, drink, clothes that are easy to exercise in, indoor sport shoes

How to apply: By telephone, from 9:00, Oct. 16(Fri)

## **Recruitment**

### **Participant for Meeting to Explain Volunteer Recruiting at City Hospital**

At City Hospital, a volunteer group “Yellow Apron” is guiding outpatients or so. If you are interested in the activity, please participate in the meeting.

When: Nov. 7(Sat), 10:00 – 11:00 / Where: City Hospital, lecture hall

How to apply: send us a mail or fax to let us know about your name, address, age and phone number

Due date of the applications: Oct. 30 (Fri) \*no later than the due date

### **Group that Participate to “All City Clean Week”**

Inquiries & applications: Garbage Control Promotion Division ☎ 055-934-4743

When: Nov.8 (Sun) – 14(Sat) Applicants: Business facilities etc.

Contents: Picking up trash thrown at public places (streets, parks, etc.). Trash picked up will be collected by the City.

How to apply: Send prescribed plan document on the website of Numazu City by mail, fax, or email before Nov. 2 (Mon)

### **City Sports Festival-Attendants to Ground Golf Meet**

Inquiries & Applications: NPO Numazu Sport Association Office ☎ 055-922-7201

Inquiries: City Gym ☎ 055-922-7200

When: Nov. 3 (Holiday) 8:00 ~ / Where: Ooka Shimin Ground

Applicants: People who live in or commute to Numazu

Capacity: about 90 people / Fee: 700 yen

How to apply: Fill in the form placed at City Gym and hand it in, with the fee, by Oct.15 (Thu).

### **Animal Volunteer Exchange Meeting**

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

A meeting to exchange opinions about animal volunteers will be held.

When: Oct.30 (Fri) 13:30~

Where: Shizuoka Prefecture Eastern Office (Women’s Center meeting room)

Takashima-cho, Numazu City

How to apply: By phone or Fax with name, address and phone number, by Oct.16 (Fri)



### **Making Pizza Oven & Pizza Meeting**

Inquiries: Lifelong Learning Division ☎055-934-4871

This meeting will be held as an exchange for young people of Numazu and Mishima.

Why don't you find new friends or a partner?

When	Contents
Nov.1(Sun)12:00 ~17:00	Making Pizza Oven, Recipe
Nov. 15(Sun)10:00~15:00	Pizza Contest

Where: Nakazato Bunka Plaza

Applicants: Men or women aged from 18 to 39 who live in or commute to Numazu.

Capacity: 40 people (up to 20 Numazu citizens) \*In case of many applicants, we will have a drawing.

Fee: 1,000 yen

How to apply: By sending, faxing or e-mailing the form from the City Website, by Oct 23(Fri).

## Free Events

### Please Visit an Art Exhibition

Inquiries: Numazu Cith Taisyoku Kyousyokuin Sakuhinten Jikkouinkai

☎055-964-5500

Contents: You can see wonderful paintings, calligraphies, artistic crafts, ceramics and pictures.

Those are created by retired teaching staff. / Admission fee: Free

When: Oct. 20 (Tue)-25(Sun) 9:30-16:50(The entrance gate closes at 16:30)

Where: Numazu Education Center (*Maruko Cho*)

### Let's Clean Up *Mihama Kaigan (in Heda)!*

All the participants will get ①discount tickets on restaurants in Heda district and ②free tickets for hot springs at *Kurura Heda*.

Where: Oct. 17(Sat) 10:00-11:50 / Where: Ohama Kaigan (Heda)

Admission fee: Free / Capacity: About 20 people

Inquiries: Public Interest Incorporated Foundation Numazu ☎055-922-4014

Application: By phone

### Picture Exhibition

About 80 pictures are displayed, and they show "how Japanese people collect the remains of the war dead". Also related videos are shown.

Inquiries: Secretariat of the United *Ooka* residents' Association ☎055-924-0299

When: Oct. 16(Fri)-18(Sun) 9:00-19:00 / Where: Ooka District Center

### Exhibition of Senbon Plaza Mini Gallery

\*Exhibition on *Oni*: Oct. 6(Tue)-12(Holiday)

\*Exhibition of *Go-sho* Nursing Care Center and *Iki-Iki Matsushita*: Oct. 13(Tue)-20(Tue)

\*Alumni Exhibition of Hobby Class • Oct. 29(Thur)-Nov.1(Sun)



## Child Raising

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

Numazu city supports children’s healthy growing.



#### Parent-and-Child Exercise Class by Yama Sports Club

When: Oct.24 (Sat) 10:00~11:30

Where: *Kinro-sha Taiiku Center*

Applicants: pre-kindergarten children (1-year-old and over) and their parents

Capacity: 100 pairs (in order of arrival)

How to apply: by phone or fax, or apply at each support center, from Oct.7 (Wed)

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

Inquiries: Child Support Division ☎055-934-4826



#### Oct.13 (Tue) is Child Benefit Payment Day

Child Benefit for four months (June-September) will be paid on Oct.13. If your benefit started in July or after, you receive the payment from the starting month to September. Please remember you cannot receive the payment if you haven’t submitted “Situation Report”.

Inquiries: Child-Rearing Family Welfare Division ☎055-934-4827



#### Consultation for Foster Parents

October is a month of foster parents.

When: Oct.17 (Sat) 10:00~14:00 / Where: Numazukko Fureai Center (*Poppo*)

\*No reservation is required.

Inquiries: Numazu Satooya (Foster Parents) Kai ☎055-932-7702

Child-Rearing Family Welfare Division ☎055-934-4828



#### Career Guidance for School Refusal and Stay-at-home Children

When: Oct.10 (Sat) 18:30~20:30 / Where: San Well Numazu

\*No reservation is required.

Inquiries: Futoko Hikikomori Oyanokai *Yui* ☎090-1277-1045

School Education Division ☎055-934-4809



#### Ohisama Hiroba

Inquiries: Numazukko Fureai Center (*Poppo*) ☎055-952-8077

Nursery staff plays with children.

When	Where
Oct.18 (Sun) 10:00~12:00	Tokiwa Hoikusho (Honaza Senbon)
Oct.19 (Mon) 10:30~12:00	Ganyudo Park (Akiba-cho)

Applicants: Children and their parents

\*No reservation is required. Wear casual clothes as you may get dirty.

### Information from City Hall



#### **Open School at Numazu High School / Junior High School**

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

*Ichiritsu* Numazu Junior High School ☎055-924-8000

When: Oct.24 (Sat) 8:45~16:30 (Reception 8:30~) \*No reservation is required.

#### **Class observation**

Projectors are set up in each classroom and used in the lessons effectively.

Time: 8:45~14:10

#### **School information and consultation session**

Time: High school 11:45~12:15 (school information) 12:35~13:20 (individual consultation)

Junior high school 13:30~15:00 (information, individual consultation)

#### **Club activity observation**

There are 25 club activities.

Time: 14:30~16:30 \*You see the school life on the school BLOG.

### Information from City Hall

#### **November 2 (Mon); Deadline of Third Payment of Property Tax and City Planning Tax, and Fourth National Health Insurance Payment is open at night**

Inquiries: Tax Collection Division ☎ 055-934-4730

National Health Insurance Division ☎ 055-934-4727

Please don't fail to pay the tax by the deadline. Teller Window at Night will be available on the following date and time.

When (night service for City Tax): Oct 20(Tue) 17:15~20:00

(night service for National Health Insurance payment ): Oct.20(Tue)18:15~20:00

(Holiday service for both): Oct. 25(Sun), 9:00~15:00

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

#### **Consultation on Pension, Employment and Administrative Services**

Inquiries: Public Relations Division ☎055-934-4700

Contents: Consultation on legal problems, labor problems, information about administrative operation and others \*Please come to the place directly.

When	Place
Oct.21(Wed.)13:00-15:00	<i>Oohira Chiku Center</i>
Oct.22(Thr.) 13:00-15:00	<i>Imazawa Chiku Center</i>

### **Nakase Citizen's playground will be available from November 1st!**

Inquiries: Gymnasium for Workers ☎055-933-0330

Time of usage: ①8:30-12:00 ②13:00-17:00 / Usage fee: Free

\*Reservation start from Oct. 15(Thur.) 8:30~

\*Place to make a reservation: Gymnasium for Workers

### **The Tour of Welfare Facilities**

Inquiries: ①Numazu City Social Welfare Council ☎ 055-922-1500 ②Social Welfare Division  
☎055-934-4824

When: Oct. 28 (Wed), 9:30-12:20 / Place to meet: Sun-Well Numazu (the first floor)

Contents: Visit *Okamiya* Green Hill( nursing care center ), *Youkou-en* (Special nursing home for the elderly), *Plasa-za Oizumi* (Support for continuous employment - Type B services).

Eligible person: a registered citizen of Numazu or a person who commutes to Numazu

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

Things to bring: Writing Utensils / How to apply: From Oct. 8(Thur.), 9:00~ (By phone)

### **Swimming Pool Facilities will be Open to the Public with Free Admission on National Sports Day**

Inquiries: ①Indoor swimming pool ☎055-932-2179 ②Heda B&C Community Sports Center  
☎0558-94-3501

When: Oct. 12(Holiday) / Admission fee: Free

### **Donate Blood**

Inquiries: ①Shizuoka Red Cross Blood Center ☎055-924-6611 ②social Welfare Division  
☎055-934-4824

When	Place
Oct. 16 (Fri.) 9:30-11:00	Shizuoka Nissan Motor Corp. ( <i>Ooka</i> )
Oct. 24 (Sat.) 15:30-16:30	Playstation <i>Tamura</i> ( <i>Kamikanuki Makishima-cho</i> )
Oct. 31 (Sat.) 9:00-12:00, 13:15-16:00	<i>Kanaoka Chiku Center</i>

### **Information from Health Center**

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



**Breast Cancer Awareness Month: OCTOBER ~ PREVENT BREAST CANCER!**

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It's hard to notice symptoms in the early stage of breast cancer. To prevent breast cancer, it is very important to have regular medical checkups, which makes 'early detection, rapid cure' possible. The municipal government conducts breast cancer screenings for



women aged 30 and over who did not get medical checkups last year. When they have the screening with their tickets for checkups during the period of Breast Cancer Awareness Month, they can get the screening with very low charge or for free. It is truly recommended to have a screening of breast cancer every other year.

**Period:** until Oct.31 (Sat) / **Where:** Designated medical institutions and others

※Those who are provided with a free coupon for breast cancer screening are able to get the screening during the extended period until the last day of December.

※Please check the information about municipal health checkups or access City Home Page for details.



**Density of Bone, Muscle Mass, and Visceral Fat; measurement of them is the first step.**

Health Center holds various consultations as follows; measurement of density of bone and body composition (index of visceral fat, adipose mass of each site, muscle mass, and others), consultations about how to give up smoking, and consultations on health and dietary life with a dietitian. They should be helpful for your daily health care.

When: On weekdays, 9:00 ~ 16:15 (for about 30 minutes per person)

Where: Health Center / Applicants: Residents of Numazu city who are 20 years old and over.

What to bring: Health Card (if you have one) / How to apply: By phone (Prior booking essential)

Contents	Applicants
Measurement of the Density of Bone	People without having a treatment for osteoporosis, who have not measured the density of bone for a year
Measurement of the Body Composition	People without a pacemaker, who have not measured the body composition for half a year.
Measurement of the Density of Carbon Monoxide	Smokers



**Measures to Improve Contortion; to condition your body balance**

Do you ever keep the same posture for a long time when you use a PC or a smart phone?

This class is an experience-based lecture meeting for improving the contortion or balance of your body by giving another look at your posture.

When: Nov.7 (Sat), 14:00 ~ 15:30 / Where: Multi-purpose Hall, San-Well Numazu

Contents: Easy check of your posture, stretch, and lecture

Lecturer: Yano Toru san (Shizuoka Physical Therapy Association)

Applicants: Those who live in the city or those who commute to the city

Capacity: 80 persons (in order of applications) / How to apply: By phone / after 9:00 on Oct.8 (Thu)



***KENMIN-GENKI=Genki Walking in Kadoike***; Residents of Shizuoka prefecture, stay healthy and lively!

In this lecture meeting, participants can check their health in addition to taking the seminar of daily easy self-care for preventing pain in shoulder, back, and knee and enjoying walking around *Kadoike* (pond).

When: Nov.8 (Sun), 13:00 ~ 15:45 (Acceptance starts at 12:30.)

Where: ISSIC *Kenshinjuku* (Sports Club) (*O-oka* 4044-29)

Applicants: No regulations / Capacity: 40 persons (in order of applications)

How to apply: By phone / after 9:00 on Oct.13 (Tue)



**Aid Money for Designated Intractable Diseases (for the latter half of this fiscal year); applications are now being accepted**

Municipal government provides the following people with aid money for designated intractable diseases; those who have the certificate for the beneficiary of Specified Medical Cost (Designated Intractable Diseases) issued by the prefecture. The certificate needs to have the distinguishing mark representing ‘already being certified as a patient with designated intractable diseases’, and it also needs to have the mark of ‘patient with advanced disease’ or ‘patient with a ventilator or others’ or ‘Low I’ or ‘Low II’. Do not fail to make applications for the aid money within the application period.

How to apply: Applicants should come to the Health Center directly with the certificate for the beneficiary of Specified Medical Cost (Designated Intractable Diseases), which must be valid at the time of application, their *Inkan* (seal), and their own bank passbook. (Applicants who want to make a postal application should inform the Health Center accordingly.)

Time limit for applications: March 31 (Thu), 2016

**Information from City Hall**



**Let's Get Updated Information about Numazu on Facebook!**

Numazu Official Facebook (Nickname: Numazu Topics!) is giving out updated information about events in real time.

Since 2011, when Numazu started the face book, we've provided a lot of event information and seasonal scenery through Facebook and we've received "Iine! (Like!)" from many people. At last, it has reached 2,000 "Iine! (Likes)," which came from 65 percent of Numazu citizens. Everyone can start Facebook if he/she has an email address. Let's register now and get updated information about Numazu!

< How to register at Facebook >

Read QR code through cell phone etc. or register on the website:

<http://www.facebook.com/numazucity>

**The Number of "Iine! (the number of Like!)" on Facebook**

Numazu takes the 5<sup>th</sup>.

Cities in Shizuoka Prefecture	The Number of Iine! (Like!)	(people)
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1	Hamamatsu	6,100
2	Shizuoka	3,184
3	Fujinomiya	3,002
4	Makinohara	2,225
5	<b>Numazu</b>	<b>1,930</b>

### The Increased Number of Line! (Like!) on Facebook

	Cities in Shizuoka Prefecture	The Increased Number of Line (Like!) (people)
1	<b>Numazu</b>	<b>423</b>
2	Fujinomiya	419
3	Shizuoka	404
4	Hamamatsu	376
5	Kakegawa	282

### **Let's check out the most popular articles this summer!**

The most popular articles this summer

Ranking	Topic	Line !(Like!)	
1	Kano River Firework Display	1,007	
2	Numazu Jiman Festa	721	
3	Numazu Summer Festival & Kanorive Firework Display Poster	671	