

Numazu Newsletter

No. 335
October 1, 2016
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, Catholic Church, Kato Gakuen, Chiku Centers and the City Hall.

Events

2016 NICE Japanese Speech Contest

Inquiries: Numazu Association for International Communications and Exchange Association
Executive Office TEL: 055-934-4717

Foreigners announce what they usually feel in Japanese.

When: from 13:30 to 16:00 on Oct. 8(Sat)

Where: the audio-visual hall of The City Library,

*No reservation is needed.

Recruitment

What's a great favorite of yours found in Numazu? ~ How about expressing it by using a film? ~

Inquiries: Numazu Heritage Promotion Division ☎ 055-934-4811

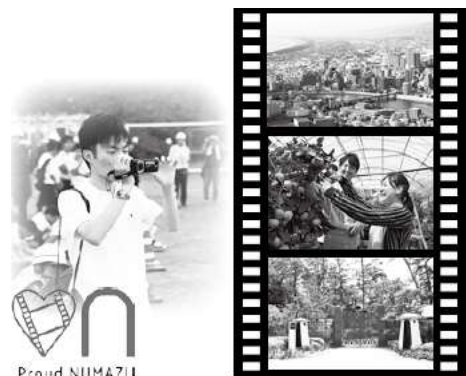
□ Proud Numazu CM Contest □

To inform widely both inside and outside the city of Numazu's good points, the city government will collect CM films which show things, sceneries, or activities representing Numazu City thoroughly.

Contents of films: 30-second CM film which advertises good points of Numazu city

Applicants: Applicants need to live in Japan / an individual or a person who belongs to an organization / regardless of age, gender, and nationality / people aged under 18 need parental consent

※A work of 'highest award' (with 50,000 yen as money prize and Numazu specialty as extra prize), 3 works of 'outstanding performance award', and 10 works of 'winning prize' will be selected among all the participating works. However, the kinds of prizes and the number of the awarded works



might be changed.

How to apply: Bring a completed application form and a medium with your film data directly to "HARIPURO EIZO KYOKAI", or send them to the address below by mail. You can get a designated application form on the Internet website, City Home Page.

Application period: Nov.1 (Tue) ~ Jan.15 (Sun), 2017

❖ **Film Show and Awarding Ceremony** ❖

The film show, the final review, comments, and the official commendation will be conducted.

When: March 11 (Sat), 14:00 ~

Where: Audio-visual Hall in the City Library

□ **Numazu CM Work Shop ~ All questions about Making-Film should be answered~** □

Come and try making films utilizing digital tools and the Internet. Now is the age we can enjoy making films and sharing them with others very easily

When: ①Oct.29 (Sat) ②Nov.19 (Sat) / 13:30 ~ 16:30 on both days

Where: The 3rd Lecture Room in the City Library

Lecturer: Nakagawa Daisuke san (Head of Film Making Company NEXT Limited)

Capacity: 20 persons on each day (in order of application)

How to apply: By phone / after 9:00 on Oct.11 (Tue)

Applications & Inquiries: Suruga Bay Numazu Film Commission "HARIPURO EIZO KYOKAI (Holly Pro Picture Academy)" (Located within Numazu Chamber of Commerce and Industry)

〒410-0046 *Yoneyama-cho* 6-5 ☎ 055-921-0100



Events

It's Autumn, the Best Season for Reading! Come to the Library and Enjoy its Events!

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

Even if you hardly have time and opportunities to read and enjoy books, it's OK. Come to the City Library and enjoy its events, and you will surely be able to touch the world of books!

❁ **Events associated with BOOK WEEK [Oct.27 (Thu) ~ Nov.9 (Wed)]** ❁

* **Lecture Meeting** *

❁❁ **What lies around the bend ~ Translator *Muraoka Hanako's* Life ~** ❁❁❁

Muraoka Eri san, a writer, will talk about her grandmother *Muraoka Hanako*, who translated "Anne of Green Gables" into Japanese.

When: Nov.13 (Sun), 14:00 ~ 15:30 / Where: Audio-visual Hall in the City Library

Lecturer: *Muraoka Eri san* (writer)

Capacity: 200 persons (in order of application)

How to apply: Come to the library directly, or by phone / after 9:30 on Oct.12 (Wed)

❁Children can be cared for during the lecture. (This needs a reservation.)

Special Exhibition

❁❁Muraoka Hanako and “Anne of Green Gables” ~The World of Translation for Children~❁❁

When: Oct.22 (Sat) ~ Nov.13 (Sun) / the library will be closed on Mondays and on Nov.2 (Wed)

Where: Exhibition Hall in the City Library

□New-Style Competition of Book Review, as though it were a game□

□□❖Biblio-Battle in Numazu for elementary and junior high school students❖□□

Elementary and junior high school students in the city will show their favorite book and tell about its charm. Participants and the audience will vote for the book which they are attracted by most and want to read. This is Biblio Battle, the intellectual book review competition. How about spectating the battle and voting for the best?

When: Oct.22 (Sat), 10:00 ~ 15:00

Where: Exhibition Hall in the City Library

※Please come to the place directly on the day.



Recruitment

You can enjoy the harvest in Numazu!

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

You can join the following events and learn about crops in Numazu.

◆To make *konjac*!

Inquiries & Application: *Omos* (farmers' shop) ☎ 055-943-2136

When: Oct. 22 (Sat), 9:00 ~ 11:00 / Where: *Omos* (Uchiura-omosu)

Applicants: those who haven't made konjac

Capacity: 20 persons (on first-come-first-served basis)

How to apply: by phone after Oct. 11(Tue), 9:00

◆Harvesting Sweet potatoes

Inquiries & Application: JA Nansun Kanaoka (Hara-san) ☎ 055-921-4456 / FAX: 055-921-4415

When: Nov. 5 (Sat), 9:30 ~

*In case of rain, this event will be put off till Nov. 6 (Sun).

Meeting: JA Nansun *Seicha Kajo* (Tea factory) (Matsuzawa-cho)

Capacity: 50 groups (up to 4 people per group, on first-come-first-served basis)

Fee: 1,000 yen per group (including some sweet potatoes as a souvenir)

What to bring: Cotton gloves, plastic bag, shoes suitable for working

How to apply: by phone or FAX, Please tell your group members' addresses, names, ages and phone numbers.



◆Cooking Contest

Inquiries & Application: *Tochuken* (Sales Planning Department) ☎ 055-963-8211

There are three areas; a meal, a side dish & breakfast. Dishes cooked with crops produced in Numazu are invited.

Necessary requirements: Your dishes haven't published, and you can bring yours to the site of Numazu Norin Festival (Plaza VERDE) on Dec. 18 (Sun).

Deadline: Nov. 18 (Fri) (Your documents must arrive no later than Nov. 18.)

How to screen: (First) document screening (Last) total judgment

*The recipe of an excellent dish is planning to be adopted as that of Bento of *Tochuken*.

*Ask for the details.



Events

Events 'Shorai no Utage 2016' : Oct. 27(Thu) –Nov. 13(Sun)

There will be an event where you can enjoy food, history, and traditional culture of Numazu at the Imperial Villa Park.

Applications & Inquiries: Shorai no Utage Executive Committee (in Tourism and Exchange Division) ☎ 055-934-4747

*Niwabi no Kyoen

Let's enjoy the special dinner on this special occasion.

When: Oct. 27 (Thu), 18:30 – 20 :00

Where: the East Annex, Imperial Villa Park

Fee: 4,000 yen



*Oyako De Bouken! Yaki Imo Picnic

Let's search the park and collect necessary tools hidden all over the park and bake sweet potatoes!

When: Oct. 29 (Sat) & 30 (Sun), both days: ① 10:00 – 12:00 ② 13:00 – 15:00

Where: some places in the park

Capacity: 10 pairs each (the first-come-first-served basis)

Fee: 500 yen per person (3 years and older)



*The Tonbi kite-flying experience

When: Oct. 29 (Sat), 10:30 – 12:00 / Where: in front of *Shin Shume*

Capacity: 20 people (the first-come-first-served basis)

***Evening Tour with Mr. Asaba**

This is a tour of the Imperial Villa Park guided by Mr. Asaba, who is distinguished for his knowledge of the park.

When: Nov. 6 (Sun), 17:00 – 18:30 / Where: West Annex and other places

Capacity: 20 people (the first-come-first-served basis)

Fee: 1,000 yen (including the admission to the park and tea)

For all events:

Applications: by phone after 9:00, Oct. 11 (Tue)

*There will be other events on the days. They will appear on the next-coming Numazu Newsletter.



Child Raising

Let's Enjoy Raising Children!



Event

Children's Kingdom in Numazu

Inquiries: Lifelong Learning Division ☎055-934-4871

When: Oct.16(Sun) 10:00~14:30 (Opening ceremony at 9:30)

It will be postponed until Oct.23 (Sun) in case of rain.

Where: *Shonen Shizen No Ie* (Youth House in Nature), Ashitaka Athletic Park, etc.

Contents: making a chair, a chopstick gun, spinning a top, struck-out, etc.

*Please wear shoes not to harm the athletic field.

*There is a bus service from Numazu station (north exit) bus terminal No.2 for *Ashitaka Undo Koen*.

*No reservation is required.



Information

Oct.13(Thu) is Child Benefit Payment Day

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

Child benefit for four months (June-September) will be paid on Oct.13. If your benefit started in July or after, you will receive the payment from the starting month to September. Please remember to submit a "Situation report", or you cannot receive the payment.



Information

Educational Loan Subsidy for Workers

Applications & inquiries: Rokin (Workers' Credit Union) Numazu Loan

Center ☎055-926-5515

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

When a resident of Numazu with employment income uses an educational loan from Shizuoka Prefecture Rokin, the city government will subsidize the interest of the loan.

Use: Cost for taking an entrance examination for universities, two-year colleges, and higher professional schools, costs for proceeding to higher-education and being at school

Subsidy limit: 3,000,000 yen

Rate of interest: 1.5% a year (for 5 years)



Information

Workshop “Understanding and Treatment of Adolescent Children with Development Disorder”

Inquiries: Shizuoka Prefecture Autism Association Numazu Branch (Nishihara-san)

☎090-6088-432/ Handicapped Person’s Welfare Division ☎055-934-4830

When: Nov.5 (Sat) 10:00~12:00 / Where: San-Well Numazu

Fee: 500 yen (except for members the association)

*Please ask us further information.

「歯pppy Festival!」: Events on the Day of Good Teeth

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

When: Oct. 29 (Sat), 9:00-12:00 / Where: San-Well Numazu 2F, 4F

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. 11 (Tue), 8:30

***Periodontal disease examination**

Applicants: people aged 20 years old and over

The Section for Measurement

***People with beautiful blood vessels**

Contents: observation of the blood flowing in a body

Capacity: 25 people (first-come first-served basis)

Applications: by phone after Oct. 11 (Tue), 8:30

***Bone composition measurement**

Contents: visceral fat index, visceral fat quantity of parts of a body, muscular quantity

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.)

Applicants: 50 babies (first-come first-served basis)

Applications: by phone after Oct. 11 (Tue), 8:30



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

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

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

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

Classes, Lectures

Classes for Welfare at San-Well Numazu

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

(1) Health Lecture about Dementia ~ the latest news ~

When: Oct. 27 (Thu), 14:00 ~ 15:00 / Where: Main conference room

Lecturer: Dr. Oyama (Director of Numazu Oyama Clinic)

Capacity: 100 people (first-come-first-served basis)

How to apply: by phone from Oct. 11 (Tue), 9:00

(2) Information Session for Citizen Guardians Training Course

When: Oct. 29 (Sat), 31 (Sun), 13:30 ~ 15:00 / Where: meeting room

Contents: orientation meeting for the people who want to take "Citizen Guardians Training Course" which will start in Dec. (9 classes in all)

Applicants: people living in or commute to Numazu

Capacity: 40 people for each day / How to apply: by phone from Oct. 8 (Sat), 9:00

(3) Dandy Yoga Class

When: every Tuesday from Nov. 1 through Dec. 20, 14:00 ~ 15:00 (8 classes in all)

Where: multipurpose hall / Applicants: men aged from 50 to 69

Capacity: about 20 people / Fee: 220 yen (for insurance premium)

Things to bring: towel, drinks, clothes suitable for exercise

How to apply: by phone by Oct. 25 (Tue)



(4) Tours to Visit Three Welfare Facilities in Numazu

When: Nov. 2 (Wed), 9:30 ~ 12:20

Meeting place: San Well Numazu 1F

Contents: visiting Numazu Nozominosono (daily life support facility), Rodannosato (special nursing home for elderly) and Yamaboushi (nursing care center)

Applicants: people living in or commute to Numazu

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

How to apply: by phone from Oct. 11 (Tue), 9:00

(5) Study Session about a Place to Communicate with Your Local Community

When: Nov. 4 (Fri), 16 (Wed) and Dec. 1 (Thu), 13:00 ~ 16:00 (3 classes in all, visiting a facility for promoting local exchange from 9:30 to 15:30 on Nov.16)

Applicants: people who are interested in providing an interaction place for local people

Capacity: about 20 people

How to apply: by phone by Oct. 25 (Tue)

Applications and Inquiries

(1), (3) - - - San Well Numazu ☎ 055-922-2020

(2), (4), (5) - - - Numazu Social Welfare Council ☎ 055-922-1500

Karada Pokapoka Exercise Courses

Let's enjoy exercise and refresh your body and mind!

Where: City gymnasium

Applicants: ① babies born between July 2015 and Mar. 2016, and their parents

② babies born between Apr. 2015 and Dec. 2015, and their parents

③ babies born between Apr. 2014 and Mar. 2015, and their parents

④~⑧ people aged 18 and older

Capacity: ①~③ 25 pairs, ④ ⑤ 20 people, ⑥~⑧ 30 people, first-come-first-served basis

How to apply: in person or by phone from Oct. 11 (Tue), 9:00

Applications and Inquiries: Sports Promotion Division (City gymnasium), ☎ 055-922-7200

Course		When (10:00 ~ 11:00)	Fee	Contents
①	Exercise for parents and children	<i>Hai-hai</i> course	Oct.19 (Wed)	Exercise using <i>furoshiki</i> (wrapping cloth) for parents and children
②		<i>Yochi-yochi</i> course	Oct.26 (Wed)	
③		<i>Wanpaku</i> course	Oct.24 (Mon)	
④	Ball Exercise	Oct.17, 24, 31 (Mon) (3 classes in all)	900 yen	Exercise using ball
⑤	Shape-up Aerobics	Nov.14, 21, 28 (Mon) (3 classes in all)	900 yen	Aerobics exercise to effectively burn body fat
⑥	Thera-Band Exercise	Oct.26, Nov.2, 9(Wed) (3 classes in all)	900 yen	Exercise using Thera-Band
⑦	Evolution Walking	Oct.20, 27 (Thu) (2 classes in all)	600 yen	Walking exercise for posture improvement
⑧	Yoga for Metabolism	Nov.10, 17, 24 (Thu) (3 classes in all)	900 yen	Yoga exercise speeds up your metabolism

Free Admission at Swimming Pool on Health and Sports Day

When: Oct.10 (Holiday)

Facilities: Indoor Swimming Pool, Heda B & G Community Sports Center

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

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

Events

The 10th Chokan Sai

Inquiries: *Shiritsu Kango Senmon Gakko* (Nursing School) ☎ 055-951-3500

When: from 10:00 to 14:30 on Oct. 15(Sat)

Where: *Shiritsu Kango Senmon Gakko*(Oosuwa)

Contents: experience corner, presentation on learning, bazaar, etc.

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

Rising San-ma(Saury) Festival

Inquiries: Rising *San-ma* Festival Numazu Executive Committee ☎ 055-962-3700

Inquiries: Fisheries and Seashore Division ☎ 055-934-4756

It is the event to support the area hit by The Great East Japan Earthquake. Grill 1000 San-ma over charcoal and sell them for charity.(first come first served basis). Sell Numazu' local products too..

When: from 10:00 to 13:30 on Oct. 16(Sun)

Where: Numazu Fish Market, the first market

*Please take free shuttle buses from the south exit and the north exit of JR Numazu Station.

2016 Fuku-see Numazu Welfare Festival

Inquiries: 2016 *Fuku-see* Numazu Welfare Festival Executive Committee Office(NPO Mamu)
☎ 055-963-7806

Inquiries: Handicapped Person's Welfare Division ☎ 055-934-4830

When: from 10:00 to 15:00 on Oct. 15(Sat)

Where: Plaza Verde, Kira Messe Numazu

Contents: experience of welfare activities, the introduction and the consultation, etc.

*No reservation is needed.

the 63 Numazu Bokusui Festival, Hizensai, Shibasakamori

Inquiries: Wakayama Bokusui Kinenkan ☎ 055-962-0424

Inquiries: Cultural Promotion Division ☎ 055-934-4812

When: from 11:00 on Oct. 16(Sun)

Where: before Bokusui tanka monument in Senbonhama Park,

*The award ceremony for winners of junior high school student tanka contest is held on the day.

Classes, Lectures

Lecture on Regional Greening Volunteers(Flower Bed Making)

Applications and inquiries: Park and Tree Planning Division 〒410-8601 Numazu City Hall
☎055-934-4795

It is the lecture to promote making towns with flowers and greenery. Learn about flower bed making and the maintenance methods.

When: from 14:00 to 15:30 on Nov. 1(Tue) (If it is light rain, it will be held. In case of stormy weather, it will be postponed to the next day.)

Where: *Chuo* Park(Ohtemachi) / Applicants: people living in Numazu

Lecturer: Mr. Yoshimi Hamashima (a green advisor)

Capacity: 25 people(in case of too many applicants, there will be a drawing.)

Things to bring: cotton groves, drinks, rain gear

How to apply: write address, name, telephone number(reachable on the day), the name of the lecture on a double-sided post card and send it by post or e-mail.

e-mail address: ryokuti@city.numazu.lg.jp

Deadline: Oct. 21(Fri), no later than the day / *Only one applicant per card or e-mail.

Family Learning by the Families with Mental Patients

Applications and inquiries: *Magokoro-kai*, Sugimoto-san ☎ 055-933-6008 FAX: 055-933-6021

Inquiries: Handicapped Person's Welfare Division ☎ 055-934-4830 FAX: 055-934-2631

The learning about schizophrenia and others is held by the families with mental patients. It helps people deepen the understanding of the troubles, anxieties, diseases and symptoms they have.

When: from 13:00 to 16:00 on Nov. 5(Sat), 12(Sat), 26(Sat), Dec. 3(Sat), 13(Tue)

Where: San-Well Numazu, a mid size meeting room, etc.

Applicants: people who have your family members with severe mental disorders such as schizophrenia are able to participate it three times or more in all five times.

How to apply: by phone or fax.

Recruitment

Bus Tour to Municipal Institutions

Applications and inquiries: Public Relation Division ☎ 055-934-4700

When: Nov. 8(Tue) 9:30-15:40 / Meeting time and place: Entrance of City Hall at 9:20

Visiting sites: Water Supply Control Center at Izumi Water Source, Shintomei Expressway Surugawan Numazu Service Area, the Imperial Villa Park (the Chrysanthemum Exhibition), Assembly Hall of City Council, etc.

*Lunch isn't included in the tour.

Applicants: people who live in Numazu

Capacity: 23 people (the first 23 people)

How to apply: By phone from 9:00, Oct 11 (Tue)

Participants

Attendants to Youth Exchange Meeting of Numazu and Mishima Cities

Applications and inquiries: Life Long Education Division ☎055-934-4871

We're going to fish Wakasagi (surf smelt) on a reserved ship and see the foliage.

When: Nov. 3 (Holiday), 6:30 – 18:00

Where to meet: at the parking lots in Consultation Center of Youth Education

Where to go: around Lake Yamanaka

Applicants: men and women from 18 years old to 39 who live in the city, or go to work, or to go to school (except high school students)

Capacity: 30 people (the capacity of Numazu city is 15 people. In case of a lot of applicants, there will be a drawing.)

Fee: 3,500 yen (including food, transportation, insurance)

How to apply: bring in, or send by fax, or e-mail the form on the city's home page till Oct. 19(Wed)

Information from City Hall

Oct. 31 (Mon); Deadline of Third Payment of Property Tax and City Planning Tax, and Fourth National Health Insurance Payment

Inquiries: Tax Collection Division ☎ 055-934-4732

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= Oct 25(Tue) 17:15~20:00

Holiday service = Oct. 23(Sun), 9:00~15:00

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

Evening Consultation for Water Bill Payment

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

When: Oct. 25(Tue), 17:15~20:00

Where: Water and Sewage Service Division (Water Service Department 1F.)

Administrative Consultation Specially Set Up

Inquiries: Public Relations Division ☎055-934-4700

It is the administrative consultation week from Oct. 17(Mon) to 23(Sun). You can consult a member of administrative consultation committee about a pension, employment, troubles and demands about national duties or services.

Shonen Shizen no Ie Will be Closed

Inquiries: *Shonen Shizen no Ie*

It will be close at the end of March, 2017. From Nov. 1(Tue) to Mar. 31(Fri), 2017, it will be closed

to prepare diversion by private corporation.

Open School at Numazu High School / Junior High School

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

Applications & Inquiries: *Ichiritsu* Numazu Junior High School ☎055-924-8000

Fax 055-921-7313

When: Oct. 22(Sat) 8:45~16:30 (Reception 8:30~)

How to apply: High school / Please come directly on the day. Junior high school / Please fill the necessary facts on 'The invitation of explanatory meeting for guardians' from school's HP and fax it.

◆Class observation

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

Time: 8:45~14:10

◆School introduction and individual consultation

Contents		Time
High school	School introduction	11:45~12:15
	Consultation	12:35~13:20
Junior high school	School introduction & consultation	13:30~15:00

◆Club activity observation

We have 25 club activities.

Time: 14:30~16:30

The 29th Zenkoku Health and Welfare Festival in Nagasaki (Nenrinpic in Nagasaki 2016) to be Held

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

It is the nationwide meeting for over 60 year-old people who take part in sports and cultural exchange. It will be held in Nagasaki prefecture. Seven players of Numazu city will join four events such as table tennis, as representatives.

When: Oct. 15(Sat) ~18(Tue)

October is Foster Parents Month

Inquiries: *Numazu Satooya Kai* (Foster parents' association) ☎055-932-7702

Child-Rearing Family Welfare Division (Child Advisor Section) ☎055-934-4828

In Foster parent system, because of various conditions, some children cannot live with their parents. Foster parents authorized by the prefectural governor take care of children who cannot live their parent by some reasons.

◆What you can do as foster parents:

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

- ② You'll foster children for a short time
- ③ You'll foster children for a long time
- ④ You'll foster them for adoption.

◆ Consultation about foster parents

When: Oct. 22(Sat), 10:00~14:00

Where: "Poppo" (Numazu *Fureai* Center in Numazu Syoren Build. 4F)

Applicants: People who want to be foster parents and who are interested in foster parents

Consultation: Numazu *Satooya-kai* (Numazu Foster Parents' Association), Child-Rearing Family Welfare Division, Child Consultation Center in East District of Shizuoka pref.

*Please come directly on the day.

Photo Contest of Gotemba line

Applications & inquiries: Gotembasen Rikatsuyo Suishin Kyogikai Jimukyoku (Gotemba City Hall)

☎ 0550-82-4421

Inquiries: Policy Planning Division ☎ 055-934-4798

Gotembasen Rikatsuyo Suishin Kyogikai, consisting of 10 cities and town of Shizuoka and Kanagawa Prefectures, was founded with the aim of promoting of utilization and improvement of convenience of JR Gotemba line. We hold contest of photos that make Gotemba line and areas along the railway feel attractive.

Theme: Photos on nature, sceneries, festivals along the Gotemba line.

Photos of Sceneries with trains of Getembasen running or those which shows fascination of Gotemba line.

Categories: 10 cities and towns, including Numazu

Prize: Gift certificate (5,000 yen) for one work for each category

Deadline for application: Jan.31 (Tue), 2017

Please refer to the website about details <http://www.gotembasen.net>.

***We are carrying out a questionnaire survey about JR Gotemba line on the website. Please cooperate with us.**

Please Make use of Mutual Aid System for Workers of Small and Medium-sized Companies

Applications & inquiries: Laborers' Welfare Foundation of Numazu City and Shimizu Town

☎ 055-924-1294

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

Applicants: Owners and workers of small and medium-sized companies in Numazu City and Shimizu Town (including board officers or family employees)

*You can join it by units of companies.

Fee: 1,000 yen per person a month (business owner will pay them)

Contents: Mutual aid, benefit program, subsidies for premium of retirement allowance, etc.

Consultation for Getting a Job on Welfare

Inquiries: Shizuoka Human Resources Center of Social Welfare, East Office ☎ 055-952-2942
Commerce and Industry Promotion Division ☎ 055-934-4749

You can get information for a job on welfare or have an interview with a business establishment.
An inexperienced or unqualified person will be welcomed.

When: Oct.20 (Thu), Dec.15(Thu), 13:30 – 15:30

Where: Numazu Shoren-kaikan building, 5F (Oote-machi)

*No reservation is required.

Life Saving Classes

Inquiries: Emergency Work Station ☎ 055-921-9999

When: ①General Course = Oct. 16 (Sun), 9:00 ~ 12:00

②Advanced Course = Nov. 20(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

Applicant: A person of junior high school age and older, living in or commuting to Numazu.

Capacity: 30 people for each

How to apply: By phone ①By Oct. 13(Thu) ②By Nov. 11(Thu)

Free Events

Free Consultation by Certified Administrative Procedures Legal Specialist

Inquiries: Shizuoka Federation of Gyoseishoshi Lawyer's Associations, Numazu

Yamaguchi-san ☎055-921-3512

When:Oct.13(Thu) 10:00 – 15:00

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

Contents: free consultation for agricultural land acts, construction business, incorporation of enterprise etc.

*No appointment is needed

Memorial Charity Concert during ‘the Week of Thinking Tax’

Applications and inquiries: Numazu Hojinkai (incorporated organization) ☎055-925-7755

When: Dec. 8(Thu) 18:30 ~

Where: Cultural Center Large Hall

Contents: Prague Baroque Ensemble

How to apply: Write your address, zip code, and name and telephone number on a return postcard, and post it to 〒410-0046, 2-14 Yoneyama-cho

(One postcard per person)

Start of applications: Oct. 11(Tue). ※Please ask about the details.

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

Inquiries: Numazu City Commerce and Industry of Society in Heda ☎0558-94-2224

All the participants will get free tickets for hot springs at Kurura Heda and coupons on restaurants in Heda district

When: Oct. 15(Sat) 10:00-11:30 / Where: Mihama Kaigan (Heda)

Admission fee: Free / Capacity: About 20 people

Application: By phone

Please Visit an Art Exhibition

Inquiries: Numazu Education Board ☎055-964-5500

You can see wonderful paintings, calligraphies, artistic crafts, ceramics and pictures. Those are created by retired teaching staff.

When: Oct. 18 (Tue) - 23(Sun) 9:30-16:50(The entrance gate closes at 16:30)

Where: Numazu Education Center (Maruko Cho)

Tobu Driving School autumn Festival

Inquiries: Tobu Driving School ☎055-921-7788

When: Oct.16, 10:00-15:00

Where: Tobu Driving School school (Kotobuki-cho)

Contents: Yosakoi Dance Japanese drum, exhibition of police car, Harley-Davidson, food and drink booths

*No reservation is needed

Let's know LOCOMO (Locomotive Syndrome)

Shizuoka Medical Center, Orthopedic Surgery, Ota-san ☎055-975-2000

ROKOMO, locomotive syndrome, is dysfunction of muscle, bone, joint, cartilage and intervertebral by aging or other diseases. The doctor of Shizuoka medical center will have a lecture about LOCOMO on the day. You can have a check test for LOKOMO and exercises and consultation

When: Oct. 15(Sat) 14:00-17:00

Where: Numazu Chamber of Commerce and Industry, Large Meeting Room (Yoneyama-Cho)

*No reservation is needed

Information from Health Center

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



Breast Cancer Awareness Month: OCTOBER ~ PREVENT BREAST CANCER!

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 (Mon) / **Where:** Designated medical institutions and others

※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



Health & Fitness through Diet & Exercise

Applications: Health Promotion Division 〒410-0881 Yahata-cho 97 / e-mail address: kenkou@city.numazu.lg.jp

Where: Renaissance Numazu (Ooka)

Applicants: Those who live in the city or those who commute to the city (20 – 64 years old)

Capacity: 30 persons (In case of too many applications, we will hold a draw for place allocation)

Participation fee: 500 yen

Things to bring: drinks, towel, indoor shoes

How to apply: Write following information on *oufuku-hagaki* (postcard with a reply card attached) or e-mail (your address, name, birthday, telephone number, and the class you want to attend)

Application deadline: The application must reach us no later than Oct. 21st (Fri)

※You can apply one class for one card or an e-mail. (If you apply by e-mail, and don't get reply within a week, please make a contact.)

※Participants are expected to wear clothing suitable for sports activities.

Class	When	Contents
Strength Training and Yoga	Nov. 7 th (Mon) 19:30~20:30	Strength training, relaxing yoga, posture improvement exercise
Fitness and Diet	Nov. 21 st (Mon) 19:30~21:30	Exercise at home, fitness training, lecture on diet, etc.



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 (Fri.), 2017