

# MITAKA CITY NEWS



June 1, 2012 No. 151

**Published:**  
Mitaka Municipal Office, Tokyo  
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MITAKA CITY NEWS providing business and event information of Mitaka city is published on 1st of every month.

## Please Confirm the Items Contained in the Provisional Residence Record Based on the Basic Resident Registration Law

Alien Registration Act will be abolished on July 9 and foreign residents will be registered on the basic resident registration as Japanese residents based on the Basic Resident Registration System. Accordingly, Provisional Residence Record was issued and sent to foreign residents who meet the following conditions in May. The Provisional Residence Record will become the Residence Record from July 9.

### Eligibility

**Foreign residents that fulfill both 1 and 2 as of May 7, 2012 (reference day)**

1. Registered on Mitaka City's Foreign Registration Card.
2. Have legal qualification to stay for more than three month and has an address in Mitaka City as of July 9, 2012 (implementation day).

Provisional Residence Record will become Residence Record on the implementation day. Please make sure to check the content and if it differs from the current state, please visit the Window No.1 of Civil Affairs Section at the first floor of the City Office and take renewal procedures. Residence Record may not be able to be issued if the renewal procedures are not properly taken. Please make sure to confirm.

\*Provisional Residence Record will also be issued for foreign residents who would have fulfilled both 1 and 2 above by taking the renewal procedures before July 9.

### Households with Multiple Nationalities

In case of households consisting of Japanese and foreign nationals (households with multiple nationalities), householder confirmation was also sent. Please choose the person to be the head of your household and return the mail using the included return envelope.

★ For details, please refer to the notice sent with the Provisional Residence Record or contact the Call Center at 03-6893-5596 (Weekdays 8:30 a.m. to 5:15 p.m.).

**Inquiries:** Civil Affairs Section Ext. 2322

## Check Your Health at Least Once a Year with Special Health Checkup

Mitaka City Special Health Checkup Consultation Form has been Sent to Those Born from April to July

Do you care for your health such as weight, blood pressure or diet? Periodic health checkup not only confirms your health but also enables early detection of metabolic syndrome and lifestyle diseases and prevents illness or prevents them from becoming severe.

Mitaka City implements special health checkup for those at the ages of 40 to 74 years old who are enrolled in Mitaka City National Health Insurance. Fees are not required. We advise you to take the health checkup during this period.

### What is Special Health Checkup?

The checkup is targeted to prevent and relieve lifestyle diseases caused by metabolic syndrome. Measurement of abdominal circumference, LDL cholesterol, which progresses arterial sclerosis, blood glucose test, which is an important indicator of diabetes, and other various health checkups.

### For Those Enrolled in Social Insurance...

For those enrolled Social Insurance (including those enrolled in National Health Insurance Society), and their dependent family members, please consult the insurer that issues the insurance certificate. In that case, there is a possibility that you may be able to receive additional health check items of Mitaka City. Please consult the medical facility where you receive the checkup.

### Special Health Checkup Flowchart (For those enrolled in Mitaka City National Health Insurance)

#### (1) Sending Consultation Form

Special Health Checkup Consultation Form will be sent to those at the ages of 40 to 74 years old in this fiscal year who are enrolled in Mitaka City National Health Insurance as of April 1, 2012.

Month of Birth	Consultation Period	Month the Consultation Form is Sent
Born April to July	Jun 1 (Fri.) to Sep 30 (Sun.), 2012	Late May
Born August to November	Aug 1 (Wed.) to Nov 30 (Fri.), 2012	Late July
Born December to March	Oct 1 (Mon.), 2012 to Jan 31 (Thur.), 2013	Late September

#### (2) Inquire Nearby Medical Facility

Health checkup can be taken at medical facility designated by Mitaka City. Contact a nearby medical facility directly.

\*There are medical facilities that require previous reservation.

#### (3) Receiving Special Health Checkup

When receiving the special checkup at the medical facility, remember to take the National Insurance's insurance certificate and the Consultation Form with you. If the insurance certificate has changed, you cannot receive the checkup.

#### (4) Feedback of Results

Within about a month after taking the health checkup, receive feedback on the results at the medical facility where you took the health checkup. If you were diagnosed as having high risks of lifestyle disease, you will be guided to take specific health guidance according to the level.

**Inquiries:** Specific Medical Checkup, National Health Insurance Section  
Tel. 0422-46-3271 (direct)

## Let's Think about Environmental Issues

-June is Environment Month-

June 5 is "World Environmental Day". In connection, June is designated as 'Environment Month' in Japan. Now is the time to begin an eco-friendly lifestyle that leaves the beauty of nature for future generations!

- Air conditioners should be set around 28° C for cooling and 20° C for heating!
- Use your own bag for shopping!
- Avoid wasting water, electricity, and gas!
- Use a bicycle, bus, train or other form of public transport to get around!
- Eat locally grown fresh vegetables!
- Choose highly energy-saving home appliances!
- Reduce your garbage and separate it carefully!

### ◆ Panel Exhibition to Think about Environmental Issues

Mitaka City introduces the City's measures against environmental issues through panel exhibition in the "Environmental Month". This year, award winning "Environmental Slogan" by citizens will also be exhibited.

**Date:** June 4 (Mon.) to 8 (Fri.), 8:30 a.m. to 5:00 p.m. (until 3:00 p.m. on the 8th)

**Venue:** 1F City Office, Mitaka Civic Hall

### ◆ Free Seedling of Goya Giveaway!

Free seedling of goya is planned to be given to visitors of the panel exhibition. Why don't you make a "green curtain" at home to save energy?

**Number of people:** 100 visitors of the panel exhibition (maximum of 2 seedlings per person)

**Application:** Visit the venue during the event (first-come basis)

**Inquiries:** Environmental Policy Section Ext. 2525

### Information Service for Foreign Residents

**Time:** Every 2nd Friday each month from 1:00 to 4:00 p.m. (the service counter is open until 3:00).  
Closed on National Holidays.

**Location:** Mitaka Municipal Office, 2F Consultation/Information Center

**Tel:** 0422-44-6600

### 外国人相談窓口

英語: 毎月第2金曜日  
時間: いずれも祝日を除く午後1時~4時 (受付は3時まで)  
場所: 市役所2階相談・情報センター  
電話: 0422-44-6600

## MISHOP Information

Information about Mitaka International Society for HO's Pitality

### MISHOP Office

**Days:** Monday through Saturday (Closed on Sundays and national holidays)

**Hours:** 9:30 a.m. to 5:15 p.m.

**Location:** Mitaka City Chuo-Dori Town Plaza 4F, 3-30-12, Shimorenjaku

**Tel:** 0422-43-7812 **Fax:** 0422-43-9966

**E-mail:** [mishop@parkcity.ne.jp](mailto:mishop@parkcity.ne.jp)

**URL:** <http://www.mishop.jp/>

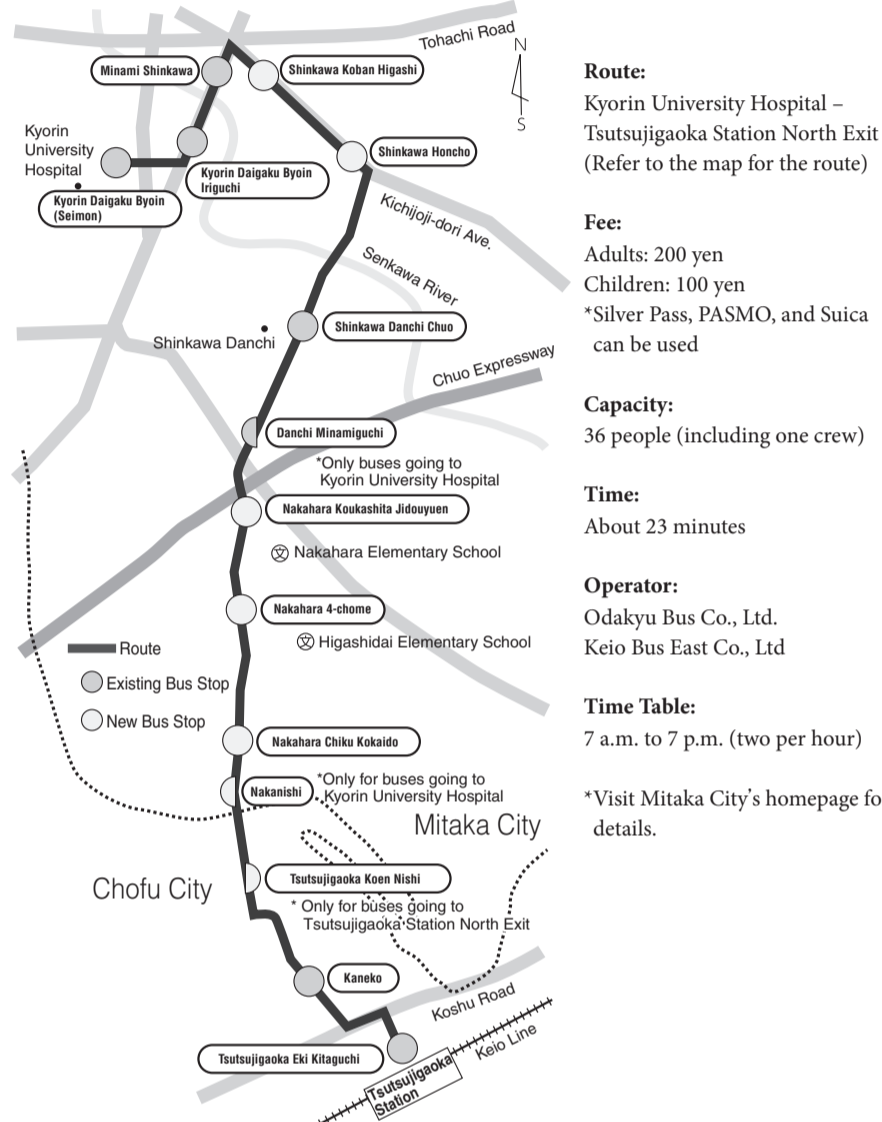
**Established:** November 23, 1989



## Starting of A New Mitaka City Bus Line (Kyorin University Hospital – Tsutsujigaoka Station North Exit)

A new line of Shinkawa – Nakahara Route (Kyorin University Hospital – Tsutsujigaoka Station North Exit) of Mitaka City Bus has started operation since March 26. It is operated in cooperation with Chofu City. Mitaka City Bus was established in 1998 to solve transportation access issues in certain areas and to enhance the usability of the elderly and others, starting from Kitano Route. So far we have operated six lines, including a joint line with Musashino City. Please take this chance to use the new seventh line!

### Mitaka City Bus New Line (Shinkawa - Nakahara Route)



**Route:**  
Kyorin University Hospital –  
Tsutsujigaoka Station North Exit  
(Refer to the map for the route)

**Fee:**  
Adults: 200 yen  
Children: 100 yen  
\*Silver Pass, PASMO, and Suica  
can be used

**Capacity:**  
36 people (including one crew)

**Time:**  
About 23 minutes

**Operator:**  
Odakyu Bus Co., Ltd.  
Keio Bus East Co., Ltd

**Time Table:**  
7 a.m. to 7 p.m. (two per hour)

\*Visit Mitaka City's homepage for  
details.

**Inquiries:** Road and City Traffic Management Section Ext. 2883

## Please Use the "Mitaka City Recycling Calendar" A Guide to Disposing Garbage in Four Languages

Please use the guide on disposing garbage available in four languages (English, Chinese, Korean, and Japanese).

The guide provides description in easy-to-understand way on how to separate and dispose household garbage, what require fees, price and the size of paid garbage bags, how to dispose bulky garbage, what items are disposed under the home appliance recycling law, etc.

The guide is available at Garbage Management Section (2F City Office Bldg. No.2), Mitaka International Society for HOspitality and Windows at municipal offices.

### ◆ Things to be Careful When Disposing Garbage

- Be sure to put garbage out before 8:00 a.m. on the collection day. (Dispose combustible garbage by 11:30 p.m. on the collection day for Shimorenjaku 3-chome and Kamirenjaku 2-chome)
- Plastics can be recycled. Wash clean and put them in transparent or semi-transparent bags when disposing.
- The maximum amount of garbage that can be disposed at once is three bags of 40 to 45L size garbage bags. When disposing more, it will be treated as excessive garbage and will be charged. Please apply by calling the Bulky Garbage Reception Center (03-5715-1212) or through the Internet (<http://www.mitaka-sodai.jp/>).
- Food wastes can be targeted by crows, please use bird nets and other means to keep crows away.

**Inquiries:** Garbage Management Section Ext. 2536

**Population** (As of May 1, 2012)

**Population: 177,156 persons**

**The number of Foreign Registrants: 2,932 persons**

## Special Ghibli Tickets Now on Sale to Mitaka Residents and People Living Near Mitaka!

**Eligibility:** Persons living, working, or studying in Mitaka City, Musashino City, Koganei City, and Nishitokyo City

\*Identification verifying eligibility is required.

**Price:** Adults 1,000 yen, Junior high/High school students 700 yen, Elementary school students 400 yen, preschool children of 4 years old and above 100 yen, Children of 3 years old and below charge free

\*Maximum of 6 tickets per person.

**Tickets on sale at:** Mitaka Tourist Office 9:00 a.m. to 6:00 p.m. (closed Tuesdays)

Mitaka Ekimae Kyodo Building 1F, 3-24-3 Shimorenjaku, Mitaka City, 181-0013

**Tel:** 0422-40-5525

**Number of tickets available:** 50 morning tickets (10:00 a.m. to 12:30 p.m. entry), 50 afternoon tickets (2:00 p.m. to 4:30 p.m. entry). First come, first served.

### GHIBLI MUSEUM, MITAKA

**Venue:** 1-1-83 Shimorenjaku, Mitaka City 181-0013 (inside Inokashira Onshi West Park)

**Inquiries:** 0570-055777 (Guidance in Japanese only)

**Opening Hours:** 10:00 a.m. to 6:00 p.m. (closed Tuesdays)

\*Museum may be closed for exhibit change maintenance, and for winter and other holidays. Please check with the Museum's website for latest information.

**GHIBLI MUSEUM, MITAKA Homepage:** <http://www.ghibli-museum.jp/>

## Events of Mitaka City Arts Foundation

Ticket center Tel: 0422-47-5122 Business hours 10:00 a.m. to 7:00 p.m.

The center is closed on June 4, 11, 18, and 25.

[www http://mitaka-art.jp/ticket](http://mitaka-art.jp/ticket) (Japanese only)

= A nursery service is available. (Please apply 2 weeks prior to each performance.)

### Concert Hall "Kaze"

## Ryusuke Numajiri & TMP (Tokyo Mozart Players) The 60th Subscription Concert

The program features two masterpieces in 20th century composed by Bartók.  
June 24 (Sun.), from 3:00 p.m.

**Tickets now on sale**

**All seats reserved**

**Members 3,500 yen/ Non-members 4,000 yen/  
Students 2,000 yen/ Students living or attending  
school in Mitaka City 1,000 yen\***

\*A special price for elementary and junior high school students living or attending school in Mitaka City accompanied by a Non-member (Member) ticket.

Reservation accepted through phone only.

**Performer:** Ryusuke Numajiri (Music Director and Conductor)  
Tokyo Mozart Players (Orchestra)



Ryusuke Numajiri (C)K. Miura

### Program

**Bartók:** Divertimento for String Orchestra Sz.113

**Mozart:** A Musical Joke in F Major K. 522

**Bartók:** Music for Strings, Percussion and Celesta Sz.106

### Concert Hall "Kaze"

## Mario Brunello Violoncello Solo Recital

Listen to the passionate sounds of Brunello, a renowned worldwide cellist who loves music, nature and life.

July 3 (Tue.), from 7:15 p.m.

**Tickets now on sale**

**All seats reserved**

**Members S=4,500 yen, A=3,600 yen**

**Non-members S=5,000 yen,**

**A=4,000 yen**

**Student Seats=2,500 yen**

### Program

**J.S. Bach:** Suite for solo cello No. 1 in G major, BWV 1007 and Suite for solo cello No. 5 in C minor, BWV 1011

**J. Weir:** Unlocked

**G. Cassadó:** Suite for solo cello



Mario Brunello