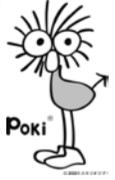


MITAKA CITY NEWS

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MITAKA CITY NEWS providing business and event information of Mitaka city is published on 1st of every month.



Check Your Health Annually with Specific Health Checkups

Checkup Slips for Specific Health Checkups Have Been Mailed to Residents Having Birthdays Between April and July

Do you often think about health factors such as your weight, blood pressure, and diet? Periodic health checkups enable you to confirm your current condition and can also prevent the onset or aggravation of diseases by detecting early signs of metabolic syndrome and other lifestyle-related illnesses.

Mitaka City offers free specific health checkups to members of the Mitaka City National Health Insurance (NHI) who are between 40 and 74 years of age. Let's take advantage of the opportunity to get a checkup during the checkup period.

◆What Is a Specific Health Checkup?

The specific health checkup is designed to prevent or alleviate metabolic syndrome (visceral fat syndrome) and other lifestyle-related illnesses. Important items such as measurements of your waist circumference and LDL cholesterol level (which can indicate arteriosclerosis) and an examination of your blood sugar (the index for diabetes) are included in this checkup.

◆For Those Enrolled in Social Insurance

If you are enrolled in social insurance (including NHI union) or a dependent of a social insurance member, please ask the insurer that issues your health insurance card about these specific health checkups. Please note that you may also be able to undergo additional health tests approved by the city, so you should check with the medical institution where you undergo the health checkup.

◆Flow of Procedures for Specific Health Checkups (for Mitaka City NHI members)

(1) Checkup slips are mailed

Specific health checkup slips are mailed to Mitaka City NHI members (as of April 1, 2013) who become between 40 and 75 years of age by the end of March 2014.

Birthday Month	Health Checkup Period	Month Checkup Slips Are Mailed
April–July	June 1 (Sat.)–September 30 (Mon.)	In late May
August–November	August 1 (Thu.)–November 30 (Sat.)	In late July
December–March	October 1 (Tue.)–January 31 (Fri.), 2014	In late September

(2) Call your local medical institution

These specific health checkups are offered at medical institutions designated by Mitaka City. Please call the medical institution directly where you will undergo the checkup and confirm details.

Note: Some medical institutions require reservations in advance.

(3) Undergoing a specific health checkup

Please be sure to bring your NHI card and your checkup slip to an approved medical institution on the day of your checkup. Please note that if your health insurance card has changed, you will not be able to receive this checkup.

(4) Explanation of the results

You can obtain an explanation of the results at the medical institution where you had the health checkup within about a month. Information on specific health classes according to level of risk will be provided to those diagnosed as having a high risk of lifestyle-related illnesses.

Inquiries: Specific Health Checkup, National Health Insurance Section **Tel:** 0422-46-3271

As of July 8, Foreign Residents Will Enter the Basic Resident Registration Network

We Will Begin Issuing Basic Resident Registration Cards and Procedures Will Become More Convenient

The Basic Resident Registration Network System was created to make procedures more convenient for residents and to streamline administrative procedures for the national and municipal governments. The system has been shared across Japan, allowing the confirmation of personal identification by certifying residence-related information.

With the start of the system applying to foreign residents, resident registration codes will also be written on the basic resident register of foreign residents, and Mitaka City will send a code notification to each resident on or after Monday, July 8. Your resident registration code is an eleven-digit number (randomly assigned) and is required to confirm personal identification through the Basic Resident Registration Network across Japan.

○Basic Resident Registration Card Issuance

As of Monday, July 8, foreign residents will also be able to receive a basic resident registration card from the City. The registration card is a highly secure IC card. There are two types, the card with a photo and the one without photo, and the card with a photo can serve as a valid form of official personal identification.

Note: For details about advantages and services newly available on or after July 8 and other information, please see the May issue of *MITAKA CITY NEWS* or call the Civil Affairs Section.

Inquiries: Civil Affairs Section, Ext. 2326

Let's Think about Environmental Issues Together June Is Environment Month

Since June 5 is World Environment Day, Japan has designated the month of June as Environment Month. Let's live an environment-friendly lifestyle so that we can preserve the wonderful natural surroundings we have today for the generations to come! Here are some ways to do that:

- Set the thermostat of air conditioners (coolers) at a room temperature of 28°C
- Take your own bags when going shopping
- Avoid letting the water run—or leaving the electricity or gas on—when not in use
- Ride a bicycle or take public transportation such as the bus or train when going out
- Consume locally produced vegetables in season
- Select energy-efficient household appliances
- Sort your garbage carefully and try hard to reduce the amount of garbage

◆Exhibition on Environmental Issues

Mitaka City will introduce programs that address city environmental issues with an exhibition "Little Ingenuity at Home—To Lead an Ecological Life" during Environment Month.

Date and time: June 3 (Mon.) through 7 (Fri.), 8:30 a.m. to 5:00 p.m. (until 3:00 p.m. on June 7)

Location: Mitaka Municipal Office 1F, Civic Hall

◎Free Goya Seedlings

Those who arrive at the exhibition will receive a gift of *goya* (bitter melon) seedlings (subject to change). Why not create a "green curtain" for your home as an energy conservation measure?

Eligibility: The first hundred people who come to the exhibition (up to two seedlings per person)

Application: Come to the venue (on a first-come, first-served basis)

Inquiries: Environmental Policies Section, Ext. 2525

To Tokyo, Tama, and Various Islands...Fly, Athletes!

Sports Festival in Tokyo 2013—National Sports Festival Being Held in Tokyo for the First Time in 54 Years!

Sports Festival in Tokyo 2013—which includes the 68th National Sports Festival and the 13th National Sports Festival for People with Disabilities—will be held from Saturday, September 28 to Monday, October 14 (a national holiday) in various areas in Tokyo. This is Japan's largest sports event with the highest level of competition. Do not miss the opportunity to root for the athletes at Osawa Sports Ground, which will serve as Mitaka City's primary venue. There will be vendors and a hospitality section. Admission is free of charge.

◆Mitaka City Competition Schedule

◇The 68th National Sports Festival—Official Competitions

- (1) Football (men's): September 29 (Sun.)
- (2) Softball (men's): September 29 (Sun.) through October 1 (Tue.)
- (3) Archery (all categories): October 5 (Sat.) through 7 (Mon.)

◇Sports Event Demonstrations

- (4) Paddle tennis: October 6 (Sun.)

◇The 13th National Sports Festival for People with Disabilities

- (5) Archery: October 13 (Sun.)

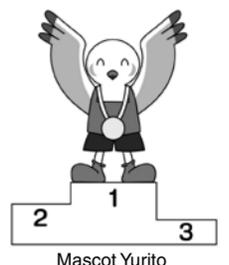
◆Location

Osawa Sports Ground (5-7-1 Osawa)

Notes:

- The venue for (4) will be different (Taisei High School and other locations).
- Since parking space is limited, please use public transportation as much as possible.

Inquiries: National Sports Festival Promotion Section, Ext. 3343



Mascot Yurito

Mitaka City Yuzo Yamamoto Memorial Museum Special Exhibition “The Mitaka House Story—Probing the House’s History from Its Architectural Plans”

Writer Yuzo Yamamoto’s house in Mitaka, where he wrote his masterpiece *Robo-no Ishi* (A stone by the roadside), is an authentic Western-style house constructed in the last years of the Taisho era (1912–26). The exterior is picturesque, and the interior reflects construction and designs that were ahead of their time. Although the high quality of architecture suggests that a distinguished architect designed the house, it is not clear who did. There is also evidence that the building was renovated from time to time, and presents many riddles.

This exhibition investigates what the building looked like at the time of its construction as well as when Yamamoto lived there, based on the renovation plans that still exist. The building is filled with attractive qualities, and its riddles are traced and intertwined with the history of housing in Mitaka.

Dates: Until September 1 (Sun.), 9:30 a.m. to 5:00 p.m. (closed on Mondays [open if Monday is a public holiday] and July 16 and 17)

Admission: ¥300 (¥200 per person in groups of 20 people or more)

Note: Free of charge for junior high school students and younger children, for those with a disability certificate and their escorts, and school excursion groups of high school students or younger and their chaperoning teachers



South side, exterior

◆Runs Concurrently: “Yuzo Yamamoto and the Great Kanto Earthquake”

The first joint exhibitions with the common theme of “how literature has depicted natural disasters” are held at literature museums across Japan. Our museum introduces Yamamoto’s description of his Great Kanto Earthquake experience.



North side, exterior

Mitaka City Yuzo Yamamoto Memorial Museum

The Western-style house where literary artist Yuzo Yamamoto lived with his family from 1936 until 1946 was transformed into a memorial museum and is now open to the public. The museum boasts an exhibit of items that trace the achievements of Yamamoto, who is an honorary citizen of Mitaka City, and the building has been designated as a cultural asset of the city.

Address: 2-12-27 Shimorenjaku

Inquiries: Mitaka City Yuzo Yamamoto Memorial Museum **Tel:** 0422-42-6233

Mitaka Kiwi Wine Is Being Sold at Liquor Shops in Mitaka City

About 10,000 bottles of Mitaka Kiwi Wine—brewed from kiwi fruit produced by the farmers in the city who join the Mitaka Fruit-grower Association—went on sale at 32 liquor shops in the city on May 16.

This year’s wine has a heavier kiwi flavor than previous vintages. Both the white and rose wines are mild and slightly sweet. The *nigori* (cloudy) wine is mellow, sweet, and full-bodied, while the sparkling wine is sweet and easy to drink. Please try them all!



◆ Selling Price (including tax)

White wine/Rose: ¥1,300 per bottle (720 ml)

Nigori wine: ¥1,600 per bottle (720 ml)

Sparkling wine: ¥1,000 per bottle (330 ml)

Note: Mitaka Kiwi Wine was selected as the official product in the gift division of the First TAKA-1 (Mitaka Select ONE) competition last September, which decides Mitaka’s most appealing products. A TAKA-1 authorized sticker (see right) is attached as an identifying mark.



Inquiries: Musashino Liquor Retailers Association (Amano) **Tel:** 0422-43-4818
Livelihood and Economy Section, Mitaka City **Ext.** 2544

Events of Mitaka City Arts Foundation

Mitaka City Arts Center, Tel: 0422-47-5122

Hours: 10:00 a.m. to 7:00 p.m.

Closed: June 3, 10, 17, and 24

HP <http://mitaka-art.jp/ticket> (Japanese only)

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

Mitaka City Arts Center Concert Hall “Kaze”

Miloš Guitar Recital

July 14 (Sun.), from 2:00 p.m.

Tickets are now on sale.

All seats are reserved.

Members: ¥4,050 for S seats, ¥3,150 for A seats

Non-members: ¥4,500 for S seats, ¥3,500 for A seats

U-23 seats (23 years of age or younger): ¥2,300

(Junior high school students and older should bring their student IDs or some form of official documentation indicating their age to the event.)

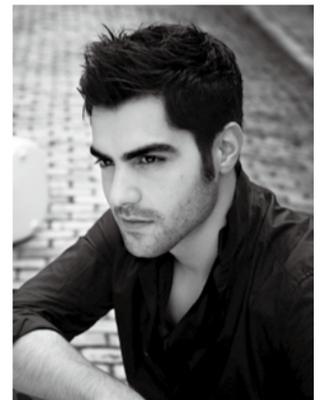
Program:

J. S. Bach: Lute Suite Partita in C minor, BWV 997

Velazquez: Bésame Mucho (Asado version)

Barrios: Un sueño en la Floresta (A dream in the forest)

Brouwer: A Day in November, and more



Miloš ©DG_Margaret Malandrucolo

Miloš, an up-and-coming artist of the classic guitar world born in Montenegro on the Mediterranean Sea, will appear at the Concert Hall “Kaze” for the first time!

Mitaka City Arts Center Concert Hall “Kaze”

Toru Takemitsu—Songbook Concert

“Songs That Takemitsu Left Us Will Come Alive Once Again”

July 20 (Sat.), from 5:00 p.m.

Tickets are now on sale.

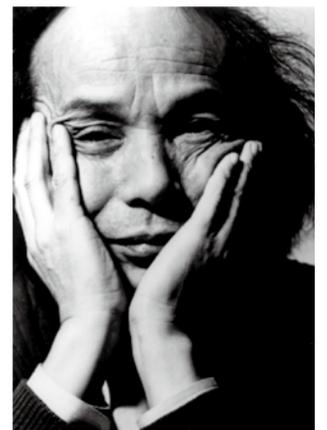
All seats are reserved.

Members: ¥3,600

Non-members: ¥4,000

Singers: Ann Sally, Tomoe Sawa, Shizuru Otaka, Yuichi Ohata, Takashi Matsudaira, Mio Matsuda, and tamamix

Musical group: Choro Club



Toru Takemitsu ©Tetsuya Fukui

Program: Ann Sally—“Meguri-ai,” “Shinda otoko-no nokoshita mono-wa”; Tomoe Sawa—“Utau dake”; Shizuru Otaka—“Ashita-wa hare-kana kumori-kana”; and more

Enjoy the singing of seven different vocalists and a performance by Choro Club.



Information

Information about Mitaka International Society for HOspitality

MISHOP Office

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

Hours: 9:30 a.m. to 5:00 p.m.

Location: Mitaka City Chuo-Dori Town Plaza 4F, 3-30-12, Shimorenjaku 181-0013

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

E-mail: mishop@parkcity.ne.jp

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

Established: November 23, 1989



Information and Consultation Service in English for Foreign Residents

Date and Time: Every 2nd Friday each month from 1:00 p.m. to 4:00 p.m.
(the service at the counter is to be accepted by 3:00 p.m.)
Closed on national holidays.

Location: Consultation/Information Center, Mitaka Municipal Office 2F
Tel: 0422-44-6600

Population and Number of Households As of May 1, 2013

Numbers in brackets are changes from previous month.

No. of Registered Residents 180,292 persons (+354)

No. of Households 89,627 households (+391)

