



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.

Be Careful—The Season of Torrential Rains Happening Frequently Is Coming

To prevent damage from heavy rains, be prepared and think of countermeasures.

Inquiries: Disaster Preparedness Section, Ext. 2284

◆ Always Be Prepared

◇ Check the level of flood risk in advance using the Mitaka City Flood Hazard Map.

It is wise to check in advance the level of flood risk of the community where you live and of places you go to regularly, such as your workplace and the route you use to get to work or school. The city's flood hazard map is available at the Disaster Preparedness Section (Municipal Office 3F) and municipal office branches, and can also be downloaded from the city's website (**URL:** http://www.city.mitaka.tokyo.jp/c_service/034/034182.html).

◇ Flood Prevention Around Your Home

Gutters and drains that become clogged with leaves or debris delay drainage in the sewage pipes, and can cause flooding. Clean your gutters and drains often. Also, do not place things such as ramps to eliminate differences in grade or other items on top of gutters and drains.

◇ Flood Countermeasures at Home

If you wrap a plastic ground sheet around planters with soil in them and line them up by the door of your home, they will serve as a countermeasure for up to about 10-centimeters of flood. If you fill double-layered 40-liter garbage bags halfway with water and tie the opening of the bag tightly, they can be used as simple water bags. Placing water bags in a cardboard box makes them easier to carry and set into place. It is a good idea to prepare items that can be used to prevent flooding in your home.

Note: Sandbags are available from the city. If you need them, please contact the Road and City Traffic Management Section, Ext. 2855 (**used sandbags will not be collected**).

◆ If There Is Heavy Rainfall

◇ Check the Latest Weather Information

• **Tokyo Amesh** (bulletin on rain cloud movement and heavy rains in Tokyo and the surrounding areas)
URL: <http://tokyo-ame.jwa.or.jp/index.html>

• **Metropolitan Tokyo Comprehensive Flood Information System** (bulletin on precipitation and the river water levels, with the Sengawa and Nogawa rivers as observation points)
URL: <http://www.kasen-suibo.metro.tokyo.jp/im/tsim0101g.html>

• **Japan Meteorological Agency Disaster Information** (estimates, alerts, and warnings concerning the amount of rainfall)
URL: <http://www.jma.go.jp/jma/menu/menuflash.html>

◇ Be Careful about Going Underground or Outside

Since heavy rains can flow into underground or semi-underground floors, making it impossible to open the door due to water pressure, avoid going into underground facilities when it rains heavily. If you are outside, use an umbrella or stick to check the ground to make sure you don't fall into a manhole or gutter whose lid has come off due to overflowing sewage.

◇ Refrain from Draining Water and Use These Sewage Backflow Countermeasures

The sewage system may not be able to handle all the water during a heavy rain, so there may be a backflow of sewage. To avoid this, refrain from draining water—such as from your laundry machine or bathtub—and block drain outlets and toilets with water bags.

Check Your Health Once a Year with Specific Health Checkups!

Are you concerned about health-related matters such as your weight, blood pressure or eating habits? If you undergo a periodic health checkup to check your health and watch for signs of metabolic syndrome and other lifestyle-related illnesses at an early stage, you may be able to prevent illnesses or aggravation of illnesses.

The City conducts free specific health checkups for residents forty years of age or older who are enrolled in Mitaka City National Health Insurance. By all means, undergo a checkup within the designated period.

◆ Flow of Procedures for Specific Health Checkups

1. Checkup Slips Are Mailed Out

Health checkup slips are mailed out in specific periods according to your birth month to all residents who are enrolled in Mitaka City National Health Insurance as of April 1 and will be turning between 40 and 75 years of age during the current fiscal year.

Birth Month	Health Checkup Period	Slips Mailed Out
April–July	June 1 through September 30	Already mailed in late May
August–November	August 1 through November 30	In late July
December–March	October 1 through January 31, 2016	In late September

2. Designated Medical Institutions

Specific health checkups are conducted at medical institutions designated by the City. A list of the medical institutions will be mailed along with the health checkup slip.

3. Undergoing a Specific Health Checkup

Please be sure to bring the health checkup slip and your health insurance card with you on the day of your checkup. If your health insurance card has changed, you will not be able to undergo the checkup.

4. Explanation of the Results

Please go and receive an explanation of the results at the medical institution where you received the health checkup within about one month after the checkup. If you are evaluated as having a high risk of lifestyle-related illnesses, you will be given information on specific counseling guidance.

Note: For information on specific health checkups for those enrolled in employee health insurance plans (including National Health Insurance Unions) as well as for dependents of such, please ask the insurer who issues your health insurance card.

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

Follow Bicycle Traffic Rules and Practice Common Courtesy

◇ Keep the Rules! The Five Main Rules for Safe Bicycle Riding

1. Ride your bicycle on the street; ride on the sidewalk only in special cases

As a rule, you must ride your bicycle on the street if the sidewalk and street are separated.

Note: Riding on the sidewalk is permitted if there is a sign “Bicycles and Pedestrians Only,” or if bicycles must be ridden on the sidewalk for safety reasons.

2. Keep left on the street

Bicycles must be ridden on the left side of the street (riding on the right side is prohibited).

3. On the sidewalk, carry the principle of people first; proceed slowly on the side closer to the street

When riding on a sidewalk, stay on the side nearest the street, and ride at a speed slow enough that you can stop immediately. Do not ride in a dangerous manner, such as trying to forcefully pass others, or ringing your bell to clear the path of pedestrians for yourself.

4. Observe traffic rules

It is prohibited to ride under the influence of alcohol, with a passenger or next to another bicycle. Always turn your headlights on at night, obey traffic lights and “Stop” signs, and check to make sure it is safe before proceeding.

5. Children should wear helmets

Parents/guardians of children under thirteen years of age must make sure that he/she wears a helmet when riding a bicycle.

Bicycle Riders Who Repeatedly Violate Rules Must Attend Bicycle Riders Class

According to partial revisions of the Road Traffic Law that went into effect on June 1, bicycle riders who repeatedly violate traffic laws and are clearly ignoring the laws must attend bicycle riders class. Violations include ignoring traffic lights or “Stop” signs, and riding without braking. Riders who break these rules two or more times within three years must attend a class (**note:** fees are charged). A violator who does not obey the order to attend it must pay a fine of up to ¥50,000.

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

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

Inquiries: Environmental Policy Section, Ext. 2525

Said to be the cause of natural disasters and abnormal weather conditions, global warming is a serious issue that can even affect the existence of all humankind. We can reduce the burden on the environment significantly by conserving energy and our natural resources. Let's review our everyday lifestyles and habits, and start leading lives that are kind to the Earth.

- 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

A panel exhibition will be staged to introduce city programs that address environmental issues.
Date and time: June 1 (Mon.) through 5 (Fri.), 8:30 a.m. to 5:00 p.m. (until 3:00 p.m. on June 5)
Location: Municipal Office 1F, Civic Hall

◆ Ecological Musical Concert "Town Concert of Bremen"

This enjoyable concert will also deepen your understanding of environmental issues. Ecological events are also planned, including a workshop of eco-friendly instruments, a gift of *goya* (bitter melon) seedlings (up to two seedlings per household, 150 households maximum on a first-come, first-served basis), and more.
Date and time: June 27 (Sat.) 2:15 to 4:15 p.m. (opens at 1:15 p.m.)
Venue: Mitaka City Public Hall "Hikari"
Capacity: 650 persons on a first-come, first-served basis
Application: Come to the venue directly on the day of the event

Beware of Photochemical Smog

Occurs most on days
when the temperature is over 20°C
and there is little wind

Every year in the Tokyo area, there are photochemical smog alerts from around May through September, and there are more smog alerts in the Tama area than in central Tokyo. Smog alerts and warnings are announced through the disaster prevention radio, the City website, safe security e-mails, bulletin boards at public facilities, etc. Please note that as a rule, smog alerts are cancelled after sunset.

◇ When There Is a Smog Alert or Warning

- Refrain from stepping outside and from outdoor activities.
- If your eyes and throat start hurting, wash your eyes and gargle immediately.

Notes:

- The status of current photochemical smog alerts can be confirmed via the website of the Bureau of the Environment of the Tokyo Metropolitan Government. (URL: <http://www.ox.kankyo.metro.tokyo.jp/>)
- Photochemical smog is reportedly caused by air pollution such as automobile exhaust. To prevent air pollution, it is a good idea to limit the use of cars and ride your bicycle or take public transportation instead, such as a train or bus.

Inquiries: Environmental Policy Section, Ext. 2525

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

About 8,000 bottles of Mitaka Kiwi Wine—made from kiwi fruit produced by the farmers in the city who join the Mitaka Fruit-grower Association—went on sale at 23 liquor shops in the city.

This year's wine is once again a wonderful product making maximum use of the fragrance of kiwi. The White wine is crisp and dry, the Rosé is slightly sweet and the *Nigori* (cloudy) wine has a savory sweetness. Please try them!

◆ Selling Prices (including tax)

White wine and Rosé: ¥1,337 per bottle (720 ml)
Nigori wine: ¥1,646 per bottle (720 ml)



Inquiries:

Joshuya Yamamoto Shop, Tel: 0422-31-7245
City Livelihood and Economy Section, Ext. 2543

The Ghibli Museum Summer Vacation Reserve Tickets on Sale by Lottery

The reserve ticket sales for August this year will be done by lottery in June prior to the normal sales starting July 10.

◆ Tickets for Admission during August

Prices (including tax):

Adults: ¥1,000; junior high and high school students: ¥700; elementary school students: ¥400; preschoolers (four years of age or older): ¥100

Application Period:

From noon on June 25 (Thu.) to 11:59 p.m. on June 30 (Tue.)

How to Apply:

- (1) By Internet: Lawson Ticket (URL: <http://l-tike.com/ghibli/>; you must register for Lawson web membership, which is free of charge.)
- (2) By telephone: 0570-084-637

Note:

- Requesting up to six tickets per application is permitted, but making more than one entry on the same day is not.

Result Notification:

- (1) Will be notified of the results by e-mail after 3:00 p.m. on July 9 (Thu.).
- (2) Confirm over the telephone (0570-084-637) from 3:00 p.m. on July 9 to 11:59 p.m. on July 12 (Sun.).

If you have been chosen, please obtain your tickets at a Lawson convenience store during the designated period.

Notes:

- The normal sales for July will be available from 10:00 a.m. on June 10 (Wed.), and for August from 10:00 a.m. on July 10 (Fri.).
- Application for the lottery for July tickets were accepted from May 25 through 31. Ticket sales for September onward will follow the normal sales procedure from the tenth of the month before the desired date of admission.

Inquiries: Ghibli Museum Guidance Dial, Tel: 0570-055777 (9:00 a.m. to 6:00 p.m., except on Tuesdays)

Special tickets for residents of Mitaka City and neighboring cities for July through September will be on sale as normal from 9:00 a.m. on June 1 (Mon.) at the Mitaka City Tourism Association office.

Note: For more information, please visit the Mitaka City website.

Inquiries: Mitaka City Tourism Association, Tel: 0422-40-5525

Events of Mitaka City Arts Foundation

Mitaka City Gallery of Art, ☎ 0422-79-0033
Hours: 10:00 a.m. to 6:00 p.m. (admission until 5:30 p.m.)
Closed: June 15 and 22
HP <http://mitaka.jpn.org/gallery/> (Japanese only)

Exhibition of Osamu Dazai's Works and Belongings from the Tsushima Family Collection

June 13 (Sat.) through 28 (Sun.)

Fee: Free of charge

Sponsored by: Mitaka City and the Mitaka City Arts Foundation

In cooperation with: Sonoko Tsushima, Satoko Tsushima, the Tadahiko Hayashi Photo Research Office, and the Museum of Modern Japanese Literature

Mitaka City will be exhibiting items that belonged to Osamu Dazai, entrusted to us by the Tsushima family. A total of seventy of Dazai's works and belongings from his days in Mitaka will be shown.

A leading contemporary author of Japan, Dazai lived in Mitaka with his wife Michiko from September 1939. With various items on display—such as writing, pictures, and documents related to everyday life—this exhibit will be somewhat different from the usual literature exhibition.

June is the month of Dazai's birth, as well as the month of mourning his death. Enjoy these reference materials treasured by the Tsushima family "coming home" to Mitaka for the first time in ages.

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



Osamu Dazai, *Self-Portrait*, 1947 Painted in the studio of Hamae Sakurai, who lived near Mitaka Station

Population and Number of Households As of May 1, 2015

Numbers in brackets are changes from previous month.

Number of Registered Residents 182,843 persons (+273)
Number of Households 90,894 households (+227)



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

