

MITAKA CITY NEWS



February 1, 2018 No. 219

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Mitaka City News, providing information on public services, lives and events of Mitaka City, is published on the 1st of every month.

File Your Tax Return as Early as Possible

Inquiries: Musashino Tax Office, **Tel:** 0422-53-1311

Based on Japanese tax laws, a foreign resident living in Japan for one year or longer may have to file a tax return. Since the service counters become very crowded in March, please file your tax return as early as possible.

- ◇ **Income Tax and Special Income Tax for Reconstruction**
Filing period: February 16 (Fri.) to March 15 (Thu.)
Payment due date: March 15
- ◇ **Gift Tax**
Filing period: February 1 (Thu.) to March 15
Payment due date: March 15
- ◇ **Consumption Tax and Local Consumption Tax of Private Business**
Filing period: Until April 2 (Mon.)
Payment due date: April 2

◆ You Can Complete Your Annual Tax Return Forms through the National Tax Agency Website

If you use the online form available at the “確定申告書等作成コーナー” section of the National Tax Agency website (**URL:** <http://www.nta.go.jp/>), your tax amount will be automatically calculated and you can complete the forms without any mistakes. Additionally, you can print your completed forms and submit them to the tax office. You can obtain materials related to annual tax return and tax form procedures from this website as well.

◇ The National Tax Agency website also has information on procedures for filing your annual tax return in English.
URL: http://www.nta.go.jp/foreign_language/
Inquiries: Tokyo Regional Taxation Bureau English Consultation Telephone Line, **Tel:** 03-3821-9070

◆ Tax Report Completion Site

Date and time: Weekdays from February 14 (Wed.) through March 15, 9:00 a.m. to 5:00 p.m. (Reception is open from 8:30 a.m.)
Location: Musashino Tax Office (3-27-1, Kichijoji-honcho, Musashino City)
Application: Simply go to the site during the aforementioned period.
Notes:
1. On Sundays, February 18 and 25, the site will offer advice on completing the return and accept completed ones as well. However, the site will not handle phone consultations, receive national tax or issue tax payment certificates.
2. Please refrain from coming by car.

◆ Applying for the Dependent Deduction for Relatives Living Overseas

If you want to receive a dependent deduction on your tax return for relatives who live overseas, attach a document clarifying your family relationship and a document showing remittances made to support them (attach one per relative). This excludes cases in which deductions are made from your salary, pension, etc., or if you have submitted documents for the yearend adjustment to your employer.

◆ You Don't Need to Submit Medical Expense Deduction Receipts

To make the process simpler, you no longer have to submit receipts to receive the medical expense deduction. Instead, fill out and attach a statement of deduction for medical expenses to your income tax report. This statement can be created on the National Tax Agency website (Japanese only).
Note: Since medical expense receipts must be submitted if the Tax Office requests them, you must still keep them at your home for five years.

Hospitals with Staff Who Speak Foreign Languages

It is easy to get sick at this time of year due to the extreme cold. Please bring your health insurance card whenever you visit a medical institution.

Note: English is available at all institutions below except for ⑨ and ⑫; French is spoken at ⑨, and Chinese and Taiwanese are spoken at ⑫.

Inquiries: Comprehensive Health Center, **Tel:** 0422-46-3254

	Hospitals and Clinics (Address and Telephone Number)	Departments	Days Foreign Language is Available
①	Kamata Hospital 1-30-12, Shimorenjaku Tel: 0422-43-4621	Internal medicine, gastroenterology, pediatrics, dermatology, radiology and physical therapy	Monday through Friday, except for Thursdays
②	Satake Otolaryngology Tracheoesophageal Hospital 3-14-28, Shimorenjaku Tel: 0422-43-3273	Otolaryngology	During business hours
③	Matsuzaki Eye Clinic Cherir Mitaka 1F, 3-15-1, Shimorenjaku Tel: 0422-41-1103	Ophthalmology	
④	Ogo Dermatology Clinic Lions' Plaza Mitaka Ekimae 202, 3-34-22, Shimorenjaku Tel: 0422-41-1169	Dermatology	
⑤	Kanno Internal Medicine Clinic Elve Mitaka 2F, 3-44-17, Shimorenjaku Tel: 0422-40-5022	Internal medicine	During business hours (except for Thursday afternoons)
⑥	Kakuta Surgery/Gastroenterology Clinic 4-9-1, Shimorenjaku Tel: 0422-45-3251	Surgery, gastroenterology, internal medicine and pediatrics	During business hours
⑦	Minamiura Co-op Clinic Otari-minamiura Building 1F, 7-1-27, Shimorenjaku, Tel: 0422-48-4121	Internal medicine	
⑧	Nomura Hospital 8-3-6, Shimorenjaku Tel: 0422-47-4848	Internal medicine, surgery, orthopedics, physical therapy, radiology, plastic and reconstructive surgery, and clinical laboratory	Only on Thursday mornings
⑨	Mitaka Dai-ichi Clinic 8-9-21, Shimorenjaku Tel: 0422-46-4141	Internal medicine, surgery, orthopedics, pediatrics, urology, gastroenterology and breast oncology	First, third and fifth Saturdays (breast oncology only)
⑩	Yamamoto Clinic 2-11-5, Mure, Tel: 0422-43-6410	Internal medicine, gastroenterology, proctology and pediatrics	During business hours
⑪	Fujimoto Children's Clinic 2-11-22, Mure, Tel: 0422-24-9501	Pediatrics, pediatric surgery and pediatric urology	

	Hospitals and Clinics (Address and Telephone Number)	Departments	Days Foreign Language is Available
⑫	Shozawa Clinic Shinei Building 2F, 6-9-6, Shinkawa Tel: 0422-76-6055	Internal medicine, neurological therapeutics and physical therapy	During business hours
⑬	Kyorin University Hospital 6-20-2, Shinkawa, Tel: 0422-47-5511	Internal medicine, surgery, obstetrics/gynecology, orthopedics, plastic and reconstructive surgery, pediatrics, pediatric surgery, ear/nose, dermatology, urology, psychiatry, neurology, ophthalmology, anesthesiology, radiology, circulatory system and dentistry	
⑭	Takayama Hospital 4-2-29, Kamirenjaku, Tel: 0422-43-0700	Internal medicine, dermatology, urology, proctology, and surgery	
⑮	Akiyama Children's Clinic Kawaguchi Building 1F 4-3-3 Kamirenjaku Tel: 0422-70-5777	Pediatrics	Monday, Thursday and Friday, 9:00 a.m. to 11:30 a.m.
⑯	Uchihara Internal Medicine Clinic 1F, 7-11-7, Kamirenjaku, Tel: 0422-40-6180	Internal medicine and gastroenterology	During business hours
⑰	Hasegawa Hospital 2-20-36, Osawa, Tel: 0422-31-8600	Psychiatry	Tuesday and Friday, 9:00 a.m. to 3:00 p.m.; during business hours on Thursday (reservations are necessary)
⑱	Sakurai Dental Clinic 6-1-3, Shimorenjaku, Tel: 0422-43-6303	Dentistry	During business hours
⑲	Kichijoji-dori Dental Clinic 6-2-16, Shimorenjaku, Tel: 0422-24-8515		
⑳	Chihara Dental Clinic Mitakadai Plaza 202, 2-7-8, Inokashira Tel: 0422-49-2753		
㉑	Yukari (Eucalyptus) Dental Clinic 1-16-4, Nozaki, Tel: 0422-48-4696		

February Is Energy Conservation Month

Inquiries: Environmental Policy Section, Ext. 2524

During this time of year when the use of heating equipment and other factors increases energy consumption, please think about energy conservation and act accordingly. Here we introduce examples of energy conservation that you can practice in everyday life.

- ◇ **Keep the Thermostat of Your Heater at 20°C**
 - Decreasing the thermostat temperature just a little can reduce energy consumption
 - Use long, thick curtains and clean the filter frequently to increase heating efficiency
 - Turning your heater on and off frequently actually consumes more energy
- ◇ **Warm Up with Foods**
 - Eating winter vegetables, especially root vegetables, warms the body
 - Try to consume naturally grown seasonal vegetables
- ◇ **Be Creative with Transportation**
 - Driving your own car consumes a lot of energy. Use public transportation such as buses and trains whenever possible.
 - When driving your own car, practice environmentally friendly driving, such as avoiding sudden starts and stops
- ◇ **Check Your Refrigerator's Temperature**
 - Setting the temperature of your refrigerator to low is sufficient at this time of year. Also be careful not to overload your refrigerator.
- ◇ **Set Household Appliances to Energy Conservation Mode**

- Once you set your TV to energy conservation mode and decrease screen brightness, it will begin conserving energy
- ◇ **Trying "Warm Biz"**
 - Wear layers of warm clothing
 - Effectively use a hot water bottle, warm bedding and other methods to keep warm when sleeping
- ◇ **Share the Warmth**
 - Sharing warmth—such as by turning off your room heater and going somewhere, or having the family get together in one room—conserves energy

- ◆ **Please Consider Installing New Energy/Energy Conservation Equipment**
 - The city offers partial subsidies to those who install new energy or energy conservation equipment, such as solar energy generators—which can generate power without producing carbon dioxide—as well as systems that use solar heat to heat air and liquids for use in hot-water supplies and heaters. Please read the city website for more information.

Compensation for Bicycle and Traffic Accidents Enroll in Chokotto Mutual Aid

Inquiries: Road and City Traffic Management Section, Ext. 2884

Chokotto (Little) Mutual Aid (Tokyo Metropolitan Municipal Traffic Accident Mutual Aid) is a membership system in which residents pool their fees and help each other by offering compensation benefits when they are involved in a traffic accident.

- ◆ **Two Courses to Choose From**
 - **A course** Annual fee: ¥1,000 Maximum compensation benefit: ¥3 million
 - **B course** Annual fee: ¥500 Maximum compensation benefit: ¥1.5 million
- Enrollment period:** April 1 through March 31, 2019
- Application period:** From February 1 (Thu.)
- Application location:** Municipal office branches, designated financial institutions and visiting reception counters (please read the City website for more information).
- Notes:**
 1. Pamphlets with application forms attached are set for distribution to all homes in mid-February.
 2. If you enroll on or after April 1, the enrollment period is from the day after the enrollment fee payment is made until March 31, 2019.

Many accidents occur in February due to frozen roads and accumulated snow. Bicycle riders should always observe traffic rules, practice common courtesy, and keep safety in mind.

- ◇ Ride your bicycle on the street; ride on the sidewalk only in special cases.
- ◇ Ride on the left side of the street.
- ◇ Pedestrians have the right of way; ride your bicycle slowly on the side closer to the street only in special cases.
- ◇ Observe traffic rules.
 - Riding bicycle under the influence of alcohol is prohibited / Riding bicycle with passenger and riding side by side with another rider are prohibited / Use headlights at night / Obey traffic lights, make complete stops, and check for safety
- ◇ Children should wear helmets.

The First Screening Result Announcement and Secondary Recruiting for Nurseries

Inquiries: Child Development Section (service counter #45, 4F Mitaka Municipal Office), Ext. 2732

- ◇ **Announcement of Children Enrolled for April 1**
 - The results of the first screening are mailed in early February to those who applied during the simultaneous application period. Inquiries will not be accepted over the telephone.
- ◇ **Secondary Recruiting and Changing Your Desired Nursery**
 - Recruiting conditions for each nursery school will be posted at the Child Development Section and the city website from February 2 (Fri.).
 - Eligibility:** Anyone who wants to apply newly, and anyone who applied during the simultaneous application period but wishes to change their desired nursery.
 - Application:** Apply to the Child Development Section no later than 5:00 p.m. on February 15 (Thu.). You can request to switch your desired nursery from February 5 (Mon.).
 - Notes:**
 1. If your child was not selected in the first screening, he/she is automatically eligible for the secondary recruiting if additional recruiting is conducted at your desired nursery, so there is no need to file another application.
 2. The results of the secondary recruiting are scheduled to be mailed out around March 9 (Fri.).


Events of Mitaka City Sports and Culture Foundation

Mitaka City Arts Center, ☎ 0422-47-5122

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

Closed: February 5, 13, 14, 19 and 26

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

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

Mitaka City Arts Center Concert Hall "Kaze"

Mitaka Junior Orchestra (MJO) 18th Concert

March 18 (Sun.), from 2:00 p.m. 

Tickets now on sale. All seats reserved

Prices (tax included):

Members: ¥800; non-members: ¥1,000; elementary school to high school students: ¥800 (elementary to high school students of Mitaka: ¥500); preschoolers (4 years of age or older): Free

Note: Please refrain from bringing children three years of age and younger

Performed by: Karl Naito (conductor), Riko Rikitake (trumpet solo) and Mitaka Junior Orchestra (orchestra)

Program:


Jacques Ibert: Hommage à Mozart

Johann Nepomuk Hummel: Trumpet Concerto in E major S.49 (solo by Riko Rikitake)

Joseph Haydn: Symphony No. 101 in D major "The Clock" Hob.I:101

The Mitaka Junior Orchestra continues to rise to the challenge of a variety of works while receiving the tutoring of professional performers. They show the joy of performing together while sharing music with friends to the audience. We look forward to welcoming you!





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

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

Established: November 23, 1989

Population and Number of Households As of January 1, 2018

Numbers in brackets are changes from previous month.

Number of Registered Residents 186,375 persons (-13)

Number of Households 92,951 households (-54)