



# MITAKA CITY NEWS

June 1, 2018 No. 223

**Published monthly by:**  
Mitaka Municipal Office, Tokyo  
**Edited by:**  
Secretariat and Public Relations Section  
Mitaka Municipal Office  
1-1-1, Nozaki, Mitaka, Tokyo 181-8555  
Corporate Number: 8000020132047  
**Phone:** 0422-45-1151  
**URL:** <http://www.city.mitaka.tokyo.jp/foreign/english/index.html>  
*Mitaka City News*, providing information on public services, lives and events of Mitaka City, is published on the 1st of every month.

## June Is Environment Month Let's Think About Environmental Issues Together

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

To mitigate global warming, each of us has to conserve energy and resources and reduce the burden on the environment. Why not take a moment to review your actions in daily life, incorporate some easy energy-saving measures, and live in a more environmentally conscious way? Here are a few ways you can do this:

- 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, and turn off the light when not in use
- Ride a bicycle or take public transportation such as the bus or train when going out
- Avoid buying too much food
- Consume locally produced vegetables in season
- Select energy-efficient household appliances
- Sort your garbage carefully and try hard to reduce it

### Exhibition on Environmental Issues

A panel exhibition will be staged to introduce city programs that address environmental issues.  
**Date and time:** June 4 (Mon.) to 8 (Fri.), 8:30 a.m. to 5:00 p.m. (until 3:00 p.m. on June 8)  
**Location:** Municipal Office 1F, Civic Hall

### Eco Musical Fantasy

#### Never-never land: An eco island of greenery, flowers and ecology

Families can enjoy this musical together while they learn about the importance of protecting the environment. Elementary school students from the city selected by audition will appear alongside the musical theater company Marchen Music Theater. Attendees will be given a *goya* (bitter melon) seedling (up to two seedlings per household; 150 persons on a first-come, first-served basis). You can use these seedlings to grow a green curtain together with your child this summer to block out the harsh rays of the sun and make your house cooler and more comfortable.

**Date and time:** June 24 (Sun.), 2:30 to 4:30 p.m. (opens at 1:30 p.m.)  
**Location:** Mitaka City Public Hall "Hikari"  
**Capacity:** 600 persons on a first-come, first-served basis  
**Application:** Come to the venue directly on the day of the event

## "Lights-Off" Night—A Night When Everyone Thinks of the Earth Please Join the CO<sub>2</sub> Reduction and Lights-Off Campaign

This campaign, conducted by the Ministry of the Environment, encourages all of us to reduce global warming by turning off the lights around us. Facilities and homes across Japan will be encouraged to switch off all of the lights at once on June 21 (summer solstice) and July 7 (Cool Earth Day). Let's turn off lights that aren't needed and enjoy a beautiful starry night together.

**Campaign dates:** June 21 (Thu.) through July 7 (Sat.)

**Summer Solstice Lights-off:** June 21, 8:00 to 10:00 p.m.

**Cool Earth Day Lights-off:** July 7, 8:00 to 10:00 p.m.

## 2020 Medal Project: Using Urban Mining to Create Medals Please recycle your small household appliances and devices

**Inquiries:** Garbage Management Section, Ext. 2533

In cooperation with other local governments throughout Japan, Mitaka City is participating in a project to recycle and reuse the materials contained in small, discarded household appliances and devices, such as mobile phones, in the medals for the 2020 Tokyo Olympic and Paralympic Games.

There are collection boxes (see picture) for small household appliances and devices at the Municipal Office (Main Bldg., 1F; Bldg. 2, 2F), at community centers (see the back side), and the Citizens' Recycling Factory (2-16-13 Jindaiji). Please use them and help us make the medal for the upcoming Games.

For more details, please check the city's website or the Japan Environmental Sanitation Center website at <http://toshi-kouzan.jp/>.

### Items Collected

Mobile phones, PHS devices, home phones, digital cameras, tablet devices, game consoles, USB drives, radios, hair dryers, electric clocks/watches, etc., and any other small household appliances and devices that can fit through the opening of the collection box, which measures 30 cm x 15 cm.



Collection box for small household appliances and devices

## Photochemical Smog Warnings and Alerts

**Inquiries:** Environmental Policy Section, Ext. 2523

Photochemical smog often occurs on days when there is little or no wind and the temperature exceeds 20°C. Warnings and alerts about this type of smog are typically made between May and October every year. The city issues such warnings and alerts via the disaster prevention radio broadcasting system, the city's website, the city's official Twitter account, safe security email, and notices posted at public facilities, etc.

### 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.

**Note:** To see such warnings and alerts, please check the website of the Bureau of Environment, Tokyo Metropolitan Government, at: <http://www.ox.kankyo.metro.tokyo.jp/>. All photochemical smog warnings and alerts are canceled at sunset.

### To lessen the amount and effects of photochemical smog

Photochemical smog is reportedly caused by air pollution from sources such as automobile exhaust. Please try to live an environmentally friendly lifestyle and avoid unnecessary use of your car whenever possible. Use bicycles and public transportation instead.

## Family Farming Experience Come Try Rice Planting!

**Inquiries:** Hotaru-no Sato Mitaka Village Office, Tel: 090-4171-3070

Rice-planting and harvesting experience programs are held throughout the year at Osawa no Sato Park, which has one of the few rice paddies remaining in the Mitaka area. These programs are under the auspices of the citizens group Hotaru-no Sato Mitaka Village, which seeks to maintain the community's natural surroundings and provide outreach to local children.

As the first step of the program, please come and try planting rice with the old-fashioned manner—planting by hand! In autumn, we will offer a harvesting experience program and a harvest festival (featuring *mochitsuki*, meaning "glutinous rice-pounding").

**Date and time:** June 3 (Sun.), from 10:00 a.m. (canceled if it rains on the day before or the day of the event)

**Eligibility:** Elementary schoolchildren and older and a parent; 100 families (200 persons) on a first-come, first-served basis

**Location:** Plaza near Nogawa/Aisoura-bashi (2-17 Osawa)

**What to bring:** Clothes that you don't mind getting dirty and footwear that will not come off easily

**Application:** At the site on the day of the event



Rice planting

## Please Use Your Local Community Center!

**Inquiries:** Community Revitalization Section, Ext. 2512

Community centers are the core facilities of the city's seven community districts. The facilities they offer citizens include libraries and gymnasiums, as well as swimming pools that can be used in the summer (see note). These centers act as a base for countless community activities, such as cultural and sports programs, as well as for outreach regarding environmental concerns and disaster prevention information dissemination. Community centers also put on seasonal festivals that can be enjoyed by any age, so come and see what's happening there, you are always welcome to visit.

Community Center	Address	Tel.	Closed day
1 Osawa	4-25-30 Osawa	0422-32-6986	Tue.
2 Mure	7-6-25 Mure	0422-49-3441	
3 Iguchi	1-13-32 Iguchi	0422-32-7141	Thu.
4 Inokashira	2-32-30 Inokashira	0422-44-7321	Mon.
5 Shinkawa Nakahara	1-11-1 Shinkawa	0422-49-6568	
6 Renjaku	7-15-4 Shimorenjaku	0422-45-5100	
7 Mitaka Ekimae	3-13-10 Shimorenjaku	0422-71-0025	Mon.

**Notes:** 1. Opening hours are 10:00 a.m. to 9:00 p.m. (Community center 4 is open till 8:45 p.m., 7 is till 10:00 p.m.) On Sundays, all centers are open 10:00 a.m. to 5:00 p.m.

2. Community centers have swimming pools except 4 and 7.

## "A Challenge from Astrobiology Center 2018": An Astronomy and Scientific Information Space Exhibition

**Inquiries:** Astronomy and Scientific Information Space, Tel: 0422-26-9951

Do you know what the word "astrobiology" means? It refers to an interdisciplinary field of research into life in space, planetary exploration outside the solar system, the search for life both inside and outside the solar system, and more. Astrobiology approaches research not only from the field of astronomy but also from various other sciences such as biology and chemistry.

"A Challenge from Astrobiology Center 2018" will make you aware of the possibility of extraterrestrial life while enjoying challenges on fun puzzles and mysteries.

**Date and time:** 11:00 a.m. to 6:30 p.m., up to Sunday, July 1; closed on Mondays, Tuesdays and public holidays

**Location:** Astronomy and Scientific Information Space (Mitaka Chuo Building 1F, 3-28-20 Shimorenjaku)

**How to apply:** Just visit the event venue.

## The Dangers of Heatstroke Start Now!

**Inquiries:** Public Health Promotion Section, Ext. 4202

Many people think they should only worry about heatstroke in the middle of summer when temperatures rise very high. However, even before summer starts, temperatures can go up suddenly, and if your body hasn't adjusted to sudden heat yet, your body's temperature controls might malfunction, making it easier to suffer from heatstroke. Older people, whose bodies don't regulate temperature like they used to, are especially vulnerable. So are infants, whose bodies are not yet conditioned to managing their water content and body heat. They may suffer severe cases, so careful attention should be paid to both groups. To prevent heatstroke, check the following key points in your home and work environments.

### Keys to Preventing Heatstroke

- Avoid working or playing sports under direct sunlight or in a hot place for an extended period of time.
- Drink plenty of liquids frequently, and take salt tablets when you sweat.
- If you are not feeling well, avoid pushing yourself too hard.
- Take frequent breaks.
- Wear a hat or use a parasol when going outside to avoid exposing yourself to direct sunlight.

## 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:** June 4, 11, 18 and 25

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

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

### Mitaka City Arts Center Concert Hall "Kaze"

#### The Clarinotts

**June 27 (Wed.), from 7:15 p.m.**

Tickets now on sale. All seats reserved.

#### Prices (tax included):

Members: S-seats: ¥4,500; A-seats: ¥3,600

Non-members: S-seats: ¥5,000; A-seats: ¥4,000

U-23 (23 years of age or younger): ¥3,000 (A-seats only)

**Note:** Junior high school students and older should bring some form of identification to the event.



Ottensamer Brothers

#### Performers:

Daniel Ottensamer (principal clarinetist of the Vienna Philharmonic Orchestra)

Andreas Ottensamer (principal clarinetist of the Berlin Philharmonic)

Christoph Traxler (pianist)

#### Program:

Wolfgang Amadeus Mozart (versions by The Clarinotts): Kegelstatt Trio

Heinrich Baermann: Double Concerto for Two Clarinets

Max Bruch (versions by The Clarinotts): Eight pieces for clarinet, viola, and piano, Op. 83 and more

This collaboration between Daniel and Andreas Ottensamer—leaders of the next generation of clarinetists—and pianist Christoph Traxler is a must-see concert for everyone, especially those studying the clarinet, or if you enjoy the music of the Vienna Philharmonic Orchestra, Berlin Philharmonic, or The Clarinotts.



## 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 May 1, 2018

Numbers in brackets are changes from previous month.

**Number of Registered Residents 187,107 persons (+427)**

**Number of Households 93,692 households (+389)**

