

Koho Tokai 25 July, 2014

1. Medical Services on Weekends in August
2. Calisthenics Class in August
3. Health Checks for Infants and Toddlers in August at Kizuna Public Health Center
4. Aerial Spraying of Insecticide over Rice Fields
5. Liver and Kidney Cancer Tests
6. Combination Vaccination
7. The 36th Tokai Matsuri (festival)
8. Yoga Class
9. Aikido Classes
10. Hitachinaka Matsuri (festival)
11. Joban Line will offer a direct train service to Tokyo Station from Next Spring!
12. Let's talk with the Mayor

Other

A. International Exchange Meeting (June 17, Tokai Village Nakamaru Elementary School)

(From J-PARC News April 2014 (Issue #110))

1. Medical Services on Weekends in August

Hours: 9:30a.m.- 2:00p.m., except noon-1:00p.m.(Hours are available for all locations.)

Sun. 3: Tokai Village Hospital, ph. 029-282-2188

Sun. 10: Ibarakihigashi National Hospital, ph. 029-282-1151

Sun. 17: Ogata Clinic, ph. 029-282-4781

Sun. 24: Tokai Village Hospital, ph. 029-282-2188

Sun. 31: Ishi Orthopedics (Seikeigeka) Clinic, ph. 029-270-5141

Ibaraki Prefecture 24 Hour Emergency Medical Information Control Center, ph. 029-241-4199

Ibaraki Children's Resource Line, ph. #8000 (touch-tone phones and mobile phones) or 029-254-9900: everyday 6:30p.m.-00:30a.m., Sundays, public holidays, Monday 29 December, 2014- Saturday 3 January, 2015 9:00 a.m.- 5:00 p.m.

2. Calisthenics Class in August

Stretch and yoga exercise class will be held at Nakamaru Community Center..

Eligible people: Residents aged 40- 64 years old.

Date: Thursdays 7, 21, 28 August

Time: 9:30~11:00 a.m.

Other: First-time attender needs to apply.

Inquiries: SC Smile Tokai Secretariat, Tokai Gymnasium, ph. 029-283-1001

3. Health Checks for Infants and Toddlers in August at Kizuna Public Health Center

(1) Mother and Child Health Consultation

Date: Fri 8

Time: 9:30- 11:00 am, 1:00- 2:00 pm.

(2) 'Genki-up' Health Consultation

Please make an appointment.

(3)Health Check for Babies

①Infant born in March, 2014

Date: Wed. 6

Time: 1:00- 1:45 pm.

②Children (born in January, 2013) aged 1 and a half years old

Date: Thu. 7

Time: 1:00- 1:45 pm.

③Children (born in June, 2011) aged 3 years old

Date: Wed. 20

Time: 1:00- 1:45 pm.

④Dental Checks for Children (born in January, 2012) aged 2 and a half years

Date: Thu. 28

Time: 1:00 to 1:45 pm.

(4) A Class for Babies born in May, 2014

Date: Tue. 26

Time: 1:00 to 1:20 pm.

Inquiries: Tokai-mura Health Center, ph. 029-282-2797

4. Aerial Spraying of Insecticide over Rice Fields

Rice fields in Tokai-mura will be sprayed aurally with insecticide by unmanned helicopters.

Date: Tue. 5 Aug. (Postponed in case of rain or strong winds.)

Time: From 4:30 to 11:00 a.m.

Others: Do not go near the rice fields during spraying.

If postponed, the new date will be announced over indoor speakers.

Inquiries: Agricultural Policy Section, ph. [029-282-1711 ext. 1436](tel:029-282-1711)

5. Liver and Kidney Cancer Tests

Ultrasound checks to test for liver and kidney cancer will be conducted at Kizuna Public Health Center.

Date: Wed. 3- Fri. 5 and Fri. 12- Sat. 13 Sep.

Time: Register at the desk at designated time(between 6:30- 9:30a.m.) written on voucher which you will receive after application.

Eligible people: Any residents 40 and over.

Cost: 1000 yen (please pay on the day)

Application: Send a postcard with your 1) address, 2) name, 3) birth date 4) phone number and 5) two preferred dates.

Address applications to Kizuna Public Health Center, 2005 Muramatsu,

Tokai [319-1112](tel:319-1112). Applications should be received by Friday 8 August (must be postmarked by the deadline).

Inquiries: Tokai-mura Health Center, ph. [029-282-2797](tel:029-282-2797).

6. Combination Vaccination

Measles-Rubella Vaccinations

Measles is a potentially fatal serious disease that can be prevented by an inoculation of two vaccinations. Children who have already had the first MR vaccination during infancy are recommended to get the second inoculation.

First shot: Children aged 1 year old

Second shot: Children born between- 2 April, 2008 and 1 April, 2009 (The last preschool year)

Vouchers: They have already been sent to eligible individuals. If you moved to Tokai recently and would like your child to have the injection, contact the Health Center.

Cost: Free

Inquiries: Tokai-mura Health Center, ph. [029-282-2797](tel:029-282-2797)

7. The 36th Tokai Matsuri (festival)

Fireworks will be held at Akogigaura Park.

Date: Sat. 9 Aug. (postponed in case of bad weather.)

Time: 7:00- 8:30p.m.

Place: Akogigaura Park

Others: Shuttle buses will run between Tokai Station East Exit, Tokai Culture Center, Kizuna Welfare Center and Akogigaura Park. (100 yen one-way for adults, free for elementary students and under)

The Tokai Matsuri will be held in the area around Jusco and Tokai Station.

Date: Sun. 10 Aug. (canceled in the case of bad weather)

Time: 2:00- 8:00p.m.

Place: The area around AEON and Tokai Station east exit.

The festival opens with a Japanese drum performance. There will be many performances and events.

*Unauthorized businesses or private events are not permitted in the festival area.

Inquiries: Tokai Matsuri Planning Committee Secretariat (No. 4 building in the former Village Office), ph. [029-283-2141](tel:029-283-2141).

8. Yoga Class

Learn yoga and keep your body and life well- balanced.

Date: Wed. 3 Sep.

Time: 2:00- 3:30p.m.

Place: Tokai-mura Gymnasium

Capacity: 40 (give priority to the people who is living or working in Tokai-mura)

Content: A lecture and practical for a well-balanced lifestyle.

Instructor: Masae Numa (owner of Yogacafesora)

Cost: Free

Others: To register for the free childcare services (children aged 3 month and over) call Tokai-mura Health Center by Wednesday 20 August.

Bring a yoga mat or a large towel and a drink.

Application: Phone from 9:00a.m. on Monday 28 July at Resident's Consultations Section.

Inquiries: Resident's Consultations Section, ph. [029-282-1711 ext.1275](tel:029-282-1711)

9. Aikido Classes

A series of five Aikido classes for any age and sex, including beginners, will be held.

Date: Saturdays 20, 27 Sep., 4, 11, 18 Oct.

Time: 4:00- 5:30p.m.

Place: Tokai Gymnasium

Cost: 500 yen per person

Eligible people: Anyone of high school age or above, who either lives, works, or goes to school in Tokai-mura, or is a family member of anyone in these categories.

Applicants are limited to 20 (first-come-first-served bases).

Others: Wear comfortable clothes that allow movement. (Judo and Karate uniform available.)

Application: Apply with the fee at Tokai Gymnasium between 9:00 a.m. and 5:00 p.m., from Wednesday 30 July to Sunday 14 September (except Mondays).

Inquiries: Tokai Gymnasium, ph. [029-283-0673](tel:029-283-0673)

10. Hitachinaka Matsuri (festival)

The 20th Hitachinaka Matsuri will be held in JR Katsuta Station East exit area , Showa Avenue and the surrounding area.

Fireworks

Date: Sat. 16 Aug.

Time: 7:30- 8:30p.m.

Place: Japan Ground Self- Defense Force Katsuta Base (Katsukura 3433, Hitachinaka- City)

Festival

Date: Sun. 17 Aug.

Time: 0:15- 9:00p.m.

Place: JR Katsuta Station East exit area, Showa Avenue and the surrounding area.

Inquiries: Hitachinaka Matsuri Planning Committee, ph.029-272-0540

11. Joban Line will offer a direct train service to Tokyo Station from Next Spring!
The Joban Line Promotion has been held on early morning 8 July at the Tokai Station. When riding to Tokyo area, you have to transfer at Ueno, but from next spring you will be able to ride directly to Tokyo Station.
Prefer Joban Line to promote this new service.

12. Let's talk with the Mayor

The first conversation time with Mayor Ymada was held on 21 June and came 6 people. Topics like: disaster prevention, measure of the safety of roads, further expansion of services for disabled persons, employment of Tokai-mura in the future usw. Mayor Ymada said, "please come and talk while doing your shopping". The Next "Let's talk with the Mayor" will be held on Saturday 23 August.

A. International Exchange Meeting (June 17, Tokai Village Nakamaru Elementary School)

Every year, an international exchange meeting is held at Nakamaru Elementary School in the village in order to encourage the children to take an interest in the culture of other countries. At this meeting, five assistant language teachers (ALT) from the village and 11 foreign researchers resident at the JAEA, J-PARC and other facilities participated as instructors. At the general meeting there was a welcome greeting from the children, and the instructors introduced themselves. After that, the children were divided into classes, and each teacher gave a presentation on his/her own country and answered questions from the children. Everyone ate the school lunch together, and then enjoyed some interaction time playing games outdoors and doing other activities.

(From J-PARC News April 2014 (Issue #110))

http://j-parc.jp/en/news/2014/J-PARC_News-e1406.html