

Koho Tokai 10 September, 2014

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1. Medical Services on Weekends in September

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

Sun. 14: Higashihara Clinic, ph. 029-283-2301

Mon. 15: Tokai Clinic, ph. 029-283-1711

Sun. 21: Tokai Village Hospital, ph. 029-282-2188

Tue. 23: Muto Pediatric Clinic, ph. 029-282-7722

Sun. 28: Ibarakihigashi National Hospital, ph. 029-282-1151

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. Extension of Administrative Service Time

Date: Every 1st and 3rd Thursday

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

Services and Sections:

Civil Registration Section; Resident registration, seal (hanko) registration, passport

issuance, and publishing of other certifications and permissions.

National Health Insurance and Pension Section; Procedures of national health insurance and national pension plan, issuance of Mother and Child Health Handbook (boshi kenko techo)

Social Welfare Section; Procedures for day-care center, application of children allowance and child-rearing

Welfare and Nursing Care Section; Application of long-term care insurance and support of the elderly.

Accounting Section; Payment of tax(except national tax, prefectural tax and national pension premiums) and royalties.

Tax Section; Issuance of certifications, (local) taxpayer assistance (needs reservation)

Waterworks Section; Procedures to supply public water, payment of water and sewage bills.

For more information visit: <http://www.vill.tokai.ibaraki.jp/>

### 3. Sister City Exchange Activities with Idaho Falls City in USA

Tokai-mura made an international sister city agreement with the city of Idaho Falls U.S.A. in July, 1981. Since then, more than 950 students and adults of Tokai-mura and Idaho Falls City have visited each other's country over the last 30 years.

Mayor Yamada visited Idaho Falls City in July as a member of Tokai-mura Adult delegation and met Ms. Rebecca Casper who was elected as Mayor of Idaho Falls last year.

Our Youth Group for the sister city exchange, organized newly this spring, set up and ran the events during the visit of the youth delegation members from Idaho Falls City from 31 July to 11 August.

In addition to our history of exchange, a new way of activities for the exchange by the young generation will be expected.

### 4. Hello from SC Smile TOKAI

SC Smile TOKAI is a sports club promoting to create a community of lifelong sports through many sports activities since 2007.

Activities:

Sports classes for children;

Kidsbics, aerobics for competition, junior golf, junior gymnastics, junior tennis, junior valley ball, junior athletic sports, mini basketball

Sports classes for adults;

Aerobics, exercises, step exercises, soft( light) exercises, hiking, body care, yoga

Members wanted for SC Smile TOKAI

Eligible people: Those who are living, working (including family member who are living with) or going school in Tokai-mura.

Annual fee( for individual member):

Small children, elementary school students; 2,400 yen for a new member, 2,000 yen after the year of initiation.

Students of junior high school and high school; 3,600 yen for a new member, 3,000 yen after the year of initiation.

University students and adults: 6,000 yen for a new member, 5,000 yen after the year of initiation.

Application: Please fill out the form available from the Tokai-mura Gymnasium. After the application at the gymnasium, pay the annual fee through a post office transfer. The receipt of the payment will be the tentative members card until authorized member's card is sent.

Classes and activities for members and non-members;

#### 1. Aerobics Classes

Date & time: Every Tuesday ( 7 classes/ term), 7:45- 8:45 p.m.

Place: Kizuna

Eligible people: Those who are living, working (including family member who are living with) in Tokai-mura or member of SC Smile TOKAI and 18 years old and over.

Capacity: 30 people ( first-come-first-served-bases)

Cost: 3,500 yen for Smile TOKAI member, 7,000 yen for non-member.

#### 2. Step exercises

Date & Time: Every Thursday( 7 classes/ term), 7:30- 8:30 p.m.

Place: Kizuna

Eligible people: Those who are living, working (including family member who are living with) in Tokai-mura or member of SC Smile TOKAI and 18 years old and over.

Capacity: 30 people ( first-come-first-served-bases)

Cost: 3,500 yen for Smile TOKAI member, 7,000 yen for non-member.

#### 3. Exercises for adults

Date & Time: Every Friday( 6 classes/ term), 1:30- 3:00 p.m.

Place: Kizuna and other facilities

Eligible people: Those who are living, working (including family member who are living with) in Tokai-mura or member of SC Smile TOKAI and 18 years old and over.

Capacity: 30 people ( first-come-first-served-bases)

Cost: 3,000 yen for Smile TOKAI member,6,000 yen for non-member.

#### 4. Hiking

Mt. Asahidake (Tochigi Pref. )

Date: Sat. 4 Oct.

See the topic No. 12 of this Koho Tokai 10 September. 2014

#### 5. Trial classes for Junior exercises

1- Date: Thu. 25 Sep.

Time: 3:00- 4:00p.m.

Place: Tokai-mura Gymnasium

Eligible people: Children born between 2 April, 2009 and 1 April, 2011

Capacity: 20 Children( first-come-first-served-bases)

Cost: 500 yen for member, 1,000 yen for non-member

2- Date: Thu. Sep.

Time: 4:10- 5:10p.m.

Place: Tokai-mura Gymnasium

Eligible people: Children born between 2 April, 2006 and 1 April, 2009

Capacity: 20 Children( first-come-first-served-bases)

Cost: 500 yen for member, 1,000 yen for non-member

#### Application

For 1,2,3: Apply after 9:00 a.m. on Monday 15 September at the Tokai Gymnasium with the participation fee.

For 5: Apply by Monday 21 September at the Tokai-mura Gymnasium with the participation fee. Those who have been already the member of the junior exercise class cannot attend this trial class.

Inquiries: Tokai-mura Gymnasium. ph. 029-283-1001

#### 5. Volunteers Wanted to Give a Speech in Japanese

Tokai-mura International Center (TIC) is seeking people to give a short speech in Japanese at the Tokai-mura Culture Festival 2014. Participants should be foreign

nationals whose first language is not Japanese. The speech should be less than five minutes and can be on any topic, e.g. “What I Think About Japan,” or “About My Country,” “What I would like to say about... ,”

Date & time: 1:00-3:00p.m., Sat. 1 Nov.

Place: Tokai-mura Central Community Center

Applications and inquiries: Submit the following information in Japanese or English (in person, by e-mail or fax), to the Tokai-mura International Center by Saturday 4 October via e-mail [tsch@ice.hidecnet.ne.jp](mailto:tsch@ice.hidecnet.ne.jp) . (Tokai-mura Sister City Hall, ph. 029-282-0535, fax 029-282-0539)

1. Name, 2. Address, 3. Contact information (e-mail address, cell phone number, phone number, or fax number.), 4. Head photo, 5. Country of birth & Country you grew up in, 6. Brief outline of your speech in Japanese or English.

Please note that there is a limited number of spots available and applicants will be chosen based on the topic, nationality and age.

#### 6. Childrearing Salon for Mothers and Children

This salon offers a supportive atmosphere for mothers and children to meet and take part in activities such as hand-games, storytelling, and eurhythmic with volunteer.

Date: Fri. 24, 31 Oct, Sat.8, Fri. 14 and 21 Nov. ( 5 days)

Time: 10:00- 11:30a.m.

Place: Tokai-mura Central Community Center and elsewhere

Eligible people: Mother resides in Tokai-mura and her first child born between 1 January and 30 June, 2014.

Capacity: 16 pairs, but a lottery will be held if there are more than 16 applications.

Cost: Free

Application: Apply by sending a postcard to the Tokai-mura Youth Center, 768 Funaba, Tokai-mura 319-1115, with the following information.

1. Name of the class: “Haha to ko no salon sanka kibou”
2. Address
3. Name of mother and child (with furigana)
4. Birth date and gender of the child
5. Phone number

Apply no later than Wednesday 24 September.

Inquiries: Tokai-mura Youth Center, ph. 029-282-7049

## 7. Peter Pan Circle

Free play, singing and small things making classes for children and their guardians will be held.

Dates: Every Tuesday to Friday from October to March 2015.

Time: 10:45a.m.- noon

Place: Ozora Daycare Center

Eligible people: Children born between 2 April 2011 and 2 April 2013 and their guardian

Capacity: With a limit of 50 children per class per day.

Cost: Free

Application:

Apply for Tuesday classes on Tuesday 30 September, 10:00 a.m. to noon

Apply for Wednesday classes on Wednesday 1 October, 10:00 a.m. to noon

Apply for Thursday classes on Thursday 2 October, 10:00 a.m. to noon

Apply for Friday classes on Friday 3 October, 10:00 a.m. to noon

Apply in person at Ozora Daycare Center.

No phone applications accepted.

Applications will be accepted on a first-come-first-served-basis, but will be accepted when the classes aren't filled even after the deadlines.

Inquiries: Ozora Daycare Center, ph. 029-287-3535

## 8. Oyako Land

Oyako Land offers play activities, storytelling and childcare counseling. Open until February 2015.

Date and eligible people:

Every third Thursday;

For children 6 months and over accompanied by a guardian

Every fourth Thursday;

For children 2 years old and over accompanied by a guardian

Time: 9:40-11:00 a.m.

Place: Sunflower Kodomo no Mori Daycare Center

Cost: Free

Others: Bring a drink and a bag to put shoes in.

Reservations are not necessary.

Inquiries: Sunflower Kodomo no Mori Daycare Center, ph. 029-287-7111 (Mon.-Fri., 10:00 a.m.-3:00 p.m.)

#### 9. Admissions Information of Migiwa Kindergarten for 2015

Eligible people:

3 years old children born between 2 April 2011 and 1 April 2012

4 years old children born between 2 April 2010 and 1 April 2011

Orientation: 2:00- 3:00p.m, Fri, 26 Sep.

Kindergarten tour: 10:30- 11:30a.m, Mon.6 Oct.

One day try-out: 10:00- 11:30a.m, Wed. 8 or Thu. 9 Oct. Make a reservation by phone.

Application: Starts from 2:30p.m. Thursday 16 October at Migiwa Kindergarten(First-come-first-served-bases.)

Inquiries: Migiwa Kindergarten, ph029-282-9155, HP <http://migiwa-y.com//>

#### 10. Acoustic Concert of Ryouko Moriyama

A grand concert with songs, piano and guitar will be held.

Date: Sat. 6 Dec.

Time: 4:00p.m. ( doors open at 3:30p.m.)

Place: Tokai Culture Center

Cost: 5,500yen (reserved seat only)

Application: Tickets are on sale from 9:00 a.m. on Saturday 20 September, at Tokai Culture Center and other ticket agencies. Reservation by phone is possible from 1:00p.m. depending on ticket availability. Sale date and time depends on each ticket agency.

Others: Pre-school children cannot attend this event, but a childcare service will be offered(1,000yen per child). To register for the childcare services call Tokai Culture Center by Saturday 29 November.

Inquiries: Tokai Culture Center ph. 029-282-8511

#### 11. Hiking Tour to Mt. Asahidake

The course takes approximately 4 hours from Nasu Aerial Tram Peak Station to reach the top of the mountain.

Date: Sat. 4 Oct.

Time: 4:50a.m. at Fureaino-mori Park

Departure time: 5:00a.m.

Eligible people: Those who are living or working in Tokai-mura or belonging to Smile Tokai, and are 18 years and over. The first 40 applicants will be accepted.

Cost: 6,000 yen for Smile Tokai members, 7,000 yen for the family of the Smile Tokai members, 9,000 yen for non-members.

Application: 9:00a.m.- 5:00p.m., Sat. 13- Sun. 28 Sep.(except Tuesday 16 and Monday 22 September.)

Register for the tour and pay at Tokai-mura Gymnasium.

Inquiries: Tokai-mura Gymnasium, ph.029-283-1001

## 12. Golf Tournament of Residents in Tokai

Date: Sun. 19 Oct.

Place: The Ocean Golf Club ( 771-1 Ogitsu-cho Hitachi City)

Eligible people: Who lives or works in Tokai-mura

Participation fees: 2,000 yen per player

Playing fees ( including self-driving golf cart, lunch) : 9,000 yen per player

Application: Apply and pay the participation fees by Friday 26 September at the Tokai-mura Gymnasium, ph. 029-283-0673

## 13. Let's Talk with the Mayor

Anyone who wants to talk to Mayor Yamada on a one-to-one basis about politics and daily life of Tokai-mura,

Date: Sun. 27 Sep.

Time: 2:00- 5:00p.m.

Location: AEON 1F (Near the food section)

Others: No reservations are required but first-come-first-served basis.

The matters of discussion will be published (anonymously) on the home page of the Tokai-mura website.

Inquiries: Planning and Management Section ph. 029-282-1711(ext. 1333)

## 14. Night Hike in Tokai-mura

A Night Hike will be held on Saturday 11 October



Time: 4:30- 10:30 p.m.

Course: Along a twenty kilometers course through Tokai-mura starting from Kizuna.

Eligible people: Participants should be at least grade four elementary school.

Elementary and junior high students must be accompanied by an adult (20 years old and over).

And take part with their friends or family in a group of more than two.

Cost: 500 yen per person.

Application: Send a fax or email to the Tokai-mura Seinen-kai with the group leader's name and phone number, and names and age of other group members by Friday 19 September.

Others: An information session for group leaders will be held at the Tokai-mura Central Community Center from 7:00 to 8:00 p.m. on Friday 3 October .

Tokai-mura Seinen-kai (Tokai-mura Youth Center): ph. 029-282-7049, fax 029-282-7813,

e-mail [seinenkai.tokaimura@gmail.com](mailto:seinenkai.tokaimura@gmail.com)