

Koho Tokai 25 January, 2015

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3. Health Checks for Infants and Toddlers in December at Welfare Center Kizuna
4. Declaration of 'Prefectural inhabitant tax and municipal inhabitant tax' and Filing 'Final Tax Return of Income Tax and Special Income Tax for Reconstruction'
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1. Medical Services on Weekends in February

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

Sun. 1: Ogata Clinic, ph. 029-282-4781

Sun. 8: Tokai Village Hospital, ph. 029-282-2188

Wed. 11: Tokai Clinic ph. 029-283-1711

Sun. 15: Tokai Village Hospital, ph. 029-282-2188

Sun. 22: 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, 9:00 a.m.- 5:00 p.m.

2. Calisthenics Class in February

Stretch and yoga exercise class will be held at Welfare Center Kizuna.

Date: Thursdays 5, 19, 26 February

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

Eligible people: Residents aged 40 -64 years old.

Other: People coming for first time need to apply in advance.

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

3. Health Checks for Infants and Toddlers in February at Welfare Center Kizuna

(1) Mother and Child Health Consultation

Date: Fri. 6

Time: 9:30- 11:00 a.m., 1:00- 2:00 p.m.

(2) 'Genki-up' Health Consultation

Please make an appointment.

(3)Health Check for Babies

①Infant born in September, 2014

Date: Wed. 4

Time: 1:00- 1:45 pm.

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

Date: Thu. 5

Time: 1:00- 1:45 pm.

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

Date: Thu. 12

Time: 1:00- 1:45 pm.

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

Date: Fri. 13

Time: 1:00- 1:45 pm.

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

Date: Tue. 10

Time: 1:00- 1:20 pm.

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

4. Declaration of ' Prefectural inhabitant tax and municipal inhabitant tax' and Filing ' Final Tax Return of Income Tax and Special Income Tax for Reconstruction'

Consultations and Declarations will be accepted at Tax Section of Tokai-mura Village Office and Ohta Tax Office.

For more details of declaration, see the information of National Tax Agency as below.

2014 INCOME TAX AND SPECIAL INCOME TAX FOR RECONSTRUCTION:

<http://www.nta.go.jp/tetsuzuki/shinkoku/shotoku/tebiki2014/pdf/43.pdf>

Questions about tax:

<http://www.nta.go.jp/taxanswer/english/gaikoku.htm>

Inquiries:

Ohta Tax Office, ph. 0294-72-2171

5. 36th Tokai-mura Educational Promotion Meeting ( Tokai-mura Kyouiku Shinko Taikai)

Date: Fri. 13 Feb.

Place: Tokai Culture Center

Program:

-1. 1:10 p.m.- Ceremony

Commendation for contributor of educational field

-2. 2:00 p.m.- Presentation

Music performance of Little Blue Stars ( Ensemble of Ishigami Elementary School)

-3. 2:30 p.m.- Commemorative speech

Title: ' Picture Book and Child Rearing of Ultra Daddy; Father is a Ultra Man'

Speaker: Mr. Tatsuya Miyanishi ( Picture book author)

Cost: Free

Inquiries: School Education Section of Tokai-mura, ph. 029-282-1711 ext.1411

## 6. Learning Child Care

Enjoy doing eurhythmics with your kids.

Date: Thu. 12 Feb.

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

Place: Nakamaru Community Center

Eligible people: Children between 18 months and 6 years old accompanied by a guardian who is a resident of Tokai-mura.

The first 25 families are accepted.

Instructor: Ms. Emiko Kanazawa ( Eurhythmics instructor )

Cost: Free

Others: Bring a drink, indoor shoes, and wear comfortable clothes that allow movement.

Application: Please make a reservation from Wednesday 28 through Friday 30 January, from 1:00 to 4:00p.m. by phone.

Inquiries: Regional Parenting Support Center at HyakutsukaDaycare Center, ph. 029-270-5660

## 7. Grand Piano Rental for Private Practice

The stage Yamaha grand piano can be rented for private piano practice.

Date: Wed. 11, 18, 25 Feb., 4, 11, 18 Mar., Sun. 22 Mar.

Time:

Wednesdays except 11 February; 1:00- 8:00 p.m.

Sunday and 11 February; 9:00 a.m.- 5:00 p.m. (except 0:00- 1:00 p.m.)

Place: Tokai Culture Center

Eligible people: Player who lives, works or goes to school in Tokai-mura.

Cost: 300 yen per person per hour. A limit applies of two practice sessions per person per term

( from February to March).

Reservations cannot be changed and the rental cost cannot be refunded.

Application: Apply at Tokai-mura Culture Center after 9:00 a.m. on Saturday 7 February directly.

Reservations for any remaining vacant time slots may be made over the telephone after 1:00 p.m.

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

#### 8. Slow Aerobics Experience Classes

A series of five classes will be offered.

Date: Saturdays 7, 14, 28 February, 7 and 14 March

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

Place: Tokai-mura Gymnasium

Eligible people: Who either lives or attends school in Tokai-mura or member of SC Smile Tokai and is between 5 and 12 years old. Applicants are limited to 30 (first-come-first-served bases).

Instructor: Ms. Akiko Sugiyama ( Calisthenics educator)

Cost: Free for Smile Tokai members, 500yen for non-members.

Application: Apply and pay at Tokai Gymnasium between 9:00a.m. and 5:00p.m, by Thursday 5 February ( except Monday).

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

#### 9. 13th Sachinomi Fureai Yuki Matsuri ( Festival)

A winter festival will be held at Sachinomien.

Date and time:

Sat. 7 Feb.: 9:00 a.m.- 2:00 p.m.

Sun. 8 Feb.: 9:00 a.m.- 1:00 p.m.

Place: Sachinomien ( 1213 Ishigami Uchijuku)

Events: Events at snow slope, event for children, stage performances, stalls

Inquiries: Sachinomi Fureai Festival Committee, 029-306-0068

#### 10. Tōen Ceramic Doll Festival In Kasama

Please enjoy exhibition and distribution of Hina dolls and Hina- matsuri ( girls' festival) -related traditional foods and sweets at restaurants.

Date: Tue. 3 Feb.- Tue. 3 Mar.

Place: Tounokomichi( pottery studios' lane), Gallery Road, Yakimono- dori Street ( pottery street), Kasama Inari Monzen- dori Street and else.

Inquiries: Yamasaki Toen, ph. 0296-72-6865

## 11. Tips to Prevent Frozen Water Pipes

Every winter many households suffer from frozen water pipes. These are expensive to repair but can be prevented by taking precautions.

Prevention:

Insulate water meter boxes and wrap water pipes in material such as Styrofoam. Don't use cloth as it absorbs water and increases the chances of pipes freezing. Drain outdoor taps.

If pipes are frozen...:

Thaw them by wrapping the pipes or faucets with towels and pouring lukewarm (not hot) water on them. A hair dryer or heater can also be used.

If the pipes burst...:

Call a plumber listed on the Tokai-mura official website for repairs.

Inquiries: Waterworks Section, ph. 029-282-1711 ext. 1152