

# MINATO MONTHLY

Published by Minato City

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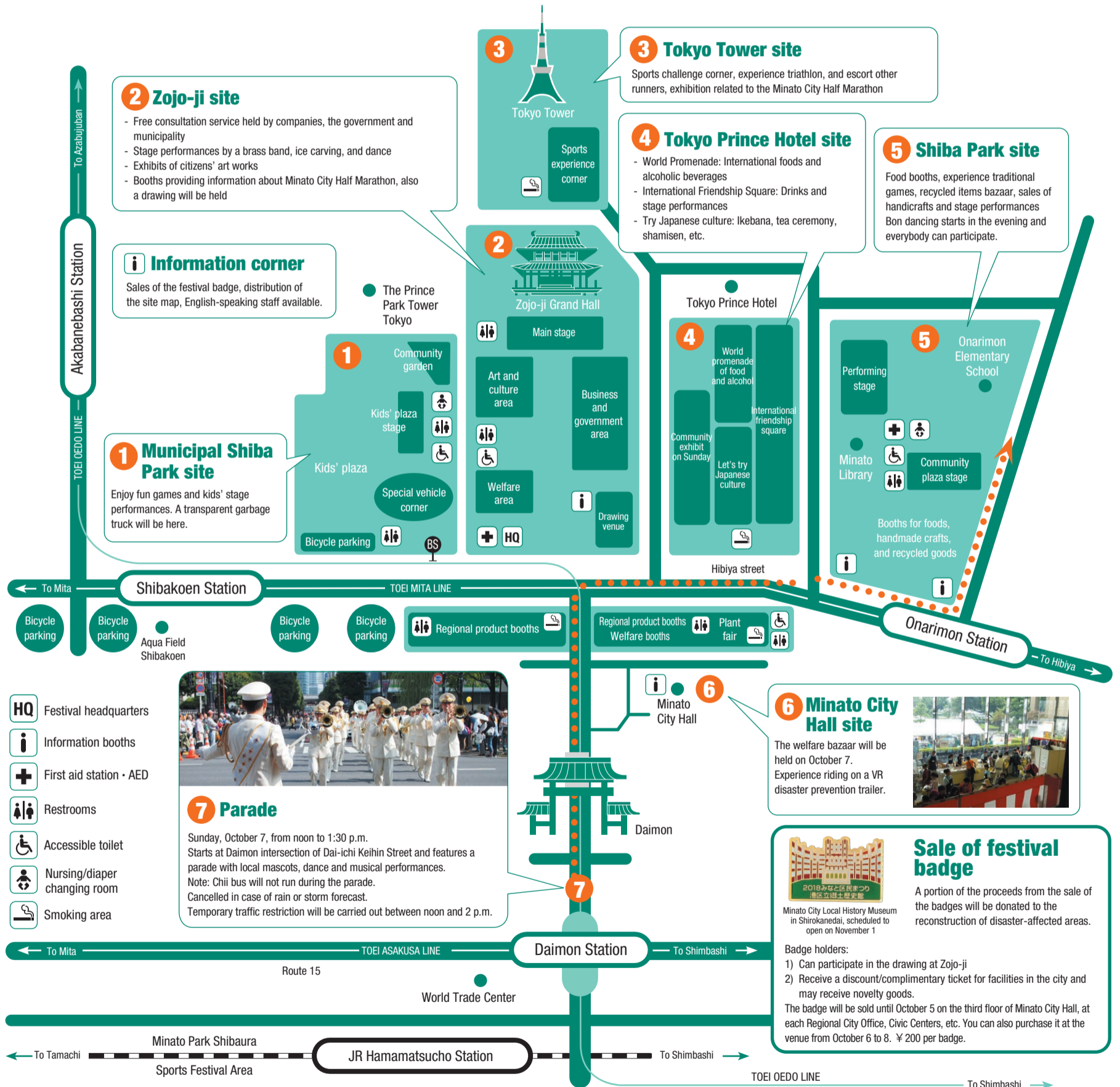
## MINATO CITIZENS' FESTIVAL 2018

*Your smile unites the world*

Rediscover the charms of Minato City, create momentum toward the Tokyo 2020 Olympic and Paralympic Games together, and enjoy foods and cultures from various countries.

October 6: 11 a.m. to 5 p.m. October 7: 10 a.m. to 4 p.m. October 8: Minato Sports Festival, 9:15 a.m. to 4:30 p.m.

Inquiries: Kissport, Tel: 03-5770-6837



Minato Monthly is delivered with The Japan Times/International New York Times on the first of each month. It is also available at municipal facilities, post offices and subway stations (Akabanebashi, Akasaka, Akasaka-mitsuke, Aoyama-itcho, Azabu-juban, Daimon, Gaien-mae, Hiroo, Kamiyacho, Mita, Nogizaka, Omotesando, Roppongi, Shimbashi, Shiodome, Shirokanedai and Shirokane-Takanawa) in Minato City. The articles appearing in the Minato Monthly are also found on the Minato City Web: www.city.minato.tokyo.jp

Minato Monthly home-delivery service: For free delivery of Minato Monthly to foreign resident's homes in Minato City, contact Minato Call or Minato Monthly by e-mail at kuminkoho@city.minato.tokyo.jp. Please write "Minato Monthly" in the subject line.

**Minato Call**  
CITY INFORMATION SERVICE  
03-5472-3710

## CITIZENS' FESTIVAL CONT'D

**International Friendship Square**

Each year the Minato Citizens' Festival features the International Friendship Square, where embassies and other institutions have booths showcasing the culture, history, tourism and various highlights of each country. Embassies also prepare special local dishes, directly imported wine, local beers, and distributing tourism information and rare folk craft items for sale. A mini stage set up in the area will feature various music and performances of Bolivia, Ethiopia, Germany, Ghana, Philippines, Uruguay, and face-changing show and lion dance from China.

**Venue:** In front of Tokyo Prince Hotel on October 6 and 7

Participating embassies and other institutions in alphabetical order: Embassy of the Islamic Republic of Afghanistan, Embassy of the Plurinational State of Bolivia, Embassy of the People's Republic of China, Embassy of the Republic of Ecuador, France Tourism Development Agency (Atout France), Embassy of the Georgia, Embassy of the Kyrgyz Republic, Embassy of the Lebanese Republic, Embassy of the Kingdom of Lesotho, Embassy of the Republic of Lithuania, Embassy of the Republic of Maldives, Embassy of the Republic of the Philippines, Embassy of the Democratic Socialist Republic of Sri Lanka

**Inquiries:** Global Community Planning Subsection, Tel: 03-3578-2046

**Minato Citizens' Sports Festival 2018**

Enjoy sports with your friends or family. Please come to the Sports Center and participate in various events.

**Date & time:** October 8 **Opening Ceremony:** 9:15 to 10 a.m. **Sports festival:** 10 a.m. to 4:30 p.m.

**Place:** Minato Sports Center and Minato Park Shibaura area

**Inquiries:** Minato Sports Center, Tel: 03-3452-4151

Kissport, Tel: 03-5439-6201

## THE 3RS

**Reduce, Reuse, Recycle**

October is the 3R month. Let's try to reduce, reuse and recycle waste aiming for an eco-friendly environment.

**Reduce**

- When doing grocery shopping at the grocery store, be sure to buy only the quantity you need.
- Avoid leftovers when cooking.
- Dry kitchen garbage before discarding.
- Carry your own shopping bags.

**Refrigerator Clean Up Day**

The 30th of every month is "Refrigerator Clean Up Day," a day to reduce food loss and waste. Let's cook and use up perishable food, such as vegetables and meat promptly before they decay.

**No More Food Loss, Waste-free Cooking Day**

The 10th of every month is "No More Food Loss, Waste-free Cooking Day." Please reuse the leftover made from everyday meals, such as vegetable peels.

**Reuse**

- Purchase refill-type shampoo and kitchen detergents.
- Carry your own chopsticks and cups.
- Give away used clothes to someone who needs them instead of discarding them.

**Recycled Furniture Exhibition**

To promote the practice of reuse, Minato City collects used wooden furniture that is still in good condition, exhibits and sells at the Recycled Furniture Exhibition.

**Location:** Minato Recycling Center 2nd floor, 5-7-1 Konan

There is no parking space available. Please use the public transportation.

**Hours:** 9:30 a.m. to 4:30 p.m.

**Closed:** Sundays, the third Thursday of each month, and December 28 to January 3

**Recycle**

- Purchase recycled goods.
- Follow waste sorting instructions below.

**Collection of used small home appliances at collecting points**

To collect valuable metal in small-sized home appliances, Minato City places used small appliances collection box in some city-owned facilities.

**Collectable items:** Portable video cameras, calculators, AC adaptors and extension cords, digital cameras, electronic dictionaries, portable players, portable car navigation systems, cell phones, and portable game machines

**Collecting points:** Each Regional City Office, Eco Plaza, Minato Recycling and Waste Management Office, and others.

**Separate waste and recyclable**

We appreciate your cooperation of waste segregation.

**Recyclables:** Collected once a week

Food/beverage bottles or cans, plastic bottles, newspapers, milk cartons, cardboard, magazines, etc.

**Recyclable plastic:** Collected once a week

Films, plastic containers such as plastic trays, bags, packs, cups, and plastic products such as plastic hangers and toothbrushes.

For more information, please see Minato City Web or the Guidebook for Sorting Recyclables and Waste. An English version is available. Sorting Recyclables and English Waste App for iPhone and Android is also available.

**Supervising Section:** Waste Reduction Subsection

**Inquiries:** Minato Call, Tel: 03-5472-3710

## WELFARE

**National Pension System****All residents turning 20 must enroll in Japan's National Pension plan**

Everyone living in Japan, including foreign residents, aged between 20 and 60 must enroll in the National Pension System. After enrolling, if you fulfil the necessary criteria you will receive the Basic Pension for the Elderly. If you were to become disabled due to an injury or illness, or you were to pass away, your spouse and/or children would receive the Basic Disability Pension or the Basic Survivors' Pension, respectively.

If you are not a Japanese citizen and leave Japan without receiving a pension, you can claim a lump-sum withdrawal refund within two years after your departure if you have paid at least six months of the premium payment period.

Enrollment is unnecessary if you are:

- Enrolled in an employee pension plan
- A dependent spouse of a person enrolled in an employee pension plan
- A citizen of a country which has concluded a social security agreement with Japan and thus exempt from enrolling in Japan's National Pension plan

**Additional Pension plan**

In the Additional Pension Plan under the National Pension Plan, if you pay your monthly flat premium amount plus ¥400 per month, you will be eligible to receive additional benefits with your Basic Pension for the Elderly. The additional pension amount is calculated by multiplying ¥200 and the number of months that the additional premium was paid. This amount will be added to your annual pension benefits. If you wish to enroll in additional pension insurance, you will need to make the necessary application.

**Exemptions**

The following systems are available for anyone having difficulties paying the premiums. Please inquire for more information.

- Exemption System - full or partial payment exemption
- Contribution Postponement System for Low Income Persons
- Special Deferral System for Students

**Payment method / payment slips**

Once you have submitted your notification of enrollment, the Pension Office sends you payment slips. Please make the payments at banks, convenience stores, or any other applicable locations. Credit card and bank transfer payments are also acceptable. Premium discounts are available if you opt for advance lump-sum payment.

**Receipt of pension**

In order to receive your pension in the future, your total from the following six items must equal 10 years or higher in principle.

1. Period of payments made for National Pension premiums
2. Period enrolled in an employees' pension or mutual aid
3. Period filed as a third insurant
4. Period for which pension premiums were exempted in total; period that pension premiums were paid during a time in which premiums were exempted partially; period of special payment exemption for students or payment moratorium period
5. Period of non-enrollment because the subscription was optional, or period of nonenrollment due to an overseas residence, etc.
6. Period that you have subscribed to the pension system of another country, which has concluded a Social Security Agreement with the Japanese Government, and therefore that subscription period is calculable.

For confirmation of your personal pension records, please visit the Nenkin Net website at [www.nenkin.go.jp](http://www.nenkin.go.jp).

For confirmation on the current payment period, please confirm the teikibin notification which is sent to you in your birth month every year or call 0570-058-555.

**Inquiries:** National Pension Subsection, ext. 2662-6. For inquiries related to payment and/or employee pension, call the Minato Pension Office at 03-5401-3211.

# MINATO BULLETIN BOARD



Programs may change without notice. All events listed on this page are conducted in Japanese except MIA events. For more information, please see the Minato City Web.

## Minato City Events

### SCHEDULE FOR OCTOBER

All events listed on this page are conducted in Japanese except MIA events. For more information, please see the Minato City Web. Programs may change without notice.

Date	Time	Program	Place/Capacity
18	12:15-12:45 p.m.	<b>Wind &amp; String Instrument Concert by Tokyo Comodo Ensemble</b> Everyone is welcome. Come to the venue directly. <b>Inquiries:</b> Promotion of Art and Culture Subsection, Tel: 03-3578-2343 (Japanese only)	Lobby of Minato City Hall
23	2-4 p.m.	<b>Yochi-yochi Child Rearing Club</b> <b>Eligibility:</b> About 20 pairs of infants and their guardians living in the Akasaka district, reservations unnecessary, come directly to the venue with a bath towel, wear clothes which you can move actively <b>Program:</b> English-speaking staff will guide you, reading picture books, singing and taking rhythm to the music <b>Inquiries:</b> Health and Welfare Subsection, Akasaka Regional City Office, Tel: 03-5413-7276	Akasaka Civic Center 5F
11/17	1-5 p.m.	<b>Kyudo, Japanese Archery Class for Foreign Residents</b> Archery class for beginners. This program will be conducted in English. <b>Eligibility:</b> 30 people residing, working, or studying in Minato City. Guardian's permission is required for people 15 years old and under. <b>Fee:</b> ¥3,000 <b>Application:</b> Please write your age, phone number, name, address or company's name and its address if you work in Minato City on a reply postcard, and send it to Atogo Kyudojo Japanese Archery Hall, 1-7-8 Atago, 105-0002 by October 25. <b>Inquiries:</b> Atago Kyudojo Japanese Archery Hall, Tel: 03-3436-6026 Sports Promotion Subsection, Tel: 03-3578-2753	Atago Kyudojo Japanese Archery Hall

Library Movies *Doors open 30 min. before the starting time. Programs may change without notice.			
14	1 p.m.	"Le Rouge et le Noir" – 1954, France, 193 min.	Azabu/30
17	1 p.m.	"Strangers on a Train" – 1951, U.S., 101 min.	Minato/90
19	2 p.m.	"The Wedding Banquet" – Taiwan/U.S., 108 min.	Takanawa/40
20	2 p.m.	"Murder!" – 1930, England, 104 min.	Akasaka/35
23	2 p.m.	"Nothing Sacred" – 1937, U.S., 74 min.	Mita/60

Library Events			
12	2 p.m.	<b>Origami class for adults, "Fall season"</b> <b>Eligibility:</b> Junior high school students and older	Takanawa/10
14	2 p.m.	<b>Rock Seminar</b>	Minato/90

Sale of Recycled Bikes			
<b>Minato Recycling and Management Office Working Contact, 3-9-6 Moto-azabu</b>			
14	10 a.m.	About 15 recycled bikes in good condition that are reclaimed and repaired are sold. The drawing starts at 10:30 a.m. Minato City residents have priority. <b>Price:</b> Ranges from ¥7,900 to ¥9,900 <b>Inquiries:</b> Minato Call, Tel: 03-5472-3710	

MIA Events			
<b>Minato International Association</b> Toei Kita-aoyama 1-chome Apt. No. 3, 1-6-3-B1 Kita-aoyama, 107-0061 Tel: 03-6440-0233 Fax: 03-6440-0234 E-mail: office@minato-intl-assn.gr.jp Web: http://www.minato-intl-assn.gr.jp			
20	Noon-1:30 p.m.	<b>Let's Chat in Japanese</b> Enjoy chatting in Japanese with other participants.	
20	2-3:30 p.m.	<b>Let's Rediscover Japan</b> <b>Topic:</b> Rediscovering your heartland <b>Speaker:</b> Mr. Nathan Robert Long <b>Participation fee:</b> ¥500 or ¥200 with student ID <b>Capacity:</b> 40 people	Space D of Mita NN Bldg, 4-1-23 Shiba
20	1-3:30 p.m.	<b>Italia Day</b> Embassy staff will make a speech followed by ENIT presentation related to "Enogastronomy Trip" <b>Capacity:</b> First 120 people <b>Fee:</b> ¥1,000 for MIA members and ¥2,000 for non-members <b>Application:</b> Call or send email to MIA.	Multi-Purpose Room of Mita NN Bldg, 4-1-23 Shiba
27	10 a.m.-noon	<b>Welcome to Minato City ~ Coffee Morning ~</b> Having difficulty finding the information you need? We can help you. Coffee will be served.	MIA/ Call or send an email to MIA

Kissport Events and Announcement			
<b>Kissport, Minato Sports, Community, Culture, and Health Foundation</b> Tel: 03-5770-6837 Fax: 03-5770-6884 Web: www.kissport.or.jp *Programs may change without notice.			
10/14	11 a.m.-4 p.m.	<b>Odaiba Fureai Flea Market</b> Guitar & wind instrument performance, and <i>Rakugo</i> , Japanese comical storytelling Come to the venue directly.	Daiba Community Plaza 3F

**Announcement**  
**Automatic Issuing Machine Cards**  
Automated issuing machine service has been terminated on September 30, 2018. However, automatic issuing machine cards with seal registration and automatic issuing machine cards, basic resident registration cards with the seal registration number printed on the back, can still be used for acquiring certificates for seal registration over the counter. Resident registration cards can still be used before the expiration date. Please keep the above stated cards.  
**Inquiries:** Minato call, Tel: 03-5472-3710

### COMMUNITY EVENT

## Minato Disaster Preparedness Drills at the Azabu site

What can I do when a large-scale earthquake occur? How should I prepare for disaster?

Azabu Regional City Office will hold disaster preparedness drill for foreign residents. Please come to the disaster preparedness drill at Azabu. An English interpreter will guide you.

**English guided tour:** November 4, 10 to 11:30 a.m.

**Place:** Roppongi Junior High School, 6-8-16 Roppongi

**Application:** Call 03-5472-3710 or send a fax to 03-3583-3782 with your name, address, telephone number, Japanese proficiency and other necessary information by November 2, 4 p.m. Please call between 9 a.m. and 5 p.m.

**Supervising Subsection:** Collaboration Project Subsection of Azabu Regional City Office

## Minato Public Health Center

### SCHEDULE FOR OCTOBER

**Eligibility:** Registered residents or registered foreign residents of Minato City

**Minato Public Health Center:** 1-4-10 Mita, Tel: 03-6400-0083

	Eligibility	Date	Time	Place
Stomach, colon cancer	Residents aged 35 or older Capacity: 20 people	Weekdays in November	8:30 to 9:30 a.m.	(B)

**Appointment for HIV test, Tel: 03-6400-0081**

Eligibility	Examination date	Exam. results available	Place
HIV/STD test*	Open to all	10/4, 10/18	9:30 to 10:30 a.m. (A)

\*The result is two weeks later from the check-up day at the Minato Public Health Center

### Other examinations

	Eligibility	Date	Time	Place
Checkup and consultation for babies/infants	An eligible resident must receive the notification - 4-month-old: Born in July, 2018 - 18-month-old: Born in April, 2017 - 3-year-old: Born in October, 2015		A notification will be sent to eligible.	(A)
Birthday dental checkup	Babies aged one and two-year-olds born in October	11/9	1:30 to 2:30 p.m.	(A)

(A) Minato Public Health Center

(B) Genki Plaza Medical Center For Health Care, 3-6-5 Iidabashi, Chiyoda-ku

**Note:** You need to apply and make an appointment in advance.

**Inquiries and appointment:** Minato Public Health Center, Tel: 03-6400-0084

For inquires in English, contact Minato Call, Tel: 03-5472-3710

### Himawari Medical Facilities Consultation Service

If you are looking for a doctor or pharmacy, you can call or visit the Himawari English language website.  
Himawari informs medical institutions and Japanese healthcare system.  
Tel: 03-5285-8181, 9 a.m.-8 p.m.  
www.himawari.metro.tokyo.jp/qq/qq13enmnl.asp

### HEALTH & SAFETY

## Flu Shot for Senior Citizens

Minato City residents who qualify under the following criteria can receive a free influenza shot. Minato City has sent the pre-vaccination check sheet to eligible residents. If you moved to Minato City after August 30, 2018, inquire at Minato Call, 03-5472-3710. Please consult with your family doctor and have a preventive shot.

### Eligibility

Minato City residents who are:

- 1) 65 years or older as of December 31, 2018
- 2) 60 to 64 years old as of December 31, 2018 and those who has a Certificate of the Physically Disabled, Level 1 and have heart, kidney, or respiratory failure, or whose immune system have been damaged by the human immunodeficiency virus. The immunization fee is free with the pre-vaccination check sheet.

### To receive the vaccination

Bring the pre-vaccination check sheet to the designated medical institution in Minato City between October 1 and January 31, 2019. One vaccination shot per person. If you want to receive the immunization outside Minato City, please inquire at the immunization section of each city office.

**Inquiries:** Minato Call, Tel: 03-5472-3710

## AUTUMN READS

# Guide to Municipal Libraries

Reading Week is October 27 to November 9.

A two week Reading Week has been established on and around Culture Day to provide all people with an opportunity to get in the habit of reading. Autumn is the best time for reading, so why not open up a book? Please feel free to use the municipal libraries.

## How to borrow books or CDs

### First time you borrow them

You are free to read any books and check out any library material using your library card. Library cards are issued to anyone living, working, or attending school in the 23 cities of Tokyo. When applying for a library card, please provide an ID that shows your address or company/school address such as a driver's license, health insurance card, employee ID, and student ID. A library card may be applied for at the municipal libraries and cooperative facilities. Only an applicant, or a guardian of preschool children can apply for the card.

**Lending limit:** Two weeks, 10 books/ magazines, three CDs, two DVDs, three videotapes. Please use the automated lending machine at each library.

### Returning library's materials

All materials borrowed can be returned to any libraries and cooperating facilities. During closing hours, return them to the book return box.

**Locations:** Lifelong Learning Center, Minato Park Shibaura, Shibaura-konan Civic Center

**Note:** CDs, videos, DVDs, and materials from other cities' libraries cannot be returned in the box. Please return them to the appropriate library counter.

### Borrowing/returning at cooperative facilities

Items from Minato City libraries can be borrowed and returned to the library at Daiba Civic Center, Gender Equality Center "Libra," and Aoyama Lifelong Learning Center. Also, Minato City Local History Museum, which is scheduled to open on November, is preparing for this cooperative service. Business hours depend on the facility.

## Library services

### Reservation/request service

Minato City libraries accept requests for books, CDs, and other materials that are available in other libraries or that are currently on loan. Materials from other public libraries in Tokyo, Temple University Japan Campus Library and Tokyo University of Marine Science and Technology Library can be borrowed via any Minato City library

### Internet service

Visit the belowmentioned sites for information on how to use libraries, see events schedule, announcements, and search, reserve, and renew library materials, as well as search for people who were related to Minato City through a dedicated database.

A password is required for reservations and borrowing extensions online. You may register a password on the Minato City Library website and at the search terminals located within the libraries.

[PC] <http://www.lib.city.minato.tokyo.jp/>

[Mobile] <http://www.lib.city.minato.tokyo.jp/m/>

### Book-start

In this program, infants up to their first birthday and the guardians are given books by the library to support their healthy mental growth, and to teach them the joy and value of reading picture books.

### Magnifying reading machines

Books written in large print for easy reading are available. Reading magnifiers are also installed at all libraries to enlarge text for easier reading.

### Audio recording books

An audio book service is provided for the visually impaired and other people with disabilities that make it difficult to read books on their own.

Registration at the Minato City Library is required for their use. The individual or a representative should visit the library with their *Shintai Shogaisha Techo*, Certificate of the Physically Disabled or a diagnostic report. Please consult the Minato library when visiting in person would be difficult.

### Library hours

Monday to Saturday: 9 a.m. to 8 p.m.

Sunday, holidays, and December 28: 9 a.m. to 5 p.m.

Takanawa Annex: 9:30 a.m. to 8 p.m.

**Closed:** Every third Thursday, inventory check days, and December 29 to January 3, Takanawa Annex closes on holidays

For more information, visit the Minato City Library website.

## COLUMN

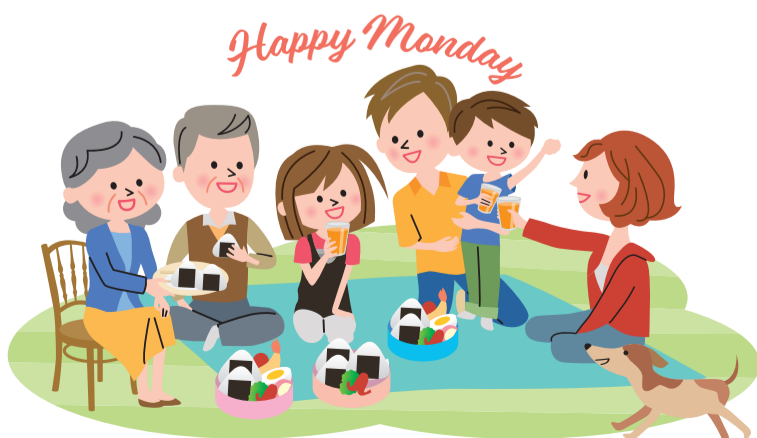
# Four Seasons and the Japanese Food

## Sports Day

The second Monday of October is *Taiiku no Hi* or Sports Day, a national holiday to nurture a healthy mind and body through sports. This year, it is on October 8. Until the year 2000, October 10 was set as Sports Day because the opening ceremony of the 1964 Tokyo Olympic Games was held on October 10. Later on, the national government changed it to the second Monday of October, so people could enjoy three consecutive holidays.

Around mid-October, the weather tends to be fine with mild temperature. Fall is a good season to enjoy sports and go for a picnic. When going for a picnic, Japanese people often bring *onigiri*, Japanese rice ball. *Onigiri* is a portable food made from lightly-salted rice formed into triangular or round shape and wrapped with *nori*, or dried sea weed. *Onigiri* have fillings made with various ingredients, such as pickled plum, salted salmon, bonito flakes, and many more.

The summer heat has passed away and it is a comfortable season with less rain. Please try sports or go for a walk outside under the clear blue sky. If you become hungry, have some *onigiri* as a quick portable lunchtime break. You can buy them at convenience stores, supermarkets, and many restaurants nationwide.



Enjoy picnic on a sunny day with *onigiri*, Japanese rice balls in your hands

## GLOBAL EDUCATION

## 2018 Minato Citizen's University at Temple University, Japan Campus (TUJ)

### "Community"

Temple University, Japan Campus (TUJ) will be offering lectures in various subjects about community, food waste, mass media, American art and literature, and more.

**Date & Time:** October 22, 24, 29, 31 and November 5 from 7 to 8:30 p.m.

**Place:** Temple University, Japan Campus, Azabu Hall 1F

**Fee:** 2,500 yen for five lectures, bank transfer prior to the first session required.

Non-refundable.

**Application:** Apply online at [www.tuj.ac.jp/kumin](http://www.tuj.ac.jp/kumin) or by email at [tujcommunityrelations@tuj.temple.edu](mailto:tujcommunityrelations@tuj.temple.edu) with your name, email address and phone number by October 19, 5 p.m.

**Inquiries:** TUJ, Tel: 0120-86-1026

## CHANNEL 11

## Minato Public TV Program Guide

J:COM MINATO-SHINJUKU **OCTOBER schedule**

Program	Time	Program
<i>Minato-ku</i>	10 a.m.,	<Public Announcement>
<i>Koho Topics,</i>	1 p.m.,	Delivers important announcements, new information, or events in Minato City.
<i>Topics in</i>	3 p.m.,	
<i>Minato City</i>	5 p.m.,	<b>1-10:</b> Elementary and junior high school students' overseas delegation project
30 min. program	9 p.m.	<b>11- 20:</b> Introduction of Home-based Palliative Cancer Care Support Center
		<b>21-31:</b> Introduction of Hommura Elementary School

**Note:** Programs may change without notice. You can also see the programs broadcasted by this channel on the Minato City Web or Youtube. Video/DVD lending is available at the Office of the Mayor, Regional City Offices, and each public library. Videos/DVDs of programs broadcasted from September 2017 to last month are available.

**Inquiries:** J:COM Minato-Shinjuku, Tel: 0120-914-000

## Population of Minato City

AS OF SEPTEMBER 1, 2018

**Total: 256,723**

**Japanese Residents:** 236,864 Male: 110,461 / Female: 126,403

**Registered Foreign Residents:** 19,859 Male: 10,459 / Female: 9,400

