

MINATO MONTHLY

Published by Minato City

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No 388 June 2019



You can experience an earthquake simulation at the Minato Bosai Festa.

Let's experience *Bosai* in English and easy Japanese: **MINATO BOSAI FESTA**



How much do you know about disaster prevention? Do you know how to protect yourself from disasters and earthquakes? Let's solve those problems and queries. The word *Bosai* means preparing and reducing risks when earthquakes and other disasters occur. At the venue, there will be a stamp rally programs which offer gifts to the participants.

Please take advantage of this fun

opportunity to learn about disaster prevention and preparation. Interpreters will assist you with English and Easy Japanese in all of the programs. Reservation is not necessary and admission is free.

Date & time: June 9, 11 a.m. to 4 p.m.

Place: Roppongi Hills Arena, 6-10-1 Roppongi

Program

- Roppongi Hills special tours
 - 1) Stockpile storage, 11:30 a.m., 12:30 p.m., 1:45 p.m., 3 p.m.
 - 2) Rooftop garden, 1 and 2:30 p.m.
- Practice calling an ambulance, disaster message dial
- AED training
- Evacuation training in smoke
- Initial firefighting training using fire extinguishers

- Bucket brigade game for firefighting, 12 p.m., 1:45 p.m., 3:00 p.m.
- VR *Bosai* trailer, 11:15 a.m.–3:00 p.m.
- Earthquake simulation, 11:00 a.m.–3:00 p.m.
- Rescue demonstration by firefighters, 11:30 a.m.–2:00 p.m.
- Emergency food for survival
- Wear the firefighter suit
- Police motorcycle display
- Useful craft making for emergency

*Please note that there will be coverage from various media and press during the event. The event will be conducted even in case of rain, but the programs may change.

Supervising Subsection: Global Community Planning Subsection,
Tel: 03-3578-2524



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-itchome, 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

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Minato Call
CITY INFORMATION SERVICE
03-5472-3710

ANNOUNCEMENT

2019 National Health Insurance Premium Statements and Payment Slips

National Health Insurance (NHI) premium statements and payment slips based on the income during the year 2018 will be sent to heads of households on June 12.

Calculation of insurance premiums

Annual health insurance premium amount is calculated based on the number of the enrolled health insurance members and the total income amount of the household in the year 2018.

Reduction of insurance premiums

For households whose total annual income earned between January and December of the previous year is below designated levels, the per capita amount of their NHI premiums are reduced by 70%, 50%, or 20%. Whether a household qualifies for a reduction will be determined by total household income. Therefore, residents are required to declare the income of all household members, even in cases when there is no income.

Reduction measure for involuntary termination of employment

People who have lost their jobs due to corporate restructuring or other reasons may be eligible for NHI premium reduction.

Eligibility:

- 1) People who have left their jobs due to business reasons on the part of their employers, such as bankruptcy or labor reduction.
 - 2) People who have left their jobs due to reasons stipulated under the Employment Insurance Act, for example the expiration of their employment contract.
- Applicants should bring their Certificate of Eligibility for Employment Insurance to Minato City Hall to apply

Mailing of payment slips

Please pay the annual insurance premiums with the payment slips that will be sent in mid-June. There are two types of payment slips: one divided in ten installments from June to March of the following year and one for a lump-sum payment for twelve months. Those who are paying premiums by bank transfer or deducted by special collection will only receive the premium statements.

Payments

You can pay your insurance premiums by banks, credit unions, credit cooperatives, the Japan Post Office Bank, convenience stores or by using your cell phone or smartphone. You can also pay through the counter services of each Regional City Office or Minato City Hall.

Please note that payments cannot be made at convenience stores or via mobile payment if the amount shown on a single premium payment slip exceeds ¥300,000.

Notification of premium changes

Eligibility Subsection will review health insurance premiums when residents join or withdraw from the NHI or when there are changes in the amount of income.

Supervising Subsection: Eligibility and Premium Subsection

COMMUNITY EVENT

Shiba Fureai Festival

The 14th annual Shiba Fureai Festival provides opportunities for residents to deepen community exchange. It features food stalls, introduction of various projects, panel exhibitions, and concerts. The festival also gives participants a chance to rethink about environmental issues, by encouraging the use of reusable plates and utensils. The Shiba district's mascots will also be at the festival. Come along for a fun day of crafts, games and a stamp rally.

Date & time: June 8, 10 a.m. to 3 p.m. *Light rain or shine, cancelled in case of rough weather.

Place: Municipal Shibakoen

Community Fureai Market

The market will feature street food stalls, sale of fresh vegetables directly from growers, and reports of the outcomes of various activities.

Community Fureai Concert

A concert featuring choruses and dance performances by community groups.

Events by Shiba Meeting

Three groups formed by Shiba district residents; including town charms discovery group, town development group, and local community group will be conducting various unique events.

Shiba BeeBee's

A booth displaying details of the beekeeping project in Shiba district, organized by private citizens group Shiba BeeBee's with the cooperation of Shiba Regional City Office.

Supervising Subsection: Community Policy Subsection of Shiba Regional City Office

Supervising Subsection: General Administration Subsection of Shiba Regional City Office

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

SUPPORT SERVICES

Exemption System for National Pension Plan Premiums

An exemption system is in place for the National Pension Plan, designed for people having difficulties paying the premiums. There are four types of exemptions available: 25%, 50%, 75% and full.

Other systems are available for students and people aged 49 and under if their own or their spouse's income, or in the case of a student their own income, in 2018 is lower than the criteria. The exemption period will not reflect the amount of pension benefits.

An applicant may apply for an exemption up to 25 months retroactively.

Income criteria

If the income of a person, her/his spouse or the head of her/his household in the previous year is lower than the designated amount, that person is deemed eligible for the exemption system. The criterion varies by the number of household members. The exemption system includes special cases such as unemployment, disasters and other reasons.

Eligibility period

The period of the exemption is included in the eligibility period to receive the Basic Pension for the Elderly, the Basic Disability Pension, and the Basic Survivors' Pension.

Calculation of the annuity of the Basic Pension for the Elderly

Compared to cases in which the premiums are fully paid, in cases when payment exemptions apply, the amount of the pension benefits will be calculated with the below stated ratio in the chart, compared to those who paid premiums fully.

Types of exemptions	Calculation ratio for the exemptions admitted after April 2009	Calculation ratio for the exemptions admitted before March 2009
Full	1/2	1/3
75%	5/8	1/2
50%	3/4	2/3
25%	7/8	5/6

Note: If a person does not pay her/his premiums for the partially exempted period, this period will be excluded in the calculation of his/her pension benefits.

Deferred premium payments

Premiums unpaid due to the exemption system can be paid in arrears within 10 years after the exemption period.

Inquiries: National Pension Subsection, Tel: 03-3578-2663

Minato Pension Office, Tel: 03-5401-3211

CHANNEL 11

Minato Public TV Program Guide

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

Program	Time	Program Summary
Hi from the Mayor of Minato City 20 min. bilingual program	10:30 a.m., 1:30 p.m., 3:30 p.m., 5:30 p.m., 9:30 p.m.	Mayor introduces the activities of city residents and business organizations. Mayor visits the Azabu infant home and interviewed the Director and staff about the roles and nurturing philosophy of the orphanage. He also talked to foster parents about the story that led them to adoption and their situations.
Minato-ku Koho Topics, Topics in Minato City 30 min. program	10 a.m., 1 p.m., 3 p.m., 5 p.m., 9 p.m.	<Public Announcement> Delivers important announcements and new information of events in Minato City. 1-10: Introducing disaster prevention information e-mail service. 11-20: Lecture and film for Constitution Memorial Week 21-31: Introducing Akasaka Junior High School

Note: Programs may change without notice. You can also see the programs broadcasted by this channel on the Minato City Web or Youtube. The Koho Topics are also broadcasted in the Chii-bus and the Odaiba Rainbow bus. Video/DVD lending is available at the Office of the Mayor, Regional City Offices, and each public library. Videos/DVDs of programs broadcasted from May 2018 to last month are available.

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

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 JUNE

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
12	12:15-12:45 p.m.	Lobby Concert by Guitar & Mandolin ensemble BRILLANTE Everyone is welcome. Come to the venue directly. Inquiries: Promotion of Art and Culture Subsection, Tel: 03-3578-2584	Lobby of Minato City Hall
Library Movies *Doors open 30 min. before the starting time.			
1	2 p.m.	La Marseillaise – 1938, France, 133 min.	Takanawa/40
2	2 p.m.	A Beautiful Mind – 2001, U.S., 135 min.	Azabu/30
3	1 p.m.	Close Up – 1990, Iran, 99 min.	Minato/90
8	2 p.m.	Rain – 1932, U.S., 94 min.	Konan/45
14	1 p.m.	Gate of Hell – 1953, Japan, 89min.	Minato/90
15	2 p.m.	Stella Dallas – 1937, U.S., 106 min.	Akasaka/35
22	1 p.m.	High and Low – 1963, Japan, 143 min.	Minato/90
23	2 p.m.	Vynalez Zkazy – 1958, Czechoslovakia, 83 min.	Mita/60
Library Events			
9	2:30 p.m.	Storytime in English	Azabu
14	2 p.m.	Origami class for adults, Seasons Eligibility: Junior high school students and older	Takanawa/10
22	1:30 p.m.	Seminar: "Board game in the library" Eligibility: 10 years old and above Application: Visit or call Azabu library from June 1. Closed on June 20.	Azabu/30
Sale of Recycled Bikes			
Minato Recycling and Management Office Working Contact, 3-9-6 Moto-azabu			
9	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. Price: Ranges from ¥7,900 to ¥9,900 Inquiries: Minato Call, Tel: 03-5472-3710	
MIA Events			
Minato International Association 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			
6	10 to 11:30 a.m.	Intercultural Parents' Chatting Salon "Pediatric Emergencies" What should we do when our children becomes sick or injured? Learn about Pediatric Emergencies in Japan. You are welcome to bring your child. Capacity: First 20 people	Akasaka Fire Station, 2-16-9 Minami-aoyama/ Call or send an email to MIA
8	1 to 3:30 p.m.	Finland Day With the cooperation of the Embassy of the Republic of Finland, this event features an introduction about the country and Finnish cuisine. Fee: ¥1,000 for MIA members, ¥2,000 for non-members Capacity: First 120 people	Mita NN Hall of Mita NN Bldg, 4-1-23 Shiba/ Call or send an email to MIA
15	10 a.m. to noon	Bowling Event Enjoy interacting with others through bowling. Fee: ¥2,000 for MIA members, ¥2,200 for non-members, including insurance, fee for rental shoes, etc. Capacity: First 20 people	ROUND 1 Ikebukuro/ Call or send an email to MIA by June 10
15	Noon to 1:30 p.m.	Let's Chat in Japanese Enjoy chatting in Japanese with other participants.	Space D of Mita NN Bldg, 4-1-23 Shiba
15	2 to 3:30 p.m.	Let's Rediscover Japan Topic: Whiskey, The old and the new. From Ireland to Japan. Speaker: Mr. Fiachra Martin Participation fee: ¥500 or ¥200 with student ID Capacity: 40 people	Space D of Mita NN Bldg, 4-1-23 Shiba
22	10 a.m. to noon	Welcome to Minato City ~ Coffee Morning ~ Having difficulty finding the information you need? We can help you. Coffee will be served.	MIA/ Call or send an email to MIA
24	10 to 11:30 a.m.	Intercultural Parents' Chatting Salon about Japanese Kindergarten You can ask questions and communicate with other mothers about kindergartens in Japan. Capacity: First 20 people	MIA/Call or send an email to MIA

Kissport Events and Announcement

Kissport, Minato Sports, Community, Culture, and Health Foundation Tel: 03-5770-6837 Fax: 03-5770-6884 Web: www.kissport.or.jp *Programs may change without notice.			
23	2 p.m.	Music Promenade Performers: Students of Tokyo University of the Arts Everyone is welcome. Come to the venue directly. Inquiries: Akasaka Civic Center, Tel: 03-5413-2711	Akasaka Civic Hall

HEALTH & SAFETY

Heat Stroke Prevention

Every year, after the end of the rainy season, the number of heat stroke patients tends to increase rapidly. Please be careful to avoid heat stroke by avoiding unnecessary exposure to the sun on very hot and humid days, and days with little wind. Heat stroke can occur inside the house. Senior citizens and children should be especially cautious.

How to prevent heat stroke

- Use air conditioners or fans to cool down the room temperature.
- Use hats and parasols to avoid sunlight when outside.
- Wear light-colored and loose-fitting clothes.
- Drink plenty of water. People who are under treatment for a chronic disease should consult a medical doctor about means to avoid dehydration.
- Have a balanced diet and exercise regularly to make it easy for your body to sweat.

Symptoms

Light: Dizzy, light-headedness, muscle ache, heavy sweating

Moderate: Headache, nausea, fatigue

Severe: Convulsion, inability to respond when being called, unconsciousness, high fever

If you experience heat stroke

Move to a cooler place immediately and drink water or a sports drink to regulate your body temperature and restore your body's water and salt levels. Alert someone near you about your condition and if you don't feel better, visit a hospital as soon as possible.

Minato Public Health Center

SCHEDULE FOR JUNE

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 July	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	7/4, 7/18	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, Tel: 03-6400-0084

	Eligibility	Date	Time	Place
Checkup and consultation for babies/infants	An eligible resident must receive the notification - 4-month-old: Born in March, 2019 - 18-month-old: Born in December, 2017 - 3-year-old: Born in June, 2016		A notification will be sent to eligible.	(A)
Birthday dental checkup	Babies aged one and two-year-olds born in June	7/17	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

PARENTAL BENEFITS

Child Allowance

The following information is about *Jido Teate*, or Child Allowance, benefits and requirements needed to receive them.

Child Allowance, *Jido Teate*

Eligibility: Child Allowance is provided for people who are raising a child until the first March 31 after the child's 15th birthday. A child up to the third year of junior high school who live in Japan between April 1, 2019 and March 31, 2020 is eligible.

Under three years old: ¥15,000/month, per child

Over 3 years old to final year of elementary school age: ¥10,000/month, per child
¥15,000 for the third and subsequent children

Junior high school student: ¥10,000/month, per child

Families exceeding the minimal income limit: ¥5,000/month, per child

Note

- If the child is living in a facility, for example an infant home, or is in the care of a foster parent, the application procedures should be completed by the head of the facility or the foster parent.
- If the father and mother live separately due to divorce negotiations, the parent living with the child shall be the priority recipient of child allowances.
- If the father and mother live overseas, the person bringing up the child in Japan shall be provided with the child allowances, when such persons are appointed by the father and mother.
- In principle, child allowances are provided for the benefit of children living in Japan. However, if a child lives abroad for the purpose of overseas studies, he/she shall be eligible only if certain requirements are met, such as if the child does not live with his/her father or mother.

Notification of Current State Report

Residents currently receiving Child Allowances are required to submit a *Genkyo Todoke*, Current State Report, to update their eligibility status. Minato City will send the relevant materials in early June. Please send all forms and documents via postal mail to Children's Benefit Subsection, Minato City Hall, 105-8511 by June 30. If you are submitting directly, please bring documents at the Health and Welfare Subsection of any Regional City Office by June 28. Recipients who fail to submit all forms by the abovementioned deadline will no longer be able to receive the allowances. If documents were submitted after their due dates, benefit payments will be transferred to the designated bank accounts after November.

Inquiries: Children's Benefit Subsection, Tel: 03-3578-2431



COLUMN

Introducing Traditional Culture

Kokeshi

Kokeshi is a wooden doll with a cylindrical body and round face. With their cute face and body wearing colorful *kimono*, it represents a Japanese girl. Originally, *kokeshi* was a product from the Miyagi Prefecture, the northeastern region of Japan. These days, *kokeshi* can be found in other regions and many different places, such as hot-spring spa resorts, exhibitions, traditional craft stores, and many more.

Kokeshi is one of the traditional crafts of Japan. On the contrary to products that are mass-produced by machines, Japanese traditional crafts are basically made by craftsmen's hands. Because *kokeshi* are carefully made by craftsmen's skills and techniques that have been continued for over 100 years, you may feel the human warmth when you see *kokeshi*'s pure, sweet, and round faces.

Kokeshi may be a good souvenir or gift for little children, representing the quality and warmth of Japanese craftsmanship.



Kokeshi,
Japanese traditional wooden doll

COMMUNITY EVENT

Gender Equality Festival at Libra 2019

June 23 to 29 is Gender Equality Week. To coincide with this week, there will be seminars and presentations of the outcomes of activities run by registered organizations at the Gender Equality Center "Libra", sales of snacks and handicrafts, and others. Everyone is welcome.

Date & time: June 22, 10 a.m. to 4 p.m. and June 23, 10 a.m. to 3:30 p.m.

Place: Gender Equality Center "Libra," 1F & 2F of Minato Park Shibaura

Program

- **Lecture:** Woman, children, and violence
- Speaker:** Yuri Morita, Director of the Empowerment Center
- Date & time:** June 22, 1 p.m. to 2:30 p.m. at Libra Hall
- Capacity:** First 208 people
- *Childcare available, one year old to pre-school age, for around 8 people. Please apply by June 6.
- *Sign language interpreter available.

Application: Call or visit Libra's website, or come directly to Libra with your name, address and phone number

• Seminars and presentations of activity results by Libra's registered organizations

Presentation of activity results, handicraft exhibit and sales, chorus, dance, theatrical performances, tea ceremony, café, snacks, and more.

For more information please visit the Libra website: www.minatolibra.jp

Inquiries: Libra, Tel: 03-3456-4149 (Japanese only)

Supervising Subsection: Human Rights and Gender Equality Subsection

INTERFM 89.7 MHz

Minato Voice

Time: 6:26 to 6:29 a.m. and 5:56 to 5:59 p.m., 3 min. program

Monday & Thursday: English

Tuesday: Japanese

Wednesday: Chinese

Friday: Korean

*Programs may change without notice.

Inquiries: Public Relations Subsection, Tel: 03-3578-2041

Population of Minato City

AS OF MAY 1, 2019

Total: 259,293

Japanese Residents: 238,907

Male: 111,524 / **Female:** 127,383

Registered Foreign Residents: 20,386

Male: 10,715 / **Female:** 9,671

MINATO CITY

