

MINATO MONTHLY

Published by Minato City

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No 392 October 2019

Minato Citizen's Festival 2019

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 12: 11 a.m. to 5 p.m. October 13: 10 a.m. to 4 p.m. October 14: 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-itchohome, 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

International Friendship Square

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, and distribute tourism information and offer rare folk craft items for sale. A mini stage set up in the area will feature music and performances from various countries.

Venue: In front of Tokyo Prince Hotel on October 12 and 13

Participating embassies and other institution: Islamic Republic of Afghanistan, People's Republic of China, Republic of Ecuador, Georgia, Hungary, Kingdom of Lesotho, Republic of Lithuania, Republic of Maldives, Republic of Nicaragua, Federal Republic of Nigeria, Swiss Confederation, Ukraine, Goethe-Institut Tokyo

Inquiries: Global Community Planning Subsection, Tel: 03-3578-2046/2524

Minato Citizens' Sports Festival 2019

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

Date: October 14 **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

MEDICAL INSURANCE

National Health Insurance System

National Health Insurance (NHI) is a system whereby participants pool together insurance premiums to prepare for sickness and injuries. This money is then used to help cover necessary medical costs.

If you are a registered resident of Minato City, you have to enroll in NHI unless you are enrolled in the insurance program of your company, receiving public assistance, or staying in Japan for diplomacy. A person registered in NHI will receive an NHI card.

A person who is aged 70 to 74 years old additionally receives a "Certificate of NHI for people aged 70 to 74 years old." Please show both of them when you consult a doctor.

Renewal of NHI card

Mailing of new NHI card

The validity of the current NHI card is until September 30, 2019. The new NHI card will be sent by registered mail to the head of household. You can use the new NHI card from October 1. Please discard the old NHI card after October 1 or return it to the Regional City Office.

Registered mail is a mail delivered to one's home by the post office and provided directly. When the recipient is not present, a delivery notice will be left in the mailbox and the mail will be kept at the post office for approximately one week. The mail will be returned to Minato City if there is no contact from the recipient.

Expiration of resident visa

The new NHI card will not be sent to a foreign resident whose resident visa is expired. Please extend your resident visa first, and bring your resident card to the Counter Services Subsection of Regional City Office to receive the new NHI card.

Enrollment and withdrawal from NHI

Notification within 14 days

If you enroll in or withdraw from NHI, or you have any changes to your name or address, please notify us within 14 days of the change. Please present your "My Number Card" and personal ID. For enrollment, you need to present your passport.

Delayed enrollment

You need to pay insurance premiums for the period going back to the point at which you became eligible for NHI, not to the day that you submit the notice. You will have to bear the full cost of medical treatment that you receive during that period.

A person who enrolled in Japan's public occupational insurance

When you enroll in Japan's public occupational insurance, you need to submit notice that you are withdrawing from NHI. Bring your occupational insurance card and NHI card and complete the procedure.

Delayed withdrawal from NHI

If you use your NHI card after you lose your eligibility for the NHI of Minato City, you must pay back the cost of medical treatment borne by Minato City. Please complete the withdrawal procedure from NHI and return your NHI card.

Supervising Subsection: Eligibility and Premium Subsection

THE 3RS

Reduce, Reuse, Recycle

October is the 3R month. Let's try to reduce, reuse and recycle waste aiming for a recycling-based society.

Reduce

- When shopping at the grocery store, please 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.

Place: 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: Sunday, every third Thursday, and December 28 to January 3

Recycle and reuse of clothing

Minato City collects used clothing at designated collecting points for recycling and reuse. Put used clothing in a transparent bag and bring them to the collecting boxes. Please wash all clothes before recycling them.

Collectable items: All reusable clothing, shoes, socks, towels, etc. Only good condition items will be accepted.

Note: Shoes and socks are only accepted in matching pairs. Tie them together using a string or rubber band.

Place clothes and shoes in separate bags.

Collecting points: Regional City Offices, Eco Plaza, Minato Recycling and Waste Management Office Operations Contact Center

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.

Sorting recyclables and waste

We appreciate your cooperation for sorting waste

Recyclables: Collected once a week

Food/beverage bottles or cans, plastic bottles, newspapers, milk cartons, cardboard, other recyclable papers

Recyclable plastics: Collected once a week

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

- Rinse and remove dirt from items.
- Dispose of dirty plastic items with combustible waste.
- Put them in one bag. Do not repackage into small bags.
- Do not mix with metal and other recyclables such as plastic bottles.

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

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

OPINION

Foreign Resident Opinion Survey

Minato City will conduct a survey targeting foreign residents to hear their requests for city services and implementation measures. The survey will be sent to 3,000 randomly chosen foreign residents aged 20 or above. The results of the survey will be used as valuable resources for reviewing Minato City's Internationalization Master Plan. Please respond to the survey and return. The survey will be conducted in English, Chinese, Korean and Easy Japanese.

Inquiries: Global Community Planning Subsection, Tel: 03-3578-2308/2046

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
10/19-12/15	9 a.m. to 5 p.m.	The Beginning of Relations between Japan and Austria—as seen through the lenses of photographers in the early Meiji period— Closed: November 21 Inquiries: Minato City Local History Museum, Tel: 03-6450-2107	Special Exhibition Area of Minato City Local History Museum, 4-6-2 Shirokanedai
11/17	2 p.m.	Minato City Traditional Culture Introductory Project ~ Matsuri in Japan ~ Experience Japanese folk music and dance. English interpreter available. Eligibility: Minato City residents, workers, and students Capacity: First 380 people Application: Call 03-5472-3710 from October 4, 2 p.m., *Childcare service available Inquiries: Global Community Planning Subsection, Tel: 03-3578-2308/2046	Civic Hall of Akasaka Civic Center

Library Movies			
*Doors open 30 min. before the starting time.			
12	2 p.m.	Tout va Bien – 1972, France/Italy, 96 min.	Konan/45
18	2 p.m.	The Man Between – 1953, U.K., 98 min.	Takanawa/40
31	5:30 p.m.	The Best Exotic Marigold Hotel – 2013, U.K./U.S., 124 min.	Azabu/30

Library Events			
11	2 p.m.	Origami class for adults Eligibility: Junior high school students and older	Takanawa/10
12	2 p.m.	Rock Seminar	Minato/90
13	2:30 p.m.	Storytime in English	Azabu

Sale of Recycled Bikes			
Minato Recycling and Waste Management Office Operations Contact Center, 3-9-6 Moto-azabu			
13	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			
19	1 to 3:30 p.m.	Iraq Day Embassy staff will introduce the country. You can also enjoy the presentation and their cuisine. Capacity: First 120 people Fee: ¥2,000 or ¥1,000 for MIA members.	Mita NN Hall of Mita NN Bldg, 4-1-23 Shiba/ Call or send an email to MIA
26	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
26	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
26	2 to 3:30 p.m.	Let's Rediscover Japan Topic: The Indus Valley connection to the Land of Rising Sun Speaker: Dr. Rajdeep Gautam Participation fee: ¥500 or ¥200 with student ID Capacity: 40 people	Space D of Mita NN Bldg, 4-1-23 Shiba
27	10 a.m. to 2 p.m.	The 26th World Youth Discussion and Beer Brewery Tour Brewery tour of Kirin Yokohama Factory, for the youth to share opinions and nurture international exchange. This event is for teenagers to people in their thirties. Capacity: First 30 people Fee: ¥1,000, ¥800 for MIA members, ¥500 with student ID	Kirin Brewery Yokohama Factory & Namamugi District Center/ Call or send an email to MIA

COMMUNITY SERVICES

Minato Disaster Preparedness Drills at the Azabu Site

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

Date and time: November 10, 1) 10 a.m. , 2) 10:10 a.m., 3) 10:20 a.m.

You can participate in any session.

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, and number of participants from October 7, 2 p.m. to November 8, 3 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	(B)

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

Eligibility	Examination date	Exam. results available	Place
HIV/STD test*	Open to all	11/7, 11/21	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 July 2019 - 18-month-old: Born in April 2018 - 3 years old: Born in October, 2016		A notification will be sent to eligible.	(A)
Birthday dental checkup	Babies aged one and two years old born in November	11/20	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 inquiries 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 September 2, 2019, inquire at Minato Call. 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, 2019
- 2) 60 to 64 years old as of December 31, 2019 and those who have a Certificate of the Physically Disabled, Level 1 and have heart, kidney, or respiratory failure, or whose immune system has been damaged by the human immunodeficiency virus.

To receive the vaccination

Bring the pre-vaccination check sheet to the designated medical institution in Minato City between October 1 and January 31, 2020. 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

LIBRARY SERVICES

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, Minato City Local History Museum

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," Aoyama Lifelong Learning Center, and Minato City Local History Museum

Reservation/request service

Minato City libraries accept reservations for books, CDs, and other materials in Minato City libraries. Also, books 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.

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 also on holidays

Note: Writing or clipping library materials, water damage, and unauthorized removal from the library makes it difficult for other visitors to the library to use the materials. Please handle the library materials carefully so that as many people may use them for as long as possible.

For more information, visit the Minato City web.

COLUMN

Introducing Traditional Culture

Washi, Japanese handmade paper

Washi is a Japanese handmade paper made by using the fiber of tree. It is used for banknotes, paper for Japanese calligraphy, letters, wallets, and other items.

Around September and October, many people from overseas arrive in Japan to start a new life. Some people may be apart from their families and close friends.

To span the distance, it may be a good idea to send messages to your relatives and friends in your home country.

And when you greet them, please use the letters made by washi. Washi give a warm touch as it is made by hands using traditional techniques. Some washi letters illustrate autumn leaves and Japanese persimmons, which are ripe in this season. Not only your heartwarming messages, but washi letters may also send a calming atmosphere sharing the sceneries of Japan.



Washi letters illustrating autumn leaves.

CULTURE

The 11th Minato Performing Arts Festival

Sing Along Together - Connect with everyone's songs and words 2020

The Minato Performing Arts Festival offers residents a chance to take to the stage and perform alongside professional artists. It's a great experience for everyone to enjoy.

In this year's festival, participants will sing, try rap and poetry reading. Participants will sing on stage with a professional band. The professional musicians will instruct participants, so please feel free to join us.

Eligibility, capacity, schedule

Eligibility	Capacity	Practice schedule	Time
Elementary school students and older who live, work, or study in Minato City and can attend at least eight practices	200 people chosen by lottery.*	10 total practices: Dec. 14 & 15; Jan. 18, 19, 25; Feb. 1, 2, 9, 15, 16	Group A 1:30-3:20 p.m.
			Group B 3:50-5:40 p.m.

Venue: Minato City Hall

*People who did not participate in the fiscal 2018 Minato Performing Arts Festival will have priority.

Orientation: December 8, 1:30 p.m. to 2:30 p.m. at Minato City Hall

Rehearsal: February 22 at Daiba Civic Center

Performance: February 23 at the Suntory Hall Blue Rose with Mika Arisaka and other artists. Audience information will be available in December.

Application: Limited to four people for each group. Please select the head participant and send a fax with the following information for all participants by October 22. Send the fax to the Promotion of Art and Culture Subsection, Minato City Hall. You can also apply from Minato Call, 03-5472-3710 or apply online from the Minato City web.

1) Name 2) Address 3) Phone number 4) Age 5) If babysitting services are required, please specify the number and age of the children. 6) Preferred group: Group A/Group B/both A and B are acceptable. 7) Please specify your parts: kids, soprano, alto, or tenor.

Results

Head participants will be informed by postal mail in the middle of November.

Inquiries: Promotion of Art and Culture Subsection, Tel: 03-3578-2584/
Fax: 03-3438-8252

CHANNEL 11

Minato Public TV Program Guide

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

Program	Time	Program Summary
<i>Minato-ku Koho Topics, Topics in Minato City</i> 30 min. program	10 a.m., 1 p.m., 3 p.m., 5 p.m. & 9 p.m.	<Public Announcements> Delivers important announcements, new information, or events in Minato City. 1-10: Midsummer Sport Event: A year before the Tokyo 2020 Games 11-20: Minato City Disaster Prevention School's Lecture 21-31: Introduction of Mita 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. 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 2018 to last month are available.

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

Population of Minato City

AS OF SEPTEMBER 1, 2019

Total: 259,942

Japanese Residents: 239,677

Male: 111,960 / Female: 127,717

Registered Foreign Residents: 20,265

Male: 10,689 / Female: 9,576

MINATO CITY

