

# Minamiboso

Announcements for November 2014

English

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*English Version by Nathan Blackwell, Minamiboso City Coordinator for International Relations.*

## Announcements

### Subsidy for Home Energy-Saving Equipment Installation

The city has been giving subsidies for home solar panel system installation since July, but there are now funds available to help pay installation fees for other home energy-saving equipment as well.

#### **Equipment Covered:**

- Home solar power systems
- Home fuel cell systems (ENE-FARM)
- Stationary lithium ion energy storage systems
- Energy management systems (HEMS)
- Electric car charging systems

#### **To be eligible, you must:**

- Have an address in Minamiboso City now, or by the time you submit the Report of Results form.
- Live in or plan to live in the

house that will have the equipment installed. This must be a free-standing house (homes used jointly as stores included).

- Have not defaulted on city taxes.
- When installing a solar power system, have entered into a contract to receive electricity from a power company before submitting the Report of Results form.

#### **Equipment Eligibility:**

- Must be an unused item
- Other than solar power systems, must be approved under the national subsidy project
- For solar power systems, quality and performance must be certified by the Japan Electrical Safety and Environment Technology Laboratories (JET).
- For solar power systems, the maximum power output of the solar battery module must be less than 10

kilowatts.

#### **Amount of subsidy:**

(Fractions of less than ¥1,000 are rounded down.)

- Solar power systems-  
¥70,000 Maximum (¥20,000 per 1 kW maximum output)
- Home fuel cell systems (ENE-FARM)-  
¥100,000 maximum
- Stationary lithium ion energy storage systems-  
¥100,000 maximum
- Energy management systems (HEMS)-  
¥10,000 maximum
- Electric car charging systems-  
¥50,000 maximum

**How to Apply:** Before starting construction, apply for the subsidy. Once the amount of the subsidy has been set, have the equipment installed.

The application form is available on the Environmental Preservation Division's page on the city website. For details, see the city website or contact the Environmental Preservation Division.

**Application Deadline:**

January 15, 2015

**Contact:** Environmental Preservation Division.

Phone: 33-1053

The Autumn National Fire Prevention Initiative

The Autumn National Fire Prevention Initiative is from November 9 to 15. In the autumn, use of heat sources such as stoves increases both at work and at home. Because the air gets dry, even the slightest lapse in attention is enough opportunity for a fire to break out. Please be very cautious around fire.

**Household Fire Prevention:**

**3 Habits that Save Lives**

- Absolutely never smoke in bed.
- Keep easily burnable items away from your stove.
- Never leave an open flame unattended

**Contact:** Fire and Disaster Prevention Division

Phone: 33-1052

Evacuation Centers Temporarily Closed

Several schools designated as evacuation centers are under construction. During this time, most of these locations cannot be used as emergency evacuation sites. If a disaster occurs while a

school is under construction, please use another emergency evacuation center.

**Construction Sites:**

- Old Yatsuka Elementary School- Through March 2016
- Tomiyama Middle School – Through March 2016
- Tomiyama Elementary School- Through January 2015
- Shirahama Elementary School- Through November 2014
- Old Asai Elementary School- Through July 2015 (Can still be used for evacuation)
- Wada Elementary School- Through November 2014

**Evacuation Centers:**

**In Tomiura:**

- Tomiura Elementary School, Tomiura Middle School, Tomiura Gymnasium, Taibusu Misaki Children’s Nature House, Old Yatsuka Elementary School (under construction)

**Tomiyama:**

- Tomiyama Public Hall, Old Heguri Elementary School, Tomiyama Middle School (Under Construction), Tomiyama Elementary School (Under Construction)

**Miyoshi:**

- Miyoshi Elementary School, Miyoshi Middle School, Miyoshi Farming Village Environmental Improvement

Center

**Shirahama:**

- Shirahama Middle School, Shirahama Elementary School (Under Construction. Use Shirahama Public Hall [Natural Recreation Village] instead)

**Chikura:**

- Chikura Integrated Fitness Park, Old Nanaura Elementary School, Old Kotto Elementary School, Chikura Elementary School, Chikura Middle School, Old Asai Elementary School (Under Construction, but can still be used for evacuation)

**Maruyama:**

- Maruyama Elementary School, Minami Elementary School, Reinan Middle School, Maruyama Agricultural Training Center, Maruyama Public Hall

**Wada**

- Minamihara Elementary School, Reinan Middle School Wada Building, Kusonoki, Wada Elementary School (Under Construction)

\*In the event of a tsunami, do not go to an evacuation center. Get to the highest ground in your area right away. Once the tsunami has subsided, go to a nearby evacuation center.

**Contact:** Fire and Disaster Prevention Division

Phone: 33-1052

### Areas in danger of Landside Disasters

The heavy rainfall in Hiroshima this August led to large-scale landslides that took many lives. In Minamiboso, there are 76 individual locations at risk of similar disasters, including landslides and cliff collapse. Please prepare for such an event by checking the "Minamiboso Disaster Prevention Map" (南房総市防災マップ) to see if you live in one of these hazardous areas. Additionally, you can find information on landslides on the city and prefectural websites.

**Contact:** Fire and Disaster Prevention Division  
Phone: 33-1052

### Change in the System to Declare Land in Agriculture Promotion Areas as Non-Agricultural

At this time, land in agriculture promotion areas can be declared as non-agricultural 3 times a year (in March, July, and November). However, starting in 2015, this will be reduced to twice a year (in May and November). The length of the application periods will change as well.

**Contact:** Agriculture, Forestry, and Fisheries Division  
Phone: 33-1071

### Temporary Lift on Hunting Ban

The ban on hunting wildlife in Minamiboso will be lifted from November 15, 2014 to February 15, 2015.

Hunters from other areas are anticipated to come to Minamiboso, increasing hunting in the area. To prevent accidents, make sure to carry a radio and wear clothes that stand out when doing activities outdoors.

**Contact:** The City Council against Dangerous Wildlife  
Phone: 33-1071

### Be Careful of Wild Boars

Wild boars have been known to appear in residential areas. Injured boars and boars with piglets may attack. If you see a boar, do not get near it or chase it.

**Contact:** The City Council against Dangerous Wildlife  
Phone: 33-1071

### Training Course: Caring for Dementia Sufferers

The Conference on Local Care at the City Local Comprehensive Support Center is giving a training course for those who support people suffering from dementia and their caregivers. The theme will be the establishment of a

Dementia Sufferer Care Giver Support Network that will communicate with those who have a connection with or watch over someone with dementia.

The target attendees for the course include anyone with interest in care for dementia sufferers, people who provide nursing care for a family member, those who have already taken this kind of course, and anyone who has run local activities promoting the public welfare.

**When:** November 7, 1:00PM  
(Check-In is 1:00-1:30PM)

**Where:** Chikura Health Preservation Center

**Lecturer:** Tanaka Katsura from the Nanaura Clinic

**Contact:** Health Support Division  
Phone: 36-1151

### National Women's Rights Hotline Week

Across the country, members of human rights advocacy groups will be running a Women's Rights Hotline as part of the Stopping Violence Against Women initiative. The goal of the hotline is to help stop any kind of violence towards woman, whether it is from husbands, partners, stalkers, or anyone else.

The following are the details of the hotline in Chiba Prefecture. Please feel free to call in.

**When:** November 17-21

8:30AM-7:00PM,

November 22-23

10:00AM-5:00PM

**Hotline Counselors:**

Members of the Prefectural Combined Committees on Safety and the Protection of Human Rights, and employees of the Chiba Regional Legal Affairs Bureau Human Rights Protection Division

**Hotline Number:** 0570-070-810

**Contact:** Chiba Prefecture Combined Committee on the Protection of Human Rights Secretariat (Inside the Chiba Regional Legal Affairs Bureau Human Rights Protection Division)  
Phone: 043-247-3555

Recruiting Participants

Social Work Job Fair in Chiba

The Chiba Prefecture Welfare and Human Resources Center is holding the "Social Work Job Fair in Chiba".

Hiring-managers from social welfare facilities and related offices will be recruiting and interviewing prospective employees on site. This job fair supports employment in the fields of welfare and nursing.

If you plan to find employment in social welfare, please attend.

It is free to attend, and no resume

is needed.

**When:** November 9, 1:00-4:00PM

**Where:** Makuhari Messe

International Conference

Convention Hall (a 5-minute walk from Kaihin Makuhari Station on the JR Keiyou Line)

Chiba City, Mihamaku, Nakase 2-1

**Contact:** Prefectural Social Welfare Council, Chiba Prefecture Welfare and Human Resources Center

Phone: 043-222-1294

Women's Health Class

**Topic:** Staying Positive About Menopause

**Lecturer:** Akomi Kawahara of the Tesshou-Kai Organization, Takeda General Hospital

**When:** November 18, 2:00-2:30

**Where:** Miyoshi Health and Wellness Center

**Registration Deadline:**

November 13

**Contact:** Health Support Division

Phone: 36-1152

Let's Think about Food and Health

Come and try healthy, low-sodium food. We will show you how to put together a delicious menu without using too much salt. You will learn why decreasing sodium intake is important from a doctor and get tips and tricks on how to use less salt from a nutritionist. Come and

enjoy learning about healthy eating in a fun atmosphere.

**When:** November 24

9:00AM-12:00PM

**Where:** Awa Regional Medical Center, 2<sup>nd</sup> floor, Main Conference Room

**Number of Attendees:** 20

**Fee:** ¥500 (collected on the day of)

**Registration Deadline:**

October 31

\*When calling to sign up, say it is for "Food and Health" (食と健康/shoku to kenkou).

**Contact:** Awa Regional Medical Center

Phone: 25-5111

(Weekdays, 1:00-5:00PM)

Adult Guardianship Workshop

Learn about adult guardianship through various lectures and performances, including a comedy routine.

**When:** November 29

1:30-4:00PM

**Where:** Chiba City Lifelong Learning Center, 2<sup>nd</sup> floor hall (Chiba City, Chuo-ku, Benten 3-7-7)

**Registration:** Submit the application form by either fax or email. The form is available at the Social Welfare Division, Citizenship Division, Asai Administration Center, local Regional Branch, and the Social Welfare Council and Regional Welfare Center. It is also available

November 2014

on the Chiba Prefecture Social Welfare Council's website.

**Capacity:** 300 attendees (first come, first served by order of application)

**Participation Fee:**

¥500 (for materials)

**Registration Deadline:**

November 20

**Contact:** Prefectural Social

Welfare Council, Chiba Prefecture

Guardian Support Center

Phone: 043-204-6012

Fax: 043-204-6013

Email: smile@chibakenshakyo.com

The 2014 Conference on  
Mental Health

At this conference, there will be several events and lectures that aim to spread accurate information about mental health and mental disabilities.

**When:** November 9

11:30AM-4:30PM

**Where:** Nansou Bunka Hall

**Program:**

- Attraction Band performance, Eisaa dance performance- Starting 12:50PM

- Lecture- Starting 2:00PM

"Easy Communication: How to react and express yourself in conversation"

Lecturer: Yutaka Oono (National Mental and Neurological Medical Research Center Institute, Cognitive-Behavioral Therapy Center President)

\*Sign Language interpretation will be provided.

**And More:** Product display and shop, mental health check, alcohol tolerance test, Q&A Booth, fortune lottery, etc.

**Entry Fee:** Free

**Application:** None

**Contact:** Awa Health and Welfare Center (Awa Health Preservation Office)

Phone: 22-4511



**About Yutaka Oono**

1978: Graduated from Keio University Medical School in the Psycho-Neurological Sciences

1985-88: Visiting fellow at Cornell University Medical School

1988: Clinical visit to University of Pennsylvania Medical School

1989: Became full-time lecturer at Keio University Medical School, Psycho-Neurological Sciences Department

2002: Became professor at Keio University Medical School Health Preservation Management Center

June 1, 2011 to present: Center President, visiting professor and lecturer at Keio University

**Member of:**

Chairman of the Japan Cognitive Therapy Academic Board

Chairman of the Japan Positive Psychology Association

Vice-Chairman of the Japan Stress Academic Board

Japan Depression Academic Board of Directors

Japan Anxiety Disorders Academic Board of Directors

American Psychiatric Association Distinguished Fellow

Academy of Cognitive Therapy Founding Fellow

**Publications:**

The Mental Clarity Notebook

Healing Depression

Initial Cognitive Therapy

Cognitive Therapy/ Cognitive-Behavioral Therapy website (editor)

"Mental Skill Training: Depression and Anxiety Net" (<http://cbtjp.net>)

The Key to  
Developing Products and  
Opening new Markets is  
"Collaborative Growth"

The Minamiboso Production Business Club (MBC), an organization supporting business enterprises that utilize products from the agriculture, forestry, and fisheries industries, is holding a seminar on collaborative product development.

**Topic:**

The goal of this seminar is to build a platform that facilitates mutual growth between entrepreneurs who want to use original thinking to create opportunities to sell new products to new markets. The key to this is collaboration between people and their resources. Learn techniques to grow through collaboration from Mr. Takuya Hane, a businessman who has broken down walls blocking product development around Japan.

**Lecturer:** Takuya Hane (board member representing the Active Running company)

**When:** November 13, 2:00-5:00PM

**Where:** City Hall, Annex 1, Main Conference Room

**Who Should Attend:**

1. Businesspeople doing business in the agriculture, forestry, and fisheries industries in Minamboso
2. Businesspeople who distribute

or manufacture goods from the agriculture, forestry, and fisheries industries

3. Businesspeople who sell agriculture, forestry, and fisheries produce or goods manufactured from them

\*People in category 1 above must have farmland or facilities within Minamiboso City. This is not a requirement for 2 and 3.

Non-MBC members are welcome to attend.

**Fee:** Free

**Application:**

Deadline- October 31

Fill out the application and submit it to the MBC.

The application form is available on the MBC's and the city's websites. (It can be submitted by mail, fax, or email.)

**Contact:** MBC Secretariat (Local Resource Recycling Division)

Phone: 33-1073



**Introducing Takuya Hane**

Takuya Hane was educated in Japan then went on to teach as a Japanese-language lecturer at prestigious American schools including Harvard and the

University of Pennsylvania. While working as a teacher, Mr. Hane developed his signature "Learning Power" teaching technique. After receiving praise for a course in which he taught his method, Harvard University awarded him a Certificate of Excellence in Instruction. Upon returning to Japan, he founded Active Running, a company which teaches its "Active Human Resources" techniques to large companies and both public and educational institutions. These techniques are spreading out from Japan across Asia as well.

Books on Loan:  
Borrow Picture Books at the  
Child-Rearing Support Center  
Honobono

Every 4<sup>th</sup> Friday from 11:00 AM to noon, the library loans picture books to the Child-Rearing Support Center Honobono. At Honobono, unlike at the library, kids can play and enjoy themselves as they are reading without being quiet. Additionally, you can take your favorite book home with you if you have a library card. If you do not have a card, you can get one at the library.

\*The Child-Rearing Support Center Honobono strives to give support to families with young children, from pregnancy to just

before preschool, across southern Chiba.

Phone: 40-5111



### Free Consultation

### Human Rights Counseling

Talk to us about bullying and family problems.

**Time:** 1:00-4:00PM

**November 14:**

Tomiyama Public Hall

**November 19:**

Chikura Preventative Care Center

**November 26:**

Wada Regional Welfare Center

**Contact:** Citizenship Division

Phone: 33-1051

### Notary Public House Calls

Notary publics are available to come to the homes of elderly or physically disabled people who may have difficulty coming to city hall. These services allow you to draft documents including wills, adult guardianship forms, and death-with-dignity forms in a confidential environment. Appointment required.

**Contact:** Tateyama Notary Public's Office – Phone: 22-5528

### Talk About Your Troubles

Come discuss any problem you are having in life.

**Time:** 1:30-4:00PM

**Dates/ Locations in November:**

**12:** Tomiura Genki Club / Chikura Preventative Care Center

**14:** Tomiyama Public Hall

**19:** Shirahama Health and Welfare Center

**20:** Maruyama Public Hall

**21:** Miyoshi Health and Welfare Center

**26:** Wada Regional Welfare Center

**Contact:** Social Welfare Council

Phone: 44-3577

### Administrative Counseling

Give us your opinions and requests regarding national administration, including pensions, insurance, etc.

**Dates/ Locations in November:**

**10:** Asai Administration Center

**12:** Tomiura Genki Club

**14:** Tomiyama Public Hall

**19:** Shirahama Health and Welfare Center

**20:** Maruyama Public Hall

**21:** Miyoshi Farming Village Environmental Improvement Center

**26:** Wada Regional Welfare Center

\*On dates not listed, you may call the Administrative Complaints 110

number at 0570-090-110 (Ministry of Internal Affairs, Chiba Administrative Evaluation Secretariat) on weekdays 8:30 AM to 5:15 PM.

**Contact:** Secretary of Public Relations Division

Phone: 33-1002

### Issues in Adolescence

From truancy to bullying and reclusive behavior, if you have worries about your adolescent child, discuss them with us.

**When:** November 13. 2:00-4:00PM

**Where:** Awa Health and Welfare Center (Awa Health Preservation Office)

**Contact:** Awa Health and Welfare Center (Awa Health Preservation Office)

Phone: 22-4511

### Pre-Marriage Consultation

This is a service for couples planning to get married.

**When:** November 7

10:00AM-12:00PM

**Where:** Chikura Preventative Care Center

**Contact:** Social Welfare Council

Phone: 44-3577

### Spending and Lifestyle Consultation

Receive multiple debt counseling.

Consult on or lodge complaints about products and services.

**Time:** 10:00AM–3:00PM

**Dates:** November 7, 11, 14, 21, 25, and 28

\*If you will come to the office for in-person consultation, you will be given a specific location when you call to make an appointment.

\*For consultation over the phone, call the Commerce and Industry Division's Spending and Lifestyle Consultation phone number: 33-4300

**Contact:** Commerce and Industry Division  
Phone: 33-1092

### Legal Consultation

Discuss divorce, inheritance, or other legal issues.

**When:** November 27

1:00-4:00PM

**Where:** Shirahama Health and Welfare Center

**Contact:** Social Welfare Council  
Phone: 44-3577

### Tax Consultation

Discuss general taxes and bookkeeping issues.

By appointment only.

**When:** November 11

10:00AM-3:00PM

**Where:**

Association of Certified Public Tax Accountants, Tateyama Branch (Tateyama City, Houjou 1076)

**Contact:** Association of Certified

Public Tax Accountants, Tateyama Branch

Phone: 23-4132

### Child Support Counseling

Going through a divorce is a complicated time. Though it can be difficult, it is a parent's duty to take responsibility for ensuring their children can grow up healthy. In reality however, problems often come up that make it impossible for the parent with custody to get child support payments.

This is a counseling service to resolve those problems.

Consultation is free and confidential.

**When:** November 21

10:00AM-12:00PM

**Where:** Chikura Preventative Care Center "Yurari"

**Contact:** City Mother-and-Child and Widow Welfare Group  
Phone: 090-1886-9573

### Health Exam Follow-Up Consultation

Follow-up consultations after the Comprehensive Public Health Examinations will be administered according to the following table.

If your doctor was concerned about any of your results, come and talk with us about what you can do to take charge of your personal health.

Those who did not have the

Comprehensive Health Examination are also welcome to attend.

**What:** Individual consultation with a public health nurse and managerial dietician

**When:** 1:00-4:00PM

When	Where
Oct 31	Tomiura Genki Club
Nov 7	Wada Regional Welfare Center
Nov 13	Tomiya Public Hall
Nov 21	Maruyama Public Hall
Nov 28	Miyoshi Health and Welfare Center

**What to Bring:** the results report from your health examination (if you had the Comprehensive Public Health Examination), health notebook (if you have one)

\*Anyone may use this service. Please come on whichever day is convenient. No appointment necessary.

**Contact:** Health Support Division  
Phone: 36-1152

### Projects

#### Wada Hometown Beautification Drive

**When:** November 2

**Where:** The whole Wada District

**Contact:** Wada Community Center  
Phone: 47-3111



Blood Drive

**When:** November 20

10:00-11:45AM, 1:00-3:30PM

**Where:** City Hall Annex 1

**Contact:** Health Support Division

Phone: 36-1152

Doctors on Duty on  
Sundays and Holidays

**The Awa Regional Medical Center (Phone: 25-5111) accepts emergency patients 24 hours a day, every day.**

Doctors will be on duty on holidays and Sundays in the following hospitals as well.

● **November 2**

-**Toujou Hospital** (Kamogawa)

Phone: 04-7092-1207

● **November 3**

-**Tomiyama National Hospital**

(Tomiyama) – Phone: 58-0301

-**Hara Clinic** (Tateyama)

Phone: 24-5711

● **November 9**

-**Tateyama Hospital** (Tateyama)

Phone: 22-1122

-**Nakahara Hospital** (Wada)

Phone: 47-2021

● **November 16**

-**Kyonan Hospital** (Kyonan)

Phone: 55-2125

● **November 23**

-**Tateyama Hospital** (Tateyama)

Phone: 22-1122

● **November 24**

-**Tomiyama National Hospital**

(Tomiyama) – Phone: 58-0301

-**Takida Family Clinic Tateyama**

Phone: 20-5520

● **November 30**

-**Akamon Orthopedic Surgery and Internal Medicine**

(Tateyama)

Phone: 22-0008

## Raising Children

### Health Examinations

Type	Age	When		Where
Hip Examination	3-4 months	Nov. 14	Registration 12:45 – 1:00 PM	Miyoshi Health and Wellness Center
1 1/2 Year Checkup	1 year 6 months to 1 year 8 months	Nov. 19		Chikura Preventative Care Center
3 Year Checkup	3 years 4 months to 3 years 6 months	Nov. 26		

**Contact:** Health Support Division. Phone: 36-1152

### Consultation on Raising Children

Type	When	Where
Childcare / Young Children/ Language to use with children	Call at anytime to make an appointment. The date will be chosen once you have applied.	Child Rearing Support Center Honobono

**Contact:** Child Rearing Support Center Honobono. Phone: 40-5111

### Picture Book Reading Events

Title	When	Where	Contact
Chikura Story Time	8 (Sat) 10:30–11:15AM	The Library	The Library Phone: 40-1120
Picture Book Classroom: Reading and Listening	8 (Sat) 10:00–11:00AM	Wada Regional Welfare Center	
Picture Book Story Time	8 (Sat) 10:00–11:00AM	Maruyama Public Hall	
Tomura "I love picture books" Group	9 (Sun) 11:15–11:30AM	Tomura Genki Club	
Picture Books are Our Friends	14 (Fri) 10:00–11:30AM	Miyoshi Farming Village Environmental Improvement Center	
I Love Story Time	15 (Sat) 10:30–11:30AM	Tomiyama Public Hall	
Story Time	15 (Sat) 10:30–11:30AM	Shirahama Public Hall	
Reading and Talking about Picture Books	28 (Fri) 11:00–11:30AM	Child Rearing Support Center Honobono	(See Left) Phone: 40511

Child-Rearing Support Center  
Honobono

**Here are some events for the month of November. Events for which a location is not written will be held at the Child Rearing Support Center Honobono (Minamiboso City, Shushigayatsu 1289-13).**

Niko Niko Play Area

(Hours: 9:30 AM – 4:00 PM. Closed Sundays, Mondays, holidays, New Year's Eve and New Year's Day.)

At Niko Niko Play Area, parents and children can play, mingle, and make friends in a relaxed atmosphere.

You can also discuss any childcare-related issues you are having with our staff.

The Play Area is for children from 0 to 4 years old.

### Niko Niko Classroom (Play Classroom)

Learn games to play with your child that are suitable for their age.

**Capacity:** 10 pairs

**Application Deadline:** The day before

Age Range	Date/ Time (October)	
2 months – old enough to sit up	Nov 5	10:00-11:00AM
Born April 2 <sup>nd</sup> 2013 – crawling age	Nov 19	9:45-10:45AM 11:00-12:00AM
Born April 2 <sup>nd</sup> 2012- April 1 <sup>st</sup> 2013	Nov 7	
Born April 2 <sup>nd</sup> 2011- April 1 <sup>st</sup> 2012	Nov 21	
Born April 2 <sup>nd</sup> 2010 – April 1 <sup>st</sup> 2011	Nov 28	

### Birthday Party

This is a birthday party for all children born in November. Even if a child is not in the age range for Niko Niko Play Area, they may attend if their birthday falls on the day of the party.

**When:** November 28. Starts 11:30 AM

**Application Deadline:** October 27

### Relaxing with Tea

We will be waiting with tea, coffee and sweets. Feel free to drop in.

**Fee:** ¥100

**When:** November 28. 10:00AM-12:00PM

The 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of Every Month is Baby Day

This is a time for mothers with babies to meet.

### Nature's Classroom

Enjoy cooking food over a fire with us.

**When:** November 14. 9:30-11:30AM \*Rain or shine

**Where:** Taibusa Nature Park

**Meeting time/ place:** 9:30AM at the Taibusa Nature Park Public Parking Lot, in front of the Information Center

**Parking:** Taibusa Nature Park Public Parking Lot

**Target Age:** Children born between April 2, 2010 and April 1, 2011

**Capacity:** 30 parent-child groups

**Application Deadline:** November 10

**What to Bring:** gloves, hat, change of clothes, towel, water bottle, winter clothes, light raincoat, rice balls

### Parent-Child Exercise Class

With the help of a teacher, you and your child will get moving and play ball games.

**When:** November 20. 10:00-11:00AM

**Where:** Shirahama Floral Hall

**Who:** toddlers **Capacity:** 15 parent-child pairs

**Application Deadline:** November 17

### Course on the Parent-Child Bond

This is a course for husbands, grandparents and other family members of expecting mothers. The aim of the course is to promote good prenatal health. The course has 4 parts, and one lecture is given each month.

**When:** November 19. 1:00–3:30PM

**Topic:** Lecture #4: Life with Baby

**Application Deadline:** November 17

### About Baby Food

This class will discuss weaning and baby food preparation.

**When:** November 27. 9:45AM–12:30PM

**Who:** Parents with children who have just started, or will soon start eating baby food

**Application Deadline:** November 20