

Minamiboso

May Newsletter



Love those school lunches!

Minamiboso aims to have the tastiest school lunches in Japan. Children who start preschool this year will eat these lunches for 11 years, through the third year of middle school.

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3/20/2016
Minamiboso
10th
Anniversary

Issue No. 110

May 2015



Around Minamiboso

Recent Events

Improving Firefighting Facilities:

The city buys new firetrucks and builds new stations

Chapter 5 of the 5th firefighting division (Shiramazu, Ookawa, Senda, and Hiraiso districts in Chikura) has built a new station on the grounds of Nanaura Elementary school as a preventative measure against tsunamis. In addition, Chapter 5 of the 4th division (Takiguchi, Sunatori, and Nemoto districts in Shirahama) replaced its old station with a new one by the Nemoto Assembly Hall.

Both of these new stations are single-story, wooden buildings of about 96 square meters.

Furthermore, two water pump fire trucks were purchased to replace old ones. They will be used by Chapter 2 of the 5th division (Shirako, Kawai, Kubo, and Seto Nagai districts of Chikura) and Chapter 1 of the 7th division (Hanasono, Shiba, and Nigaura districts in Wada).



Division 5, Chapter 5's New Firetruck

Making Memories! School Entrance Ceremonies

On April 7, city middle schools held their entrance ceremonies. The students, clad in brand new uniforms, start their new lives as middle school students.

Minamiboso elementary schools had their entrance ceremonies on April 8.

This year there were 308 new enrollees in middle schools and 238 in elementary schools.



Division 5, Chapter 5's New Station

Both refurbished trucks have a Hino chassis with CD-1 model pump manufactured at the GM factory in Ichihara, and are capable of spraying water over long distances.



Tomiura Middle School

New Enrollment Figures

Middle Schools	308 total	Elementary Schools	238 total
Tomiura	49	Tomiura	33
Tomiyaama	30	Tomiyaama	35
Miyoshi	33	Miyoshi	29
Shirahama	21	Shirahama	27
Chikura	85	Chikura	69
Reinan	90	Minami	12
		Maru	10
		Wada	10
		Minamihara	13



This Month's Cover

This issue's cover photo shows children enjoying school lunch at Shirahama preschool on April 14. The menu was vegetables and rice, fried squid, meat and potato stew, daikon miso soup, and milk. The school lunches these children will continue to eat through middle school will all be made with locally grown, seasonal ingredients.

Presenting Results of Town Improvement Projects

At a conference held at the City Office on March 28, the 9 community groups chosen for last year's Town Improvement Challenge Project presented their results. There were 60 participants in all.

The city funds these groups so they may operate independently, thus furthering town improvement projects through cooperation between citizens and administration.

In the 8 years from 2007 to 2014, 43 groups pursued a total of 90 projects. The next projects to be funded will be selected at a public presentation later this year.

Helping Evacuation Shelters Tatami Sellers and Barbers Lend a Hand

On March 25, Minamiboso City signed a deal with a volunteer group that promises to donate tatami mats to evacuation shelters in the event of a disaster. The group, which is made up of tatami sellers from around the country, promises to give 5000 tatami to an area in need within 5 days of a natural disaster.

This project was started after the Great East Japan Earthquake, when volunteers saw that

evacuees had no choice but to live on cold gymnasium floors. Even if it's only a minor comfort, these tatami vendors

want to make the lives of evacuees a little better by donating new mats, free of charge, to evacuation centers in areas affected by earthquakes and floods.

On April 13, the city also signed an agreement with the Tateyama Branch of the Prefectural Barbers' Lifestyle and Hygiene Cooperative, which promises volunteer barber services in the event of a disaster.

If evacuees have to live in a shelter long term, the city or town will be able to request free barber services for them, including hair washing and hair cuts.



Hosting School Trips from Other Prefectures

Iwai started hosting school visits on April 22. The first school to visit was Matsubara Middle School from Kusatsu in Shiga Prefecture. 134 students stayed in a *minshuku* inn and got to experience local activities like dragnet fishing,

which they would not be able to experience back home.

This year, Minamiboso has booked trips for 30 schools in all, which is 3 more than last year. These schools will travel from as far as Hokkaido and Nagoya.



Mayor Ishii Greeting the Students

Elementary, Middle School and Preschool Disaster Drills

The yearly Minamiboso Elementary, Middle School and Preschool Disaster Drill will be held on May 28 and 29.

The Board of Education promotes this practice drill, as well as disaster prevention education at each school, to ensure students develop the skills they will need in the event of various kinds of disasters.

The drill will be held at elementary and middle schools on the 28th, and at preschools on the 29th. This is the third year in a row that this city-wide drill has taken place.

The children will practice evacuating to higher ground by following directions given to them on their way to school, whether they walk or take the bus.

[Purpose]

To evaluate and develop each school's ability to handle a disaster while students are commuting to school, and improve students' ability to handle such situations

[Time and Date]

Elementary and Middle — May 28

7:40 AM Earthquake and tsunami alert

8:10 AM Tsunami alert cancellation

Preschools — May 29

8:30 AM Earthquake and tsunami alert

9:00 AM Tsunami alert cancellation

*These alerts will be announced on the wireless alert system.

[Evacuation Outline]

Drills for tsunami, building collapse, and landslides

- Evacuation from school to higher ground
 - Evacuation to higher ground on commute to school
 - Evacuation from school bus to higher ground
- *Students' experiences will vary depending on where they are at the time of the drill.

We apologize for any inconvenience and thank you for your cooperation with these drills.



The Human Rights Protection Council

June 1 marks the ratification of the Human Rights Counselor Act. The Minister of Justice has appointed 17 Human Rights Counselors in Minamiboso.

On March 31, one long-serving counselor retired, and on April 1, three new counselors were appointed.

New Appointees as of April 1



Ritsuko
Mizushima

Isamu Kitami
(Wada)

Yoshiaki Hirai
(Maruyama)

Retired as of March 31

Yoshie Ozawa (Maruyama)

Contact: Citizen Registration Division
(TEL: 33-1051)

Having a Healthy Pregnancy

If you think you might be pregnant

If your period is 1 to 2 weeks late and you think you may be pregnant, take a pregnancy test. If the test comes up negative, it is best to wait about 2 more weeks, then take another test. If it is positive, then you are almost certainly pregnant. Please get a physical examination as soon as possible.

File a Pregnancy Report

If your doctor confirms you are pregnant, please file a pregnancy report right away.

Once you have filed the report, you will be sent a mother and child health booklet as well as a supplementary booklet of consultation forms (14 for checkups during pregnancy and 2 for exams for your baby).

This form can be filed at the Miyoshi Branch Office Health Support Division.

Minamiboso City subsidizes the cost of 14 physical examinations during pregnancy. (The maximum total subsidy is ¥93,000. You are responsible for any cost exceeding this amount.) Please use the consultation forms in the supplementary booklet for these exams.

Get Pregnancy Health Check-Ups

If you have moved from another city, make sure to get consultation forms from Minamiboso before having your check-ups. If you have had examinations outside the prefecture, you may apply for the city to reimburse part of the cost.

Use Your Mother and Child Booklet

The Mother and Child Health Booklet is important for record-keeping. Once you have received it, please read through it. In addition to sections your doctor will fill in for you, there are also many places for you to take notes of your own.

The booklet is useful for keeping track of progress during pregnancy, your baby's development as they grow, and immunization records.

Don't Smoke or Drink

Smoking

The nicotine and carbon monoxide in cigarettes have an effect on fetal development and can cause low birth weight. To protect

Staying Healthy

Contact: Health Support Division (TEL: 36-1152)

your baby from the harmful effects of tobacco, please do not smoke during pregnancy. Second-hand smoke is also harmful, so we all must avoid smoking near pregnant women.

Alcohol

Because alcohol can easily pass through the placenta, habitual drinking can cause miscarriage and premature birth. Furthermore, alcohol has negative effects on fetal brain development. Alcohol can also enter your child's body through breast milk, so do not drink while pregnant or nursing.

Carry a Maternity Mark

When you register with the city, you will receive a free maternity mark key chain.

The early stages of pregnancy are not only vital to a baby's development, but is also an important time for mothers to maintain their own health. Carrying a maternity mark is an easy way to let others around you know you are pregnant and show you proper consideration.



To Everyone in the Community

When you see a maternity mark, be considerate.

Maternity marks are intended to let people around expectant mothers create a friendly environment for them. If you are near someone carrying a maternity mark, show them consideration by doing things such as offering your seat to them and not smoking.

Consult with Experts

If you have questions or problems during pregnancy or parenting, there are health experts and nutritionists to help. Feel free to consult with them.



The Fresh Health Campaign

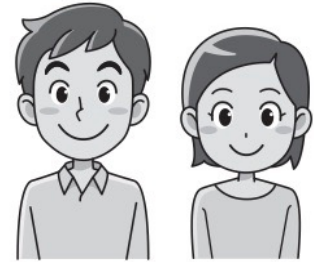
For 20-39 Year Olds Enrolled in City Health Insurance

Minamiboso is starting its Fresh Health Campaign this year. The program strives for early diagnosis and prevention of lifestyle-related diseases.

Because it is difficult to detect the symptoms of lifestyle-related diseases on one's own, they tend to be diagnosed late. To prevent these diseases, try to live a healthy lifestyle starting from a young age.

- ◆ **Eligible Individuals:** Enrollees in Minamiboso National Health Insurance between the ages of 20 and 39
- ◆ **Diagnostics:** Body measurements (height, weight, and waist), urinalysis, blood pressure, blood work, examination by a doctor
- ◆ **How to get a Check-up:** There are mass general health screenings as well as individual screenings.

*Details will be mailed to everyone eligible in July.



Mass Screenings

Area	Venue	Dates	Registration Time
Tomiura	Tomiura Genki Club	9/9, 9/10	7:00—9:00AM
Tomiyaama	Tomiyaama Fureai Sports Center	9/30, 10/1	
Miyoshi	Miyoshi Health and Welfare Center	10/15, 10/16	
Shirahama	Shirahama Floral Hall	9/2, 9/3	
Chikura	Chikura Health Center	8/27, 8/28	
Maruyama	Maruyama Gymnasium	10/7, 10/8	
Wada	Wada Local Welfare Center Yasuragi	9/16, 9/17	

Cost: ¥600

*General screenings will only be done on the dates listed above.

*Those who are eligible for the Fresh Health Campaign are not eligible for the tuberculosis and lung cancer screening, stomach cancer screening, prostate cancer screening, or pneumonia screening.

**“Age” refers to one’s age as of March 31, 2016.

Individual Screenings

Dates: December 1—31, 2015

*You can have a screening at any medical institution approved by Minamiboso.
(See mailed leaflet for details.)

Registration Time: Varies by institution

Cost: ¥800

*Fresh Health screenings do not apply to examinations for those who have already been diagnosed with lifestyle-related diseases.

Contact: Health Support Division (TEL: 36-1152)

This Month's Environmental Slogan:
“Pick it up. Do your part to cut garbage down to zero”

*2014 Environmental Slogan Contest Award for Excellence
Hirokaze Iwahori, Miyoshi Middle School 2nd Year*

Making “Green Curtains” with Goya Plants

A “green curtain” is made of plants with vines, such as goya and morning glories, and covers windows or an outer wall of a building. They create shade from the harsh summer sun and have various benefits, including being friendly to the environment.

Goya plants not only shield your house from the sun; they also bloom beautiful flowers and bear tasty vegetables you can pick and eat.



■ Tips for Growing a Successful Green Curtain

Goya plants are resistant to disease and are easy to grow. However, a lot of people who tried to grow green curtains last year have said they had trouble. Just like last year, the city will give out free goya seedlings, so use the following tips and try growing your own green curtain.

○ Plant in Different Soil from Last Year

Goya should not be grown in the same soil for consecutive years. If they are, they make succumb to “replant failure,” which will make them vulnerable to disease and insects, and any vegetables they bear will be bad. Because of this, please plant your goya in fresh soil.

○ Grow in a Large Container

If you choose to use a planter, use a large one. If the container is too small, the roots will get crowded and tangled, restricting growth above the soil as well.

○ Give Plenty of Water

When the surface of the soil gets dry, add enough water that it drips from the bottom of the planter. Be careful not to add water if the soil is already moist however, as this can cause root rot.

○ Trim

Once there are about 6 leaves, cut off the tips of the vines. Doing so will allow buds to grow and increase the number of vines, helping to create the curtain.

○ Use Fertilizer

Once the flowers start to bloom and vegetables start to grow, use fertilizer as needed. When the plant does not have enough fertilizer, the leaves will turn yellow, growth will slow down, and vines will stop growing. Try adding fertilizer in intervals between two weeks and one month.

Goya Seedlings will be Provided for Free

To fight global warming, Minamiboso will give seedlings to any residents who want to grow green curtains.

Date: Wednesday, May 27 Starting at 8:30AM

Where: Environmental Preservation Division, Asai Administration Center, Each Branch Office

Eligibility: Residents who can demonstrate experience in growing goya

Availability: There are supplies for 10 growers at each distribution center (first come first served)

Number of Seedlings: 3 per household

“Green curtains”
save energy!





ネイサンの南房総滞在記⑨

南房総市国際交流員

文・訳 ネイサン・ブラックウェル

シンコ・デ・マヨ



北テキサス大学のマリアッチ楽団
A mariachi band at the University of North Texas

シンコ・デ・マヨというのは、スペイン語で5月5日という意味です。1862年5月5日は、メキシコ軍がプエブラ市からフランス軍の侵入を撃退させた日で、メキシコとアメリカでは記念日として祝われています。その戦争が終わってからは、アメリカ大陸の国がヨーロッパの国に侵攻されたことは一度もないので、シンコ・デ・マヨは重要な出来事でした。メキシコ人とメキシコ系アメリカ人はシンコ・デ・マヨを祝い、メキシコ人であることを誇りに思っています。けれども他のアメリカ人は、5月5日をメキシコ料理を食べ、お酒を飲んだりする口実に使います。メキシコ料理のレストランでタコスやケサディーヤなどを食べながら、メキシコ産のビールやマルガリータを飲んで祝います。(マルガリータというのはテキーラに果汁と氷を加えたカクテルです。) また、マリアッチ音楽もシンコ・デ・マヨに欠かせないものの一つです。マリアッチ楽団は、ギター、アコースティック・ベース・ギター、トランペット、バイオリンとボーカルの組み合わせが典型的で、メキシコ料理のレストランでよく演奏しています。特徴的なものとして、ソンプレロというつばの広い帽子を被っています。私がシンコ・デ・マヨを好きな理由は、なんといってもメキシコ料理が世界で一番美味しいと思うからです。

Cinco de Mayo

Cinco de Mayo means May 5th in Spanish. It is a holiday celebrated in the United States and Mexico to commemorate an 1862 battle where the Mexican army defeated a French invasion at the city of Puebla. This is significant because after the battle, no country in the Americas has been invaded by a European country.

Cinco de Mayo is celebrated by Mexicans and Mexican Americans as a way to show pride in their heritage. Most non-Mexican Americans however, just use it as an excuse to eat Mexican food and drink. To celebrate, people typically go to a Mexican restaurant, eat food such as tacos and quesadillas, and drink Mexican beer and margaritas. (A margarita is a cocktail made with tequila, fruit juice, and ice blended together.)

Another important aspect of celebrating Cinco is listening to mariachi music. Mariachi bands typically consist of guitar, acoustic bass guitar, trumpet, violin and vocals, and often perform at Mexican restaurants. They are also notable for their distinctive clothing, including wide-brimmed hats called sombreros.

I personally like Cinco de Mayo because Mexican food is my favorite in the world.

From the Consumer Consultation Center #33

“Urgent! Please Contact!” Email Scams

There are countless email scams which demand money, but they are often easy to spot.

If you get an email demanding payment from a sender you do not recognize, you must identify whether it is a falsification. If it is, do not respond.

It is common knowledge that you should ignore this kind of scam, but there are some cases where it can be hard to tell if the email is legitimate.

However, if someone is legitimately asking for a payment, they will send proper documentation explaining the situation. In these cases, examine the documents thoroughly. If you have an objection to the claim, you may challenge it legally. All consumers are guaranteed the chance to challenge claims such as these.

Just remember: If you get a request for payment from an unfamiliar sender, there is no need to respond.



Give us a call

The Consumer Consultation Service, City Expenditures and Lifestyle Consultation (TEL: 33-4300) 10:00 AM – 3:00 PM

*We do in-person consultation twice a week. For details, check the Kouhou Announcements publication.

For inquiries, contact the Division of Commerce and Industry (TEL: 33-1092) Or the Prefectural Consumer Center (TEL: 047-434-0999) 9:00 AM – 4:30 PM

*Not open on Sundays and Holidays



Announcements

◆ Minamiboso Local Comprehensive Support Center Individual Consultation

Talk to us about anything, including nursing and nursing insurance. Consultation is free. Please make an appointment if possible.

Time: 1:30-4:00PM

Dates/ Locations:

6/5 — Tomiura Genki Club

6/15 — Tomiyama Community Center

6/25 — Miyoshi Nouson Center

Consultants are from the Minamiboso Comprehensive Support Center.

Contact: Comprehensive Support Center (TEL: 20-4060)

Health Support Center (TEL: 36-1152)

◆ Pay Automobile Taxes by the Deadline

June 1 is the deadline to pay automobile taxes. Bills for the tax were sent out in early May. Please pay at your local financial institution or convenience store by the deadline.

You may also pay online with a credit card. For details, see the flier that was included with your tax bill.

Contact: Automobile Tax Office (TEL: 043-243-2721)

Tateyama Prefectural Tax Office (TEL: 22-7117)

◆ Report on Donations for the Great East Japan Earthquake

Donations for the Great East Japan Earthquake relief effort collected in 2014 in Minamiboso totaled ¥381,934. Thank you for your heartfelt donations.

These donations have been sent to the Chiba chapter of the Japan Red Cross, where the funds will be divided among people in need in Iwate, Miyagi, Fukushima, and Ibaraki Prefectures.

We would like to thank you for your generous donations and ask that you continue to contribute to this cause.



Recruiting

◆ Discover Miyoshi #16

Come see the fireflies in Miyoshi!

We hope you can come and enjoy the magical light of these fireflies. There will also be fun commentary from Professor Firefly.

Spots will fill up, so register soon!

When: June 4 — 7:00PM (will be canceled in the event of rain)

Meeting Place: In front of the Miyoshi Nouson Center (After registration, please drive to the event location.)

What to Bring: Please wear shoes appropriate for outdoor activity.

Fee: ¥200

Capacity: 40 participants (Pre-registration required.)

Contact: Local Improvement Association "Miyoshi" Office (In Miyoshi Branch Office) (TEL: 36-1185)

◆ Japan Red Cross Fundraiser

A Japan Red Cross fundraiser is held every year in May and June as part of "Red Cross Month."

The money raised by the fundraiser will go towards domestic earthquake and typhoon relief, volunteer activities, medical services, blood drives, and humanitarian relief services for people suffering from conflicts, disasters, and sicknesses around the world.

In Minamiboso last year, we conducted a first-aid and soup kitchen training session to prepare residents to be able to respond promptly in the event of a disaster.

All of these activities are supported by public contributions. We ask that everyone be aware of the goals of these projects and make donations if possible.

Contact: Social Welfare Division (TEL: 36-1153)

City Website:

<http://www.city.minamiboso.chiba.jp>

Twitter:

http://twitter.com/minamiboso_koho

Facebook:

<http://www.facebook.com/minamibosocity>

Chiba TV Prefectural Info:

<http://www.chiba-tv.com/shicho/>

Mobile Site



Minamiboso Safety Alert



To begin registration, send an blank email.

~ Chohoya Tomiura ~

Representative: Shizuo Maekawa Members: 8



Cleaning around Tomiura Station

Chohoya Tomiura primarily cleans up local public facilities and beaches. The bus stop at Tomiura Genki club is the entryway to Minamiboso. We founded this group in April 2012 to keep the bus stop clean and give visitors a good first impression. We clean two main locations: the Genki Club bus stop and the area around the JR Tomiura Station. We clean up each area once a month.

Although we only do it once a year, we also team up with Minamiboso Econet to clean the beaches of Tomiura. We are also part of the City Social Welfare Association's Volunteer Contact Council. This lets us exchange information and cooperate with other volunteer groups.

We look to recruit anyone who wants to get involved with the people of Tomiura. Why don't you help out some time?



Shizuo Maekawa, Representative
TEL: 33-1171

This column spreads the word about Minamiboso's local community organizations. If you know of other groups that are doing great things, please let us know about them.

Contact: Civic Collaboration Division — TEL: 33-1005

Minamiboso MinMin Net address:

<http://civil.mboso-etoko.jp/>

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