



Newsletter

December 2024

Minowa City Hall 箕輪町役場

The newsletter is published monthly by Minowa City Hall.

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Organized by the Emergency Support Network
to Life during COVID-19

無料! Free of charge!

年越し屋台村 '2024 「End of year party」

To deal with various concerns, problems and difficulties during the COVID-19 pandemic, different entities and organizations collaborate to hold consultations and support activities twice a month.

With the aim of making the end of the year more harmonious and allowing everyone to receive

The "New Year's Eve Village of Stalls" will be held to ring in the new year.

Support items and food donated by the local community will be distributed free of charge, and there will also be delicious food stalls. There will also be fun activities.

Please come and warm up and enjoy it together.



日時 12月28日(土)
Date/Time: (saturday)

10:00~12:00

Location: Minowa-machi Kinoshita Kouminkan
(Kinoshita Hall)

場所 木下公民館

End... 箕輪町大字中箕輪木下 1 1 3 9 3-1
Minowa-machi,Oaza Nakaminowa,11393-1.



**木下
公民館**

Kinoshita
Kouminkan



There will be no normal consultation sessions or legal consultations. If you wish to consult, please do so, take part in the regular consultation sessions (first Saturday of the month, from 9am to 11am, and also on third Friday of the month, from 6pm to 8pm).

The parking lots of nearby medical facilities, shopping centers and community centers cannot be used. Please follow the instructions of the guidance staff and use the designated parking lots. **There are a limited number of parking spaces.**

Thank you for your understanding and cooperation!

The food and everyday products provided in the stalls are donated by organizations and sponsoring individuals. If you have any questions about quality, please contact office below. Please avoid contacting the manufacturers directly.

There will be lots of fun activities such as a saxophone performance and a mochi-making event with the regional superhero team called the "Mochi Rangers".

Contact: SOS NetWork Secretariat

TEL0265-79-8702 (月~金 8:30~17:00)

Kamiina Iryou Seikyou

Monday to Friday



Important communication about :

**[New Year's and New Year's holidays
from Minowa City Hall]**

**Minowa City Hall will be closed from
of December 28, 2024 (Saturday) ~
until January 5th, 2025 (Sunday).**



Caution! For those who need to pick up documents such as: Juminhyo, inkam shomeisho, kosseki tohon, shotoku shomeisho no (kombini), will also not be available on the dates described above (if you need to, you can come to the town hall until the 27th).

※ If you plan to move, the 「certificate of change of address」 can be picked up up to 2 weeks in advance of the planned move date, so get your application in by December 27, 2024 at the town hall!

※ For those who want to register their new address after the end-of-year holidays, only from January 6, 2025.



Attention! The Clean Center Yaotome will be open until December 31, but the Recycling Station "Midori no Shiguen" in Minowa will be closed from December 25 to January 1.

ATTENTION !!!

SOS Network - Food Distribution

December 28th (Saturday), 10:00 a.m. ~ 12:00 p.m.

This year we're having the [Celebration Party] again

See page 1



△ ATTENTION! △ There will be no [Free Consultancy]

Food deliveries only! Food Bank/SOS Emergency Survival Support Network.

Venue: **Kouminkan Hall/Kinoshita** (next to Seven Eleven and Sukiya de Minowa)

Address: Minowa-machi, Oaza Nakaminowa, 11393-1

※ The food support doesn't matter where you live, but there is no supply on other days due to the preparations.

(Therefore, if you are unable to attend for any reason, please contact us in advance)

[Practical nihongô (Japanese) course] : (Nihongô Kyoushitsu)

Japanese lessons for work and everyday life

- ※ People who can't yet read and write [hiraganá] and [katakaná]
- ※ People who want to study and learn Japanese for work
(We are currently studying nihongô for everyday life)
(e.g. communication in hospitals, stores...how to call an ambulance, etc.)

It's okay if you can't come continuously... If you can't come at 8:30... If you can't read or write hiragana... People of all levels can study.

※ **Anyone interested can go straight to the classroom or come to City Hall to ask questions!**

Fee (FREE)

Every Thursday :

➤ **12/5, * 12/12, 12/19** (Prof.resp.: Masako Irikura)

*** 12/19** (Japanese tea class)

Schedule: **(Morning) : from 8:30 a.m. to 10:00 a.m.**

Venue: **Minowa Sangyo Shien Center**

(New building opposite City Hall - 2nd floor)

※ **Free of charge** ➡ (Bring a notebook and pen)

If you have any questions, please contact Minowa City Hall!

Phone: 0265-79-3154 (Minowa-Hall 11)

E-mail: tabunkalife@gmail.com



➡ *** Saturday classes** (open for visits and future registrations)

Note: Beware! The location has changed to: Minowa Sangyo Shien Center (in front of City Hall)

- ※ Classes this month: • **12/14:** (special class/how to use AED device)
- **12/21:** special lesson on how to dispose of waste properly



[Japanese class] with Japanese volunteers

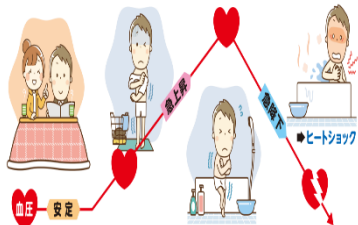
(Saturdays - from 13:00 to 15:00)

*(¥200 yen/per time)

- *07 December: from 13:00hrs ~ (venue: Kōryu Center rooms A and B)
- *14 December: from 13:00hrs ~ (venue: Bunka Center Minowa rooms 5 and 6)
- *December 21st: 11:00 (location: Inasse-Ina)
- *December 28: (Yasumi) Day off
- *January 11: from 13:00hrs ~ (venue: Bunka Center Minowa rooms 5 and 6)
- *January 18th: from 13:00hrs ~ (venue: Bunka Center Minowa rooms 5 and 6)
- *January 25th: from 13:00hrs ~ (venue: Kōryu Center rooms A and B)

If possible
we asked
use of
mask

暖かい室内 寒い脱衣所 寒い風呂場 暑い浴槽



⚠ Thermal shock: high risk on cold days ⚠

One of the major concerns with the harsh cold is thermal shock when bathing, which claims thousands of lives every year.

The forecast indicates that even the provinces bordering the Pacific Ocean will have **minimum temperatures below zero**. This weather condition puts people at risk of **heat shock**. This is due to the sudden change in external **temperature**, which affects the body. According to the Association of Doctors, the annual average of deaths from heat shock across the country is around **14,000 victims** while in the shower. The highest numbers are in January, December and February, in that order.

How thermal shock occurs (ヒートショック/heat shock)

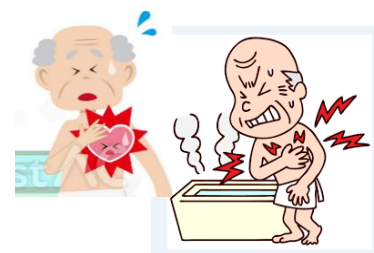


In general, bathrooms and toilets are on the north side of the house or apartment, which is considered a colder side. When you enter the **bathroom**, you go from a **heated room to one with a very low temperature**. This sudden contrast causes **heat shock**. Blood vessels contract to keep the heat out and **blood pressure** rises. When you immerse yourself in the hot water **of the** hot tub, your blood vessels expand and your blood pressure suddenly drops, causing it to fluctuate several times. **Blood pressure fluctuations** strain the heart and can lead to a **heart attack or stroke**.

What to do to avoid thermal shock

There's nothing more relaxing than a good bath after a day's work. But in winter, with the temperature outside very low, there are 8 essential recommendations for prevention.

1. The temperature of the **bath** water should be set to up to **41°C**
2. Before taking off your clothes, we recommend turning on the **shower and heating up the bathroom**
3. If you're going to get into the **hot tub**, make sure it's **no longer than 10 minutes** and preferably up to your waist.
4. If your shoulders feel cold, you can cover them with a towel warmed in hot water
5. If you have drunk alcohol, you should avoid the **hot tub**.
6. Never get out of the bath or **hot** tub quickly. The ideal is to get out slowly
7. Lay down a wooden platform or a thick rug so that your feet don't get cold from the bathroom floor.
8. Avoid bathing late at night when the **temperature drops even more**



After dressing normally, the recommendation is to put a sweater over your clothes or pajamas, even if you're staying indoors and moving from room to room.

「COMMUNICATION from the City of Minowa」 「COMMUNICATION from the City of Minowa」

About: "Reserves for Income Tax Return (Municipal)" ref.year R6(2024)

We would like to thank the Minowa Tax Administration for its understanding and cooperation.

We will accept tax returns for the year 2024 (Reiwa year 6), income generated between January 1, 2024 and December 31, 2024, according to the following schedule.

About: Reiwa Declaration Acceptance year 6

Receipt of declarations at Minowa City Hall will be made only upon advance and full reservation throughout the day. Those wishing to make a declaration should fill in the reservation request form overleaf and send it by post or bring it in person to the Municipal Tax Department. It is also possible to apply via the town hall's website. Please understand that we do not accept reservations by phone or e-mail. We apologize for the inconvenience and thank you for your understanding and cooperation.

Please check the content below for the schedule and booking method.

Timetable of reception/attendance for declaration at Minowa City Hall :

Date of statement :	<p>[By appointment only]</p> <p>February 17, 2025 (Monday) ~</p> <p>March 17, 2025 (Monday)</p> <p>(Except Saturdays, Sundays and public holidays)</p>	
Schedule :	<p>[Morning] : from 9:00 a.m. to 11:30 a.m. [Afternoon] : from 1:00 p.m. to 3:30 p.m.</p> <p>① 9:00 a.m. ④ 10:30 a.m. ⑦ 1:00 p.m. ⑩ 2:30 p.m.</p> <p>② 9:30 a.m. ⑤ 11:00 a.m. ⑧ 1:30 p.m. ⑪ 3:00 p.m.</p> <p>③ 10:00 a.m. ⑥ 11:30 a.m. ⑨ 14:00 p.m. ⑫ 15:30 p.m.</p>	
	※ On February 21 (Friday), there will be services from 16:00~18:30.	
Location :	Minowa City Hall - 3rd floor	
Statements that do not can be accepted in the town hall:	<ul style="list-style-type: none"> • Blue declaration, Consumption tax declaration • Special reduction for 1st year mortgage loans • Transfers and dividends from shares and fiduciary investments • Future transaction income declarations and other special declarations (FX virtual currency, etc.) • Gift and inheritance tax declaration • Declaration of capital gains, such as land and houses, etc. 	

About booking requests :

How it can be done: If you want to make a declaration, fill in the "Reservation Request Form" and send it by post to the Minowa City Hall Tax Office, or bring it to City Hall in person.

※ (We will not accept reservations by telephone or e-mail).

※ The "Booking Form" can be downloaded from the City Hall website, or directly from the City Hall counter.

Application deadline December 11, 2024 (Wednesday) ~

for reservations: December 25, 2024 (Wednesday)

Hours: 8:30 a.m. to 5:15 p.m.

※ Forms sent before December 11th (Wednesday) will not be accepted.

※ Depending on the acceptance status of the booking requests, the requested date and time may change.