

How to Save Money on Medical Care

The Japanese Health Insurance system is getting more complicated year by year and even we Japanese sometimes find it difficult to understand. One example is the so-called Tokutei Ryoyō-hi or Special Medical Fee. It means we will be requested to pay an extra charge if we visit any large hospitals like the Municipal Hospital for the first time without a referral from a local clinic or your family doctor. The extra charge is not included in your health insurance and it cannot be declared on your tax unless it is correctly written on your receipt.

In other words, it can be handled outside of the health insurance coverage at large hospitals, so you have to be careful not to receive a receipt which doesn't indicate your extra charge as a diagnosis cost, not as "others".

Foreigners who don't understand Japanese or don't have close Japanese friends may prefer large hospitals like that of the Chigasaki Municipal Hospital or any other city. They actually have many doctors as well as interpreters to help you, but from the cost standpoint you better visit local clinics or your family doctors especially if your disease is minor like a common cold or stomach upset, etc. If necessary, they will be willing to write a letter of referral to be presented to a large hospital. It doesn't mean that they are unreliable as they basically are specialists.

The Japanese health insurance system has now been set up to reduce the huge national medical cost deficit and they are trying to make it less by doing it this way.

For your reference, the difference in extra charges by the hospitals is as follows:

Chigasaki Municipal Hospital ¥1,030
Chigasaki Chuō Hospital ¥0
Chigasaki Tokushukai Medical Center ¥2,000
Fujisawa Municipal Hospital ¥4,410
Hiratsuka City hospital ¥1,630
Shonan Kamakura General Hospital ¥1,050

HAKONE EKIDEN

On the 2nd and 3rd day of the happy New Year every year, there is an event that millions of fans and university alumni get excited about watching. That is **Hakone Ekiden**, a long-distance (214.7km) road relay by 20 universities selected out of all the universities in the Kanto area and all the teams compete to be the honorable winner. This event began in 1928 with the start line in Tokyo, in front of the Yomiuri building in Ōtemachi, and the goal is Hakone. So it's called **Hakone Ekiden**. Actually, the goal is on a hilltop in Hakone, the slope is steep and windy. There have been a number of stories of not only keen competition, physical accidents, etc. but also a lot of human drama, which is why it attracts so many people in the New Year holidays. The 10 runners of each school relay their **Tasuki** or sash to the next runner at 9 relay points till they reach the final goal. These points have never been altered in the past. In this **Shonan** area, the point is Hanamizu Resthouse in Hiratsuka. Watching at each relay point is especially exciting because you can see the satisfied and exhausted faces of the runners as they finish their leg.

Most of the running road is along Route 1, but from Hamasuka crossing in Chigasaki to the Hiratsuka point, they run Route 134 running alongside Chigasaki beach.

The universities who rank 10th to 20th miss qualification the following year and they are replaced by those who win a trial race. That makes the competition very harsh. In the meantime, the race is led by two experienced policemen riding motorcycles as it is an honor to be the driver escort. This event wouldn't be carried out successfully and safely without them.

Watching a number of young men with the **Tasuki** running in vigorous competition will inspire you. The origin of this **EKIDEN** is **Hikyaku** who ran the old Tokaido highway to carry mail from Edo (Tokyo) to Osaka in the Edo Period.

Therefore, it will be worth visiting Route 134 and cheer them on this coming New Year!!

IAC Mission Statement

We will contribute to the peace in the world community through mutual understanding, friendship, cooperation, solidarity and human dignity so all people, as "earth citizens", respect and live together beyond the borders of nationality.

IAC Activity End-of-Year-Party

As always, the IAC will have its annual year-end party at the Labor Citizen's Hall on December 15, from 14:00 to 16:00. The party is open to anybody, and the IAC will welcome your participation. There will also be a number of people from various overseas countries, and this time, IAC members will participate wearing exotic costumes to create an international atmosphere. Also, participants are requested to bring, if possible, whatever they can give for lotteries which may be enjoyable for the children in particular. Entry is ¥500 and includes snacks and drinks.

Why don't you join in and have a good time with the IAC members and the other people who attend.

A Little Christmas Concert

Performed by
Chigasaki Boys and Girls Chorus Group
Conductor: Noriyuki Okuzumi
Piano: Miho Wakabayashi
Friendly Guest Performance
by Chigasaki Marine Call
December 23rd (Sun), 2007
Open 12:30
Start 13:00
At Heiwa Gakuen Greania Hall
(4 Fujimi-cho Chigasaki)
No Charge
※No Parking lot
※Please bring room shoes with you
Supported by Chigasaki City Hall
Chigasaki Board of Education
Chigasaki Music Association



DANJURŌ ICHIKAWA & CHIGASAKI

One of the historically famous people associated with Chigasaki is **DANJURŌ Ichikawa**, a Kabuki actor who became the ninth **DANJURŌ Ichikawa** in the Meiji Period. Kabuki started in the early 17th century and was established in the Edo Period, the actor's name was hereditary and was captioned by an ordinal number. This system remains even today.

In 1898, the 31st year of Meiji, the ninth **DANJURŌ Ichikawa** bought a piece of land of 6,000 tsubo or 19,800 square meters at Kowada in Chigasaki, and he built a large villa there. It was called **Koshō-an**. He amused himself by fishing, built up his physical energy, and tried to make friends with the local people. Also, being so famous, **Koshō-an** was good enough to have visitors from many fields, not only Kabuki, but also business as well as politics. At that time there were only a few houses around, so it made Chigasaki busy in many ways.

DANJURŌ was born in 1838, and at the age of 65, he peacefully passed away at the villa in 1903.

After his passing, the sandy hill in the yard where his main house had been built came to be called "**Danjurō-yama**". People living close to the villa loved him very much, but today it is difficult to see the image of the hill anymore.

Later on, the people's voice became loud in respect to doing something to remember **DANJURŌ**'s name, and they finally decided to build a monument. It was realized, and its unveiling ceremony was held on March 23, 1991, the 3rd year of Heisei. The location is a part of the land where "**Koshō-an**" was, and today there is a children's park on the side of Heiwa-cho Koban on Teppo-michi. It is called the monument of **Danjurō-yama**.

2008 SHONAN INTERNATIONAL MARATHON

The second annual **Shonan** international marathon is going to be held on March 16, 2008 for common marathon and wheelchair participants as in the following details:

- (1) 30km distance marathon to start at 09:30
Entry fee: ¥8,000+service charge
- (2) 10km distance marathon to start at 09:00
Entry fee: ¥5,000+service charge
- (3) 10km distance for wheelchair participants to start at 08:45
Entry fee: ¥5,000+service charge

- Application is accepted until December 22 (Sat), 2007
- Brochures are available at Chigasaki LUSKA 2F (Chigasaki Station lobby floor) or 3F Information Counter at 0467-87-2801

For more information, call Shonan international Marathon Organizing Committee at 0463-70-6667

OPEN on weekday 10:00~17:30

• Official HP: <http://www.shonan-kokusai.jp/>

People In Town Suwari Arimura

*I'm just doing what I can do
to help children*



Mrs. Suwari Arimura was born in Thailand on the border of Laos, she went to the United States to go to college, and she happened to meet a Japanese man there. He spent two years at a company in Japan after graduating university but he quit and went to graduate school in America.

After finishing study at university, she came to Chigasaki, and later married him, lived in his parents' home, and went to a Japanese language school. When she came to Chigasaki, the landscape was just a country-side but it became her favorite place to live.

Now, her lifework is to do volunteer work, helping children's education in Laos. Earlier, she joined a large NGO led by Mrs. Mutsuko Miki, wife of former Prime minister Miki, but she couldn't understand the fund raising system well and she decided to start working by herself.

When she visited her mother's hometown for the first time in 1974, she saw a number of children who were not in any educational environment. It was after the Vietnam War and at that time the Friendship Bridge was built over the Mekong River. The visit motivated her to do something for the children and she thought of building a school at a place where children living in mountainous areas could commute without troubles to cross the wide river. In her first attempt she sold her jewels to start a fund.

So far she has built eight schools in two prefectures in Laos and one of them has a library, a health room, and toilet. The idea to equip a library was given by her daughter who used to help in her primary school library. Also she is trying to send textbooks, stationary, etc. to these schools.

The construction of a school costs about 3.5 million yen and it takes 2 to 3 years for her to collect the money. So, she is kept active with this.

In the latter half of December, she is going to visit Laos again taking with her about 40 Japanese children who will not be going school for various reasons. They'll stay two nights at private homes in Laos. She believes that living with poor families will help these children become aware of the necessity to help other people and understand what life is. Actually, they also willingly join her fund raising activities, and it's her pleasure to see them coming back home, aware that they had been spoiled living in wealthy circumstances.

She is living in Shimoterao, located on a hillside of Chigasaki, with her husband and daughter, a university student. Mrs. Suwari Arimura is relatively short and slim, but she appeared to have a strong will and heart. Her dream is to build more schools in her mother's home country.

"NEW YEAR CONCERT" Ancient Court Music Sound

On January 25 (Fri), there will be a performance of "**Gagaku**" or Ancient Court Music of Japan by **Hideki Tōgi** at Bunka Kaikan to open at 18:30. **Hideki Tōgi** belonged to a music group in the Imperial Household Agency while the **Tōgi** family has succeeded the playing for 1,300 years since the Nara Period. Admission is ¥6,500 for all reserved seats.