

**“That’s a waste”**  
is the general feeling of Japanese people.

**Save electricity**

We will be requested to take action to achieve significant energy reduction this summer due to aftermath of the 2011 Tohoku earthquake and seismic surges. As you know well, a measurable amount of power is required in summer. Without our brownout, it would cause massive blackout. We would introduce ways to save electricity at-home.

**Let’s start off by what you can do on “Save electricity”.**

One of our mutual cooperation what we can do is to share electricity and support reconstruction of the areas hit by the earthquake.

☆How to save energy efficiently, depending on home appliances?

We can see a lot of home appliances inside the house. Let’s study and check how to take action for “Save energy” on each home appliance!

Home appliances	Efficient brownout?
Air-conditioner	1. Indoor temperature : Maintain constant temperature at 28 centigrade <b>Saving rate 10%</b> 2. Indoor temperature will go down by keeping summer sun out with a bamboo or a reed blind. <b>Saving rate 10%</b> 3. Maintain a constant temperature at 28 centigrade without switching “on” and “off”. 4. Shifting from air-conditioner to electric fan. Let’s use electric fan instead of air conditioner as long as you can. <b>Saving rate 50%</b> 5. Clean the air filter of air conditioner and outdoor equipment every two weeks.
Refrigerator	1. A refrigerant atmosphere: From strong to medium level, less frequent opening-closing. Do not stuff foods into the refrigerator. <b>Saving rate 2%</b> 2. Hang vinyl curtain inside refrigerator for prevention of cold air outflow.
Lighting	Flip light switch off during the daytime and turn off lights at nighttime. <b>Saving rate 5%</b>
TV set	Remove dirt on viewing surface with dry lint-free towels and keep energy saving mode. Turn down the volume on a TV set and pull out the plug if unnecessary <b>Saving rate 2%</b>
Washlet shower Toilet	If only it were possible, switch off or use timer function. Try to save electricity when not using. <b>Less than 19% of saving rate</b>
Rice steamer	Cook a day’s worth of rice early in the morning and preserve it in cold storage or by freezing. <b>Saving rate 2%</b>
Electric pot	Boil water with gas range instead of electric pot.
Clothes washer	Wash clothes efficiently with 80% of maximum capacity
Personal computer	Pull out the plug in the daytime and plug in again when using.
Sweeper	Clean up paper bag frequently.



Background information: Natural Resources and Energy Agency “ Economy in power consumption at home”  
[http://www.meti.go.jp/earthquake/electricity\\_supply/0513\\_electricity\\_supply\\_02\\_08.pdf](http://www.meti.go.jp/earthquake/electricity_supply/0513_electricity_supply_02_08.pdf)

☆Valid point☆ Some appliances such as computers and audio equipment have vampire energy after switch-off. Please pull out the plug when not using them.

☆Other effect of brownout☆

1.Efficient plan for household duties. • • Refrain from using home appliances that require

**www.ficec.jp/foreign/**

New FICEC location: 20 minutes walk from Fujimino station. Please see the last page for details.

a measurable amount of power from 09:00 to 20:00 weekday. (washlet shower toilet, electric pot, sweeper and drying machine etc.)

**2. Save energy when going out or traveling** • • You can cut electric power consumption when going out. Going to parks or super-markets for a change is a good idea.

**3. Economization of water leads to saving energy** • • Possible to save energy by water saving.

**4. Try COOL BIZ(Wear lighter clothes)** • • Without a uniform in office, lighter and cool clothes are recommended. It makes energy-saving possible.

**5. Keep food hot in Styrofoam box** • • It is sometimes necessary to rewarm prepared foods when living in a large family. It's convenient to preserve foods in Styrofoam box in case of short times but please be careful of rottenness in summer season.

**6. LED Fluorescent lamp** • • About 2,000 Japanese Yen per month can be saved by change from normal to LED fluorescent lamp on average. The longer lighting hours are, the more you can save. Written by Ms. Hiromi Katsumata, senior of Japan College of Social Work

**“Yellow color receipt” is treasure trove. It becomes FICEC funds.**



“Aeon’s Yellow color receipt campaign” has been executed at all Aeon super-market on 11<sup>th</sup> every month.

① You will be given yellow color receipt at check out after shopping.

② There are ballot boxes that show volunteer’s group name and activities. Throw the receipts into the box that you would vote

③ Each group can get a gift certificate worth 1% of total receipt’s amount after tallying up.

FICEC has been getting a gift certificate amounting to more than 25,000 Yen per year for the past 4 years.

In 2010 FICEC got a telephone set and a digital camera. In 2011, got a sweeper and laminating machine.

All staffs who wear a sash bearing Aeon’s name across their chests appeal to customers for this campaign.

When I saw them working hard, I made up my mind strongly to continue FICEC activities as much as possible.

I would appreciate it very much if all of you could go shopping to Aeon and throw the yellow receipts into FICEC’s ballot box on 11<sup>th</sup> every month.

**Senior high school entrance guidance 2011 will start.**

Senior high school entrance guidance will be held at 4<sup>th</sup> floor in Oomiya Sonic city building on July 10 for the children and parental guardians whose mother language is not Japanese.

For details ☎048-833-2992

**Free consultation with an interpreter at city office.**

- Consultation service is available with your language through mobile phone at city office.
- This service has started through fixed and mobile telephones with an interpreter at Higashimatsuyama, Warabi, Misato city, Namegawa town and 10 wards in Saitama city. Please feel free to use this service.
- Languages / Chinese, English, Tagalog, Portuguese, Spanish
- Free of charge

[www.ficec.jp/living/](http://www.ficec.jp/living/)

● Please refer to “The information booklet for cozy life in Japan in six languages.”