

Greetings from the Garbage Coordinator

As usual, you are invited to volunteer to monitor our collection of burnable and recyclable garbage. Signup sheets are up on bulletin boards at the Boathouse, East Kamiyama, and West Kamiyama. Consider volunteering if you have taken precautions as you see fit and think that you can be shielded reasonably from COVID.

The job is simple, and volunteering for garbage can be one of the better excuses in NLA for running into old friends and making new ones.

All you have to do for burnable garbage is to make sure people have cabin numbers written on their bags, and that the garbage is draped with a protective net when the time is up. For recyclable garbage, all you do is watch that people sort their recyclables correctly.

Ken Ellis
Cabin 24

Garbage Collection Dates for 2022 and Instructions

Burnable Garbage

Sites: East Kamiyama gate, Business Office, West Kamiyama hilltop gate.

Time: 7:00 to 8:00 am.

Dates: Tue, July 19; Fri, July 22; Mon, July 25; Fri, July 29; Mon, August 1; Fri, August 5; Mon, August 8, Fri, August 12; Mon, August 15; Fri, August 19; Mon, August 22; Fri, August 26; Mon, August 29.

Recyclable Garbage

Sites: East Kamiyama gate, Business Office, West Kamiyama rotary.

Time: 8:00 to 9:00 am.

Dates: Wed, July 27; Wed, August 3; Wed, August 10; Wed, August 17; Wed, August 24

Cardboard; Newspapers and Inserts; Magazines, Books and Printing Paper
Bundle by category.

Sites: Huts behind the Business Office and by the West Kamiyama rotary.

Date and time: Around the clock from Mon, July 18, through Thu, August 25.

Non-burnable Junk (*Funen Gomi*)

Size limit: Item(s) must fit inside a red Shinano-machi bag for non-burnable junk.

Site: East Kamiyama gate.

Time: 8:00 to 9:00 am.

Dates: Wed, August 3; Wed, August 10.

For each type of garbage, please adhere to the following instructions.

Burnable Garbage

-Burnable garbage must be dropped off for collection in Shinano-machi bags. These bags for burnable garbage are available at the supermarket, hardware store, drug store, and convenience stores. The current version has green lettering with a ¥15 fee printed on the small bag and a ¥30 fee printed on the large one.

- Write your cabin number on the bags with a bold magic marker before carrying them out to a collection site.
- Follow instructions from volunteers when dropping off your bags.
- If cleaned, milk cartons and Styrofoam food trays can be dropped off at supermarkets for recycling. Otherwise, they can be included along with plastic food wrappers among burnable garbage. Plastic containers for eggs, condiments, shampoo and shower soap, kitchen detergent, and laundry detergent are burnable, as well.
- Make sure that there are no recyclable items, disposable lighters or highly combustible lithium-ion batteries mixed in with burnable garbage.
- Refrain from abandoning burnable garbage overnight to avoid attracting bears, monkeys, crows and other harmful wild animals.
- Shinano-machi's sanitation department has no capability for separately collecting plastic containers and food wrappers if they remain unwashed and grimy with food, soap, or detergent residue. If you want to do your part in separating plastic containers and food wrappers from burnable garbage, please consider driving the containers and wrappers home with you at the end of your stay.
- Clothing, shoes and towels are burnable.
- Blue sheet* are not burnable, as they risk emitting dioxins from certain types of incinerator. Please rid *blue sheet* as non-burnable junk (*funen gomi*).

Recyclable Garbage

- We collect only PET bottles, aluminum cans, steel cans, and glass jars and bottles that have been rinsed clean in water.
- Remove labels and caps from PET bottles. Sort cans into aluminum and steel, and glass bottles and jars by color (clear, brown, and other).
- Drop off recyclables into our array of collection bins.
- Return large (1.8-liter) *sake* bottles, as well as large (633ml) and medium (500ml) reusable beer bottles to a liquor store.
- Empty gas canisters to table-top gas burners can also be dropped off, provided that they have been emptied completely and then punctured. Other toiletry and food-related aerosol cans can also be disposed of in the same way.
- Unless you completely empty and puncture them first at your own risk, we ask that you consult your caretaker, or a hardware store, before disposing spray paint and insecticide aerosol cans. The content of these can be hazardous and may threaten the wellbeing of our volunteers.

Cardboard; Newspapers and Inserts; Magazines, Books and Printing Paper

- Disassemble cardboard boxes into flat sheets. All packaging tape and address stickers must be removed from the cardboard before disposal.
- Newspapers and their advertising inserts are categorized together, while magazines, books and printing paper comprise yet another category of recyclable paper.
- When disposing, tie each category of paper in a bundle with string. Do not use adhesive tape.
- The huts will be open around the clock through most of the season. Be considerate. Space is limited.

Non-burnable Junk

- Let's clarify the *don't do* list first. We cannot collect television sets, air conditioners, washing machines and dryers, or refrigerators and freezers because neither NLA, our contractor, or Shinano-machi is licensed to do so.
- That said, we do recognize that both new and old members may want to dispose of old kitchen and cleaning appliances and replace them with new ones. However, NLA imposes a size limit on these items out of fairness to all members, and to enable our contractor to haul these away to the Shinano-machi junkyard in a hassle-free, timely and cost-effective manner.
- We ask only that such items fit inside a red Shinano-machi bag. The good news is that this includes microwaves, toasters, rice cookers, coffee makers and electric pots from the kitchen; vacuum cleaners, mop heads, scrub brushes, buckets, and wash basins from utility spaces; DVD and video decks, sound equipment, computers and printers from the living room; and power tools from equipment spaces.
- We collect these along with other less recyclable items such as pots and pans, aluminum foil, scrap metal, hand tools, dried paint cans, ceramics, broken glass, light bulbs, lithium-ion, dry-cell and button batteries, electronic thermometers, pieces of hard and foam plastic, and *blue sheet*.
- At this stage, these items will be collected at the East Kamiyama gate only, on the first two Wednesdays of August.
- There is some sorting involved, such as the separation of pots and pans into Teflon coating, aluminum, and steel. But with some organizing of the collection bins, we think that this will become self-explanatory.
- As we phase in and grow accustomed to the sorting and collection of non-burnable junk, we hope to expand the collection sites eventually to include the West Kamiyama rotary and Business Office.
- One small favor to ask. We request that you hand in mercury thermometers to hospitals from now on, along with, for example, disposable insulin syringes and needles. This is in response to Japan having banned the manufacture, import and sale of mercury thermometers at the beginning of 2021.
- Because of our size limit, be warned that if you outfit your cabin with American-sized kitchen appliances, you may run into difficulty when the time comes to junk them.

Larger Junk (*Sodai Gomi*)

- NLA provides no assistance for disposing junk too large to fit in a red Shinano-machi bag.
- You must apply for a permit first at Shinano-machi town hall, and then hire someone or drive it by yourself to either the Shinano-machi junkyard (026-255-4574) or the Nagano City Environmental Energy Center (i.e. the incinerator, 026-222-5301).
- If it's something metallic or made of steel - such as a bicycle, steel desk, chair or bookshelf, stove or kerosine heater with the fuel tank emptied, or a pair of skis or a snowboard - it goes to the Shinano-machi junkyard at a cost of 1,000 yen per item.
- If it's made of wood or a fabric of some kind - such as wood furniture with the metal fittings removed, futon and foam mattresses, comforters, blankets and sheets, curtains, carpeting and tatami mats - it goes to the center (incinerator) in Nagano at a cost of 160 yen per 10 kilograms.
- Spring mattresses must be stripped bare of upholstery and fiber cushioning, down to the steel framing and coils, before they can be hauled to the Shinano-machi junkyard. We can help you with the upholstery and cushioning if they are packed in the green bags and brought to us as burnable garbage.

-Steel bedframes go to the Shinano-machi junkyard, while wood bedframes go to the center in Nagano.

- A word of advice. If you purchase furniture for delivery to your cabin, make sure that the vendor includes the haulage of old furniture in the deal.

-Beware that the center in Nagano will not accept wood scraps and other construction waste.

If you have any further questions, we maintain a current edition of Shinano-machi's garbage manual on file at each of our collection sites at East Kamiyama, West Kamiyama, and behind the Business Office. It's written in Japanese, but if you are unable to read it, there's usually a volunteer who can help during the collection hour on garbage day.