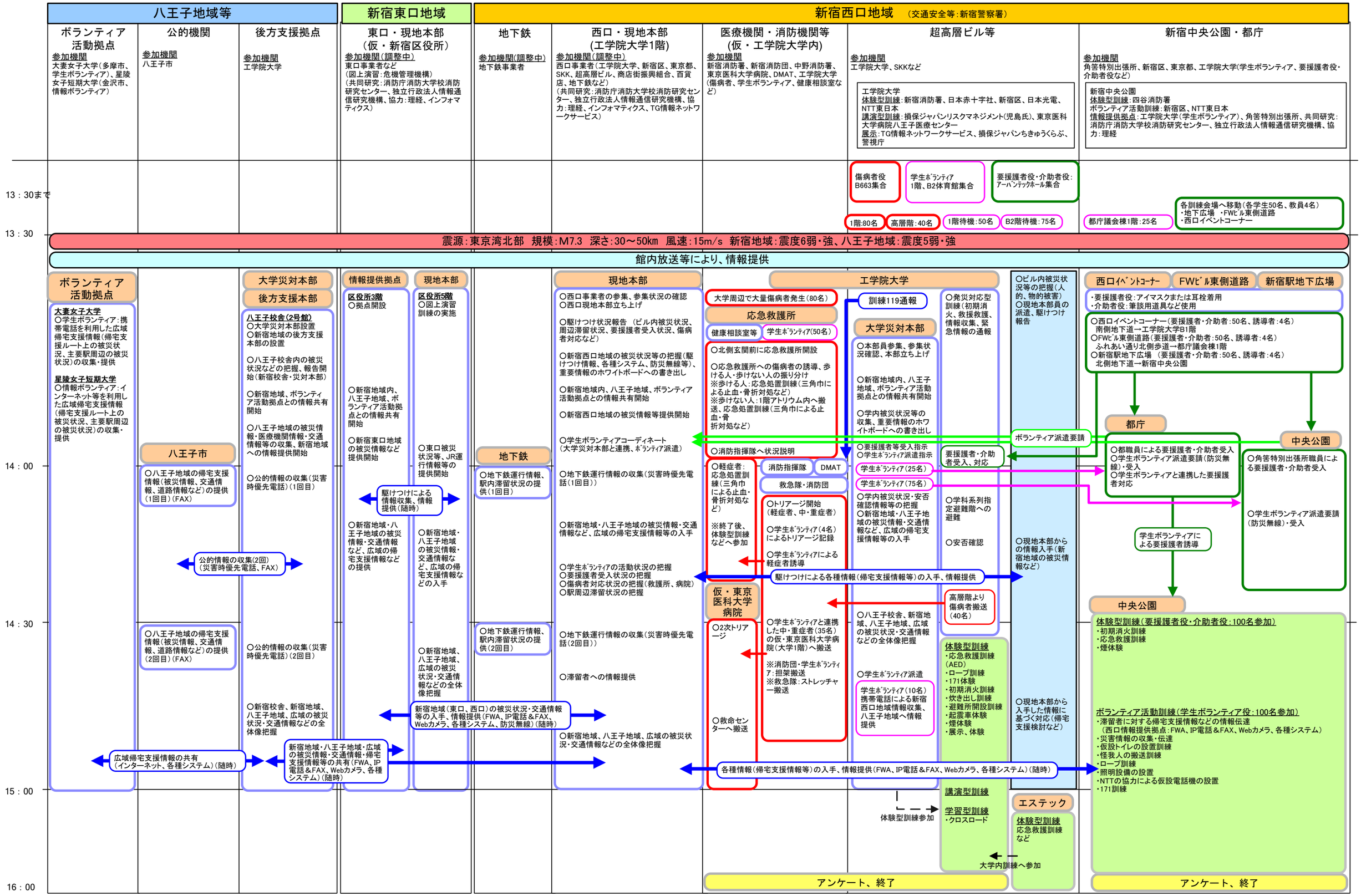10 月 22 日地震防災訓練全体概要（案）