



IGA



City Newsletter

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REGISTRATIONS NOW OPEN FOR... AFTER SCHOOL CLUBS

放課後児童クラブ会希望者募集

HOUKAGO JIDOU KURABU



The After School Club is a place for 1st to 3rd grade elementary school students to go after school because parents or guardians are not at home due to work. Full-time qualified minders provide a safe environment filled with fun and games for the kids to enjoy. Those wishing to use the service from next April should apply as follows:

After School Club	Address	Places
Houkago Jidou kurabu Kids Ueno	Ueno-Tokui cho 3276	40
Houkago Jidou kurabu Rainbow Ueno	Ueno-Shinobi cho 2551	40
Houkago Jidou kurabu Friends Ueno	Midorigaoka Naka machi 4354	40
Houkago Jidou kurabu Dai 2 Friends Ueno	Midorigaoka Hon machi 4153	60
Houkago Jidou kurabu Wink Ueno	Nishijou 114	40
Houkago Jidou kurabu Kaze no Oka	Yumegaoka 2-11	60
Houkago Jidou kurabu Dai 2 Kaze no Oka	Yumegaoka 6-6	60
Nakase Houkago Jidou Kurabu Never Land	Saimyouji 105	30
Houkago Jidou Kurabu Aurora	Ota cho 131	20
Houkago Jidou Kurabu Genki Kurabu	Kirigaoka 2-266	55
Ooyamada Houkago Jidou Kurabu At Home	Hirata 25	30
Kawai Shougakkou Ku Houkago Jidou Kurabu Pop Corn	Baba 1045	30
Mibunou Hougako Jidou Kurabu	Kawahigashi 1659-5	20
Tsuge Hougako Jidou Kurabu	Tsuge machi 2407-10	20
Shimagahara Houkago Jidou Kurabu	Shimagahara 4696-9	20

Prerequisite: 1st to 3rd grade elementary school students.

Registration: 11th to 30th of November (excluding Sat, Sun and public holidays) **Where to apply:** At any of the clubs, or at City Hall's Kodomo Katei Ka. **Cost:** 8000 yen a month (but different rates occur during the long Spring, Summer and Winter vacations).

Further information: City Hall's Kodomo Katei Ka ☎ 22-9654, or any of City Hall's branch offices.

November is Child Abuse Prevention Month

11月は児童虐待防止推進月間です

Child abuse covers all acts carried out by parents, guardians or other adults which cause physical or psychological damage to a child or young person, hurting them either physically or emotionally, thus hindering their healthy growth and development. In order to protect children from child abuse, adults who notice signs of it should seek advice and report them. Help save a child, by reporting the following. If you see a child...

- ...that had strange wounds or bruises,
- ...that is always dirty, or wearing dirty clothes,
- ...that stays outside for long periods of time, especially at night or during cold weather,
- ...that is always hungry, and when you offer him or her something to eat, he or she eats greedily,
- ...that does not respond clearly to questions about injuries he or she might have, or about his or her family,
- ...that is emotionally uneasy because of fighting between their parents,



then contact the Kodomo Katei Ka in City Hall ☎22-9609. All advice sought or information given is completely confidential.

いがし じんこう
伊賀市の人口

Population of Iga City (end of September 2010)
Total: 100,288 inhabitants, including 4,749 foreigners (4.94%)

MEIHAN ROADWORKS

名阪リフレッシュ工事

Upgrading roadworks will be carried out on route 25 (the Meihan expressway), resulting in traffic restrictions and the closure of some interchanges. Delays can be expected while the roadworks are being carried out, so if you intend to use the expressway during the times listed below then plan ahead, check current information and give yourself plenty of time for your journey. Three different sections of roadworks will be carried out. Between the Kameyama IC ~ Seki JCT (Osaka direction) Itaya IC ~ Iga IC (Osaka direction) Nanzaika IC's entrance and exit. When?

: From 9am on Monday 8th of November to Friday 19th. : From Monday 15th of November to Friday 19th. Roadworks are not scheduled to take place on weekends, but may have to take place then depending on the weather.

【Traffic Information】 Telephone Information 0595-82-3939

◦Homepage 《PC Version》 <http://www.cbr.mlit.go.jp/hokusei/>

◦Homepage 《Cell Phone Version》 <https://www2.cbr.mlit.go.jp/hokusei/keitai/>

Enquiries: Hokusei Kokudou Information Center 0595-82-3937



WHAT SHOULD I DO WITH THIS GARBAGE?

このごみどんなふうには捨てたらいいの？

[North Region of Iga]

Combustible garbage: Leave out for collection in the specific garbage bags designated by Iga City (food cuttings, leftovers, pieces of paper, cloth cuttings, used diapers, grass and dry leaves)

Large combustible garbage: Large garbage items should be cut to not longer than 50cms and tied together with string.

Shoes, futons, carpets, hard plastics, bamboo blinds, twigs & branches (cut to around 10 cms), video tapes (remove the metal components and cut the magnetic tape into small strips.)



Others:

Plastic Packaging: Put in transparent or opaque bags garbage bags (plastic cups, everyday plastic packaging, drinks bottles, fruit packaging, polystyrene etc.

Paper, cloth: paper should be separated by type (magazines, newspapers etc) and tied together with string/
Cloth should be put in a transparent or opaque bag.

Glass bottles: separate by colour and place in the relevant box

Metal: Put in transparent or opaque bags garbage bags. Large objects do not need to be put in garbage bags. Dangerous objects like nails, pins, knives and so on should either be put in an empty can, or well wrapped in paper and clearly marked "KIKEN"/キケン (dangerous).

PET bottles: wash the bottles and place them in the collection box. Labelling and the bottle tops can be disposed of as plastic packaging.

Bulky metals: Pierce a hole in spray cans and gas cylinders to release any remaining gas and put in transparent or opaque bags. Be sure to remove any batteries from fan heaters, stoves and so on.

Use the Garbage Separation Guide, which you can get in City Hall for free, to help you understand how to dispose of various items.

Leave your garbage out for collection ACCORDING TO THE GARBAGE COLLECTION SCHEDULE FOR YOUR NEIGHBOURHOOD.

More Information: Seisou Jigyō Ka ☎ 20-1050

GO FOR YOUR ANNUAL MEDICAL CHECK-UP BEFORE THE END OF NOVEMBER

特定健康診査などを受けましょう

City hall sent out a letter at the beginning of July this year to all those over the age of 40 who have KOKUMIN KENKOU HOKEN (National Health Insurance) and to those over the age of 65 who are either enrolled in kouki koureisha iryou seido (medical system for the advanced elderly) or who have social insurance but not yet received certification for long-term care needs, informing them that they need to have their annual medical check-up. If you received this letter but have not yet gone for your check-up, then do so before the deadline at the end of November.

Further information: Hoken Nenkin Ka ☎ 22-9659

Kenkou Suishin Ka ☎ 22-9653



Infant Health Check-Ups from November 1st to November 30th.

11月1日～11月30日のあかちゃんのけんしん

Infants Exam (for infants from 4 to 10 months old) will be as follows.

Further Information: Shimin Byouin ☎ 24-1111

Exam for 18 month old infants (1歳6ヶ月健診)		
DATE	TIME	PLACE
9/11 (Tuesday)	13:30~14:30 hrs	Iga Ishi Kaikan
Exam for 3 and a half year old infants (3歳児健診 (3歳6ヶ月で健診))		
DATE	TIME	PLACE
11/11 (Thursday)	13:30~14:30 hrs	Iga Ishi Kaikan
16/11 (Tuesday)	13:30~14:30 hrs	Iga Machi Hoken Fukushima Center
Includes measuring height and weight, a general and dental check-up, consultation about teeth, consultation about child care and so on. A notification will be sent to all children within the appropriate age range. These health check-ups are free. Please ensure that you bring your Maternal Health Card (BOSHITECHO)		



Influenza and Hand-Washing

インフルエンザと手指消毒

It has become common knowledge since the spread of swine flu last year that washing your hands is a very important way of preventing infection, but as we head in to the winter season, let's look once more at how and when to wash our hands effectively. We can become infected with the virus by directly inhaling it, but it can also enter our bodies when we touch surfaces on which the virus is found, like tables, door handles, straps etc and then subconsciously using those hands to touch our nose, eyes or mouth. The exterior of the influenza virus is surrounded by a membrane that can be easily destroyed by ethanol, which prevents the virus from being able to infect us. It is also thought that soap and other detergents make it easier to wash away the virus. When it isn't possible to wash your hands with soap and water as you normally would, you should use an alcohol-based, quick-drying disinfectant spray instead. When you are



particularly worried about avoiding infection, you should wash your hands thoroughly with soap and running water, and then use an alcohol-based disinfectant spray afterwards. You should wash your hands when you come home, when coming inside, before you eat and after going to the bathroom. It's also very important to wash them after you cough or sneeze, blow your nose or after you remove your mask if you are wearing one. It's best to use a paper towel to dry your hands after washing them. Damp towels are breeding grounds for microbes and viruses so if you dry your hands with one, change them regularly. Also, don't forget that when you turn on a tap with an unwashed hand, you may also be transferring the virus to the tap, so it's probably a good idea to turn the tap off after use with a paper towel.

CANCER SCREENINGS FOR MUMS

乳がん検診 (マンモグラフィー検査) を受けましょう!

Applications open at 8:30am on November 8th. The screenings are aimed at women born after the 31st of March 1981, and cost 1500 yen. Women older than 65, the severely disabled, those receiving medical insurance for the elderly (*kouki koureisha iyouhi hoken*) and those receiving welfare benefits (*seikatsu hogo*) can get screened for free.

If you received a coupon to take the exam free of charge in July but haven't used it yet, now is your chance!

	Date & Time of Exam		Location	Applications
	03/12 (Fri)	9:30 - 11:00 13:30 - 15:00	Yumepolis Center	Prefeitura de Iga Seção Kenkou Suishin Ka Tel: 22-9653
	13/12 (Mon)	9:30 - 11:00 13:30 - 15:00		
	16/12 (Thu)	9:00 - 11:00	Aoyama Hoken Center	Aoyama Hoken Center Tel: 52-2280
	18/12 (Sat)	9:00 - 11:00	Ayama Hoken Center	Ayama Shisho Shimin Fukushima Ka Tel: 43-0332
	2011 01/15 (Sat)	9:00 - 11:00	Iga Machi Hoken Center	Iga machi Hoken Fukushima Center Tel: 45-1015
	01/16 (Sun)	9:30 - 11:00 13:30 - 15:00	Yumepolis Center	Prefeitura de Iga Seção Kenkou Suishin Ka Tel: 22-965
	26/02 (Sat)	9:30 - 11:00 13:30 - 15:00		
	05/03 (Sat)	9:00 - 11:00	Ooyamada Hoken Center	Ooyamada Hoken Center Tel: 47-1151
	12/03 (Sat)	9:00 - 11:00	Aoyama Hoken Center	Aoyama Hoken Center Tel: 52-2280

ADVICE FOR FOREIGNERS

がいこくじんのためのそうだん



Get advice in your language on work, education, paying municipal bills, health care, Jichikai (neighbourhood associations) etc. and anything else you are having difficulties with.

Every weekday from 9am ~ 5pm at the Shimin Seikatsu Ka in City Hall (1st floor of the main building)

ADVICE ON PUBLIC ADMINISTRATION

ぎょうせいそうだん

If you have any questions or problems about the work that city hall does, such as on pensions, insurance, taxes, registration, roads, welfare and so on, then feel free to make use of this service and come talk to someone. Consultations are free, and strictly confidential.

Enquiries: Shimin Seikatsu Ka ☎ 0595-22-9702

JAPANESE LANGUAGE AND ACADEMIC SUPPORT CLASSES

(日本語教室 & 学習支援)

COURSE	IGA NIHONGO NO KAI	SASAYURI SUPPORT CLASSES
TIMES	WEDNESDAY 7:45PM ~ 9:00PM SATURDAY 7:00PM ~ 8:30PM	SATURDAY 2:00PM ~ 4:00PM
LOCATION	UENO FUREAI PLAZA 3RD FLOOR	UENO FUREAI PLAZA 3RD FLOOR
COST	¥ 200 PER CLASS	¥ 200 PER CLASS
INFORMATION	TEL:0595-23-0912	TEL:0595-22-9629

(伊賀市応急診療所)

Emergency medical treatment at night and on holidays is divided between urgent and non-urgent cases. If you have a medical emergency which requires special treatment or hospitalisation, you will be treated at the hospital which is on call for such emergencies at that time.

Iga Emergency Clinic is available for non-emergency cases during the night or on holidays for general treatment or pediatrics.

Mon to Sat	8:00PM to 11:00PM
Sundays, public holidays, New Years holidays	10:00PM to 12:00PM 2:00PM to 5:00PM 8:00PM to 11:00PM

Where: Iga shi Ueno-Kuwamachi 1615 (behind Okanami Hospital)

Telephone: 0595-22-9990

You will receive emergency medical aid from the doctor on call, but be sure to see your regular doctor the following day for full medical aid.



Monthly Tax Payments

(こんげつ の のうぜい)

NATIONAL HEALTH INSURANCE
-6TH INSTALLMENT-
(kokumin hoken)

Deadline for Payment
Tuesday 30th of November
Information: Shuuzei Ka
TEL:0595-22-9612

A&E ROTATION IN IGA

(伊賀地域救急輪番制担当表)

September						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 NABARI	2 NABARI	3 OKANAMI	4 NABARI	5 SHIMIN	6 NABARI
7 NABARI	8 OKANAMI	9 NABARI	10 SHIMIN	11 NABARI	12 OKANAMI	13 SHIMIN
14 OKANAMI	15 NABARI	16 NABARI	17 OKANAMI	18 NABARI	19 SHIMIN	20 NABARI
21 NABARI	22 SHIMIN	23 NABARI	24 SHIMIN	25 NABARI	26 OKANAMI	27 SHIMIN
28 OKANAMI	29 NABARI	30 NABARI				

< Times >

Weekdays

5:00PM to 8:45AM the following morning
Sat, Sun, Public Holidays

8:45AM to 8:45AM the following morning
(apart from pediatrics, medical aid is administered on a rotational basis. During the day time on weekdays, please visit a regular health clinic.)

No emergency services are available on these days. If you have a medical emergency, you will be taken to the closest

neighbouring area where emergency medical services are available.

< Hospitals on Rotation >

UENO SOUGOU SHIMIN BYOUIN TEL:0595-24-1111 Iga shi Shijuku chou 831
OKANAMI SOUGOU BYOUIN TEL:0595-21-3135 Iga shi Ueno-Kuwamachi 1734
NABARI SHIRITSU BYOUIN TEL:0595-61-1100 Nabari shi Yurigaoka Nishi 1-178

< Information about the Hospitals on Duty >

TEL:0595-24-1199(Iga) TEL:0595-64-1199(Nabari) TEL:0800-100-1199(toll-free line)

