



# IGA



City Newsletter

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## HAPPY HOLIDAYS!

We wish all of you a  
happy and peaceful  
Christmas, with much  
success, prosperity  
and happiness in the



# END OF YEAR HOLIDAYS

<p>City Hall and Public Offices- 市役所 Closed from 29th of December to 3rd of January. (Births, deaths and marriages can still be registered)</p>	<p>Consular Holidays 領事館 Most consulates will close for several days over the holidays. Check with your own consulate for details.</p>
<p>Health Clinics- 国民健康保険診療所 Awa Shinryou Sho } Yamada Shinryou Sho } Closed from 29th of December Kiriu Shinryou Sho } to 3rd of January</p>	<p>Dental Clinics - 歯科診療 Opening Hours: 9:00am to 17:00 <u>30th of December:</u> Yatani Dental Clinic, Ueno-shinobi cho 2590-3 ( 矢谷歯科医院 ) tel: 21-0834</p>
<p>Hospital A&amp;E Rooms - 救急輪番制当表 Treatment hours: 8:45am to 8:45am the following morning Okanami Sougou Byouin 29th December to 3rd January Nabari Shirtsu Byouin 30th December, 1st, 2nd January Ueno Sougou Shimin Byouin 31st of December</p>	<p><u>31st of December:</u> Inahama Dental Clinic, Ueno Katahara machi 2773 ( 稲浜歯科医院 ) tel: 21-0383 <u>2nd of January:</u></p>
<p>Medical Emergencies - 伊賀市応急診療所 In case of an emergency you should first contact your regular doctor. If he or she is not available, go to the Iga Medical Emergencies Room (Iga shi Oukyuu Shinryou Sho), behind Okanami Hospital, tel 22-9990. Open from 29th December to 3rd January Opening hours: 9:00am to 12:00 noon 14:00 to 17:00 20:00 to 23:00</p>	<p>Wakuta Dental Clinic, Hirano Josai cho 113 ( 和久田歯科医院 ) tel: 21-8241 <u>3rd of January:</u> Yokota Dental Clinic, Uo machi 2889-2 ( 横田歯科医院 ) tel: 21-0373  None are open January 1st. If you need to see a dentist on the 1st, contact the Information Center on tel:24-1199</p>
<p>Accepting patients for : pediatrics, general emergencies</p>	<p>Trash Depots- ごみの持込場所 Sakura Recycle Center - combustibles, metals, cloth material, glass, cans, ceramics (tel 20-9272): closed 31st Decvember to 3rd January Iga Nanbu Clean Center - combustibles and non- combustibles, large amounts of wood (tel 53-1120): closed 30th December to 3rd January Funenbutsu Shori Jo - concrete, earth, tiles, bricks, glazed tiles (tel 23-8991): closed 31st December to 3rd January</p>

い が し じんこう  
伊賀市の人口

Population of Iga City (end of October2010)  
Total: 100,232 inhabitants, including 4,754 foreigners (4.74%)

## Exercise Facilities at Aoyama Hoken Centre

青山保健センター運動施設

There are lots of fun opportunities available in Iga to help you get in shape, and enjoy doing so at the same time! So after the holiday season ends, why not get rid of that extra weight by trying some of the exercise classes listed below? This is not an exhaustive list – there is lots more going on elsewhere, too!

### KEEP IN SHAPE

脂肪燃焼運動教室



Strengthen your body's defences against lifestyle-related illnesses through various types of muscular and aquatic exercise.

When: 12 classes in total. Every Tuesday and Friday between Dec 7th~24th and Jan 7th~25th from 1pm to 2pm. Classes are open to anyone over the age of 18, but there is a maximum of 20 places. Applications are accepted on a first come, first served basis.

Cost: Under 65 years of age ¥500, 65 or over ¥300

Applications open from December 2nd. There will be a fee for using the facilities every session.

**Further Information:** Aoyama Hoken Center Undou Shisetsu TEL 52-4100

### PROTECTING YOUR PIPES THIS WINTER

水道管の冬支度

As the weather gets steadily colder from now on it's important to protect your pipes from damage caused when they freeze in sub-zero temperatures. Pipes will freeze if the temperature reaches  $-4^{\circ}\text{C}$  and you should protect the following pipes in particular: exposed pipes, pipes on the north side of your house that don't receive sunlight, pipes that are exposed to strong winds. To protect pipes and outdoor taps, simply rap them well in an old blanket or suitable insultaion material, and fix in place with a layer of duct tape.

What if a pipe freezes and water doesn't come out? If you think a pipe is frozen, cover the exposed area with a towel or other cloth and slowly pour lukewarm water over it. Suddenly pouring boiling water over a frozen pipe can cause damage so it is not a good idea.

What do I do if a pipe breaks?

If a pipe has ruptured the first thing to do is to turn off the water meter. If you don't know where this is, then wrap the pipe or tap tightly in cloth and tape it up to limit the flow of water and contact a city-designated pipe repair company.

### BEWARE OF FRAUDSTERS CLAIMING TO BE FROM THE DEPARTMENT OF WATER

水道職員を装って料金を請求する業者にご注意を!

Recently there have been cases of people falling victim to fraudsters who claim that they are city employees. They claim to be from the Municipal Water Department, and ask you to pay a bill after a simple inspection of your plumbing. City Hall does not carry out these kind of activities, so if someone like this comes to your door, do not pay them. Look out for the following.

Visit unexpectedly without prior notice, test the quality of your water and try to sell water purifiers.

Test the quality of your water without your permission and ask you to pay afterwards.

Give you a water bill and ask you to pay directly.

If someone as outlined above comes to your home, do not let them into your home, and ask for identification.

For more information: City Hall's Suidou Bu (Water Department) TEL 24-0001



### INTERNATIONAL EXCHANGE & CHRISTMAS CONCERT IN SHIMAGAHARA

クリスマスコンサート&国際交流



Dates: 19th of December (Sunday) from 1:30pm to 5:00pm

Where: Shimagahara Kaikan Fureai Hall

1st Half: Performance of Christmas music

2nd Half: Tea time & Magic Show

For more informayion: Shimagahara Shisho Soumu Shinkou ka TEL 59-2053  
or City Hall's Kokusai Kouryuu Kyoukai TEL 22-9629



### MINIMUM WAGE IN MIE RISES TO ¥714

三重県最低賃金は714円

The minimum wage rose by ¥12 on the 22nd of October to ¥714. Each and every person working in Mie should not receive less than this amount, regardless of age or contract type. However, specific industries have their own minimum wages. Check that your wage is in line with the minimum wage of the industry you work in. More Information : Mie Roudou Kyoku Chinguin Shitsu TEL 0595-226-2108 Iga shi Roudou Kijun Kantoku sho (Ministério do Trabalho) TEL 21-0802

### DRIVING SAFETY CAMPAIGN

年末の交通安全県民運動



FROM 11TH TO 20TH OF DECEMBER

Aims: Prevention of traffic accidents involving the elderly  
Correct use of seat belts and child seats  
Stamp out drink driving

More Information: City Hall's Shimin Seikatsu Ka TEL 22-9638

# Infant Health Check-Ups from December 1st to December 31st.



12月1日～12月31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
3/12 (Friday)	13:00~13:30 hrs	Aoyama Hoken Center
9/12 (Thursday)	13:30~14:30 hrs	Ayama Hoken Fukushi Center
14/12 (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
3/12 (Friday)	14:00~14:30 hrs	Aoyama Hoken Center
16/12 (Thursday)	13:30~14:30 hrs	Iga Ishi Kaikan

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)

### For moms who are worried about looking after their child

乳幼児相談のご案内



Becoming a mother is a huge change in a woman's life, and it's important to realise that support is available if needed. There are free consultations on child-rearing for (unfortunately, there are no English-language interpreters) for anyone who has concerns about nutrition, physical or psychological development, health, post-natal depression, health check-ups etc. Making use of this service is also a good way to meet other people and makes friends with other new moms.

When: 17th of December (Fri)

Times: 13:30 to 14:30 Where: Fureai Plaza 2F

Please bring with you your Health and Meternity booklet (boshitecho)

For further information: City Hall's Kenkou Suishin Ka Tel 22-9653



## COURSES TO HELP PREVENT DIABETES & HYPERTENSION

糖尿病予防教室・高血圧予防教室

Are you concerned about diabetes or high blood pressure? Even if you do not have either, you may develop them in the future, especially if you have family members who suffer from them already. Special, easy-to-understand courses have been scheduled to help you understand the conditions better, and to introduce some healthy recipes which can offer protection against diabetes and high blood pressure.

Time: 10:00 to 15:00  
Where: Ueno Fureai Plaza, 3F  
Places: 30 per course

Applications & Further Information:  
Kenkou Suishin Ka  
tel 22-9653

COURSE	DATE	Contents
Help prevent Diabetes Course	11th of January 2011(Tues)	Talk on Diabetes Food that protects against diabetes
	25th of January 2011(Tues)	Talk on Metabolic Syndrome Food that protects against diabetes
Help prevent Hypertension Course	7th of February 2011(Mon)	Talk on Hypertension Food that protects against hypertension
	21st of February 2011(Mon)	Talk on Metabolic Syndrome Food that protects against hypertension

### DO NOT PARK CLOSE TO FIRE HYDRANTS AND WATER TANKS! 消火栓や防火水槽の付近は駐車禁止です!

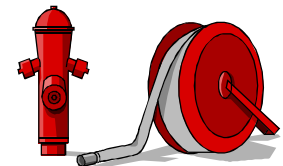
Fire hydrants and water tanks can be found everywhere, and they are important tools in fighting fires. They are all indicated by the following noticeable signs

消火栓      防火水槽

Parking close to these signs and facilities can obstruct the work of firemen, which can lead to unnecessary damage of property, and could even result in the loss of life.

#### IT IS ILLEGAL TO PARK A VEHICLE WITHIN 5 METRES:

- 1- of a fire hydrant. 2- of a water tank hose. 3- of the entrance to a water tank, or beside it, 4- of a sign indicating local sites used to fight fires (swimming pools, lakes, wells etc), 5- of a fire station, or close to a hose pipe.



For further information contact : Naka Shoubosho TEL 24-9107

# 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

## Monthly Tax Payments

(こんげつのうぜい)  
**NATIONAL HEALTH INSURANCE**  
 -7TH INSTALLMENT-  
 (kokumin hoken)  
**FIXED ASSETS**  
 -3RD INSTALLMENT-  
 (kotei shisan)

Deadline for Payment  
Monday 27th of December  
 Information: Shuuzei Ka  
 TEL:0595-22-9612

# 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.

# 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 OKANAMI	2 NABARI	3 SHIMIN	4 NABARI
5 NABARI	6 OKANAMI	7 NABARI	8 SHIMIN	9 NABARI	10 OKANAMI	11 SHIMIN
12 OKANAMI	13 NABARI	14 NABARI	15 OKANAMI	16 NABARI	17 SHIMIN	18 NABARI
19 NABARI	20 SHIMIN	21 NABARI	22 SHIMIN	23 NABARI	24 OKANAMI	25 SHIMIN
26 OKANAMI	27 NABARI	28 NABARI	29 OKANAMI	30 NABARI	31 SHIMIN	

< 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)

