



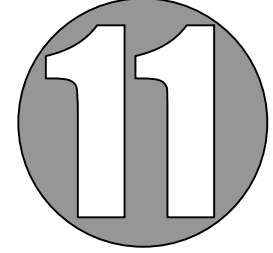
# IGA



City Newsletter

Also available online! <http://www.mie-iifa.jp/>

2011



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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 1<sup>st</sup> to 3<sup>rd</sup> 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:

**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

After School Club	Address	Places
Houkago Jidou Kurabu Kids Ueno	Ueno-Tokui cho 3276	40
Houkago Jidou Kurabu Futaba	Ueno-Konya machi 3181	70
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 Wing 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	Sainyouji 105	30
Houkago Jidou Kurabu Genki Kurabu	Kingaoka 2-266	55
Ooyamada Houkago Jidou Kurabu At Home	Hirata 25	30
Kawai Shougakkou Ku Houkago Jidou Kurabu Pop Corn	Baba 1045	30
Mibuno Houkago Jidou Kurabu	Kawahigashi 1659-5	20
Tsuge Houkago Jidou Kurabu	Tsuge machi 2407-10	20
Shimagahara Houkago Jidou Kurabu	Shimagahara 4696-9	20

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 a 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 2011)  
Total: 99,398 inhabitants, including 4,563 foreigners (4.59%)

# 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 8<sup>th</sup> of November to Friday 19<sup>th</sup>. : From Monday 15<sup>th</sup> of November to Friday 19<sup>th</sup>. 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?

[North Region of Iga]

このごみどんなふう to 捨てたらいいの？

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 Jigyuu 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
15/11 (Tuesday)	13:00~14:30 hrs	Iga Ishi Kaikan
22/11 (Tuesday)	13:00~13:30 hrs	Ayama Hoken Fukushi Center
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
17/11 (Thursday)	13:00~14:30 hrs	Iga Ishi Kaikan
22/11 (Tuesday)	14:00~14:30 hrs	Ayama Hoken Fukushi 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)

## SUBSIDIES FOR SEASONAL FLU VACCINATIONS 2011

インフルエンザの予防接種を受けましょう

Vaccination is effective against infection of the flu virus, especially among children, those over the age of 65 and those who are chronically ill. It is in everyone's best interests to vaccinate themselves and their loved ones against the flu virus. Vaccinations are available at a large number of medical facilities all across the city, and vaccinations for children and the elderly are subsidised.



- Vaccinations for the elderly:
- Who: 1. Those over the age of 65 who are registered as living at an address in Iga;  
 2. Those between 60 and 65 years of age who have health problems relating to the heart or respiratory and immune systems that are recognised by the Ministry of Health. If you have a category 1 certificate of physical disability then you are included in this group.

Vaccination period: 15th October to 31st January  
Vaccination cost: ¥ 1000 to be paid directly to the clinic or hospital where you receive the vaccination (free for those receiving Seikatsu Hogo living allowance)  
 If you would like to receive this vaccination, make an appointment at the clinic or hospital of your choice.  
 Be sure to take your health insurance card and health passbook (*kenkou techou*)  
 If you do not have a health passbook, we will issue a ticket for the vaccination (*yobou seshu zumi hyou*).



Vaccinations for children:  
Who: Children born after 2nd April 2005 who are registered as living at an address in Iga.  
Vaccination period: 15th October to 31st January.  
Vaccination cost: Half the cost of the vaccination up to ¥3000.  
How to receive the subsidy: Be sure to ask for a receipt from the clinic where you get your vaccination. You can say "ryoushu sho kudasai". The receipt should include the name of the child, date, cost of the vaccination and the name of the clinic. Bring this receipt to city hall and complete the appropriate form. As well as the receipt, you should bring your bank book and personal seal (*inkan*).  
 The deadline to apply for the subsidy is 29th February 2012.  
 Further information: City Hall's Kenkou Suishin Ka ☎ 22-9653

# CANCER SCREENINGS

がん検診を受けましょう！

Cancer screenings are important because they can detect cancer early, before the cancer develops and you have symptoms. If the cancer is detected and treated early, it can save your life.

When: 4th December (Sun) from 9am~11am.  
Where: City Hall's Shimagahara Branch Office  
Screenings: Stomach cancer, intestinal cancer, breast cancer  
Apply: Register your wish to get screened with Shimigahara Branch Office ☎ 59-2163

Day: 12th November (sat), Iga machi  
 13th November (sun), Aoyama Kouminkan  
 23rd November (wed), Yumepolis center  
 26th November (sat), Ooyamada Hoken Center  
 17th December (sat), Yumepolis center

Further information: City Hall's Kenkou Suishin Ka ☎ 22-9653

# 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 のうぜい)

NATIONAL HEALTH INSURANCE

-6th INSTALLMENT-

(kokumin kenkou hoken zeii)

Deadline for Payment

Wednesday 30th of November

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

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

伊賀地域救急輪番制担当表)

< 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)



This newsletter is edited and published by the Iga International Friendship Association

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