



The city newsletter

Also available online at <http://www.mie-iga.jp/>

☆この情報紙は『広報いが市』などから記事を選んで載せています。

Articles published in this newsletter are taken from the bimonthly "Kouho Iga shi" and other publications

Population of Iga City
94,007

Foreign nationals
4,380

4.66% of population
30th September 2016

Signing up for After School Club

ほうかご じどうくらぶの りよう きぼうしや ぼしゅう

After School Club	Address	Available Places
After School Club Kids Ueno	Ueno Tokuicho 3276	40
After School Club Futaba	Ueno Konyamachi 3181	70
After School Club Friends Ueno	Midorigaoka Nakamachi 4354	40
After School Club Friends Ueno #2	Midorigaoka Honmachi 4153	60
After School Club Wing Ueno	Nishijo 114	40
After School Club Kaze no Oka	Yumegaoka 2-11	60
After School Club Kaze no Oka #2	Yumagaoka 6-6	60
Nakase After School Club Neverland	Saimyoji 105	30
After School Club Genki Club	Kirigaoka 2-226	55
Oyamada After School Club At Home	Hirata 25	30
Ayama After School Club Popcorn	Baba 1045	30
Mibuno After School Club	Kawahigashi 1659-5	40
Tsuge After School Club	Tsugemachi 2407-10	20
Shimagahara After School Club	Shimagahara 4696-9	20
Nii After School Club	Nishitakakura 3146	30
Miwa After School Club	Mita 986-1	25
Nishitsuge After School Club	Shindo 160	20
Seiwa Nishi After School Club	Oouchi 784	20
Seiwa Higashi After School Club	Ida 1274	30

The After School club is for children whose parents are not yet at home after school ends. Instead, they can join the after school club where professional staff look after them.

【Application period】
10th November - 30th November,
15:00~18:00 (weekdays only)

【Eligibility】
Elementary school students
(priority given to lower grade students)

【Fee】
8,000 yen a month. For longer periods of time such as the winter or summer vacations, prices will change.

*If there is a large number of applicants, your child may not be guaranteed a place.

Apply to: The After School Clubs directly.

【Enquiries】
Kodomo Mirai Ka Tel: 0595-22-9677

Spots in Mie Prefecture to enjoy autumn leaves

みえけんの こうよう すぽっと

In Japan, since remote times there is a tradition of enjoying these autumn leaves that is called "Momiji Gari", also representing this change in the season. In Mie Prefecture there are many famous spots to enjoy the beauty of colorful leaves of this season, and here we will introduce some of them. For more details, check out the Mie Prefecture Tourism Federation's homepage: https://www.kankomie.or.jp/season/detail_61.html (From Mie-Info)

Gozaisho Dake (Komono-cho Yunoyama Onsen): The color change of leaves in Gozaisho Dake is well distinct, because it begins gradually from the summit to the hillside and then to the mountain foot. And this feature offers a different view in every visit to the place! **【Admission】:** ¥2,160 – Adult / ¥1,080 – Children (ropeway round trip)

*It is also possible to climb the mountain; there is no fee because you will not use the ropeway

Recommended period to enjoy the autumn leaves: mid to late October-mid to late November

Ugakei (Inabe-shi Daian-cho Ishigure Minami): Oak, alder, as well as linden and acer palmatum are some of the autumn leaves that have not been genetically modified. A trekking passing by the nice falls of clear waters to a climb by Ryugatake mountain. **【Admission】:** ¥200 per person (contribution to environment preservation)

Recommended period to enjoy the autumn leaves: mid- October to late November

Akame Shijūhachi Taki (Nabari-shi Akame-cho Nagasaka 861-1): Passing by falls in the opposite direction to the river flow, the 4 km trail through the valley offers a stunning beauty during the 4 seasons of the year.

【Admission】: ¥400/adult – ¥200/ shogakko and chugakko students (entrance)

Recommended period to enjoy the autumn leaves: from the beginning to late November

Kouchi Keikoku (Tsu-shi Geino-cho Uji'i): A valley formed by clear waters and giant rocks, where it is possible to enjoy the stunning autumn leaves! In late November there is a night illumination in the place. **Admission:** free

Recommended period to enjoy the autumn leaves: from the beginning of November to beginning of December

Amikakeyama Momiji-dani (Watarai-gun Taiki-cho Aso): A group of hundreds of trees in an area 1 km far from the hillside, the colorful autumn leaves are a masterpiece of nature and of an immeasurable beauty! The pavement infrastructure in the place allows the visitors walk around smoothly. **Admission:** free

<MONTHLY TAX PAYMENTS>

11 がつ の のうぜい Pay by November 30th

National Health Insurance(The fifth period) [Kokumin Kenkou Hoken] , Shuu Zei Ka TEL 0595-22-9612

What is Year-End Tax Adjustment (nenmatsu chousei)

ねんまつ ちょうせい に ついて

When companies calculate the monthly salaries of their employees, they calculate the amount of income tax that should be levied based on salary, social insurance payments and the number of dependents. This income tax is then deducted when the salary is paid. This is called 'tax deduction at source' (*gensen choushuu*).

However, the amount of income tax deducted each month is only a temporary figure, and the actual amount of income tax that is due to be paid is calculated at the end of each year. This means that you may actually have to pay more in tax than based on your monthly salary, or it might be the case that based on your monthly salary calculations you have been paying too much, and so are due a tax refund. This process, called 'year-end tax adjustment', takes place at the end of every calendar year. Why do adjustments need to be made?

Reason 1: Your 'tax deduction at source' (*gensen choushuu hyou*) certificate is calculated on the assumption that your monthly salary does not change throughout the year, but in reality your salary might have changed throughout the course of the year, especially if you have switched jobs. The tax deduction at source system is the deduction of income tax from your salary, and this is the system used to pay tax in Japan.

Reason 2: Throughout the course of the year, there may have been changes in the number of dependents, in which cases the amount of income tax you need to pay will also change.

Reason 3: Life insurance and earthquake insurance are deducted in the year-end tax adjustment. However, this deduction means that there is an upper limit on the amount that can be deducted from income.

National Pension

こくみんねんきん の はなし

When you declare the residence tax and income tax, the full amount of your national pension premiums is subject to social insurance premium deduction (the premium payments you made from January 1st to December 31st of that particular year). In order to receive this social insurance premium deduction, you must attach proof that you have paid. For this reason, those who have paid national pension premiums between January 1st to September 30th will receive a 'social insurance (pension insurance) deduction certificate' from the Japan Pension Fund in early November. When filing tax returns or making year-end adjustments, this certificate (or receipt) must be attached.

Also, this same certificate will be sent to those who paid national pension insurance for the first time this year between October 1st and December 31st in early February of next year. It should be noted that if you paid national pension insurance fees for any family members, the same members can be added to your social insurance premium deduction. In order to do this, be sure to attach their deduction certificates, too. For queries regarding the 'social insurance (national pension insurance) deduction certificate' please call the number written on the deduction certificate postcard.

【Enquiries】 Hoken Nenkin Ka ☎ 0595-22-9659 Tsu Pension Office ☎ 059-228-9112

November is Child Abuse Awareness Month

11がつ は じどうぎやくたい ぼうし すいしん げっかん

In order to be able to protect children from abuse, we need to recognise the signs and seek advice or report what we have seen to the proper body. Child abuse can be any of the following:

▲ Physical Abuse : Beating, Kicking, Throwing, Shaking violently, burning, drowning etc.

▲ Sexual Abuse : Engaging in sexual acts, exposing a child to sexual acts, taking pornographic pictures etc

▲ Neglect : Shutting a child inside at home, not feeding, not maintaining hygiene, leaving alone in a car, not seeking medical attention even when seriously ill etc.

▲ Psychological Abuse: Verbal threatening, ignoring a child, showing preferential treatment among siblings, committing domestic on other family members in front of a child etc.

■ Have you heard of Infant Shaking Syndrome? Do not shake your infant violently because he or she will not stop crying. It is difficult to tell if an infant has been exposed to this type of abuse, but it can sometimes lead to wounds to the head (brain & retina) that cause serious disability or even death. If your infant refuses to stop crying, lie him or her down somewhere in a safe place, and move temporarily out of earshot so that you can give yourself space to calm down.



Abuse can have a huge impact both physically and emotionally on children and detract from their healthy development and growth. It is a citizens duty to report abuse. It does not have to be proven before being reported. Furthermore, all reports are received in full confidentiality and the person making the report will remain totally anonymous. By reporting abuse, you are making the first step to make sure the child receives help. If you have any concerns or worries about childrearing, feel free to get in touch.

【Enquiries】 Kodomo Milai Ka 0595-22-9609

Have you had your Health Check Up?

けんこうしんさ は うけましたか？

① Specified Health Check Up

Health Check Up slips will be sent to those over the age of 40 who are enrolled in national health insurance, and to those who enrolled in the medical insurance system for the elderly aged 75 or over by August 31st.

② National Health Insurance Basic General Check Up

Health Check up slips will be sent to those who were selected from among applicants.

※ If you have your check up slip, please take it with you to your clinic. If you haven't registered yet, please do so as soon as possible. If you wish to cancel your check up, please inform us.

【Date】 Both ① and ② will be held on Wednesday 30th November.

【Enquiries】 Insurance & Pensions Division (*Hoken nenkin Ka*) ☎ 22-9659 FAX 26-0151

☆In Iga, checkup examinations are available at 18 months (children up until 21 months can take it) and 3 years (for children up to 3 years and 9 months of age). Notifications will be sent out to homes with children eligible for the checkups. These notifications will be in Japanese, so please bring your letter along with you to City Hall if you need help understanding its content.

18 month Checkup (free)

【Examinations】 Measuring weight, height, medical checkup, hearing test, reflexes, advice on dental health and nutrition.

【Bring】 Mother-Child passbook (*Boshi techo*), forms

【Date】 **24th November from 12:50 to 14:30**

(Place: Haitopia Iga – in front of Uenoshi station) .

20th December from 12:50 to 14:30

(Place: Haitopia Iga) .



3 years (free)

【Examinations】 Urine exam, measuring weight and height, medical checkup, dental checkup, reflex development test, advice on dental health and nutrition.

【Bring】 Mother-Child passbook (*Boshi techo*), forms, completed questionnaire on hearing and vision, urine sample

【Date】 **10th November from 12:50 to 14:30**

(Place: Haitopia Iga– in front of Uenoshi station).

6th December from 12:50 to 14:30

(Place: Haitopia Iga).



Emergencies & Medical Assistance <きゅうきゅう・いりょう>

Iryou Fukushi Seisaku Ka TEL.0595-22-9705

◎If possible, see your regular doctor during normal clinic opening hours.

◎Choose a regular clinic to go to when you need to see a doctor.

◎What should you do if you fall sick suddenly , or are sick on a day when the clinic you go to is closed?

1. Contact a health clinic (*shinryou sho*) or or emergency clinic (*oukyuu shinryou jo*).

Iga shi Emergency Clinic TEL 0595-22-9990

【Place】 Iga shi Ueno Kayamachi 1615 (Behind Okanami Hospital)

【Specializations】 General and pediatrics * Injuries and minor illnesses (first aid)

Monday to Saturday	2 0 : 0 0 ~ 2 3 : 0 0
	9 : 0 0 ~ 1 2 : 0 0
Sundays,public holidays, year end holidays	1 4 : 0 0 ~ 1 7 : 0 0
	2 0 : 0 0 ~ 2 3 : 0 0



2. The Mie Medical Information Centre (Mie ken Kyuukyuu Iryou Jouhou Center) can give you information about which hospitals are available in your area. Contact the centre on **TEL 0595-24-1199**

* After that, call the clinic/hospital to confirm opening hours and so on.

* When you go there, be sure to take your health insurance card/certificate.

* If you no longer need assistance, call the clinic or hospital to cancel your appointment.

3. The hospitals on duty are for patients with serious injuries or illnesses who need specialist medical care or who need to be admitted to hospital.

* Only by referral from a medical facility, emergency consultant or taken by ambulance →Shimin Byouin

* Not necessary to arrive by ambulance, but you must call ahead to say that you are on your way → Okanami and

Nabari Hospitals

November						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 Nabari	2 Okanami Nabari	3 Nabari	4 Shimin	5 Nabari
6 Nabari	7 Okanami	8 Shimin	9 Okanami Nabari	10 Nabari	11 Shimin	12 Shimin
13 Okanami	14 Okanami	15 Nabari	16 Okanami Nabari	17 Nabari	18 Shimin	19 Nabari
20 Nabari	21 Okanami	22 Shimin	23 Okanami Nabari	24 Nabari	25 Shimin	26 Shimin
27 Okanami	28 Okanami	29 Nabari	30 Okanami Nabari	* Except pediatrics		

Hours:

Shimin & Nabari

Weekdays:

From 17:00 to 08:45 the following day

Saturdays, Sundays & Public holidays

From 08:45 to 08:45 the following day

Hospital Okanami

Mondays 17:00 to 09:00 the following day

Wednesdays 17:00 to 08:45 the following day

Sundays 09:00 to 08:45 the following day

* If Mondays or Wednesdays are public holidays, then from 09:00 to 08:45

Ueno Sougou Shimin Byouin Tel 0595-24-1111

Okanami Sougou Byouin Tel 0595-21-3135

Nabari Shiritsu Byouin Tel 0595-61-1100

MIE CHILD HEALTH HOTLINE

<みえ こども いりょう ダイアル>

①Advice hotline for problems related to child insurance and health, such as illness, worries about child-rearing, vaccinations and so on. You will be able to speak to a pediatric doctor free of charge. Please feel free to make use of this service.

【Appropriate for】 Children less than 18 years of age or their family members

【Telephone & Times】 # **8 0 0 0 (059-232-9955)** Every day from 19:30 to Next day 8:00

②Igashi Emergency Call 0120-4199-22(24 hours)



Advice & Counseling for Foreigners がいこくじんのための そうだん

At City Hall, you can get advice relating to work problems, schools, health, insurance, retirement & pensions, child-rearing, housing, taxes, visas, or any other problems related to your day to day life. This service is free. If you have any problems or difficulties, don't leave them until later. Come to city hall for reliable, professional advice.

【Day & time】 Monday to Friday (except public holidays) from 9:00 to 17:00

【Place】 Ground floor of City Hall, in the **Shimin Seikatsu Ka division** Tel. **0595-22-9702**

IGA-SHI TABUNKAKYOUSEI CENTER いがしたぶんかセンター

Opening: Monday-Friday and Sunday (2nd and 4th) 9am-5pm

•Advice for Foreign Citizens •Information in Each Language •Various Course •Free PC Use
•Consultation Counter about Multicultural Coexistence •Pay Copy •Information for Foreign Tourists etc.
Tel : 0595-22-9629 Fax : 0595-22-9631 URL <http://iga-tabunkakyouseicenter.com>

Japanese Language Classes & Learning Support Classes にほんご & がくしゅうしえん きょうしつ

Classes to help learn Japanese, and classes for children to help reinforce material learned in school
If you intend to stay in Japan for a long period of time it is very important and useful to speak Japanese. It is also very important if you have children who are going to Japanese schools. You can find support here. Let's study together!

Name	Iga Nihongo no Kai	Sasayuri Learning Support Classes
Times	Wednesday, 19:30 ~ 20:45 Saturday, 19:00 ~ 20:30	Saturday, 14:00 ~ 16:00
Place	Ueno Fureai Plaza 3rd floor	Ueno Fureai Plaza 3rd floor
Cost	200 yen each class	200 yen each class
Contact	TEL 0595-23-0912	TEL 0595-22-9629

Hot Topics <そうだんいん だより>

Avoid catching Measles ましん に ごちゅういを

Reported cases of measles are on the rise. Measles is a very contagious illness that is transmitted orally through the air, coughing or sneezing, and through touch.
Please be particularly careful if you have never had the disease and have not been vaccinated, or if you have had only one vaccination shot, as this makes you more susceptible to infection. Furthermore, if you are of an eligible age for regular booster vaccinations, be sure to get these vaccinations as early as possible.

《Measles Vaccinations》

Regular Booster Vaccinations

- Phase 1 Between 12 and 24 months of birth
- Phase 2 Born between 2nd April 2010 and 1st April 2011 (the year before entering Elementary School 1st Grade)

※It is also possible to receive additional, voluntary boosters at your own expense.

If you think you have contracted Measles:

If you developed symptoms such as a fever, coughing or a rash within 10-12 days after contact with someone already infected with measles, call your local doctor or clinic to explain your symptoms, before going to visit the clinic.

【Enquiries】Kenkou Suishin ka ☎ 22-9653

Sale of Former Municipal Garbage Bag (opaque white) Sets Discontinued

きゅうしていごみふくろの せつとはんぱいを しゅうりょうします

~For residents of Northern Iga (Ueno, Iga, Shimagahara, Ayama, Oyamada)

Sales of former municipal garbage bags (opaque white) and the stickers to make up the difference in price as sets was discontinued at the end of September. The stickers to make up the difference in price will continue to be on sale. The former garbage bags can still be used if the sticker to make up the difference in price is stuck on the garbage bag.

【Enquiries】

Haikibutsu Taisaku Ka ☎ 20-1050

November is Pension Month: The Pension Office is coming to Iga for 1 Day

1にち いがねんきんじむしょを かいせつします

【Time & Date】

Fri. 18th November, 10:00-15:00

【Venue】Yumepolis Centre Conference Room

【Details】

Do you have questions or would you like advice about any of the following? Receiving or making pension payments, enrolling in employee pension insurance or health insurance? Feel free to come and talk with us about these or any other pension or insurance-related matters.

※If you would like to talk to someone about receiving pension payments, please visit the "Social Insurance Advice Salon" (*shakai hoken shucchou soudan*). The regular dates for this free advice salon can be found in the mid month Japanese language city newsletter.

【Enquiries】Hoken Nenkin Ka ☎22-9659

Tsu Nenkin jimusho ☎ 059-228-9112

Advice on Daily Life くらしなんでもそうだん

【When】December 4th (Sat), 10:00 – 16:00

【Venue】Yumepolis Center

【Details】Lawyers and tax officers will be available to offer support and advice on any of the following: outstanding rent, unfair dismissal from work, pension, tax, care, childrearing, loans (property, car, education, care), insurance (life insurance, car insurance, disaster insurance), building property, renovating property, issues regarding your property etc.

【Sign up, enquiries】Kurashi Hotto Station Iga (part of the Rengo Mie Iga Chiiki Kyogikai) 09:00 – 17:00

(weekdays only) ☎0595-23-6063

Shoko Rodo Ka ☎0595-43-2306

