



# The City Newsletter IGA



Population of Iga City 89,208  
Foreign Nationals 5,545  
6.22 % of Population  
End of April, 2021

Also available online at <http://www.mie-iifa.jp/> ☆この情報紙は『広報いが』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 monthly "Kouho Iga" and other publications.

## Information お知らせ

### Information on the Novel Coronavirus Disease (COVID-19) 新型コロナ関連情報

#### ◆The new coronavirus vaccination for people 65 years and older has begun.

For people 65 years and older, COVID vaccination has started and have you received your free vaccination letter yet? You can make an appointment at your local clinic or Ueno Municipal Hospital or Okanami Hospital.

Foreign residents without resident registration and those who have not yet changed your address to Iga City can also be vaccinated for free in Iga City. Please consult with the Vaccination Promotion Division if this applies to you.



【Inquiries】  
Information Center for COVID-19 vaccine  
Tel: 0120-849-064  
Opening hours: Monday through Saturday,  
8:30 am to 5 pm



The Vaccination Letter

伊賀市 LINE 公式アカウント



検索 ID @700pqbdq

For more updated information, please add Iga municipal LINE account.

### Child Allowance Update

子ども手当 現況届

If you are receiving the child allowance, you must submit a form to update the authorities on your current living arrangements. This form is called the "jido teate genkyo todoke". It is used to assess your living arrangements as of the 1st of June, which is the date on which the form should be completed. If you do not submit the form, you will automatically stop receiving payments beyond June.

The form will be posted to all relevant households at the beginning of June, so please be sure to complete and return it with a copy of Residence (Zairyu) card for you and the child in question.

【Deadline】 June 30 Wednesday  
【Inquiries】 Kodomo-Mirai Ka Tel:0595-22-9677



### Scholarships Available in Iga

いがししょうがくきんせいど  
伊賀市奨学金制度

#### Iga Sasayuri Scholarship Fund

This was established with the aim of awarding the scholarship funds to outstanding students who have a clear sense of ambition and are in need of financial assistance. You must fulfill all four of the conditions below

【Eligibility】①Have your address in Iga, unless you live outside of Iga in order to commute to school ②Be in either the first year of university/junior college or the fourth grade of a vocational high school ③Have graduated from a junior high school or senior high school in Iga ④Be a member of a household with a combined annual income of less than 7,800,000 yen.

【Amount Available】 240,000 yen a year  
【Availability】 2 students

#### Iga City Scholarship Fund

Scholarships are available to high school and university students in Iga in order to ensure that all have equal access to education, and to foster the growth of young people who can make positive contributions to society.

【Eligibility】①Have your address in Iga, unless you live outside of Iga in order to commute to school ②Be in a senior high school, a vocational high school or a university/ college. ③Do not have family members who are required to pay their share of the inhabitant tax income.

【Amount Available】 72,000 yen a year (high schools and public universities) / 84,000 yen a year (private universities)  
【Application period for both funds】 June 14 - 30

【Inquiries】 Kyouiku-Soumu Ka Tel: 0595-22-9644



Monthly Tax  
Payments  
こんげつ のうせいの  
今月の納税

Pay by June 30 Wednesday  
Residence Tax [Shi- Kenmin- Zei] The First Period

【Inquiries】 Shuu-zei Ka Tel 0595-22-9612

# Check-up Information けんしん けん診のお知らせ

These check-ups may be canceled due to the status of COVID-19 pandemic.  
Please come wearing a mask. If you have a fever or are displaying symptoms of cold, please don't come.

【Inquiries】 Kenkou Suishin-Ka Tel:0595-22-9653

## Cancer Screenings, Medical Check-ups for Youth (First round) がん検診・若年者健診

Cancer screenings and medical checkups are offered twice a year. Please check the dates and times of the screening or checkup which you would like before making an appointment. These are only available to those who meet the requirements below and are residents in Iga. It is not possible to take the same screening twice in the same fiscal year. Also, if you have any symptoms which concern you, please go and see your medical practitioner directly.

【For Appointment】 Kenkou Suishin-ka Tel: 0595-22-9653

Screening	Eligible Age		You pay		Details	
			Under 74	Above75		
Stomach Cancer	Above 20		1800yen	800yen	X-ray of your abdominal region will be taken after you drink barium. DO NOT EAT OR DRINK AFTER 10PM THE DAY BEFORE. You are not eligible if you are pregnant or have previously had abdominal surgery.	
Colon Cancer	Above 20		800yen	500yen	You will be given a container in advance. Please collect stool samples over two days. Not eligible to women during their period.	
Prostate Cancer	Males above 50		800yen	500yen	Blood test	
Cervical Cancer	Females above 20		1400yen	500yen	Tissue swab of the cervix and examination. Not eligible to women during their period. If you have had surgery on your womb before, please consult your doctor. ※Free for 20 years old	
Breast Cancer	Mammo-graphy	Females above 30	1600yen	800yen	An explanation of how to perform self examination and an x-ray(mammography). Not eligible to pregnant or breast feeding women.	※Free for 40 years old
	Ultrasound (Echo)	Females 30-39	1600yen		An explanation of how to perform self examination and an echo examination. If you are pregnant or breastfeeding, the result may be "follow-up".	
Youth Checkup	20~39		3400yen		Measurements of height, urine sample, blood pressure, blood test, ECG, medical examination etc. Please come on an empty stomach for the sake of the blood test.	

To ensure safety of the examination and quality control, Iga City will record and store the data from your screening or checkup. Please be aware of this in advance.

## Special Health Check-ups とくていけんこうしんさ 特定健康診査

Details for special health check-ups during this fiscal year will be as follows. Those eligible will receive their voucher and health questionnaire at the end of June.

	Special Health Check-Ups	Check-Ups for the Elderly
Eligibility	40~74 (Born between September 1, 1946 and March 31, 1982) Enrolled in Iga National Health Insurance	75 and above Enrolled in elderly health insurance ( <i>kouki koureisha iryou seido</i> ) and by August 31 will become a policy holder (above 65 with a recognized disability)
Details	Oral examination, measurement of height, weight, waist etc, blood pressure, urine test, blood test (fat, kidney function, liver function, metabolism, uric acid etc) *No waist measurements taken for the elderly.	
	In-depth testing (where deemed necessary by a doctor based on predetermined standards), eye examinations	
Time Period	July 1- November 30 (During clinic hours)	
Location	Designated clinic in Iga or any clinic in Mie cooperating with the scheme	Any clinic in Mie cooperating with the scheme
You pay	0 yen	
Please bring	Voucher, health insurance certificate, health questionnaire	
Inquiries	Hoken Nenkin-Ka Tel:0595-22-9659	Mieken Kouki Koureisha Iryou Kouiki Rengou Tel: 059-221-6884

## Individual Cancer Screenings こべつ けんしん 個別がん検診

You can also have cancer screenings through your regular hospital or clinic individually. Contact the clinic at which you would like to have your screening directly in advance to make an appointment.

Cancers	Stomach Cancer	Prostate cancer	Colon Cancer	Cervical Cancer		Breast Cancer	
				Uterine Cervix	Uterine Corpus		
Screening	barium exam	Blood test	fecal occult blood test	inspection, pelvic exam, cytodiagnosis		mammography	
Eligibility	above 40	Males above 50	above 40	Females above 20 Uterine Corpus require physician approval		Females above 40	
Remarks: Read the details of cancer screening above. Contact at each hospital or clinic for further info.							
You pay	Under 74	3800 yen	1000 yen	1200 yen	1600 yen	2400 yen	2500yen
	Above 75	2000 yen	600 yen	800 yen	700 yen	1200 yen	1200 yen
Free on welfare							
Period	Jul 1 - Feb 28, 2022 (During clinic hours)						

## Infant Health Checkups and Consultation

赤ちゃんの検診と相談

In Iga, checkup examinations are available at 18 months and 3 years. Notifications will be sent out to homes with children eligible for the checkups. The examinations are; measuring weight and height, medical and dental checkup, and advice on nutrition and childcare. Please bring your "Mother-Child passbook (*Boshi techo*)" with you.

18 months	June 8, July 6 and 20	1:15pm to 2:40pm	Haitopia Iga 4F
3 years (3 and half years)	June 24 and July 8	1:15pm to 2:40pm	Haitopia Iga 4F

### ◆Mie Child Medical Hotline (*Mie Kodomo Iryou Dial*) / TEL: #8000 (059-232-9955)

When you have a question related to child illness, growth, vaccinations and more, please feel free to ask a pediatric doctor in the toll free hotline every day from 7:30pm to 8am in the following day.

【Eligibility】 Children less than 18 years old and their family members

【Inquiries】 Kenkou Suishin-Ka Tel:0595-22-9653



## Medical Emergencies & Assistance

救急医療

When you need medical treatments, see your family doctor during the clinic is open. If you fall sick when the clinic is out of service, refer the following options. Make an appointment before your visit and bring your health insurance certificate.

### ◆Iga-shi Emergency Clinic / TEL: 0595-22-9990

【Clinical Department】 Internal Medicine and pediatrics

【Address】 Iga-shi Ueno Kuwamachi1615 (Behind Okanami Hospital)

【Time】 Mon to Sat: 8pm-11pm

Sun and Public Holidays: 9am- noon, 2pm- 5pm and 8pm- 11pm



### ◆The Mie Medical Information Center (Mie ken Kyuukyuu Iryou Jouhou Center)

TEL: 059-229-1199

This center can give you information about which hospitals are available in your area.

### ◆Three medical emergency facilities on duty

◇Iga Shimin Hospital / TEL: 0595-24-1111

◇Nabari Hospital / TEL: 0595-61-1100

Mon to Fri: 5pm- 8:45am

Sat, Sun and Holidays: 8:45am- 8:45am

◇Okanami Hospital / TEL: 0595-21-3135

Mon: 5pm- 9am

Wed: 5pm- 8:45am

Sun: 9am- 8:45am

\*The closing time is the time of its following day.

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

### ◆24 Hours Iga-shi Emergency Call / TEL: 0120-4199-22 (24 Iga-shi Kyuukyuu Kenkou Soudan Dial)

This is a toll free consultation about health and medical issue 24/7. You can ask anything about physical and mental health, medical issue, child care, nursing service and so on anytime.

【Inquiries】 Iryou Fukushi Seisaku-Ka Tel:0595-22-9705

## Advice & Consulting 相談窓口

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 or Tabunka Kyousei Center for reliable, professional advice.

### ■Shimin Seikatsu-ka, City Hall 2F

【Open】 Mon-Fri, 8:30-17:00

【Tel】 0595-22-9702

【Venue】 3184 Shijuku cho, Iga-shi



Facebook

### ■Iga-shi Tabunka Kyousei Center

【Open】 Mon-Fri, and Sun(2<sup>nd</sup> & 4<sup>th</sup>) 9:00-17:00

【Tel】 0595-22-9629

【Venue】 Haitopia Iga 4F, 500 Ueno Marunouchi, Iga-shi

【URL】 <http://iga-tabunkakyouseicenter.com>



Website

We have a monthly private consultation with a certified administrative legal specialist (*Gyousei shoshi*) regarding, for example, visas, international marriage, nationalization and etc.

【Date】 July 1, Thursday, 1:30pm - 4pm

### Leearning Supprt Class Sasayuri Kyousitsu

ささゆり 教室

Students can find support to reinforce material learned in school in Japanese, for the 3<sup>rd</sup> to the 9<sup>th</sup> grader.

【Date】

Sat. 2pm - 4pm

【Fee】 200yen / class

【Tel】 0595-23-0912

Cell: 080-3590-7612

### Japanese Language Class Iga Nihongo no Kai

伊賀 日本語の会

Who wants to speak Japanese, come and join us! Also you can prepare for Nihongo Kentei test here.

【Date】

Wed. 7:30pm - 8:40pm

Sat. 7pm - 8:30pm

【Fee】 200yen / class

【Tel】 0595-23-0912

They are currently suspending face-to-face classes.

Please check with each contact about when they will resume. Thank you.



**HAIKU and the famous HAIKU poet, Matsuo Basho**

はいく まつおばしやう  
俳句と松尾芭蕉

A haiku is Japanese poem which consists of 17 syllables with a 5-7-5 syllables structures. In haiku, the most important thing is to "value nature and the seasons. These words that "value nature and the seasons", or represent the seasons, are called "KIGO". Haiku can teach children to be familiar with nature through " KIGO ". For this reason, haiku has become a part of Japanese culture and is now spreading all over the world.

It was in the Edo period (about 400 years ago) that the current form of haiku was created by Matsuo Basho, who was born in 1644 in Iga Ueno. Basho was called the "Haisei" (god of haiku), and there is a haiku hall called "Haisei-den" in Ueno Park, and haiku writing is still popular in Iga.



Matsuo Basho participated actively in Iga until the age of 30 and he moved to Tokyo (former Edo). At the age of 46, he traveled around the Tohoku region for about a year. The collection of haiku he made at that travel is called "Oku no Hosomichi" which is his most famous one. He continued to make haiku as he traveled throughout Japan until his death at the age of 51.

- Here's how to make a haiku.
- 1.) Choose a subject what you want do describe
  - 2.) Choose an appropriate seasonal word "KIGO"
  - 3.) Express your feelings in 17 syllables (5-7-5).



Through the study of haiku, the children of Iga learn to be familiar with nature and to express themselves in Japanese. This summer vacation, please enjoy writing haiku with your family.

Here are a few famous haiku.

Furuikeya kawazu tobikomu mizuno-oto

古池や 蛙 飛び込む 水の音

Old pond, frogs jumping in, the sound of water.

Author: Matsuo Basho

Seasonal word: 蛙(kawazu)=frog for **SPRING**

Meaning: How quiet it is to hear the small sound of a frog jumping into an old pond.



Kaki kueba kane-ga narunari Houryuji

柿食えば 鐘が鳴るなり 法隆寺

The bell tolls at Horyuji Temple when I eat a persimmon.

Author: Shiki Masaoka

Seasonal word: 柿(kaki)=persimmon for **AUTUMN**

Meaning: While I was eating a persimmon, I heard the sound of the bell of Horyuji Temple. Oh, autumn has come.



**Hot Topics**

あたら しい お知らせ



**Tax Notices for Municipal and Prefectural Tax will be Posted Soon**

し けんみんぜい のうぜいつうちしょ  
市・県民税 納税通知書

Tax notices for municipal and prefectural tax will be posted in June 14. You can easily make your payments at any bank, convenience store or Apps on your smartphone. Payment deadline for regular tax payments occur 4 times annually. The payment deadlines for these payments are the end of June, August, October and January.

\* If the last day of these months should fall on a weekend or public holiday, the payment deadline will be the following day.

\* Information regarding direct debit payments from your salary has been sent to business establishments and employers, so please check the details with your place or employment.

[Inquiries] Kazei-ka Tel:0595-22-9613



**The National Health Insurance Tax Rate will Change**

こくみんけんこうほけんぜいりつ か  
国民健康保険税率が変わります



Iga City's National Health Insurance has been running a large deficit in recent years, mainly due to the increase in medical expenses, so the insurance tax will be revised in stages. We ask for your understanding and cooperation. To reduce the tax for households with incomes below a certain amount, please contact the following.

[Inquiries] Hoken Nenkin-ka Tel:0595-22-9659

**Let's make Iga KUMIHIMO**

い が くみひも つく  
伊賀の組紐を作ってみよう

Kumihimo, the braided code, is using pure silk thread and one of the traditional crafts in Iga. Let's enjoy to make a KUMIHIMO key ring or a bracelet in this hands-on class.

[Date] July 11 Sunday 10am-11am

[Venue] Kumi-no-sato Hall, the 2<sup>nd</sup> floor  
Iga-shi Ueno Marunouchi 116-2

[Fee] 500yen [Capacity] First 15

[Application] E-mail, Phone or Fax

[Inquiries]

Iga International Friendship Association

Tel:070-4455-4900 / Fax:0595-22-9631 /

E-mail: mie-iifa@ict.jp

**Public Comments are Invited**

ぱぶりっくこめんとほしゅう  
パブリックコメント募集

Iga City is establishing the "Iga City Guidelines for Multicultural Conviviality" in order to realize a society where citizens with diverse values and cultural backgrounds accept each other and where everyone can live comfortably.

In the process of formulating the guidelines, we are seeking the opinions of citizens on the interim draft.

[Places to browse] Shimin-Seikatsu ka, City Hall/ Tabnka Kyousei Center, Haiopia/ Shinkou ka of each branch offices/ City Website

[How to submit] Please submit your name, address, telephone number, subject, and the relevant section and your opinion on it.

\* The submitted opinions will be used as reference material for formulating the guidelines and will be published on the city website.

\* We will not respond to each comment individually and will not return them.

\* You can bring to submit to Shinko ka of each branch office.

[Deadline to submit] Must be receipt by June 25, Friday, 5pm

[Where to submit/ Inquiries] Shimin-Seikatsu Ka

Tel:0595-22-9702 / Fax:0595-22-9641 / E-mail: shimin@city.iga.lg.jp