

広報 ひ こ ね (英訳版)

Community

Newsletter

Koho

HIKONE

No.1425-1426

Published by:

Translated by:

Proofread by:

Edited by:

Issue Date: August 1st, 2019

Hikone Human Rights Policy Div.

VOICE Trans. Group

Satoru Yamakawa

Martin Hawkes

Hikone Human Rights Policy Div.

2019.08

- **Garbage Collection on August 12th (P.3)**
- **Hikone Disaster Preparedness Drill (P.5)**
- **Health Check-ups for Infants (P.9)**
- **WELCOME TO BRAZIL (P.12)**



(Facebook) <http://www.facebook.com/hikone.eng>

(Abridged Edition) <http://www.city.hikone.shiga.jp/english/index.html>



Contact Us	Telephone Number
Hikone City Hall	0749-22-1411 (Switch Board)
Human Rights Policy Division (For English Interpretation Services)	0749-30-6113 (Direct Number)
FACEBOOK	http://www.facebook.com/hikone.eng

You Can Ask for English Interpreter Services at the Reception Desk at the Hikone City Hall and Via Phone (use the contact number given above.)

Please Say “*EIGO TSUYAKU ONEGAI SHIMASU* (English Interpreter Please)”

● The Foreign Language Version of Koho Hikone Is Issued Every Month.

This newsletter is available at:

- * Shiga University
- * University of Shiga Prefecture
- * Seisen University
- * Hikone City Hall 3F
- * AEON TOWN Hikone
- * Welfare Center
- * Shiga Bank (Oyabu Branch)
- * “Gyomu Super Market”(Toga-cho)
- * Beisia Hikone
- * Hikone City Hospital

Interpretation Services

● Interpreters Are Available at the Information Desk of the City Hall of Hikone.

Please say “*eigo-tsuuyaku-onegai-shimasu*” at the information desk.

「えいご つうやく おねがいします」

Hikone City Hall: Weekdays 8:30 a.m. to 12:00 p.m. 1:00 p.m. to 5:15 p.m.

Please note that the availability of our interpretation services is subject to change.

(Facebook) <http://www.facebook.com/hikone.eng>



Japanese Language Classes



Day	Hour	Location, Place	Organization Name to Contact	Cost
Wednesday すいようび	7:00 p.m. to 8:30 p.m.	Shimin kaikan 市民会館	Hikoneshi Kokusai Kyoukai 彦根市国際協会 Tel (0749)-22-5931 (Not available in Aug. and Dec. to Feb.)	100yen / lesson 100 円 / 1 回
Saturday 토요일	2:00 p.m. to 4:00 p.m.	Naka-chiku Kouminkan 中地区公民館	Hikone Kokusai Kouryu-kai VOICE ひこね国際交流会 VOICE かつらだ さん(KATSURADA) TEL 090-5156-6916	100yen / lesson 100 円 / 1 回
Sunday にちようび	10:00 a.m. to 11:30 a.m.	Nishi-chiku Kouminkan 西地区公民館	Volunteer Nihongo Kyoshitsu SMILE ボランティア日本語教室スマイル よしおか さん (YOSHIOKA) Tel (0749)-24-7241	100yen / lesson 100 円 / 1 回
Monday – Friday (Except for holidays)	①9:30 a.m. to 10:50 a.m. ②11:00 a.m. to 12:20 p.m. ③1:30 p.m. to 2:50 p.m. ④3:00 p.m. to 4:20 p.m.	Innovation Office “NAYASHICHI” Shiro-machi1-7-16	“Smile Satellite”(Weekday Class) NAYASHICHI Tel.(0749)-46-5377 or みずの さん(MIZUNO) Tel 070-5661-7345	200yen / lesson 200 円 / 1 回
げつようび～きんようび				
Tuesday Wednesday Friday	8:30 a.m. to 9:50 a.m.	Asahinomori- Chiku Kouminkan	Smile Tel: 070-5661-7345	200yen / lesson 200 円 / 1 回
Thursday	5:30 p.m. to 6:50 p.m.			

【Hikone International Lounge News】

Computer use is free in the Hikone International Lounge. We are waiting for your use!!

INFORMATION

☆Garbage Collection on August 12th

The city's garbage collection service will be carried out as usual on August 12th Monday (a national Holiday).

Please check the collection schedule of your area, and be sure to take out your garbage to the designated area no later than 8:00 a.m. on the day of the collection.

*To remove or install a garbage collection box requires a permit from the city in advance. There is also a subsidy available for a residents' association in Hikone that wants to remove/install a garbage collection box. For more info, please contact the Hikone Sanitation Centre.

*The amount of garbage directly brought to the Sanitation Centre is expected to be extremely high between August 13th Tuesdays and August 16th Friday due to the Jizo-bon season. So please refrain from bringing your household garbage to the centre during this 4-day period.

Inquiries: Sanitation Centre TEL:0749-22-2734

☆Renewal of Child-Rearing Allowance

All recipients of the Child-Rearing Allowance benefits, including these recipients whose benefits are currently on hold due to exceeding the income cap on the benefits, are required to submit its renewal form. All the recipients who are subject to this renewal will receive notice by mail by the end of July.

Renewal Period: August 1st until 30th

Place to Submit: Child Rearing Support Division, Welfare Centre

* It will be open until 7:00 p.m. on Thursdays.

* It will be open on August 24th, Saturday from 9:00 a.m. to 5:00 p.m.

Inquiries Child Rearing Division, TEL 0749-26-0994, FAX 0749-26-1768

☆Allowance for Unmarried Single Parents

The unmarried single parents' allowance is provided for unmarried single parent households. An application is necessary. To those who are currently receiving the allowance we will send the information at the end of July.

Object: Person who meets all of the following conditions

- A A single father or mother who is eligible to receive the payment of the childrearing benefits for November 2019.
- B Person who has never legally married with anybody as of October 31, 2019.
- C Person who is not actually married, or person whose actual married partner is unknown to be alive or dead as of October 31, 2019.

Amount of Allowance: ¥17,000 (per person)

Submission Period: Thursday, August 1 ~ Friday, December 27

Submission Place & Inquiries: *Kosodate-shien-ka* (Children's Welfare Division), City Welfare Center 2F

Tel 0749-26-0994 Fax 0749-26-1768

★Special Disability Allowance, Disability Child Allowance and Special Disability Child Allowance

Hikone city will send target persons the information about 'current status notification' 'declaration of income' at the beginning of August. Please submit the document in due time.

- Special Disability Allowance and Disability Child Allowance are supplied to a person who needs special assistance for his/ her daily life. Special Disability Child Allowance is supplied to the guardian of a disability child (with moderate to severe disability)
- Regarding Special Disability Child Allowance, when you have not submitted for 2 years you lose the right to get the allowance.

Period for submission: Friday, August 9 ~ Wednesday, September 11

Submission & Inquiries: Welfare Division for People with Disabilities Tel 0749-27-9981 Fax 0749-30-9231

★Supports for Single-Parent Households

Concerns & Trouble	Staff of self-reliance support and social welfare promotion for single parents can offer consultation services.	Childrearing Support Division TEL:0749-26-0994 FAX:0749-26-1768
Finding a Job	For those who want to find/change a job, there is a support program available.	
Acquiring a Qualification	<ul style="list-style-type: none"> • For those who want to acquire skills to land a job, up to 60% of tuition fees will be covered. • Subsidies are available for those who want to become a certified nurse, care worker, childcare-giver, etc. 	
Student Loans	Student loans are available for single-parent households when a child wishes to have a higher education.	
Childrearing Benefit	The Childrearing Benefit is granted to single-parent households or persons who are taking care of a child on behalf of his/her parents.	
Temporary Benefit	For married single parents, a temporary benefit will be granted. The application period will end on December 27 th .	
Services at a Nursery School	There are some services available at nursery schools.	
Subsidies for the Use of Temporary Daycare Services	If you use childrearing support services provided by a social welfare corporation or non-profit organizations due to emergencies, such as an illness, there is a subsidy available. (Terms and conditions would apply.)	
Places for Children	For children of junior-high-school age only, there are places where the children can socialize with locals and university students through some activities.	
Financial Support for Medical Care	Deductions can be applied to medical bills covered by the National Health Insurance coverage when seeing a doctor. (Terms and conditions would apply.)	Health Insurance and Pension Division TEL:0749-30-6136
Tax Deduction	In certain circumstances like having a dependent, you could be eligible for tax deductions for income or resident tax. (Terms and conditions would apply.)	Tax Division TEL:0749-22-1398

*For more details, please inquire at each relevant division.

EVENTS

★Hikone Disaster Preparedness Drill

Date & Time: August 24th, Saturday

8:00 a.m. – Noon

Venues: Nishi Junior-high School (Konki-cho) and Johoku Elementary School (Matsubara-cho)

With a view to bolstering the cooperation and communication between non-government and government authorities in the event of a disaster, and raising awareness about the importance of disaster preparedness amongst the residents of Hikone, the city is set to hold its annual disaster drill.

At Nishi Junior-high school, the main venue, there will be participatory activities such as bucket relays and so on and so forth, and participants can have a taste of a disaster through an earthquake simulator vehicle.

On top of these participatory activities, participants will be able to observe disaster recovery efforts demonstrated by relevant organizations, a fire prevention training conducted by a fire brigade, a post-impact disaster surveillance demo by a helicopter, and a disaster rescue mission training of the Japan Ground Self-Defence Force. Please come and join this disaster preparedness drill with your friends and family.

Main Activities of the Disaster Preparedness Drill

- Evacuation Drill
- Life Saving Training
- Training for the Rescue of an Injured Person
- Recovery Operations of the Utility System
- Soup Kitchen
- Fire Drill with a Smoke Machine
- Fire Drill (Bucket Relays, etc.)
- Flood Prevention Training (Stacking Sandbags, etc.)
- Training for the Rescue of Isolated Victims
- Training for the Shipment of Relief Supplies
- Earthquake Simulator Vehicle
- Sampling Emergency Food

*At Johoku Elementary School, a training session for setting up emergency shelters is scheduled to take place.

Participating Organizations

- Hikone City Hall
- Hikone City Assembly
- Voluntary Disaster Prevention Organizations
- Hikone Social Welfare Council
- Hikone Fire Brigade
- Residents' Associations
- Hikone Police Department
- FM Hikone, etc.

Inquiries: Risk Management Division TEL 0749-30-6150, FAX 0749-23-1777

★“HIKONE DE ASAICHI” (The Fresh Morning Market in Hikone)

Selling local fresh vegetables, bean curd, local fresh fish and shellfish from the lake, and handcrafted general goods,---under the concepts of "Reliable sourced food", "Local production for local consumption" and "Handmade" on the third Sunday of each month.

Date & Time: Sunday, August 18 8:00~12:00

Place: GOKOKU- JINJYA (shrine) (Osue- cho)

Inquiries: “HIKONE DE ASAICHI” Executive Committee Tel 0749-24-4461 hikonedesaichi55@gmail.com

★Shiga Nursing Care and Welfare Job Fair

Presentations by exhibitors and individual meetings at booths.

Day & Time: Sunday, September 8 12:30 – 16:00

Place: 2F Viva City Hall, Viva City Hikone

Target: Anyone Wishing to Work in a Nursing Care Facility

Inquiries: Tel 0749-64-5125 Fax 0749-64-5126

★The 33rd Hikone City Marathon

Date: November 10th (Sun)

Starting Time: 9:05 a.m. – 5km. (**approx. 3.1 mi.**)

9:10 a.m. – 10km. (**approx. 6.2 mi.**)

9:15 a.m. – 3km. (**approx. 1.8 mi.**)

Tracks: Nishi Junior-high School, Traffic Roads Around Hikone Castle

Participation Numbers: Max 2,200 (First Come, First Served)

Fees: Refer to the Table on the Right

Entry: • Fill out the participation form and pay a fee at a post office.

The form is available at Hikone Board of Education and community centres. The entry period is from July 26th through August 9th.

• You can register for participation of the marathon online.

Go to <http://runnet.jp/>

The online entry period is from July 26th through September 2nd.

* As a token of your participation, you can get an original t-shirt with Hikonyan printed on it.

*On the day of the marathon, it is expected to be crowded. Therefore, you are strongly advised to take public transportation.

*Please contact Hikone Board of Education for further details.

	Group		Fee
3km.	1	Male Elementary Schoolers (3 rd – 6 th Graders)	1,400 ¥
	2	Female Elementary Schoolers (3 rd – 6 th Graders)	
	3	Female Junior-High Schoolers	
	4	Female Adults (High-School Age or Older)	3,200 ¥
	5	Parent and Child (Child Must be Elementary Schoolers)	
	6	Duo (Must be Older than Junior-High Age)	
5km.	7	Male Junior-High Schoolers	1,400 ¥
	8	Male Adults (High-Schoolers or Older)	3,200 ¥
	9	Female Adults (High-Schoolers or Older)	
10km.	10	Male Adults (Between High-Schoolers and 39-Year-Old Males)	3,200 ¥
	11	Male Adults (40 Years Old or Older)	
	12	Female Adults (High-Schoolers or Older)	

Inquiries: Hikone Board of Education, Hikone City Marathon Committee Office

TEL: 0749-24-7975, FAX 0749-23-9190

★Opening of Water Play Areas

Opening Period: July 20th until August 20th

Parks: Sotobaba Park (Kyomachi 2-chome) and Take Park (Hassaka-cho)

Opening Hours: 10:00 a.m. – 4:00 p.m.

Inquiries: City Planning Division, TEL 0749-30-6124, FAX 0749-24-8517

★Story Time in English for Parents and Children

Date & Time: August 2nd, Friday

①10:15 a.m. – 10:45 a.m. ②11:00 a.m. – 11:30 a.m.

Location: Hikone City Library

Capacity: Max 20

Target Group: Children who are 3 to 5 years old and their parents

Application: Via Phone or at the Windows of the Hikone City Library

Application Period: From July 16th until the moment the number of participants reaches the capacity

☆Information From The Children's Center

Let's play with babies

Content: Guardians can spend time together with their babies. You can join us freely during the event.

Date: Thursday, August 15 13:30~14:30

Target: from 2 months to 8 months babies and their guardians

Cost: free of charge

Children's Class 「Let's make special transparent soaps」

Content: Let's make beautiful soaps with the students of Hachimani Technical High School

Date: Wednesday, August 21 13:30~15:00

Target: Elementary school students and Junior high school students. (Elementary school students must be accompanied by their parents)

Capacity: First 15 people

Cost: ¥500

Application date: Saturday, August 3~Wednesday, August 14

Starry Sky Class 「Let's enjoy summer constellations」

Content: Let's explore the summer starry sky through an astronomical telescope.

Date: Friday, August 16 19:30~21:00

Target: Anyone who is interested in astronomy (Elementary school students and under must be accompanied by their guardian.

Capacity: First 25 people

Cost: ¥300 (Free for preschool students and under)

Application date: Saturday, August 3~Wednesday, August 14

* Canceled in case of rain. Please make sure after 16:00 on that day when it is unclear.

Inquiries: Children's Center Tel 0749-28-3645 Fax 0749-28-3646

* Please apply by phone or at the counter directly.

☆Let Us Pray for Victims and for Peace at the Same Time the A-Bomb Dropped on That Day

Let us offer a silent prayer for atomic bomb victims in Hiroshima and Nagasaki and pray for lasting peace at our respective places, in a family, in a community, at a workplace at the same time the A-bomb dropped on that day.

The time A-bomb dropped: 8:15 in the morning, August 6 in Hiroshima

11:02 in the morning August 9 in Nagasaki

☆Hiroshima, Nagasaki The Atomic Bomb Exhibition

Japan is the only country that has suffered from atomic bombing. Hiroshima, Nagasaki the Atomic Bomb Exhibition is held to remind us of the preciousness of peace and hope.

Hikone City declared to eliminate all nuclear weapons from the face of the earth on October 1, 1983.

Period: Saturday, August 3 ~ Saturday, August 10 10:00 ~ 18:00 (except Monday)

Place: City Library (Osue-cho)

Contents: Posters of the A-bomb, Reports for studying about peace by the students in City Junior High Schools, Reports for receiving Junior and High School Students from Ann Arbor, A signature collecting campaign for seeking the early conclusion of a treaty to prohibit nuclear weapons, Making paper cranes area

Sponsor: Hikone City, Hikone UNESCO Association

Cooperation From: Hiroshima Peace Memorial Museum, Mayors for Peace

Inquiries: General Affairs Division Tel 0749-30-6100 Fax 0749-22-1398



Consultation

	Date & Time	Place	Contents
Alcohol Consultation	August 2 & September 6 (Fri) 14:00 ~16:00 (by reservation)	Public Health Center (Wada-cho)	Issue of alcoholism Tel 0749-21-0283 Fax 0749-26-7540
Consultation for Reclusive and Unsociable People	August 15 (Thu) 11:00 ~ 17:00 (by reservation)		Helping sufferers 16 years old and over and their families. Tel 0749-21-0283 Fax 0749-26-7540
	September 12 (Thu) 15:00 ~ 17:00 (by reservation)		
	September 19 (Thu) 11:00 ~ 17:00 (by reservation)		
Mental Health Welfare Consultation	August 23 14:00 ~16:00 September 20 (Fri) 13:00 ~ 15:00 (by reservation)	Medical instruction for troubled minds. Introduction of a medical institution and facilities Tel 0749-21-0283 Fax 0749-26-7540	
Human-Rights Consultation	August 7 & 21, September 4 & 18(Wed) 13:00 ~ 15:00	Consultation Room (AL PLAZA Hikone 4F)	Counseling about bullying and all acts of discrimination Tel 0749-22-0242
Vacant House TSUKIICHI Consultation	August 19 & September 17 (Tue) 9:00 ~ 17:00 (by reservation)		Consultation for people who have vacant houses or want to live in a vacant house or make use of it (Hikone only) *The first 7 per people (30minutes per person) *Reservation acceptance : until August 16 and until September 13
Work Consultation for Cancer Patients	August 21 & September 18 (Wed) 13:30 ~ 15:30 (by reservation)	Hikone Municipal Hospital (2F, 3block)	Consultation for work while receiving treatment ※The first 2 or 3persons
Law Consultation	August 23 & September 27 (Fri) 13:00 ~ 16:00 (by reservation)	Community Relations Division (AL PLAZA Hikone 3F)	*Consultation fee: 5400 yen per 30 minute session (Please pay on the consultation day) *The first 6 people from 8:30 on Aug 14 & Sep 18 *Only those who live or work in Hikone Tel 0749-30-6117 Fax 0749-22-1398
Consultation on Anything for Elderly People and People with Disabilities	September 14 (Sat) 13:30 ~ 16:30 (by reservation)	Welfare Center for People with Disabilities (Hirata-cho)	A lawyer or judicial scrivener or social worker provides advice. Acceptance of application starts from August 14 Tel 0749-22-2821 Fax 22-2841
Child·Family Consultation	Every Mon ~ Fri (except holidays) 8:30 ~ 17:15	Consultation Room for Children (Welfare center)	Consultation for child care issues, child abuse, domestic violence etc. Tel 0749-23-7838 Fax 0749-26-1768
Consumer Life Consultation	Every Mon ~ Fri (except holidays) ①9:00 ~ 12:00 ②13:00 ~ 16:15	City life Environment Division (AL PLAZA Hikone 3F)	Consultation about the trouble of consumer life, contracts, etc Tel 0749-30-6144
Human-Rights Consultation by Multiple Languages	Every Mon ~ Fri (except holidays) 9:00 ~17:00	Otsu Regional Legal Affairs Bureau	Telephone consulting service for the trouble of human rights Exclusive telephone for consultation:0570-090-911
Consultation for Bullying/Hot Line	Every Mon ~ Fri (except holidays) 9:00 ~ 17:00	School Support/ Bullying Measures Room	An experienced person in education can provide advice *You can consult on the municipal government website Exclusive telephone for consultation: 0749-24-7977
Traffic Accident Consultation	Every Tue & Thu ①9:00 ~ 12:00 ②13:00 ~ 16:00	Koto Joint Government Building 2F (Moto-machi)	Consultation by telephone is also available from Monday to Friday except holidays Tel 0749-27-2230
General Consultation for Children & Youth	Every Mon ~ Fri (except holidays) ①10:00 ~ 12:00 ②13:00 ~ 17:00	Child & Youth Consultation Center (Welfare center)	Consultation for persons 39 years old and younger who have troubles in their social life (NEET or unsociable person etc). Tel 0749-47-3001 Fax 0749-26-1768
Developmental Disorder Consultation	Every Mon ~ Fri (except holidays) ①8:30 ~ 12:00 ②13:00 ~ 17:15 (by reservation)	Development Support Division	Consultation for people with developmental disorders or their family Tel 0749-26-8282 Fax 0749-26-1768
Language Consultation	Every Mon ~ Fri (except holidays) ①8:30 ~ 12:00 ②13:00 ~ 17:15 (by reservation)		Consultation for children before entering elementary school who have concerns about pronunciation or language and their family Tel 0749-26-8282
Worries Counselor's Office	Every Wed & Fri (except second Wed. & holidays) 13:00 ~ 16:00	Welfare Center For the Disabled (Hirata-cho)	Consultation about various worries in your life Exclusive telephone for consultation: 0749-22-0294
	Second Wed of even number months (except holidays) 13:00 ~ 16:00	Northern Elderly Welfare Center (Baba-cho)	
	Second Wed of odd number months (except holidays) 13:00 ~ 16:00 (Wed)	Southern Elderly Welfare Center (Tawara-cho)	
Consultation on Pension and Pension Procedures	①Monday: 8:30 ~ 18:00 ②Tuesday~ Friday: 8:30 ~ 16:00 ③Second Saturday: 9:30 ~ 15:00	Reservation Exclusive Use Acceptance Phone : 0570-05-4890 (Weekday: 8:30 ~ 17:15)	When you make a telephone, please prepare a pension-notebook or a pension certificate

★Health Check-Ups for Infants

August

Kusunoki Center 1F (Next to Hikone Municipal Hospital) / 13:00~14:00

4-Month-Old Babies	20 (Tue)	Born between Apr 1 and 15, 2019
	27 (Tue)	Born between Apr 16 and 30, 2019
10-Month-Old Babies	7 (Wed)	Born between Oct 1 and 15, 2018
	21(Wed)	Born between Oct 16 and 31, 2018

Kusunoki Center 1F (Next to Hikone Municipal Hospital) / 13:00~14:00

18-Month-Old Babies	9 (Fri)	Born between Jan 1 and 15, 2018
	23 (Fri)	Born between Jan 16 and 31, 2018
2-Year-6-Month-Old Children	8 (Thu)	Born between Jan 1 and 15, 2017
	22 (Thu)	Born between Jan 16 and 31, 2017
3-Year-6-Month-Old Children	19(Mon)	Born between Jan1 and 15, 2016
	26(Mon)	Born between Jan 16 and 31, 2016

September

Kusunoki Center 1F(Next to Hikone Municipal Hospital) / 13:00~14:00

4-Month-Old Babies	17 (Tue)	Born between May 1 and 15, 2019
	24 (Tue)	Born between May 16 and 31, 2019
10-Month-Old Babies	11 (Wed)	Born between Nov 1 and 15, 2018
	18(Wed)	Born between Nov 16 and 30, 2018

Kusunoki Center 1F (Next to Hikone Municipal Hospital) / 13:00~14:00

18-Month-Old Babies	13 (Fri)	Born between Feb 1 and 15, 2018
	20 (Fri)	Born between Feb 16 and 28, 2018
2-Year-6-Month-Old Children	12 (Thu)	Born between Feb 1 and 15, 2017
	19 (Thu)	Born between Feb 16 and 28, 2017
3-Year-6-Month-Old Children	2(Mon)	Born between Feb 1 and 15, 2016
	9(Mon)	Born between Feb 16 and 29, 2016

※As individual notification of Health Check-ups is for 4 month-old babies only, please check the Suku-Suku book for what contents and items to bring.

*For Health Check-ups for 18- month-old-babies, a toothbrush is necessary and for 2- year & 6-month-old-children, a toothbrush and cup are necessary. There will be a class on the correct way of brushing your child's teeth.

*For Health Check-ups for 3-years& 6 –month-old children, there is a urinalysis. Please bring a first morning urine sample in a clean bottle.

* If you are unable to come on the date specified or if you have any questions about the Health check for infants, contact The Health Promotion Division [Tel:0749-24-0816](tel:0749-24-0816)、 [Fax:0749-24-5870](tel:0749-24-5870)

☆Hikone City Residents' Checkups

Arteriosclerosis can be caused by high blood pressure, high sugar, and high blood cholesterol.

Arteriosclerosis can increase your risk of developing serious diseases; (heart attack, stroke, kidney failure).

These diseases have no symptoms.

Please take the medical checkup once a year.

Eligibility Hikone residents who meet one of the following requirements ① or ②

◆**Health checkup** (Medical examination by interview, Body measurement, Abdominal circumference measurement, Blood pressure measurement, Urine test, Blood test, Medical checkup)

- ① Those who were born between April 1 1980 and April 1 2001.
- ② Public assistance recipients who were born before March 31 in 1980.

◆**Hepatitis virus checkup**

- ① Those who are 40, 45, 50, 55, 60-year-old and have never previously had Hikone city's hepatitis virus checkup. A notification will be delivered individually at the end of May.
- ② Those who are over 41 years old and have never previously had Hikone city's hepatitis virus checkup.

*Please call the health promotion division, or send a fax within one week before the checkups.

Date	Place	time
August 27 (Tue)	Naka-chiku community center	9:30~11:00
August 28 (Wed)	Kusunoki-center	
	Women only	13:00~14:30
August 30 (Fri)	Minami-chiku community center	9:30~11:00
September 4 (Wed)	Nisi-chiku community center	

There is a nursery service on August 28 (Wed) (afternoon only) (reservation system)

Inquiry: Health Promotion Division Tel 0749-24-0816, Fax 0749-24-5870

☆Information of Japanese Encephalitis Vaccination

1st phase (3 times) the statutory age range: 3-year-old to 7 and a half-year-old

2nd phase (1 time) the statutory age range: 9-year-old to 13-year-old

The special targets of the Japanese encephalitis vaccination are as follows:

*Those who were born before April 1st, 2007 and then missed the opportunities of the vaccinations can receive the remaining the vaccinations till 20-year-old for free.

*Those who were born between April 1st, 2007 and October 1st, 2009 and received the vaccinations less than 3 times can receive the remaining vaccinations during the 2nd phase (9-year-old ~ 13-year-old) period for free.

How to receive the vaccination

*Please be sure to make a reservation at a medical institution.

*Please be sure to be accompanied by a guardian and bring the mother and child health Recordbook and health insurance card

Notes

*Japanese encephalitis vaccinations can be received 4 times in total.

Please make sure your inoculation history so as not to overlap.

*Pregnant or possibly pregnant women are not allowed to receive the vaccinations.

*As a general rule, a child must be accompanied by his/her own guardian to receive the vaccine. However, in case of emergency, the child can get vaccinated, being accompanied by a proxy of the guardian.

Inquiries: Health Promotion Division Tel 0749-24-0818 / FAX 0749-24-5870

☆Be Careful with Mosquito Bites – How to Prevent Mosquito-Borne Diseases

Viruses of dengue fever and Zika virus spread through mosquito bites.

Not all individuals show the symptoms of dengue fever or Zika virus after getting infected; however, if pregnant women contract Zika virus, the risk of giving birth to a baby with birth defects, such as microcephaly, will increase.

As for dengue fever, if no proper medical treatment is given, dengue fever will lead to serious condition known as severe dengue or dengue haemorrhagic fever.

• Eliminate Possible Mosquito Breeding Sites

Mosquitos have a tendency to lay eggs in shallow standing water.

If you get rid of standing water in buckets, flowerpots, etc., you can minimize a chance of a possible mosquito outbreak.

• Avoid Mosquito Bites

Wear a long-sleeved t-shirt and trousers to reduce skin exposures and use a mosquito repellent whenever you spend time outside. When you are indoors, prevent mosquitos from coming inside by using screen doors and not opening and closing doors so frequently. If you visit places of Japan or foreign countries where mosquito-borne diseases are prevalent, pay extra heed to mosquito bites.

• If you develop a sudden fever after you get bitten by a mosquito, seek medical care immediately.

☆NYUYOJI KOBETSU SODAN (Individual consultant for infants)

Please bring your Maternal and Child Health Handbook.

●Date & Time : Tuesday, August 6 & 27

Thursday, September 12 & 26 9:30~11:00

Place: *Kusunoki* Center 1F (Next to Hikone Municipal Hospital)

*Consultation by a nutritionist is available on Tuesday, August 27 & Thursday, September 26

☆Rakuraku Kin-en (Quit Smoking Easily) Consultation

A smoking habit is due to dependence. If you are trying to quit smoking, please feel free to inquire.

Date & Time: Wednesday, August 14 & September 11 9:00~ 10:00~ 11:00~

Place: Kusunoki Center 2F (Next to Hikone Municipal Hospital)

Capacity: 1 person / each time slot (Reserved)

Contents: • Check for your lung's contamination (Measure the carbon monoxide density in your exhalation)

• Check for your addiction to cigarettes (Measure the nicotine density in your urine)

• Consultation on how to quit smoking

Inquiry: The Health Promotion Division Tel: 0749-24-0816 Fax: 0749-24-5870

☆WELCOME TO BRAZIL (No.03)

Wacky But Yummy Sushi In Brazil

Japanese food has been enjoying huge popularity in Brazil. In the 1990's, Japanese food and products became increasingly visible in Brazil, and a number of Japanese restaurants were popping up. In my home city, Sao Paulo, because Japanese restaurants are beloved by so many people, they have actually outnumbered places serving a Brazilian national dish – Churrasco (Brazilian barbeque).

With that being said, there are a good many differences between Japanese “Japanese” food and Brazilian “Japanese” food. In order to match the palate of Brazilians, sweetness in Japanese dishes are cut down, and soy sauce is used more often. What's more, Brazilians tend to use strange ingredients for Japanese food.

Sushi is one of the best examples to describe this culinary trend. On the one hand, Japan has access to a wide selection of seafood. On the other hand, seafood in Brazil is quite costly, and as a consequence, most restaurants use only salmon as a primary ingredient of seafood for sushi. To address this problem and attract more customers at the same time, the restaurants arrange salmon sushi in a variety of ways, like adding cream cheese, mayonnaise, sesame or a special sauce, to make each salmon different from each other, taste wise.

On top of the salmon sushi, Brazil offers some other unique kinds of sushi that you are not going to find in Japan. To cite an example, there are deep-fried salmon rolls called “Hot Roll”, sushi with deep fried kales or nachos and so on - the crispiness of these ingredients is favoured by a lot of Brazilian people. There is also a sushi menu available for vegetarians and vegans. For something sweet, sushi rolls using mangos, bananas, strawberries, and other fruits are all available. More interestingly (maybe weirdly), some sweet toppings such as fruit jelly, fruit jams, etc. are used for salmon sushi.

Some sushi in Brazil indeed sound eccentric to the Japanese, but some of them are pretty enjoyable. So, if you have an opportunity to taste any of it, it is worth giving it a shot.

<p>“WELCOME TO BRAZIL” is a monthly column published in 広報ひこね. The columnist, Julia Yuri Okamoto, is from Brazil and has been working as Coordinator of International Relations of Hikone since coming to Japan in April 2019.</p>
