

The city where everyone wants to live

Nos.1335-1336

Date: July 1, 2015

広報 ひこね (英訳版)  
Community Newsletter,  
**Koho HIKONE**

(Abridged Edition)

<http://www.city.hikone.shiga.jp/english/index.html>

Published by: Multicultural Coexistence  
Human Rights Policy  
Division  
Hikone City Hall  
Tel: (0749)-30-6113  
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2015.7

Name of Division	Telephone Number
Hikone City Hall (Representation)	0749-22-1411 (Main Number)
<b>Hikone City Hall (JINKEN SEISAKU KA)</b> 彦根市役所 (人権政策課)	<b>0749-30-6113 (Direct Number)</b> 直通番号

English Interpreter Service (Please see page 1)	
EIGO TUUYAKU ONEGAI SHIMASU	Please call English Interpreter for me.

Consultation Service in English (Please see page 1)	
You can talk with secret person in somewhere.	0749-27-2400 (Wednesday)
※ In August 2015, only available on Aug. 12th and 19th	

●“Koho Hikone” foreign language version by Hikone City is issued once every month.

This newsletter is available at

- \*Head Post Office
- \*Viva City 2F(near the children play ground)
- \* Yujin Yamazaki Hospital
- \* Shiga Bank (Oyabu Branch)
- \* Jinno Clinic
- \*“Gyomu Super Market”(Toga-cho)
- \*Hikone City Hall 1F
- \*Beisia Hikone

●Interpreters are available if you request this service at the reception desk.

Please say this Japanese sentence “*eigo tuyaku onegaishimasu.*” 英語通訳をお願いします。  
 (It means “please call English interpreter for me”) えいご つうやく おねがいします。  
 We might change the interpreter’s available time.

Hikone City Hall: Weekdays 8:30 ~ 12:00 13:00 ~17:15

## Various Services 様々なサービス

### ●Telephone Consultation Service for Foreign Residents

☎ Telephone Number: 0749-27-2400 外国人向け電話相談

#### Available hours

English	Wednesday	10:00~12:30, 13:30~16:00	Except for National Holiday.
Portuguese	Thursday	10:00~12:30, 13:30~16:00	
Chinese	Friday	10:00~12:30, 13:30~16:00	

### ●Japanese Class

Day	Horário	Location, Place	Organization Name to contact	Cost
Wednesday すいようび	19:00 to 20:30	Shimin kaikan 市民会館	Hikoneshi Kokusai Kyoukai 彦根市国際協会 (0749)-22-5931	100yen / lesson 100円 / 1かい
Saturday どようび	14:00 to 16:00	Naka-chiku Kouminkan 中地区公民館	Hikone Kokusai Kouryu-kai VOICE ひこね国際交流会 VOICE (0749)-46-1294	100yen / lesson 100円 / 1かい
Sunday にちようび	10:00 to 11:30	Nishi-chiku Kouminkan 西地区公民館	Volunteer Nihongo Kyoushitsu SMILE ボランティア日本語教室スマイル (0749)-24-7241	100yen / lesson 100円 / 1かい

#### 【Hikone International Lounge News】

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

## [Apology and Correction for our past article]

### ROSEN Bus SOUGOU JIKOKUHYOU (= All Time table for Route Bus)

We found some typewriting mistake on above titled booklet. Route Numbers on page 8 and 10 have wrong information. The right information is following.

(You already got this titled booklet inside of KOHO Hikone for May 1st in Japanese version.)

旭森小学校經由

[= ASAHIMORI SYOUGAKKOU KEIYU (=Via ASAHIMORI elementary school)]

<Wrong Information> Route Bus Number “21”

<Corrected Information> Route Bus Number “23”

旭森小学校經由平田循環

[= ASAHIMORI SYOUGAKKOU KEIYU HIRATA JYUNKAN (= Loop line in HIRATA CHO, Via ASAHIMORI elementary school)]

<Wrong Information> Route Bus Number “23”

<Corrected Information> Route Bus Number “21”



### Contact Us

Hikone City Hall, KOUTSUU TAISAKU KA (= Traffic Management Division)

Tel. 0749-30-6134

Fax. 0749-24-5211

### Requests from the Sanitation Center

Attention

**Please follow the rules of disposing of garbage.**

★How to put out rectangular lumbers, reed screens, tree branches and grass・flowers (burnable garbage)

●You should dispose of them in the City designated garbage bag “*MOYASU-GOMI* (burnable garbage)”.

Don't put them by bundle only with string. Vegetable's stalk・stem, plant's vine also don't put them by bundle only with string. You should put them in the City designated garbage bag “*MOYASU-GOMI* (burnable garbage)”.

●Rectangular lumbers, tree branches – trim them in 5 cm or less in diameter and 60 cm or less in length, Reed screens – cut them at shorter than 60 cm long, and put them into the designated bag.

\*Exception – When tree branches out two or more and easy to tear the bag, you can bind them together in 30 cm or less in diameter with string after cutting each of them in 5 cm or less in diameter and 60 cm or less in length, and put them out.

※Rectangular lumbers, tree branches, reed screens that are over 5 cm in diameter or over 60 cm in length are to be oversized trash as the grouping.

★About bringing your garbage to the center directly.

●Regarding the landfill garbage (ceramics & other items), Nakayama Abandonment Site does the handling.

When you dispose a lot of landfill garbage, please bring to Nakayama Abandonment Site directly. Then, be sure to get certification at the Center, City Life Environment Division in City Hall or City Branches in advance. And, carry the landfill garbage to the Site. (Charged. ¥40/every 5kg)

●You should separate your garbage correctly into each category (Burnable, Plastics, Cans & Metal, Glass Bottles) before bringing them. And use each of the City designated garbage bag for burnable, Plastics or landfill garbage.

●Please note that the direct drop-off of garbage is charged.

●Date & Time of direct drop-off: Monday through Friday (except holidays) The Center: 9:00 ~ 12:15, 13:00 ~ 16:15  
The Site: 9:00 ~ 16:30

●The center might be crowded with cars. Please follow instructions from the person in charge in order to avoid an accident.

■When you want to put out your garbage in large quantities as your community's collection place is flooded with your garbage, please bring your garbage to the sanitation center (or Nakayama Abandonment Site for the landfill garbage) directly. Or, put out your garbage in some times in your community's collection place on your area's collection days.

Inquiries: The City Sanitation Center Tel. 0749-22-2734 Fax. 0749-24-7787

## INFORMATION

### **☆Please Prepare For Wind and Flood Damage**

In recent years, flood and landslide disasters caused by heavy local rainfall have happened frequently. Hikone city issues an evacuation warning (for details, see the following chapter) in the case that the river level rises and there is a high probability of causing disaster. You can check the information on Hikone City Website, NHK data broadcast and Hikone City Mail Delivering System. Please visit our website for more information.

Hikone City Mail Delivering System (only in Japanese)

Information about evacuation and disasters happened in Hikone is available but registration is required.

How to register for this service

- ① Send the blank e-mail to the address below
- ② You receive a mail listed URL for registration
- ③ Access the display of the registration and select information about evacuation

E-mail address for registration [touroku@hikone-city.jp](mailto:touroku@hikone-city.jp)

#### **Information about evacuation in wind and flood damage**

Information about preparing evacuation

For those who need some help or take some time, please start to evacuate their home. For others, please start to prepare for evacuation.



Evacuation advisory

For those who act without any problem, please start to evacuate.



Evacuation order

Please complete evacuating, If not, please evacuate in a hurry.

※To ensure the safety has a higher priority over evacuating in danger. Please consider seeking shelter in two-story or higher buildings if you don't have enough time to evacuate or find it more dangerous to head to the evacuation center.

Inquiries: Disaster and Crisis Management Office    Tel.0749-30-6150,    Fax.0749-23-1777



### **☆Careless Bicycle Riders to Be Regulated to Have a Lecture**

**--Traffic Administration Division (KOTSU-TAISAKU-KA)--**

The traffic law was reformed; the Public safety Commission will order careless bicycle riders to take a lecture. The law will be enforced on and after June 1, 2015.

Objectives: bicycle riders who have been prosecuted more than twice in three years for non-halting, ignoring a traffic light, etc.

Lecture: for three hours

¥5,700 (possible to be changed)

- You will be fined ¥50,000 if you do not take a lecture.

Inquiries: Traffic Administration Division    Tel.0749-30-6134,    Fax.0749-24-5211

Traffic Division, Hikone Police Station    Tel.0749-27-0110



### **☆Exemption and Payment Postponement of National Pension Premium**

For those who find it difficult to pay national pension premiums due to financial reasons, there is an exemption system and payment grace system. If you think you are eligible for it, please apply for it. If you become disabled or die and if you forgot to pay your premium without applying for the system, you or your family might not be able to receive disability pension or survivor's pension. Basically, application is necessary for every year.

Application: The City *Hoken-Nenkin-Ka*, Branch Offices or *Hikone-Nenkin Jimusyo*

Date: July 1 (Wednesday) ~

Approved Period: July ~ June, 2016

If you apply during July, you can apply for the period from July two years ago to June of this year

Inquiries: Hikone *Nenkin Jimusho*, *Kokumin-Nenkin-Ka* [Hikone Pension Office (To-machi), National Pension Division]    Tel. 0749-23-1114,    Fax. 0749-23-9033

**☆To the Members of “National Health Insurance (KOKUMIN-KENKO-HOKEN) &**

**“Medical Care for the Elderly (KOUKI-KOUREISHA-IRYOU)”**

-- National Health Insurance and Pension Division (HOKEN-NENKIN-KA)—

In case the medical expense is high: If you have “the Certificate” and show it you can get rid of paying more than a set-up amount (excluding the case the insurance is not applied). Application is required to get “the Certificate”.

- 1 The set-up amount is determined based on your age and your household income.
- 2 Those who can get “the Certificate” are citizens (70 years old and over) exempted from inhabitation tax or citizens under 70.
- 3 For “the Certificate” application, visit National Health Insurance and Pension Division or a branch of City Hall bringing Seal (INKAN) and Health Insurance Card (HOKEN-SHO).
- 4 To those who already have “the Certificate”, the current certificate is valid until July 31, 2015; please renew it in August or later in the following way:
  - A The members of “National Health Insurance”  
Please apply at National Health Insurance and Pension Division or a branch of City Hall.
  - B The members of “Medical Care for the Elderly”  
You do not need to apply; “the Certificate” will be sent with the Insurance Card for the new fiscal year  
In the middle of July to the citizens whose whole family is exempted from inhabitation tax.
- 5 In case you have paid exceeding the set-up amount, the exceeded amount will be refunded. The receipt is necessary for application. (The letter will be sent to the objective.)

Application & Inquiries: National Health Insurance and Pension Division    Tel. 0749-30-6112,    Fax. 0749-21-2220



**☆A Reduction System of Nursing Care Insurance is Available**

For those who find it difficult to pay premiums for Nursing-care Insurance, there is a reduction system. Be sure to apply for it at *Kaigo fukushi-ka*, the Senior’s Welfare Division. If you are approved for the system, you will get a certificate.

For those who already have a certificate, it will expire on Friday, July 31. Hikone City will send the re-application form at the beginning of July. If you wish to renew the system, you need to apply again.

Inquiries and Further information: *Kaigo Fukushi-ka*, Senior’s Welfare Division.

Tel. 0749-23-9660,    Fax: 0749-26-1768

**Please Call 「189」 If You Might Think it is Abuse (Only in Japanese)**

Inquiries: Child and the Youth Department

Tel.077-528-3556    Fax 077-528-4854



## ☆Beware of Heat Stroke

Heat stroke occurs not only under blazing sun but also indoors.  
Heat stroke can be fatal if not promptly and properly treated.  
Please take time to understand heat stroke and how to take preventive measures.



### What is heat stroke?

Heat stroke occurs when thermoregulation of the body is overwhelmed. The high temperature makes an imbalance of body water and salt loss.

Heat stroke causes high body temperature, dizziness, nausea, weariness and when it is serious, can cause unconsciousness.

Causes of heat stroke are not only outdoor sports but housework and drinking.

When the weather is hot and with high humidity, even if you stay still at home, you can get heat stroke.

### How can heat stroke be prevented?

1. Take water  
Be careful to drink water even if you don't feel thirsty
2. Prepare a suitable environment  
Keep the room cool and fresh  
Keep from direct sunlight by using a shade or curtain  
Open a window to let fresh air in  
If necessary, use a fan or air-conditioner.
3. Develop physical strength against hot weather  
Have a balanced diet and exercise  
Have the habit of sweating such as walking or taking a bath.
4. Wear cool clothes  
Wear breathable clothes  
Avoid black dresses and wear cool dresses. When going out, take your hat and parasol so that you might not get too hot.



### Heat stroke of the elderly

Half of the patients are elderly persons (65years and over)

It is feared that elderly persons get heatstroke indoor.



### Heat stroke of children

Children cannot adjust to heat. Children feel 3°C higher than adults, because of reflected heat.

Be careful not to let the children get too hot.



### Heat stroke of adults

Heat stroke occurs even in young people when they are doing sports or working outdoors.

### How do you treat heat stroke patients?

Carry the patients to a cooler place and keep them quiet

Turn on the air-conditioner or fan

Cool the body (especially neck, armpits, end of thighs) with an ice pack

Give water and salt

\*In case a patient cannot drink water by himself or he is unconscious, please call an ambulance.

Inquiries: the City Health Promotion Division

Tel.0749-24-0816, Fax.0749-24-5870



## EVENT

### ☆Hikone Eco (Ecological) Market “Yumebatake”

Please make a lucky find from reused and recycled goods.

\* If it rains, the event will be called off.

Date & Time: Sunday, July 5 10:00 ~ 14:00

Place: OTEMAE- HOZON-YOCHI (Otemae Park, Konki-cho)

Inquiries: SEIKATSU- KANKYO-KA (Consumer Affairs and Environment Division)

Tel. 0749-30-6116, Fax. 0749-27-0395

### ☆ “WITH” OYAKO-HIROBA Let’s play with your kids together!

This is a place (WITH) for parents and children playing together with some activities, making TANABATA-KAZARI (Star festival decorations), singing a song for TANABATA and story hour, for example.

Date & Time: Saturday, July 11 10:00 ~ 11:30

Place: KYODO-SANKAKU Center (Gender Equality Center of Hikone), “WITH”, Hirata-cl

Eligible people: Infants and their guardians

Capacity: 50 people (for making TANABATA decorations) (First come, first served)

Inquiries: KYODO-SANKAKU Center, “WITH” (Tel. and Fax. 0749-24-3529)



### ☆Japanese Speech • Recitation Contest by students in Hikone

Elementary students and junior high school students who related to foreign countries show their progress in Japanese Class.

Date & Time: Sunday, July 5 13:00~15:00

Place: Daigaku (University) Satellite Plaza, AL Plaza Hikone 6F (Daito-cho)

Inquiries: Hikone UNESCO Association Office Tel.0749-24-7474, Fax0749-23-9190

### ☆Shiga University Market

~The summer harvest festival of farm products that recognize the environment~

Selling fresh and quality vegetables, fruits, and processed foods that the farmers produce with care.

Date & Time: Friday, July 10 11:30~ 13:30 ※(Light)Rain or Shine

Place: The Plaza in front of The Shiga University Cooperative

Inquiries: The Research Center for Society, Faculty of Economics, Shiga University Tel.0749-27-1141

### ☆“HIKONE DE ASHAICHI” (The Fresh Morning Market in Hikone)

Selling local fresh vegetable, bean curd, soy sauce, and local sea foods under the concept “Safety Food” “Local production for local consumption” “Handmade”

Date & Time: Sunday, July 19 8:00~12:00

Place: Gokoku-Jinja (shrine) (Osue-cho)

Inquiries: “HIKONE DE ASAICHI” Executive Committee Tel.0749-24-4461

E-mail. [Hikonedesaichi55@gmail.com](mailto:Hikonedesaichi55@gmail.com)

## Hikone Summer Events in 2015

- The 38<sup>th</sup> Birdman Contest

Date & Time : Saturday, July 25 7:30 ~, Sunday, July 26 6:00 ~

Place: Matsubara Swimming Area

The birdmen will play an exciting contest in the summer lake.

- Hikone Summer Festival *Hikonebayashi* Dance & *Yukata* ( a cotton kimono ) Festival

Date & Time: Saturday, August 8 15:00 ~ 21:00 ( The event will go on in case of right rain, but it will be canceled in case of stormy weather. )

Place: The center of the shopping streets of the city ( *Ginza, Chuo, Yumekyobashi* Castle Road )

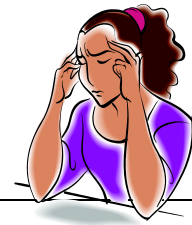
*Yukata* festival and the first part of the dance festival ( traditional art & new *Hikonebayashi* dance ) will be held in *Yumekyobashi* Castle Road. The second part of the dance festival will be held in *Ginza, Chuo* shopping streets.

Inquiries: Hikone Sightseeing Association Tel. 0749-23-0001

City Tourism Promotion Division Tel.0749- 30-6120 Fax. 0749-24-9676



# Consultation



	Date & Time	Place	Contents
Consultation for Reclusive and Unsociable People	July 9 (Thur) 13:00 ~ 15:00 (by reservation)	Public Health Center	Helping sufferers 16 years old and over and their families. Tel.0749-22-1770 Fax.0749-26-7540
Consultation for Troubled Minds	July 16 (Thur) 13:30 ~ 15:30 (by reservation)		Medical instruction. Introduction of a medical institution and facilities Tel. 0749-22-1770 Fax.0749- 26-7540
Alcohol Consultation	August 7 (Fri) 14:00 ~16:30 (by reservation)		Issue of alcoholism Tel.0749- 22-1770 Fax.0749-26-7540
Human-Rights Counseling	July 15 (Wed) & August 5 (Wed) 13:00 ~ 15:00	Counseling room (City Hall 1 F)	Counseling about bullying and all acts of discrimination Tel.0749-22-0242
Law Consultation	July 24 (Fri) 13:00 ~ 16:00 (by reservation )	Community Relations Division	*5400 yen per 30 minute session (Please pay on the consultation day) *The first 6 people from 8:30 on July 15) *Only those who live or work in Hikone Tel.0749-30-6117 Fax.0749-22-1398
Premium Payment Consultation on Saturday	July 25 (Sat) 8:30 ~ 12:00	Insurance Premiums Division (City Hall 1F)	Consultation about payment of nation health insurance, public nursing-care insurance & medical care for the elderly ※If you need an English interpreter, please ask beforehand Tel.0749-30-6137
Tax Payment Consultation on Sunday	July 26 (Sun) 10:00 ~ 16:00	Tax Collection Division (City Hall 2F)	Consultation about the payment of the city duty ※If you need an English interpreter, please ask in advance Tel.0749-30-6109
Child・Family Consultation	Every Mon. ~ Fri. (except holidays) 8:30 ~ 17:15	Consultation Room for Children	Child care issues, child abuse, domestic violence etc Tel.0749-23-7838 Fax.0749-26-1768
Traffic Accident Consultation	Every Tue & Thur ①9:00 ~ 12:00 ②13:00 ~ 16:00	Koto Joint Government Building 2F	Consultation by telephone is also available Tel.0749-27-2230
Consumer Life Consultation	Every Mon. ~ Fri. (except holidays ) ①9:00 ~ 12:00 ②13:00 ~ 16:15	City life Environment Division (City Hall 1 F)	Consultation about the trouble of consumer life, contracts, etc Tel.0749-30-6144
Multiple Language Telephone Consultation	Every Wednesday (except holidays) ①10:00 ~ 12:30 ②13:30 ~ 16:00 ※In August, only available on Aug. 12th and 19th.		Japanese customs and rules, procedures at public offices, troubles in daily life Tel.0749-27-2400



### Hikone City Residents' Health Checkup

Please have a health checkup once a year as a first step to know your condition.

**Target: Hikone residents** ※People over 75 years old on the checkup day should receive the Health checkup at a medical institution.

**Health checkup** (medical interview, body measurement, abdominal circumference measurement, blood pressure measurement, urine test, blood test and internal medical checkup):

- Those who were born between April 1, 1976 and April 1, 1997.
- Welfare recipients who were born between April 2, 1940 and March 31, 1976.

**Chest X-ray** (※unable to have this at a medical institution):

- For tuberculosis checkup, those who were born before March 31, 1951.
- For checkup of lung cancer, those who were born between April 1, 1951 and March 31, 1976.



**Hepatitis virus checkup (on the basis of age at March 31, 2016):**

- ①Those who are 40・45・50・55 or 60 years old and have never had a previous Hikone City hepatitis virus checkup. (A notification was delivered individually at the end of May)
- ②Those who are over 41 years old (except ①) and have never had a previous Hikone City hepatitis virus checkup. Be sure to call the City Health Promotion Division, or send a fax at least one week before of the checkup.

Date	Place	Reception Time
July 1 (Wed)	Higashi-nonami Hall	9:30 ~ 11:00
July 2 (Thurs)	Hida-cho Community Center	
July 3 (Fri)	Satsuma-cho Community Center	
July 10 (Fri)	Tazuke-cho Community Center	
July 11 (Sat)	<i>Kusunoki</i> Center	9:00 ~ 11:00
July 16 (Thurs)	Mizuho <i>Bunka</i> (Culture) Center	9:30 ~ 11:00
July 17 (Fri)	Mizuho <i>Bunka</i> (Culture) Center	9:00 ~ 11:00
*July 22 (Wed)	Hikone San Palace	
July 23 (Thurs)	Hikone San Palace	
*July 25 (Sat)	<i>Kusunoki</i> Center	9:30 ~ 11:00
July 29 (Wed)	Higashi District Community Center	
July 31 (Fri)	Greenpia Hikone	
August 4 (Tue)	Asahinomori District Community Center	
August 5 (Wed)	Sawayama Elementary School	
August 7 (Fri)	Kawase District Community Center	

\*July 22 (Wed) is for women's Health Checkup day.

\*July 25 (Sat) - A nursery service for preschool children is available (Reserved. First come, first served.)

**Inquiries** (checkup fee, qualification, preparation, notice, etc.): The Health Promotion Division

Tel.0749-24-0816 Fax.0749-24-5870

### Rakuraku Kinen (quit smoking easily) Consultation

A smoking habit is nicotine dependence. If you try to quit smoking, we support your challenge.

Date & Time: Wed. July 8 ①9:00 ~ ②10:00 ~ ③11:00 ~

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 nicotine density in your urine)
  - Consultation on how to quit smoking.



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

## ☆Cancer Checkups and Osteoporosis Checkup

The second checkup term will start from July 1.

Please make an appointment by telephone (reservation only) **0749-24-3719**

《Schedule for men》



Date		Time	Place	Stomach	Large Intestine	Lungs	Special
August	31(Mon)	morning	Kusunoki center	●	●	●	
September	30(Wed)		Kusunoki center	●	●	●	
October	7(Wed)		Kusunoki center	●	●	●	
	15(Thu)		Hikone sun palace	●	●	●	●
	19(Mon)		Gender equality center 「WITH」	●	●	●	●
	24(Sat)		Kusunoki center	●	●	●	●

《schedule for women》

Date		Time	Place	Stomach	Lungs	Large intestine	Breast	Uterine	Stereopsis	Special
Aug.	21(Fri)	morning	Welfare center	●	●	●	●	●		
		afternoon	annex 2F			●	●	●		
	29(Sat)	morning	Kusunoki center	●	●	●	●	●	●	●
Spt.	12(Sat)	morning	Kusunoki center	●	●	●	●	●	●	●
		afternoon	Welfare center annex 2F			●	●	●		
	15(Tue)	morning	Welfare center	●	●	●	●	●		
		afternoon	annex 2F			●	●	●		
24(Thu)	morning	Green pia Hikone	●	●	●	●	●			
	26(Sat)	morning	Kusunoki center	●	●	●	●	●		●
Oct.	9(Fri)	morning	Gender equality center 「WITH」	●	●	●	●	●		●
		afternoon	Welfare center annex 2F			●	●	●		
	22(Thu)	morning	Welfare center annex 2F	●	●	●	●	●		
		afternoon	Kusunoki center	●	●	●	●	●		●
28(wed)	morning	Welfare center	●	●	●	●	●			
	afternoon	annex 2F			●	●	●	●		

\*special checkup (Body measurement, Blood pressure measurement, Urine test, Medical examination, Blood test)

\*The line is very busy on July 1. We also accept reservations at the counter of Health Promotion Division.

\*Please call us for more information.

Health Promotion Division KUSUNOKI center 2F

Tel 0749-24-0816 Fax 0749-24-5870

### Eating Habit Consultation

★Advice about your eating habits by a dietitian manager with your health checkup results.

Date & Time: Mon. August 3, Fri. August 21 ①9:00 ~ ②10:30 ~

Capacity: 1 person/each time slot (Reserved)

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

※Any consultations concerning your meals are also available. Please apply by calling anytime.



## Osteoporosis Prevention Class

### Exercise & Learning to make Strong & Healthy Bones

Date & Time: Fri. July 31 9:30 ~ 12:00 (Reception Time 9:20 ~ 9:30)

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

Contents: Stretching for making strong bones and the method of ingestion of calcium.

Capacity: First 50 people (Reserved)

Fee: Free

Things to bring: Towel and something to drink with light sportswear. Sports shoes are unnecessary.

Application & Inquiries: The Health Promotion Division by calling Tel.0749-24-0816 or Fax.0749-24-5870 (write the class name, your name, address, telephone number and birth date)



### ☆Baby Salon

Date & Time: Tuesday, July 7 9:45~11:30 (acceptance 9:30~9:45)

Place: Children's center multi-purpose room

Eligibility: 2~6-month old infants & their guardians

Things to bring: your Maternal and Child Health Handbook, a bath towel

Contents: Exchanging experiences about child-raising and making friends



### ☆NYUYO.JI KOBETSU SODAN(Individual consultant for infants)

Please bring your Maternal and Child Health Handbook,

Date & Time: Thursday, July 9 & 23 9:30~11:00

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

\*Consultation by a nutritionist is available on Thursday, July 23.

### ☆Weaning Period Consultation

\* Let's give food twice a day.

Date & Time: Friday, July 3 9:45~11:30 (Acceptance 9:30~9:45)

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

Eligibility: 7~8 months old infant & their guardians

Things to bring: your Maternal and Child Health Handbook



### ☆Health Check-ups for Infants

July

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

4-Month-Old Babies	21 (Tue)	Born between Mar. 1 and 15, 2015
	28 (Tue)	Born between Mar. 16 and 31, 2015
10-Month-Old Babies	22 (wed)	Born between Sep. 1 and 15, 2014
	29 (Wed)	Born between Sep. 16 and 30, 2014

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

18-Month-Old Babies	10 (Fri)	Born between Dec. 1 and 15, 2013
	17 (Fri)	Born between Dec. 16 and 31, 2013
2-Year & 6-Month-Old Children	9 (Thu)	Born between Dec. 1 and 15, 2012
	16 (Thu)	Born between Dec. 16 and 31, 2012
3-Year & 6-Month-Old Children	6 (Mon)	Born between Dec. 1 and 15, 2011
	13 (Mon)	Born between Dec. 16 and 31, 2011

\*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 an 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, Fax.0749-24-5870

**☆Please give your opinions or views  
about our municipal government**

Hikone-shi has made a system to listen to opinions or views about the municipal government. Please give your opinions or views on the policies or the projects of our municipal government.

※We reply by document and telephone as much as possible

※It may take one month to receive an answer

※In case of anonymity, no reply will be sent

※Personal information is managed appropriately

You can also submit them on the municipal government website (Japanese). Please click Hikone-shi website → information of demographic → "Opinion and suggestion for the municipal administration" in administrative information, and write your opinion in the exclusive input form and send it.

Inquiries: Community Relations Division

Tel.0749-30-6117, Fax.0749-22-1398

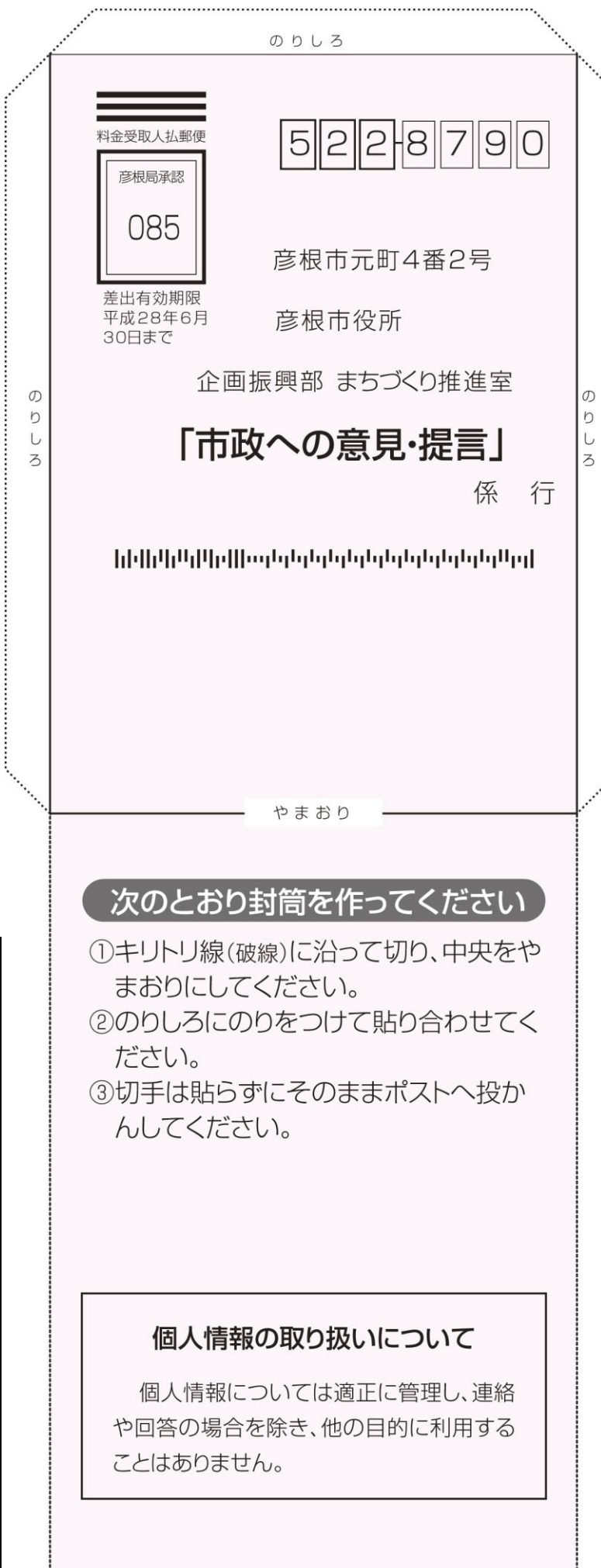
E-mail:machizukuri@ma.city.hikone.shiga.jp

**How to make an envelope**

- ① Cut along the dotted line and fold in half.
- ② Attach glue to the edge of paper, and put sides together
- ③ Mail it without a stamp.

**Count Result from April (2014 )  
to March (2015)**

Position	Number
Department of Urban Construction	86
Board of Education	60
Department of Citizens' Affairs and Environment	50
Department of Policy Planning and Area Promotion	47
Department of General Affairs	45
Department of Welfare and Preservation of Health	40
Department of Industry	38
Municipal Hospital	20
Water and Drainage Services	14
Board of Election	6
Firefighting Headquarters	5
Secretariat to Municipal	5
Accounting Office	1
<b>Total</b>	<b>417</b>



について

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住所

フリガナ

氏名

電話番号

性別

男 女

年齢

20歳未満

20歳代

30歳代

40歳代

50歳代

60歳以上