

The city where everyone wants to live

広報 ひこね (英訳版)

Community Newsletter,

Koho HIKONE

(Abridged Edition)

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

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- When you call by cellular phone, you need to include the regional number (0749) before the local Hikone phone number given above.
- Interpreters are available if you request this service at the reception desk.
Please say “*eigo tuyaku onegaishimasu.*” We might change the interpreter’s available time.
City Hall: Weekdays 8:30 ~ 12:00 13:00 ~17:15
- Telephone Consultation Service for Foreign Residents
Wednesday: 10:00 ~ 12:30 13:30 ~ 16:00
- “Koho Hikone” foreign language versions 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

【Hikone International Lounge News】

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

Inquiry: Hikone city fire station headquarters preventive division Tel.22-0332 Fax22-9427

Benefits to senior citizens

(Benefits to support pensioners)

We grant benefits to support senior citizens who cannot receive benefits of rising wage rate.

Target: a person who is eligible for temporary welfare benefit (FY 2015) (*1), also who becomes 65 years and over in 2016.

An amount supplied: 30,000yen /one person

Application time: 10 May (Tue) ~ 31 August (Wed) (*2)

*1 the target of temporary welfare benefit means a person who isn't liable for residence tax in 2015FY.

*2 We will send information and an application in advance.

You can apply for the benefit to the city where you have a certificate of residence on 1 January 2015.

Inquiry: Special Benefit Office Tel: 01201528-90 Fax: 0749-22-1398

(on Thursday ~19:00, May on Saturday 9:00~12:00)

Attention!!

Be careful of Billing fraud and Personal information exploitation!

Don't fall a victim to fraud pretending to be a guide of the benefit!

Necessary documents

Identity certification *1

Bank account information *2

As for the target of this benefit is a foreign resident, following document is also needed.

The copy of residents card or special permanent residents certificate*3



*1 the copy of driver's license, passport, basic resident register card, individual number card, medical insurance certificate (still valid). (At least one of them)

*2 the copy of your bankbook (or cash card) including the bank name, the branch name, the number of bank account, the name of account holder

*3 please make sure the period of stay is still valid when you apply.

☆News from Disaster and Crisis Management Office

According to the review of Shiga Prefecture waterproofing plan, the criterion water level for the official announcement of the refuge information changed.

The water level of class A rivers in Hikone City are as follows:

| | Place of measurement | Preparation for evacuate | Evacuation advisory | Evacuation order |
|---------------|------------------------|--------------------------|---------------------|------------------|
| Achi-river | Miyukibashi | 1.75m | 2.30m | 2.80m |
| Uso-river | Kanazawa ohashi | 2.90m | 3.70m | 4.50m |
| Inukami-river | Chidoribashi | 2.00m | 2.30m | 2.55m |
| Seri-river | Serigawa Asahibashi | 1.00m | 1.40m | 1.80m |

Inquiries: Disaster and Crisis Management Office

Tel. 0749-30-6150 FAX 0749-23-1777

☆About the Renewal Procedure of Welfare Medical Support (Except for Babies & Infants)

———Be sure to apply by Thursday, June 30———

Current welfare medical support tickets (*FUKUSHI IRYOHI JUKYUKEN*) for severely mentally or physically challenged residents, and patients who go to a psychiatric hospital for mental healing (except for babies and infants), are renewed on Monday, August 1.

If you would like to continue receiving medical support, you need to follow the procedure for renewal.

Application for babies and infants who have a welfare medical support ticket is not necessary this time.

Here is the schedule for the renewal.

① We will mail you the necessary documents for renewal at the beginning of June.

② Please submit the renewal application by Thursday, June 30.

- ③ We will make an examination of your income and all details included.
- ④ We will mail the current welfare medical support tickets(FUKUSHI IRYOHI JUKYUKEN) around Monday, July 25 to the people who are selected to be able to continue receiving it from Monday, August 1.
- ※If you don't submit the renewal application, you will not be able to receive the support.
- ※If your previous year's income exceeds the allowed limit at the result of the examination, you will not be able to receive the support.

In Hikone City, welfare medical support (*FUKUSHI IRYO JOSEI*) is given to babies and infants, severely mentally or physically challenged people, single parents and their children (under 18 year-old), women who live by themselves and were mothers of fatherless families(under 65 year-old).If you think you are applicable, please inquire to the City National Health Insurance and Pension Division.

※Hikone city assigns a limit related to the amount of the previous year's income.

For more information, contact to the City *HOKEN -NENKIN-KA* (National Health Insurance and Pension Division),
Tel 30 -6136 Fax 22-1398.

INFORMATION

☆Take Procedures to Join the National Pension System When You Become 20 Years Old.

Notice from Hikone Nenkin-jimusho (Pension Office)

In Japan, all citizens aged 20 to 60, including foreign residents, should join the National Pension system and pay the premium. You can receive pension when you get old, if you pay the premiums of National Pension to qualify to receive a pension. Those who paid the premiums can receive a pension when he/she became challenged by an accident. Also when a person died unfortunately by an unexpected accident, his/her dependent family can receive a pension. The system helps to support each member. Half amount of *Kiso-nenkin* (Basic Pension) is paid from the national treasury. Be careful if you fail to take proceedings to join or forgot to pay premiums, you and your family might not have your pension.

People from the countries below will be able to add the years of premium payments in Japan to your country's pension. Germany, United Kingdom, Korea, the United States of America, Belgium, France, Canada, Australia, Holland, the Czech Republic, Spain, Ireland, Switzerland, Brazil, Hungary

Exemption & Grace systems of National Pension

For those who find it difficult to pay national pension premiums due to financial reasons such as students and so on, there is an exemption system and grace system special for young people (below 30 years old). If you think you are eligible for it, please apply for when you take proceedings to join the system.

Inquiries: *Kokumin-nenkin-ka*, *Hikone Nenkin-jimusho (Tomachi)*, Tel 23-1114, Fax 23-9033)

City *Hoken-nenkin-ka* (Tel 30-6136)

☆Information from The Sanitation Center

Direct drop off of oversized trash to the center

The center will be carrying out a special collection of oversized household trash on June 25(sat) 9:00~12:00.

*Only oversized trash (including small electrical appliances) will be accepted at this time.

*Drop-off of oversized trash is charged. (Free of charged for small electrical appliance of shorter than 1m)

*Recyclable household appliances (TV, personal computer) are not oversized garbage. Those are not acceptable at the sanitation center by law.

*Dropping-off trash is allowed only during the designated time.

*The center accepts direct drop-off of your garbage Monday through Friday
(except holiday) 9:00~12:15 13:00~16:15

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



☆ DO YOU HAVE ANY DIFFICULTIES in YOUR LIFE?

1 Financial Assistance

In case you have any economic problem you will be provided with the support necessary to remain independent. We aim to support you to find a job.

2 Housing Allowance

Because of unemployment if you do not have a house to live in or you might lose your house, you can get an allowance for rent during a limited period for finding a job.

3 Assistance for Setting to Work

This is provided for the citizens who are afraid of working; you can experience working in the farm or working experimentally in the society.

4 Temporary Support for Living

Living space and food will be provided to assist you to remain financially independent and to find a job.

5 Study Support

This is provided for the junior high school students who worry about study at school. We will also aim to assist from elementary school children to high school students who have problems with study and others.

Inquiries: Social Welfare Division: Tel 0749-23-9590, Fax 0749-26-1768

☆The Designated Garbage Bags of Hikone City Will Partly Change in July

We introduce bigger bags (40L) than the present bags (30L). They will be on sale at the stores dealing in the bags in the city in July. (¥ 130, excluding tax for 40L) The use of the present bags will also continue.

Inquiries: Consumer Affair and Environment Division Tel. 30-6116 Fax. 27-0395

Major Changes

- ▶ Declared form of contents change into such as 「40L, 30L」
- ▶ We change its material of bags for plastics in order to be recognized by touching it for visually impaired person.
- ▶ The material of the bags for plastics change from the semitransparent into the transparent to improve awareness toward recycling.

| Type of bags | Contents (liter) | Price (excluding tax) |
|-----------------------------|------------------|-----------------------|
| Burnables | 40 | ¥130 New!! |
| | 30 | ¥110 |
| | 22 | ¥100 |
| | 12 | ¥ 80 |
| Burnables used only company | 45 | ¥120 |
| Plastics | 40 | ¥ 80 |
| | 22 | ¥ 60 |
| Landfills | 22 | ¥ 80 |



The new bags are transparent material (for Plastics)



It is much bigger than the present extra large bags

RECRUITMENT

☆Stall for Rent ---- Hikone Eco (Ecological) Market Yumebatake ----

- ① Date & Time: Sunday, June 19 10:00~14:00
Place: *Otemae* preservation site (*Konki cho*)
Stall Fee: 500 yen for one.
Application deadline: Wednesday, June 3
- ② Date & Time: Sunday, July 9 10:00~14:00
Place: *Otemae Park* (*Konki cho*)
Stall Fee: 500 yen for one.
Application deadline: Wednesday, June 24



How to apply: Please send double postcard to “The Living Environment Division”

(〒522-8501 4-2 *Moto-machi* Hikone)

The initial half of a double postcard-----①Your Address , ②Name, ③Phone number, ④Item for sale,
⑤The number of participants,
⑥The number of the vehicle to use for unloading
⑦Desired date of stall

The return of double postcard-----①Your Zip code, Address, ②Name

Inquiries: The Living Environment Division Tel.30-6116, Fax27-0395

☆Pupil-care Club Opens in The Summer Vacation

Requirements: Schoolchildren whose guardians work outside the house and can not take care of their children during the daytime.

※ Schoolchildren in the lower grades take priority.

※ When exceeding the capacity, your child may not be able to be admitted

The period of the pupil-care club in the summer vacation:

Thursday, July 21~ Saturday, August 27

(except Sundays, Holidays, Saturday, August 13 ~ Monday, August 15)

Time: 8:00 ~ 18:30

Place: The pupil-care club of each of the elementary schools

The pupil-care club of *Kawase* elementary school will be at *Jinken fukushi kouryu kaikan* Hall

Fees: ¥10,000 Attendance from Monday to Friday per pupil (except class expenses)

¥12,000 Attendance from Monday to Saturday per pupil (except class expenses)

Distribution of Application forms & Application Period:

Wednesday, June 1~ Wednesday, June 15

Application: Fill out the application form available at the pupil-care club and apply to the pupil-care club with the working certificate.

Inquiries: The Board of Education, Life-long Learning Division Tel. 24-7974, Fax 23-9190



City Apartment Houses are Inviting Residents

Apartment houses for rent: **For family**

| | |
|---|---------------|
| Nakayabu apartment house (Nakayabu-cho) | one apartment |
| Okamachi apartment house (Oka-machi) | one apartment |
| Takamiya Takenokoshi apartment house (Takamiya-cho) | one apartment |

For single person

| | |
|---|---------------|
| Serikawa apartment house (Serikawa-cho) | one apartment |
|---|---------------|

Application forms will be available from Monday, June 6..

Application period: Monday, June 15 ~ Wednesday, June 24

Acceptance date: The latter 10 days of July

Move-in date: After the middle of August

Apply to the Housing Management Division of the City Hall by the applicant or his or her family who live with.

Inquiries: Architectural Administration Division Tel.30-6123, Fax 22-1398



EVENT

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

Selling local fresh vegetable, bean curd, soy sauce, and local lake sea foods under the concept "Safety food" "Local production for local consumption" "Handmade".

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

Place: *Gokoku- Jinjya* (shrine) (*Osue-cho*)

Inquiries: “HIKONE DE ASAICHI” Executive Committee

Tel. 24-4461 E-mail. hikonedesaichi55@gmail.com



☆Shiga University Market

—The spring harvest festival of farm products that recognise the environment—

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

Date & Time: Friday, June 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. 27-1141





Consultation

| | Date & Time | Place | Contents |
|---------------------------------|--|---|---|
| Human-Rights Counseling | June 1 & 15 (Wed) 13:00 ~ 15:00 | Consultation Room (City Hall 1 F) Public Health Center | Counseling about bullying and all acts of discrimination Tel.0749-22-0242 |
| Consultation for Troubled Minds | June 16 (Thu) 13:30 ~ 15:30 (by reservation) | | Medical instruction. Introduction of a medical institution and facilities Tel.0749-21-0283 Fax.0749-26-7540 |
| Consultation for Depression | June 17 (Fri) 14:00 ~ 15:30 (by reservation) | | A psychiatrist and nurse help the person in question and their family Tel.0749-21-0283 Fax.0749-26-7540 |
| Law Consultation | June 24 (Fri) 13:00 ~ 16:00 (by reservation) | Community Relations Division | *Consultation fee: 5400 yen per 30 minute session (Please pay on the consultation day) *The first 6 person from 8:30 on June 15) *Only those who live or work in Hikone Tel.0749-30-6117 Fax. 0749-22-1398 |
| 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 |
| 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 |
| Traffic Accident Consultation | Every Tue & Thu ①9:00 ~ 12:00 ②13:00 ~ 16:00 | Koto Joint Government Building 2F | Consultation by telephone is also available from Monday to Friday except holiday Tel.0749-27-2230 |

☆Health checkup starts

Please take the medical checkups once a year.

*the special medical checkups for the person aged 40~74

Hikone city national health insurance carries out the special medical checkups to take a preventive measure against a life style-related disease.

Hikone city sends information letters and tickets at the end of May.

You can take health checkups from June 1st (wed) at medical institution.

Group examination starts in mid-June.

For details, please ask the health insurance and national pension division.

*the special medical checkups for the person aged 75 and over

Those who aged 75 and over at the date of checkups can take health checkups from the beginning of May.

Hikone city sends tickets for the targets.

For details, please ask the health insurance and national pension division.

Inquiry: Hikone city the Health Insurance and National Pension Division

Tel 0749-30-6112 Fax 0749-22-1398



☆Hikone City Residents' Checkups

Arteriosclerosis can be caused by high blood pressure, high blood 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 the following requirements ①or②

◆**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 1976 and April 1 1997.

② Public assistance recipients who were born before April 1 in 1976.

◆Hepatitis virus checkup

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

② Those who were over 41 years old and have never had the previous Hikone city's hepatitis virus checkup.

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

☆Cancer Checkups Osteoporosis Checkup

Eligibility:

◆**Stomach, large intestine and lungs cancer checkup**

women aged 40 over as of March 31 2016

◆**Breast cancer checkup**

women aged 40 over as of March 31 2016

◆**Uterine cancer checkup**

women aged 20 over as of March 31 2016

◆**Osteoporosis checkup**

woman aged 40, 45, 50, 55, 60, 65, 70-year-old

Fee:

◆**Stomach, large intestine, lungs, breast cancer checkup**

500yen

◆**Chest X-ray examination**

200yen

◆**Osteoporosis checkup**

600yen

Application period:

May 16 (Mon) ~one week before the checkups (reservation required, reservation first)



☆Rakuraku Kin-en (quit smoking easily) Consultation

Date & Time: Wed. June 8 9:00~ 10:00~ 11:00~

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

Capacity: First 3 people (1person each time slot, reservation is required)

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



☆Eating Habit Consultation

※Advice about your eating habits by a dietitian manager with your health checkup result.

Date & Time : Monday, July 4 ① 9 : 00 ② 10 : 30

Capacity : 1 person each time slot (Resereved)

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

※Any consultations concerning your meals are also available at anytime.

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

☆Breast cancer checkup and urine cancer checkup colon cancer checkup

《 Colon Cancer checkup 》

☆**Eligibility:** those who are aged 40 and over as of March 31 2017 who live in Hikone city

☆**The distribution of container and the date of application:** Jun 1(wed) ~November 30(wed)

☆**The date of submission:** until December 20(Tue)

☆**How to take a medical examination:** please go to medical institution directly.
Some clinics might require a reservation.

《 Breast Cancer checkup 》

☆**Eligibility:** women aged 40 and over as of March 31 2017 who live in Hikone city

☆**The date of application for consultation ticket:** until February20 (Mon) 2018

☆**The date of appointment for doctor:** until February 27(Mon) 2018

The check of see and touch do not carry out

How to take a medical examination

1. please call 0749-24-3719(reservation desk for cancer checkup)
2. when you take a ticket, please appointment a medical institution.
3. Please go to a medical institution with the ticket and checkup fee(500yen)

《 Uterine Cancer checkup 》

☆**Eligibility:** women aged 20 over as of March 31 2017 who live in Hikone

☆**Date:** until March 31(Fri) 2017

☆**Fee:** ¥500

☆**How to take a medical examination:** please go to medical institution directly.
Some clinics might require a reservation



☆Baby Salon

Date & Time : Tuesday, June 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



☆NYUYOJI KOBETSU SODAN(Individual consultant for infants)

Please bring your Maternal and Child Health Handbook,

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

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

*Consultation by a nutritionist is available on Thursday, June 25.

☆Weaning Period Consultation

* Let's give food twice a day.

Date & Time: Friday, June 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

June

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

| | | |
|---------------------|----------|----------------------------------|
| 4-Month-Old Babies | 21(Tue) | Born between Feb 1 and 15, 2016 |
| | 28 (Tue) | Born between Feb 16 and 29, 2016 |
| 10-Month-Old Babies | 8 (Wed) | Born between Aug 1 and 15, 2015 |
| | 15(Wed) | Born between Aug 16 and 31, 2015 |

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

| | | |
|-------------------------------|----------|----------------------------------|
| 18-Month-Old Babies | 10 (Fri) | Born between Nov 1 and 15, 2014 |
| | 17 (Fri) | Born between Nov 16 and 30, 2014 |
| 2-Year & 6-Month-Old Children | 9 (Thu) | Born between Nov 1 and 15, 2013 |
| | 16 (Thu) | Born between Nov16 and 30, 2013 |
| 3-Year & 6-Month-Old Children | 20 (Mon) | Born between Nov 1 and 15, 2012 |
| | 27 (Mon) | Born between Nov16 and 30, 2012 |

*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 for18- 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:24-0816、 Fax:24-5870