

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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Multicultural Coexistence
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English

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

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

You can ask English Interpreter Service at the reception in Hikone City Hall.

Please say “English Interpreter please” in Japanese, “EIGO TUUYAKU ONEGAI SHIMASU”.

●“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
- *AEON TOWN Hikone

Various Services 様々なサービス

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

Please say this Japanese sentence “*eigo tuyaku onegaishimasu.*” 英語通訳お願いします。
 (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

●Japanese Class

Day	Hour	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 (Not available from Dec. to Feb.)	100yen / lesson 100 円 / 1 回
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 (NAEMURA) なえむらさん Tel 090-7118-5250	100yen / lesson 100 円 / 1 回
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 よしおかさん (YOSHIOKA) (0749)-24-7241	100yen / lesson 100 円 / 1 回
Monday~ Friday (Except for holidays) げつようび~きんようび	① 10:00~ 11:30 ② 13:30~ 15:00 ③ 15:30~ 17:00	Innovation Office “NAYASHICHI” (Shiro-machi 1-7-16)	“Smile s Satellite” (Weekday Class) NAYASHICHI Tel 0749-29-5077 or みずのさん(MIZUNO) Tel 070-5661-7345	100yen / lesson 100 円 / 1 回

【Hikone International Lounge News】

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

INFORMATION



☆Please Be Careful of Landslide Disaster

In recent years, large-scaled landslide caused by heavy rainfall or earthquake has happened frequently. Not only it causes a lot of casualties but also it damages buildings and houses. Flood season (June~October) coming up, we have to take precaution against it particularly for those living in semimountainous area.

As of April 1 2016, in Hikone city, 116 spots are registered 「Warning zone caused by landslide disaster」

「Special warning zone caused by landslide disaster」 Hikone city makes up a hazard map and gives you the useful information on the Internet. Please check the information and make sure the area your house is built is safe or not. So please leave your area immediately when the Evacuation advisory is issued or a danger is imminent.

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



☆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 postponement system. If you think you are eligible for it, please apply for it. Target of payment postponement system will be changed from those under 30years of age to those under 50years of age from July. 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 Jimusho*

Date: July 1 (Wednesday) ~

Approved Period: July ~ June, 2017

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. 0749-23-9038

☆Beware of 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.

Inquiries: the City Health Promotion Division Tel.0749-24-0816 Fax0749-24-5870

☆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 "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 (2015) to March (2016)

Position	Number
Department of Urban Construction	84
Department of Citizens' Affairs and Environment	69
Board of Education	46
Department of General Affairs	40
Department of Welfare and Preservation of Health	33
Department of Industry	33
Department of Policy Planning and Area Promotion	25
Municipal Hospital	7
Assembly Secretariat	5
Water and Drainage Services	3
Elections Administration Committee	1
Total	346

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料金受取人払郵便

彦根局承認

1362

差出有効期限
平成29年6月
30日まで

5 2 2 8 7 9 0

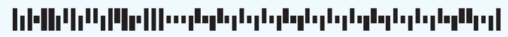
彦根市元町4番2号

彦根市役所

企画振興部 まちづくり推進室

「市政への意見・提言」

係 行



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のりしろ

やまおり

次のとおり封筒を作ってください

- ①キリトリ線(破線)に沿って切り、中央をやまおりにしてください。
- ②のりしろにのりをつけて貼り合わせてください。
- ③切手は貼らずにそのままポストへ投かんしてください。

個人情報の取り扱いについて

個人情報については適正に管理し、連絡や回答の場合を除き、他の目的に利用することはありません。

☆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 Sunday, 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



☆Health Insurance for Medical Care for the Elderly (75 years old and over)

In the fiscal year 2016 and 2017

Notification of the amount/ the payment method of premiums will be sent in the middle of July.

Premiums (basic): ¥45,242

Ratio to the Income: 8.94%

Maximum Amount: ¥570,000 (a year)

Payment Method

Special (The amount is listed in "the special" section)

The premiums are deducted from your pension.

Regular (The amount is listed in "the regular" section)

You are supposed to pay premiums with a statement sheet/ a transfer account.

The notification and the statement sheet of payment sheet will be sent separately.

The statement sheet includes a whole year; please keep the due date and pay at a bank or a convenience store.

Inquiries: Insurance Premiums Division: Tel 0749-30-6145, Fax 0749-21-2220

Shiga Medical Care Federation for the Elderly: Tel 077-522-3013

☆Let's Enjoy Fireworks Properly and Safely!

Some tips for playing with fireworks safely

- ① Please don't let your kids play with fireworks only by themselves. Adults have to be with the kids.
- ② Read the instruction and the warning. Be careful not aim at others or at the houses, and don't play where something burnable is nearby. Be careful not to burn your clothes, either.
- ③ Place the bucket full of water nearby and make sure to put out the fire with water after finishing playing with fireworks.
- ④ Please refrain from playing with fireworks in the weather conditions such as strong wind or the air is dry.
- ⑤ Set off fireworks in the right place and right way. Using candles is the best. Please set off fireworks one by one.
- ⑥ Please don't peek into the tube shaped fireworks to check in case the fire goes out suddenly. It causes to be serious injured.
- ⑦ It is dangerous to carry the fireworks in the pocket of your clothes or to tear open the wrapping of fireworks.

Please make sure the appropriate time and a suitable place for playing with fireworks and don't forget cleaning up after enjoying it.

Prevent a fire from playing with fire.

Inquiries: Hikone Fire Station Headquarter Prevention Division

Tel. 0749-22-0332 Fax.0749-22-9427

EVENT

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

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

Date & Time: Sunday, July 17 8:00~12:00

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

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

☆“WITH Oyako Hiroba” Let’s play with your kids together!

We will hold TANABATA-KAI (The star festival) which includes the game, fingerplay, etc that the people can participate.

Date & Time: Saturday, July 9 10:00~11:30

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

Eligible person: Infants and their guardian

Inquiries: KYODO-SANKAKU Center “WITH” Tel & Fax 0749-24-3529

☆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 10 10:00~14:00

Place: OTEMAE Park (Konki cho)

Inquiries: The Living Environment Division Tel.0749-30-6116 Fax0749-27-0395

☆Japanese Recitation • Speech Contest by students in Hikone

Elementary and junior high school students who related to foreign countries show their progress in Japanese Class, and deepen the relationship with their family and the citizen

Date & Time: Sunday, July 10 13:00~15:00

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

Inquiries: Hikone UNESCO Association Office Tel.0749-24-7974 Fax0749-23-9190

☆Hikone Summer Events in 2016

- **The Opening of Matsubara and Shingaihana Swimming Areas**

Terms: Saturday, July 16 ~ Tuesday, August 16

- **Hikone Yukata (a cotton kimono) Festival**

Date & Time: Sunday, July 17 15:00 ~ 21:00

Place: *Yumekyobashi* Castle Road area



- **Summer Night Festival Hikone Tanabata Festival**

Date & Time: Saturday, July 30 17:30 ~ 21:00

Place: *Ginza, Chuo, Noborimachi-green-dori and River-side-hashimoto Shopping Streets*

- **The 39th Birdman Contest**

Date & Time: Saturday, July 30 7:30 ~

Sunday, July 31 6:00 ~

Place: *Matsubara* Swimming Area



- **Hikone Big Fireworks Display**

Date & Time: Saturday, August 1 19:30 ~ 20:30

Place: *Matsubara* Swimming Area



- **Hikone Manto Nagashi (Floating Paper Lanterns) Festival**

Date & Time: Saturday, August 6 18:30 ~ 20:30

Place: The *Seri* River bank (between *Seri-bashi* Bridge and *Gosanjo-bashi* Bridge)

- **Hikonebayashi Dance Festival**

Date & Time: Monday, August 8 17:30 ~ 21:00

Place: *Ginza, Chuo, Noborimachi-green-dori and River-side-hashimoto Shopping Streets*

Inquiries Tourism Planning Division Tel 0749-30-6120

Consultation



	Date & Time	Place	Contents
Alcohol Consultation	July 1 (Fri) 14:00 ~ 16:30 (by reservation)	Public Health Center (Wada-cho)	Issue of alcoholism Tel.0749-21-0283 Fax.0749-26-7540
Consultation for Troubled Minds	July 21 (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 Reclusive and Unsociable People	July 28(Thu) 15:00 ~ 17:00 (by reservation)		Helping sufferers 16 years old and over and their families. Tel.0749-21-0283 Fax.0749-26-7540
Human-Rights Counseling	July 6 & 20 (Wed) 13:00 ~ 15:00	Consultation Room (City Hall 1 F)	Counseling about bullying and all acts of discrimination Tel.0749-22-0242
Law Consultation	July 22 (Fri) 13:00 ~ 16:00 (by reservation)	Community Relations Division (City Hall 1 F)	*Consultation fee:5400 yen per 30 minute session (Please pay on the consultation day) *The first 6 person from 8:30 on July 13) *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 (Welfare Center)	Childcare issues, child abuse, domestic violence etc Tel.0749-23-7838 Fa.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
Consultation for Bullying /Hot Line	Every Mon. ~ Fri. (except holidays) 9:00 ~ 17:00	School Support Room (Board of Education)	The experienced person in the education guides you ※ A mail from Hikone-shi website is possible Tel.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 holiday Tel.0749-27-2230

☆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 and 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 1977 and April 1 1998.
- ② Public assistance recipients who were born between June 2 1941 and March 31 1977.

◆**Lungs cancer checkup**

Those who were born between April 1 1952 and March 31 1977.

◆**Tuberculosis checkup**

Those who were born before March 31 1952.

◆**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.

Date	Place	Time
July 6(Wed)	Hida-cho community center	9:30~11:00
July 7(Thu)	Toriimoto community center	
July 8(Fri)	Toriimoto community center	9:00~11:00
July 14(Thu)	Mizuho culture center	9:30~11:00
July 15(Fri)	Mizuho culture center	9:00~11:00
July 21(Thu)	Higasi -district community center	9:30~11:00
July 22(Fri)	Tabuchi community center	
July 25 (Mon)	Greenpia Hikone	9:30~11:00
July 27 (Wed)	Hikone Sun Paresu (Male)	9:00~11:00
July 28 (Thu)	Hikone Sun Paresu (Female)	
August 2 (Tue)	Sawayama Elementary School	9:30~11:00
August 3 (Wed)	Kawase community center	

※There is nursery on July 28 (Thu), you need to apply.

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

☆Let's Recycle and Decrease Garbage!---Spray Cans

- 1 Spray cans which can be recycled:
Cans of fuel/ insecticide, pain-killer/ antiseptic solution and cosmetics
- 2 When you put out spray-cans:
 - a Be sure cans are empty.
In case it is hard to empty a can please consult with the customers' center (written on the product) or the shop you bought the product.
 - b Make a hole in a can and take out the gas inside.
A hole-maker is available at a store.
 - c Put out cans on the designated collection days of cans/ metals.



Take off plastic parts from cans.

3 Spray-cans are not “land-fill garbage”.

A “land-fill garbage” bag with a spray-can inside will not be collected. Please separate garbage properly.

Inquiries: Consumer Affairs and Environment Division: Tel 0749-30-6116 Fax 0749-27-0395

☆Baby Salon

Date & Time : Tuesday, July 5 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 14 & 28 9:30~11:00

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

*Consultation by a nutritionist is available on Thursday, July 28.



☆Weaning Period Consultation

* Let’s give food twice a day.

Date & Time: Friday, July 8 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	12(Tue)	Born between Mar 1 and 15, 2016
	26(Tue)	Born between Mar 16 and 31, 2016
10-Month-Old Babies	13(Wed)	Born between Sep 1 and 15, 2015
	20(Wed)	Born between Sep 16 and 30, 2015

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

18-Month-Old Babies	8(Fri)	Born between Dec 1 and 15, 2014
	15(Fri)	Born between Dec 16 and 31, 2014
2-Year & 6-Month-Old Children	14(Thu)	Born between Dec 1 and 15, 2013
	21(Thu)	Born between Dec 16 and 31, 2013
3-Year & 6-Month-Old Children	4(Mon)	Born between Dec 1 and 15, 2012
	25(Mon)	Born between Dec 16 and 31, 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:0749-24-0816、 Fax:0749-24-5870

☆Rakuraku Kin-en (quit smoking easily) Consultation

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

Date & Time: Wednesday, July 13 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 nicotine density in your urine)

• Consultation on how to quit smoking

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



☆Support of infertility treatment expenses

Support of artificial insemination expenses

Eligibility (Those who meet all of the following)

- Husband and wife who live in the city at the time of a medical treatment and application, and are legally married.
- Husband and wife's income in the last financial year is less than 7,300,000 yen.
- Husband and wife who are not behind with municipal tax.

The amount of support : Half of the amount of the charge is supported.

For a total of two-years, the amount of money is 50,000 yen.

Time limit: **March 31 Thursday 2017**

When you get the treatment in March, you can apply until April 28 Friday 2017.

Support of specific infertility treatment expenses

Eligibility (Those who meet all of the following)

- Husband and wife who live in the city at the time of a medical treatment and application, and are legally married.
- Those who have received Shiga specific infertility treatment expense support
- Husband and wife are not behind with municipal tax.

The amount of support : Specific infertility treatment expenses is supported.

The amount of support limit is 50,000yen. Please don't overlap with a Shiga specific infertility treatment subsidy.

The age of wife at the first treatment	The times of support
Under 39 year old	Maximum of 6 times
40~42 year old	Maximum of 3times
Over 43 year old	Not covered

In the following cases, 25,000 should be supported.

*embryo transplantation by using frozen embryo

*When treatment is stopped because patients cannot get egg in spite of ovulating.

☆**Application limit:** within 3months from the date of Shiga prefecture decision

Application and determination: please apply to The Health Promotion Division.

※Please ask for details. Tel 0749-24-0816 Fax 0749-24-5870

Correction

“Support of Infertility Treatment Expenses” in Community Newsletter Koho HIKONE **published on 2016, June** contains wrong information.

Accurate information is listed on **Koho HIKONE 2016 July**

We apologize for any inconvenience it may have caused.

☆Cancer checkups and osteoporosis checkup

The reservation of checkup on August and September 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	5(Fri)	morning	Kusunoki center	●	●	●	
September	12(Mon)		Kusunoki center	●	●	●	
	17(Sat)		Kusunoki center	●	●	●	●
	23(Fri)		Kusunoki center	●	●	●	
	30(Fri)		Gender equality center 「with」	●	●	●	●

《schedule for women》

date		time	place	stomach	lungs	Large intestine	breast	uterine	stereopsis	special
Aug.	20(sat)	morning	Kusunoki center	●	●	●	●	●	●	●
	31(wed)			●	●	●	●	●		
Sep	5(Mon)			●	●	●				
	9(Fri)			●	●	●	●	●		
	14(Wed)				●		●	●		
	17(Sat)			●	●	●	●	●		●
	28(Wed)			●	●	●	●	●		

*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

☆Prevent food poisoning!

The food poisoning occurs at not only the restaurant but also the home.

Follow three principles to prevent food poisoning.

1. Keep out bacteria

- Wash hands before cooking, meals, before and after cooking meat/fish and egg, after using the toilet, changing diapers, blowing your nose, touching the animals.
- Wash kitchen utensils at every use well or sterilize them.
- Cook meat/fish and the vegetables with separate kitchen utensils.

2. Not propagate bacteria

- Preserve food in a refrigerator, but eat quickly. Bacteria multiplies even in a refrigerator.

3. Kill bacteria

- Heat to the center of the food (more than 75 degree for more than 1 minutes)
- Sterilize kitchen knife, chopping board and washcloth with boiling water and dry well.

Using of the sterilizer for kitchen is effective.

Inquiries: Health Promoting Division

