

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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Proofread by:

Walter Klinger

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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
- * Hikone City Hospital

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!!



☆ Please Prepare For Wind and Flood Damage

Every year, flood and landslide disasters caused by typhoon have happened. Hikone city issues an evacuation warning (see below for reference) in the case that river level rises and there is a high probability of causing disaster. Your further attention is needed because river level standard has changed in some first-class rivers in Shiga. Please visit our website for more information. Please understand the different stages of information about evacuation and respond quickly.

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

☆ Sound Hikone project No.1 The circuit mayor's office "mayor in your town"

Would you like to talk with Hikone city mayor?

Mayor visits branch office and talks about Hikone city with residents.

Application in advance is necessary.

Date and place: following table

Interview time: 20 minutes a person/group

Application qualification: people who live or work in Hikone city, 20 years old or over

*One or two representative from one group (from community or civic activity organization)

*A person /group relating to politics, religious or profits is excluded.

*The state of interview will be recorded and video recorded and will be published on the website; if you do not agree to it, your application cannot be approved.

Capacity: 5people/group per 1place

Where to apply: Branches of City Hall and Community Center listed below

How to apply: fill in the application form available at the Branches and Community Centers listed below. Application over the telephone cannot be accepted.

Inquiries: Community Relation Division Tel.:0749-:30-6117 Fax: 0749-22-1398

Date	Place	Application Term
August 17 (Wed) 10:00~12:00	Takamiya branch office Tel.0749-22-3210(takamiya-cho)	July 15(Fri)~August 16 (Tue)
August 18 (Thu) 19:00~21:00	Center district civic center Tel 0749-24-0801(oyabu-cho)	July 15(Fri)~August 3 (Wed)
August 20 (Sat) 10:00~12:00	South district civic center Tel. 0749-25-5177(kanro-cho)	July 15(Fri)~August 19 (Fri)
August 22(Mon) 10:00~12:00	Inae branch office Tel. 0749-43-2225(tawara-machi)	

☆ Temporary Padding Pools for Children Have Been Set Up Until Sunday, August 21

Place: *Soto-banba koen* Park (*Kyomachi 2-chome*), *Take koen* Park (*Hassaka-cho*)

Time: 10:00 ~ 16:00

- * The padding pools are for young children. They should be accompanied by their guardians.
- * Be careful of injury. Do not enter the pool with your shoes.
- * Do not bring your pets into the pool.
- * In case of an infection such as O157 and a new pandemic flu or bad weather, the pools will be closed.

Inquiries: City Planning Division Tel 0749- 30-6124 Fax 0749- 24-8517

☆ Allowance for Single Parents

The single parents' allowance is provided for single parent households. This is to encourage the stability and the independence of their lives. Those who are currently receiving the allowance (including the recipients whose allowance is currently suspended) have to make sure to submit the notification of present situation forms within the submission period. Unless the notification is submitted, you are not qualified as a recipient.

Submission period: Monday, August 1 ~ Wednesday, August 31

Inquiries: *Kosodate-shien-ka* (Children's Welfare Division) Tel 0749- 26-0994 Fax 0749-26-1768

☆ PLEASE APPLY for HEALTH INSURANCE within 30DAYS after an ACCIDENT

The medical expenses for injury and disease caused by the third person, such as a traffic accident, shall be paid by an assaulter. In case the sufferer partly admits his/her error, he/she can apply for the health insurance, such as National Health Insurance, Medical Care for the Elderly, etc.

In this case please report the accident not only to the police but also to Insurance Premiums Division within 30 days; the health insurance will temporarily pay the medical expense, and later the assaulter shall pay. (If you are a member of another health insurance than National Health Insurance or Medical Care for the Elderly, please report to your health insurance company.

When taking the medical service, please tell the injury/disease was caused by the third person.

Items to be prepared for application:

- 1 Certificate of the fact that injury / disease was caused by the third person
 - 2 Report of the accident
 - 3 A signed and sealed instrument
 - 4 Certificate of the car accident (published by a Car Safe Drive Center) *in case of a car accident
 - 5 Insurance Card
 - 6 Seal (*hanko*)
- 1 ~3 are available at Insurance Premiums Division; you can down-load them with "Hikone City Home Page".

The examples of the accidents caused by the third person:

- 1 Accident of bicycles
- 2 Injury caused by violence
- 3 Injury caused by other's dog's bite
- 4 Food poisoning caused by others

Inquiries: Insurance Premiums Division, Hikone City Hall: Tel 0749-30-6112, Fax 0749-22-1398
Federation for the Elderly, Shiga Prefecture: Tel 077-522-3013

☆ Caution 'Zika fever & Dengue fever'

Zika fever and Dengue fever are mainly spread via the bite of mosquitoes. Most people who are infected have no or few symptoms. But the disease spreads from mother to child in the womb and can cause multiples problems, most notably microcephaly in the baby.

As Dengue fever, in a small proportion of cases, the disease develops into dengue hemorrhagic fever.

Symptoms: fever, rash, headache, joint pain, vomit

* Prevent the generation of a mosquito

-keep dry the saucer of the flowerpot and bucket

*Prevent you from being bitten by a mosquito

-Cover exposed skin by wearing long-sleeved shirts and long pants, and use a mosquito repelling incense coil or insect repellent when you go out

-Prevent mosquitoes come inside the house

-In case of travelling to the travel alert countries, be careful of being bitten by mosquitoes

-See a doctor, when there are symptoms such as sudden fever after you are bitten by a mosquito.

Inquiries: City Health Promotion Division Tel.0749- 24-0816/ FAX 0749-24-5870

☆ Summer Vacation Event " Astronomical Observation Exhibition " at the Children's Center

Contents: We open our astronomical facilities such as astronomical telescopes

Date: 14:00~ 15:00 Tuesday&Wednesday July 26~ August 24

Place: The Children's Center (Hinatsu-cho)

Fee: Free of charge

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

☆ Hiroshima · Nagasaki the Atomic Bomb Exhibition

Japan is the only country that has suffered from the atomic bombing. We must hand down the horrors of the A-bomb and agony of victims to our next generation. 「Hiroshima · Nagasaki the Atomic Bomb Exhibition」is held to remind us preciousness of peace and hope that the same errors caused by A-bomb would never happen again.

* Hikone city declared 「Total abolition of Nuclear weapons City」 to seek for everlasting peace in October 1st, 1983.

Exhibition period: Tuesday, August 2~ Friday, August 12

Organizer: Hikone city · UNESCO Association in Hikone

Cooperator: Hiroshima Peace Memorial Museum, Nagasaki Foundation for the Promotion of Peace
Mayors for Peace Shiga Peace Museum

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

Lobby on the first floor of City Hall

Time: 8:30~17:15 (except Saturday, Sunday, and National Holidays)

Contents: ▶☐The atomic bomb actual articles (Hiroshima)

▶☐Posters of the A-bomb (Hiroshima)

▶☐Documents of War in Shiga (Shiga)

▶☐Reports for studying about peace by the students in Chuo Junior High School

▶☐Signature-collecting campaign for seeking for starting talks of 「Nuclear Weapons Convention」

▶☐Folded paper cranes display

An open-stack room in City Library

Time: 10:00~ 18:00 (expect Monday and National Holidays)

Contents: ▶☐A- bomb Posters of Mayors for Peace

▶☐A- bomb actual articles pictures (Nagasaki)

▶☐Reports for studying about peace by the students in Torimoto Junior High school

▶☐Folded paper cranes display

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, at a workplace, in a community at the same time 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

☆ Information from the Sanitation Center

Garbage collection will be carried out on August 11 (Thursday, a national holiday), the same as usual on Thursdays. However, garbage cannot be dropped off at the Center directly that day. Please check the garbage collection calendar for your school district for the fiscal year 2016 and put out your garbage in your community's collection place on your area's collection day before 8:00 a.m.

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

☆ Attention!

Application period is until Wed. August 31 for special benefits to support pensioners.

Inquiries: The City Special Benefit Office Tel. 0120-1528-90 Fax. 0749-22-1398

☆ 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'. Please submit the document in due time. Regarding special disability child allowance, when you have not submitted for 2years, you lose the right to allowance.

Inquiry: welfare division for person with disability

Tel: 0749-279981 Fax: 0749-26-1767

☆ New Obstetricians-gynecologists will join from September

Two OB-GYN have arrived to take up a position at Hikone municipal hospital since last December. And one more OB-GYN whose name is "Yuki Ibuki" will join from September. It will help the medical treatment system works effectively. Hikone municipal Hospital is raising a maternity nurse. For more details, please contact to the hospital.

Inquiries: Municipal Hospital Staff Division

Tel.0749- 22-6050 (ext.3502)/ fax 0749-26-0754

☆ Temporary Closed to Emergency Outpatient Service

We suspend an acceptance for emergency outpatients temporarily due to the maintenance of replacement of medical records in the hospital. We'd like to ask you for your understanding and cooperation.

Date: 17:00 Friday, August 26 ~ around 15:00 Saturday, August 27

Inquiries: Municipal Hospital Corporate Strategy Room

Tel.0749- 22-6050 (Ext. 3524) Fax. 0749-26-0754

☆ The exchange of water supply meter

We seek your understanding in the matter that the water meter in every house is due for inspection approval according to the measurement law, and the replacement of the water meter is to be carried out. Exchange due date: August and September

*You shall be informed by postcard beforehand.

* The specialist who is to perform the water meter exchange work should be authorized with the 'water meter exchange business practitioner certificate'

* Your presence is not necessary during the exchange work. (Except in situations where the water meter is indoors.)

* Please refrain from parking on the water meter (box) as it will be a hindrance to the replacement work and it will be unable to be carried out smoothly.

Inquiries: Hikone City Water Supply Customer Service Center

TEL.0749-27-2802 FAX.0749- 27-2803



☆ Support for Single-Parent Families

Various Consultations	Self-reliance support members or single-parent families' welfare promotion members are available for consultations.	Children's Welfare Division Tel. 0749-26-0994 Fax. 0749-26-1768
Finding Jobs	Support about working.	
Education & Training Grants to Support Independence	<ul style="list-style-type: none"> When parents of single-parent families attend education training courses to attain qualification or technical skill for job-related stability, 60% of the tuition is subsidized. When parents of single-parent families attend the measures course for getting high-school graduate certification and finish the course, 20% of the tuition is subsidized. In addition, when passed all subjects of the certification exam within 2 years after finished the measurer course, 40% of the tuition is subsidized. 	
High Skill Training Subsidy	When parents of single-parent families get an education at a qualified training school requiring more than one year to attain qualification such as nurse, nursing welfare person, or childcare, a training-subsidy is paid for a fixed period of time.	
Welfare Fund Loan	The loan systems such as the fund for school preparations and studying are available when the child of a single-parent is enrolled in high school or university.	
Childcare Allowance	Childcare allowance is granted to the guardians who are raising children and who no longer live with a father or a mother due to divorce or other reasons.	
Assistant Helper & Childcare Service	Temporarily childcare at a preschool. Services of Family Support Center. Domestic assistant can be dispatched to help with temporary housework and childcare services.	
Subsidy for using of designated Parenting Support Organization	Because of illness or sudden business of the child's guardian, when they use the Parenting Support Project of the social welfare organization and the NPO, a part of the expenses is subsidized.	
Medical Subsidies System	Medical costs can be subsidized for medical examinations.	Health Insurance & Pension Division Tel. 0749-30-6136 Fax. 0749-22-1398
Reduction in Tax	For those with dependents, a widow/widower tax deduction may be received for the income tax and residence tax.	Tax Division Tel. 0749-30-6140 Fax. 0749-22-1398

※Please note that there are applicable requirements and income limitations for each support system.
For details, please place your inquiries and consultations with the respective help desks.

☆ Family Hike with JCMU Students & Campus Open Day

Why don't you go hiking with your children and enjoy having English conversation with American students?

You also have an opportunity to visit The Japan Center for Michigan Universities. (JCMU Matsubara-cho)

Date&Time: Sunday, September 11 9:30~ 15:00

Place: Kurokabe Area (Nagahama-shi) * Meeting & Departure place is JCMU

Eligible: Junior high school students or under with their guardian

Capacity: First 20 people

Fee: ¥ 1,000 per adult (¥ 500 for a member of association) Children are charged only admission fee

Application Date: 9:00am, Thursday, August 4

Application & Inquiries: Public Interest Incorporated Association Shiga International Association,
"SHIGA-KEN KOKUSAI KYOKAI" Hikone Office

Tel. 0749-26-3400 <http://www.s-i-a.or.jp/>

☆ Extra care for the fire during the summer

- Turn off the generators when refueling with oil.
- Mal use of the gas cylinder could cause the explosion.
- Do not use more than one firefighter at a time.
- The inside of car becomes hot.
The cooling spray and the deodorant spray could be flammable.



☆ Event at the Children Center

Starlit sky observation class —Let's look at the Perseids—

Date & Time: Friday, August 12 19:30~21:30
Eligible person: Elementary student or above
Fee: 300 yen
Capacity: 30 (first come, first served)
Application period: Saturday, August 6 ~ Wednesday, August 10
※If it rains, the event will be called off. Please confirm it at 16:00
Inquiries: Children Center Tel.0749-28-3645 Fax.0749-28-3646

Children class —Let's try to ecologically-friendly cooking by solar heat—

Date & Time: Saturday, August 20 13:30~15:00
Eligible person: the third grade at elementary school or above (Please be accompanied by guardians.)
Fee: 300 yen
Capacity: 15 (first come, first served)
Application period: Saturday, August 6 ~ Wednesday, August 17

Childcare Course —let's play parent and child together—

Date & Time: Friday, August 26 10:00~11:30
Eligible person: Infants (Born between February 1, 2015 and March 31, 2016) and their guardian.
Fee: 200 yen
Capacity: 20 (first come, first served)
What to bring: Notebooks, Stationery, something to drink, towel
Application period: Saturday, August 6 ~ Wednesday, August 24

RECRUITMENT

☆ Re-employment • Employment Support Class for Seniors

- Contents: ①. Office cleaning skill class ※Fill in your job hunting registration number on an application form
②. Life support service worker class
③ Child care support class
④. Business manner class
⑤ Public office work assistance skill class. ※A person who can do a computer input
⑥ Welfare transport at cost driver class ※A person who has a driver's license of ordinary vehicle

Eligibility: 55 years old or older person who live in Shiga prefecture

Tuition: Free

Application & Inquiries:

The Shiga Silver Human Resources Center Federation 〒520-0054 1-1-1 Osaka Otsu-shi Tel.077-525-4128 Fax. 077-527-9490

How to apply: You can get the application form at the Employment Service Center or Silver Human Resources Center nearby. Please fill in necessary matters on the application, and mail or fax it

※For further information, please ask the Shiga Silver Human Resources Center Federation

☆ Stall for Rent ---- Hikone Eco (Ecological) Market “YUMEBATAKE “----

“YUMEBATAKE” is a flea market for selling unwanted household goods and handmade goods

Date & Time: Sunday, September 11 10:00~14:00 ※If it rains, the event will be called off.

Place: Hikone castel OTEMAE-HOZON-YOCHI (Konki cho)

Stall Fee: 500 yen for each stall.

Application deadline: The application must reach us no later than Wednesday, August 31

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

(〒522-8501 4-2 Moto-machi Hikone)

The initial half of the double postcard ①Your address, ②Name, ③Phone number ④Item for sale
⑤The number of participants ⑥The license number of the vehicle used for unloading
⑦Desired date of stall

The return of double postcard ①Your address, ②Name

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

☆ Autumn sports classes

How to apply: ①Apply directly at the Information desk at Hikone citizen sports center (8:30-19:30)

Please bring the reply post card or 52 yen.

②Apply by post with the double post card and include

The initial half of the double postcard ①Class and course name ②Your name ③your birth date
④postal cord ⑤Your address ⑥Nursery requirement

The return of double postcard ①Your address ②Your name

Please send it to Hikone citizen sports center (〒522-0002 3751-7 Matsubara cho Hikone)

Application period: The application must reach us no later than Wednesday, August the 10.

※Qualification: The person who are living, going to school or working in Hikone.

※The application should be one course per person. Please don't apply for two people.

※In case of too many applications, we will decide on the participants and inform you.

※Nursery services fee : 200yen per session Eligible: from 6 months old (from 31th August) to preschool children

Inquiries: Hikone citizen sport center Tel. 0749-23-2293 Fax. 0749-23-2294

Closed days: Tuesdays and days following national holidays The date, time and contents could be changed due to certain reasons.

Class name (Content)	Course • Eligible • Capacity		Term • Time	Number of times • Fee
Parent and child KIRANIKO fitness (Nursery service available)	2 • 3 years old child(Apr..2, 2012~ Apr.1, 2014) and their guardian 25 pair		Sep.2~Dec.2 Friday 9:30~10:30	12 times 6,720 yen
Kids gymnastic NENTYUU Course (4 years old course)	A	4 years old child (Apr.2, 2011~ Apr.1, 2012) Each Course 30 people	Sep.7~Nov.30 Wednesday 14:00~15:00	12 times 5,520 yen
	B		Sep.7~Nov.30 Wednesday 15:15~16:15	
Kids gymnastic NENTYOU Course (5 years old course)	A	5 years old child (Apr.2, 2010~ Apr.1, 2011) Each Course 30 people	Sep.5~Dec.5 Monday 14:30~15:30	12 times 5,520 yen
	B		Sep.5~Dec.5 Monday 15:45~16:45	
Junior Sport	1 to 3 grade at elementary school Student 30 people		Sep.3~Nov.26 Saturday 10:00~11:00	12 times 5,520 yen
Aesthetic.Posture.Exercise & Yoga (Nursery service available)	Over 16 years old 45 people		Sep.5~Dec.12 Monday 10:00~11:30	12 times 6,120 yen
Aerobics & Body shape (Nursery service available)	Over 16 years old 45 people		Sep.7~Nov.30 Wednesday 10:00~11:30	12 times 6,120 yen
Step Aero	Over 16 years old 30 people		Sep.7~Nov.30 Wednesday 18:30~19:30	12 times 5,520 yen
Night Yoga	Over 16 years old 35 people		Sep.7~Nov.30 Wednesday 19:40~20:40	12 times 5,520 yen
Yoga (Nursery service available)	A	Over 16 years old Each course 35 people	Sep.1~Dec.8 Thursday 9:30~10:30	12 times 5,520 yen
	B		Sep.1~Dec.8 Thursday 10:45~11:45	
Fitness Hula(dance) (Nursery service available)	Over 16 years old 45 people		Sep.2~Dec.2 Friday 10:45~11:45	12 times 5,520 yen
BORUTOBURA & KOATORE	Over 16 years old 45 people		Sep.2~Dec.2 Friday 18:30~19:30	12 times 5,520 yen
Enjoy Aero	Over 16 years old 45 people		Sep.2~Dec.2 Friday 19:40~20:40	12 times 5,520 yen
Senior Calisthenics	A	Over 55 years old Each course 45 people	Sep.2~Dec.2 Friday 13:30~14:50	12 times 5,520 yen
	B		Sep.2~Dec.2 Friday 15:00~16:20	
Smile Fitness	Over 16 years old 25 people		Sep.26~Dec.5 Monday 19:00~20:30	8 times 4,080 yen

EVENT

☆ Brazilian music — What is the bossanova ? —

We will introduce Brazilian music "Bossanova" with songs and pictures.

Date & Time: Sunday, August 7 13:30~14:30

Place: Community Center at TAKAMITA station (Takamiya-cho)

Inquiries: Totani-san Tel 090-2102-2880

☆ "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, August 21 8:00~12:00

Place: The parking lot of "GOKURAKU-YU" (Nishinonami-cho)

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



Consultation

	Date & Time	Place	Contents
Human-Rights Counseling	August 3 & 17 (Wed) September 7 & 21 (Wed) 13:00 ~ 15:00	Consultation Room (City Hall 1 F)	Counseling about bullying and all acts of discrimination Tel.0749-22-0242
Alcohol Consultation	August 5 & September 2 (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	August 18 & September 15 (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	August 19 (Fri) 14:00 ~ 15:30		A psychiatrist and nurse help the person in question and their family Tel.0749-21-0283 Fax.0749-26-7540
Consultation for Reclusive and Unsociable People	September 8 (Thu) 13:00 ~ 15:00 (by reservation)		Helping sufferers 16 years old and over and their families. Tel.0749-21-0283 Fax.0749-26-7540
Law Consultation	August 26 & September 23 (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 August 17 and September 14) *Only those who live or work in Hikone Tel.0749-30-6117 Fax.0749-22-1398
Labor Law Consultation	September 2 (Fri) 18:30 ~ 20:00 (except Monday) (by reservation)	Hikone San Paresu (Koizumi-cho)	Lawyer answers about trouble at a workplace and difficult problem to work *The first 3person from 9:00 on August 18 *When Monday is holiday, the next day will be closed Tel.0749-26-7272 Fax. 0749-26-7377
Consultation for Tax Affairs	September 7 (Wed) (reservation by telephone) 13:00 ~ 16:30	Tax Division Meeting Room (City Hall 2F)	Consulting about income tax return credit for medical expenses, inheritance tax, gift tax etc *30minutes per person (the first 6 person Tel.0749-30-6140 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
Consultation Telephone for Trouble of a Child and a Parent	Every Mon. & Wed. (except holidays) 14:00 ~ 17:00	Institute of Education	Consultation for children having troubles and for family worrying about child care Tel.0749-23-7867
Developmental Disorder Consultation	Every Mon. ~ Fri. (except holidays) ①9:00 ~ 12:00 ②13:00 ~ 16:00	Welfare center for the disabled	4 years old or older person who has a developmental disorder or feels uneasy about it. Only person living in Hikone Tel.0749-26-8282
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
General Consultation	Every Wed. ~ Fri. (except holidays) 13:00 ~ 16:00	With (In front of Welfare Center)	It responds to a variety of troubles Tel.0749-21-5757
Specialized Consultation (Law Consultation/ Consultation for Troubled Mind)	By reservation		After having had General Consultation, only a person who needs Specialized consultation can make a reservation Tel.0749-21-5757

☆ Baby Salon

Date & Time : Tuesday, Aug 2 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, Aug 4 & 25 9:30~11:00
 Place: *Kusunoki* Center 1F (Next to Hikone Municipal Hospital)
 *Consultation by a nutritionist is available on Thursday, Aug 25.

☆ Weaning Period Consultation

* Let's give food twice a day.
 Date & Time: Friday, Aug 2 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

August

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

4-Month-Old Babies	23(Tue)	Born between Apr 1 and 15, 2016
	30 (Tue)	Born between Apr 16 and 30, 2016
10-Month-Old Babies	10 (Wed)	Born between Oct 1 and 15, 2015
	17(Wed)	Born between Oct 16 and 31, 2015

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

18-Month-Old Babies	5 (Fri)	Born between Jan 1 and 15, 2014
	26 (Fri)	Born between Jan 16 and 31, 2014
2-Year & 6-Month-Old Children	4 (Thu)	Born between Jan 1 and 15, 2013
	18(Thu)	Born between Jan 16 and 31, 2013
3-Year & 6-Month-Old Children	8 (Mon)	Born between Jan 1 and 15, 2012
	22 (Mon)	Born between Jan 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 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

☆ Baby Salon

Date & Time : Tuesday, Sep 6 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, Sep 8 & 29 9:30~11:00

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

*Consultation by a nutritionist is available on Thursday, Sep 29.

☆ Weaning Period Consultation

* Let's give food twice a day.

Date & Time: Friday, Sep 2 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

September

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

4-Month-Old Babies	20(Tue)	Born between May 1 and 15, 2016
	27 (Tue)	Born between May16 and 31, 2016
10-Month-Old Babies	14 (Wed)	Born between Nov 1 and 15, 2015
	21(Wed)	Born between Nov 16 and 30, 2015

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

18-Month-Old Babies	9 (Fri)	Born between Feb 1 and 15, 2015
	16 (Fri)	Born between Feb 16 and 28, 2015
2-Year & 6-Month-Old Children	8 (Thu)	Born between Feb 1 and 15, 2014
	15 (Thu)	Born between Feb 16 and 28, 2014
3-Year & 6-Month-Old Children	5 (Mon)	Born between Feb 1 and 15, 2013
	12Mon)	Born between Feb 16 and 28, 2013

*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



☆ 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, Aug 10 & Sep 14 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



☆ Eating Habit Consultation

Did you check your results of a medical examination?

Would you like check your eating habit?

Date: August 26(Fri), September 5 (Mon)

Time: ①9:00~ ②10:30~

Capacity: 1person each time slot

Place: Kusunoki Center 2F

※any consultations concerning your meals are also available.

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

☆ Dental check-up for pregnant women

Let's check your teeth and receive the guidance for the proper way to use toothbrush.

Exchanging experiences about pregnant and making friends.

Date & Time : Thursday , Aug 25 13:30~15:30 (Acceptance 13:15~13:30)

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

Eligibility : Pregnant women , over 16 weeks pregnant having a resident registration in Hikone City

Application: Monday, Aug 1~Wednesday, Aug 10

Things to bring : Your maternal and Child Health Handbook, Mirror, toothbrush, cup and towel

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

※There is no nursery.



☆ Information of Japanese encephalitis vaccination

Japanese encephalitis vaccinations have not been recommended, and then the new vaccinations have been developed.

Now the vaccinations can be received as a regular one.

Regular vaccination schedule:

1st phase (3times) the statutory age range : 3years to 7years and 6months,

2nd phase(1time) the statutory age range : 9years to 13 years.

Special targets of Japanese encephalitis vaccination: following person can receive the vaccinations

The special targets of Japanese encephalitis vaccination

- ① Those who missed the opportunities of the vaccinations, born between 1996 April 2 and 2007 April 1, can receive the remaining vaccinations before 20 years old for free .
- ② Those who received the 1st phase vaccinations less than 3times, born between 2007 April 2 and 2009 October 1, can receive the remaining vaccinations during the 2nd the phase period for free.

How to receive the vaccination

Please receive the vaccination with your mothers' book and health insurance card, after the reservation to medical institution.

Notes

*Japanese encephalitis vaccinations can be received 4times in total. Please make sure so as not to overlap.

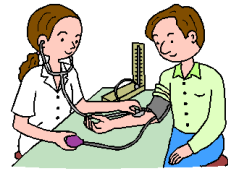
*Pregnant or possibly pregnant women are not allowed to receive vaccinations in principle.

In principle, it is needed to receive the vaccinations with guardians. When it is not possible, vaccinations can be received with the coupon of guardian non-accompanied vaccination.

For details, Health Promotion Division 0749-24-0816

☆ 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 1941and 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
August 19(Fri)	Kusunoki center	9:30~11:00
August 20(Sat)	Kusunoki center (women)	9:00~11:00
August 25(Thu)	South district center	9:30~11:00
August 26(Fri)	Civic center	
September 1(Thu)	Takamiya culture center	
September 3(Sat)	Kusunoki center	
September 6(Tue)	Asahinomori district center	
September 8(Thu)	West district center	

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

Guidance

☆ The 30th Hikone City Marathon Registration for Participants

Marathon Date & Time: Sun. November 13

- ① 9:14 ~ (for using wheelchair) ② 9:15 ~ (for 10km, 5km) ③ 9:20 ~ (for 3km, pairs)

Place: Hikone Athletic Field & Track and the nearby area

Capacity: The first 4,000 persons

Application Period: ①By postal mail Until Fri. Sept. 2 (the postmark 'Fri Sept. 2' is valid.)

※Please fill the form and apply with the participation fee at the post office. The application

Form is available at the Board of Education Secretariat, General Information Desk (CityHall 1F), and so on.

②By internet (<http://runnet.jp/>) Until Fri. Sept. 16

Privileges: Present of Original T-shirt. Some drink service. Lucky Lottery.

Inquiries: The Marathon Executive Committee Secretariat Tel: 0749-24-7975 Fax: 0749-23-9190

Distance	Class	Participation Fee
3Km	1. School boys (third grader ~ Sixth grader)	¥1,400
	2. School girls (third grader ~ Sixth grader)	
	3. Junior high school students (girls)	
	4. Adult women (high school students and over)	¥2,600
	5. Pairs of parent and child (elementary school students only)	
	6. Pairs (junior high school students and over)	
5Km	7. Junior high school students (boys)	¥1,400
	8. Adult men (high school students and over)	¥2,600
	9. Adult women (high school students and over)	
10Km	10. Adult men (high school students ~ 39 years old)	¥2,600
	11. Adult men (40years old and over)	
	12. Adult women (high school students and over)	
	13. Using wheelchair (high school students and over)	