

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>

Nos.1365-1366

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Multicultural Coexistence
Human Rights Policy Division
Hikone City Hall

Tel:

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VOICE Trans. Group

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Multicultural Coexistence
Human Rights Policy Division

2016.12



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*”.

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

This newsletter is available at

- * Head Post Office
- * Yujin Yamazaki Hospital
- * Jinnō Clinic
- * Hikone City Hall 1F
- * AEON TOWN Hikone
- * Viva City 2F(near the children play ground)
- * Shiga Bank (Oyabu Branch)
- * “Gyomu Super Market”(Toga-cho)
- * Beisia 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 onegai shimasu.*” 英語通訳をお願いします。
 (It means “please get me an English interpreter”.) えいご つうやく おねがいします。
 We might change the interpreter’s availability.

Hikone City Hall: Weekdays 8:30 a.m. to 0:00 p.m. 1:00 p.m. to 5:15 a.m.

Japanese Classes



Day	Hour	Location, Place	Organization Name to Contact	Cost
Wednesday すいようび	7:00 p.m. to 8:30 p.m.	Shimin kaikan 市民会館	Hikoneshi Kokusai Kyoukai 彦根市国際協会 Tel (0749)-22-5931 (Not available from Dec. to Feb.)	100yen / lesson 100 円 / 1 回
Saturday どようび	2:00 p.m. to 4:00 p.m.	Naka-chiku Kouminkan 中地区公民館	Hikone Kokusai Kouryu-kai VOICE ひこね国際交流会 VOICE なえむらさん(NAEMURA) Tel 090-7118-5250	100yen / lesson 100 円 / 1 回
Sunday にちようび	10:00 a.m. to 11:30 a.m.	Nishi-chiku Kouminkan 西地区公民館	Volunteer Nihongo Kyoushitsu SMILE ボランティア日本語教室スマイル よしおかさん (YOSHIOKA) Tel (0749)-24-7241	100yen / lesson 100 円 / 1 回
Monday~ Friday (Except for holidays) げつようび~きんようび	① 10:00 a.m. to 11:30 a.m. ② 1:30 p.m. to 3:00 p.m. ③ 3:30 p.m. to 5:00 p.m.	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 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



のりしろ



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



のりしろ

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。

について

たにおり

住所	
フリガナ	
氏名	
電話番号	性別 <input type="checkbox"/> 男 <input type="checkbox"/> 女
年齢	<input type="checkbox"/> 20歳未満 <input type="checkbox"/> 20歳代 <input type="checkbox"/> 30歳代 <input type="checkbox"/> 40歳代 <input type="checkbox"/> 50歳代 <input type="checkbox"/> 60歳以上

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 (2016) to September (2016)

Position	Number
Department of Citizens' Affairs and Environment	27
Department of Industry	26
Board of Education	26
Department of Welfare and Preservation of Health	20
Department of Policy Planning and Area Promotion	17
Department of Urban Construction	16
Department of General Affairs	10
Municipal Hospital	4
Assembly Secretariat	2
Elections Administration Committee	2
Firefighting Headquarters	1
Total	151

Address		
How to pronounce Name		
Phone Number	Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female
Age		
<input type="checkbox"/> ~20 <input type="checkbox"/> 20~29 <input type="checkbox"/> 30~39 <input type="checkbox"/> 40~49 <input type="checkbox"/> 50~59 <input type="checkbox"/> 60~		

☆Pay Heed to the Use of Home Heaters! Prevent Home Heating Fires Beforehand!

Nota Bene

When you use home heaters:

- Never ever use gasoline to run a kerosene (paraffin) heater.
- Avoid putting anything flammable; papers, clothing, etc, close to a home heater.
- Make sure your home heater(s) is well-ventilated to prevent carbon monoxide.
- Stabilize your home heater(s) against earthquake tremors. (As for home heaters with stovepipes, fasten them with metal fittings, wires and so on)

When you fill up fuel tanks of the kerosene (paraffin) heaters:

- Turn off the heater and ensure that you do not see any fire coming out of its wick.
- Double-check if you tightly closed a fuel cap of the cartridge tank.

Tips of turning on and turning off home heaters:

- Adjust the heat and check if the fire is properly being lit.
- Make certain that you turned it off when you leave home.

Tips of how to handle fuel:

- Containers to retain fuel must be made of metal or polyester and be certified with safety labels.
- Keep the fuel containers away from places where you use fires, and store them in a shady and airy place.
- The containers must be stored properly. Do not leave them anywhere unstable or susceptible to falling objects.

When you use an electric *kotatsu*:

- Do not try to get the laundry dry under a *kotatsu*.
- Check that cushions and the *kotatsu* cover (normally futon or heavy blanket) are not touching an electric heater attached to the underside of the table.
- Do not damage an electric cord by leaving it overly bent or caught under the table. If the cord seems funny, stop using the *kotatsu*.
- See if there is any dust or things that could catch fires inside the electric heater of the *Kotatsu*.
- Switch off the *Kotatsu* and unplug it from the outlet, particularly in the case of you being out of the house for a long time.

Inquiries: Hikone Fire Department, Prevention Division Tel: 0749-22-03332 Fax: 0749-22-9427

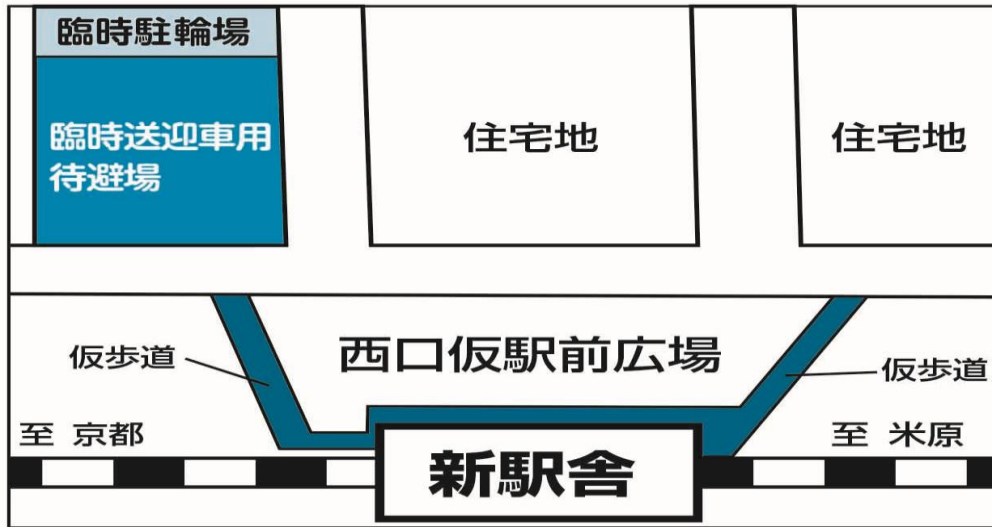
**☆RinjiFukushiKyufukin (Special Welfare Benefits) and Shogai ·IzokunenkinJukyusha-mukeKyufukin
(Welfare Benefits for the Handicapped & the Recipient of the Survivor's Pension)**

Application will be accepted by Tuesday, January 31, 2017.

Inquiries: *Rinji Kyufu kinShikyushitsu* (Special Benefits Office) Tel. 0120-1528-90 Fax. 0749-22-1398

☆New‘JR Inae Station’

The new building of JR Inae Station and the access way linking the east and west sides of the station will be operated on Sunday, December 11.

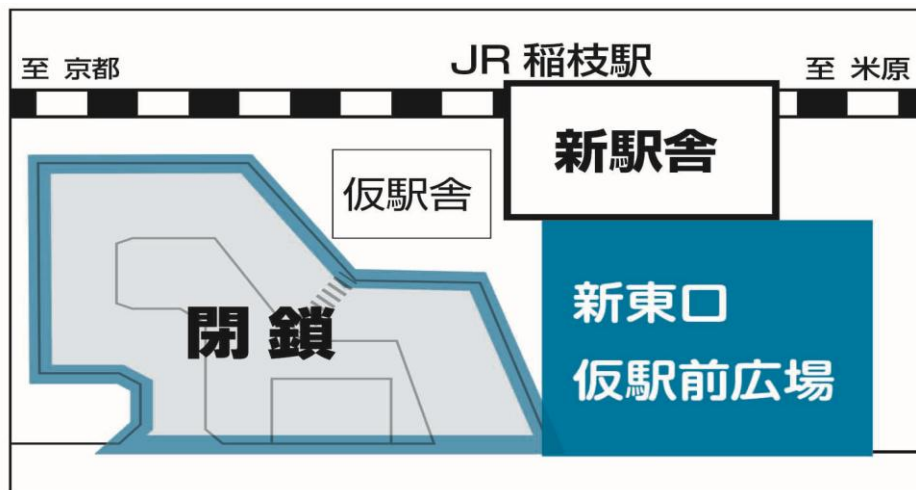


(Map • upper)

- Shin ekisha (新駅舎) -New Station building
- Kari ekisha (仮駅舎) -Temporary Station building
- Shinhigashiguchi Kari ekimaehiroba(新東口 仮駅前広場)
- Temporary Station square in front of New Higashi Exit
- Heisa(閉鎖) - Closed

(Map • lower)

- Shin ekisha(新駅舎) - New Station building
- Nishiguchikari ekimaehiroba(西口仮駅前広場) - Temporary Station square in front of West Exit
- Kari hodo(仮歩道) - Temporary sidewalk
- Rinnjityurinjo (臨時駐輪場) - Temporary Bicycle Parking lot
- Rinnjisougeishasennyotaihijo(臨時送迎車用待避場) -Temporary Parking lot for pick-up vehicle
- Jutakuti (住宅地) -Residential Area



☆Information from the Sanitation Center

1. Garbage collection will be carried out on December 23 (Fri, a national holiday), the same as usual on Fridays. However, garbage cannot be dropped off at the Center directly that day.
2. Garbage collection of burnable garbage only will be carried out on December 29 (Thu) at area of Thursdays, on Dec. 30 (Fri) at area of Fridays. Please note that there will be irregular garbage collection on Dec. 29 & 30. Please check the garbage collection calendar of your school district for the fiscal year 2016.
3. Direct Drop-Off to the Center on December 29 &30

	9:00 a.m. - 0:00 p.m.	1:00 a.m. - 4:15 p.m.
December 29 (Thu) & 30 (Fri)	Oversized Garbage (including small electrical appliances & unbroken fluorescent lights)	Burnable Garbage, Plastic of Containers and Packaging, Glass Bottles, Cans & Metal, Newspaper, Magazine, Cardboard

- ※Dropping-off trash is allowed only during the designated time.
- ※Please show your driver's license when we ask you to confirm your address.
- ※The Center will be closed for having a Year End & New Year Holiday from Dec. 31 to Jan. 3. Accepting direct drop-off of your garbage will start from Jan. 4.

4. Put out way of **Burnable Garbage will change from April 1. 2017.**

You should dispose of all burnable garbage in the City designated garbage bag “*MOYASU-GOMI* (burnable garbage)”. Newspaper, magazine, cardboard also don't put them by bundle only with string. You should put them in the City designated garbage bag “*MOYASU-GOMI* (burnable garbage)”. And besides, please make the weight each of garbage bag is less than 10 kg (approx.22 lbs).

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



☆City business

Business schedule during the Year End and New Year Holiday

		29 Tue	30 Wed	31 Thu	1 Hol	2 Sat	3 Sun	Inquiries
Sanitation center	Garbage collection	○ (*1)	○ (*1)					please check The Garbage Calendar
	Accepting Garbage by direct drop-off	Only Morning	Only Morning					9:00 a.m. - 0:00 p.m. *We cannot accept designated time.
	Burnable garbage recyclable waste(*2)	Only afternoon	Only afternoon					1:00 p.m. - 4:15 p.m. *we cannot accept designated time.
Nakayama abandonment Site	Landfill garbage	○	○					9:00 a.m. - 4:30 p.m. Tel: 0749-26-5250
crematorium		○	○	○		○	○	Shiun —en Tel:0749-48-1318
Sewage service		○	○					Hikone city public service Tel:0749-23-4135
Water supply service (acceptance of the application for starting and stopping water supply) (payment of charge)		○	○	○				Water supply and sewage service customer center (asahi-machi 1-22 nenmei building 2 F) 9:00 a.m. - 5:00 p.m. Tel:0749-27-2802 Fax:0749-27-2803
Emergency clinic for Sundays and holidays (Kusunoki center1F) Internal Medicine & Pediatrics		○	○	○	○	○	○	10:00 a.m. - 7:00 p.m. (Reception closes at 6:30 p.m.) Tel:0749- 22-1119
Municipal hospital (For emergency)		○	○	○	○	○	○	Emergency room Tel:0749-22-6050

(*1) The Sanitation Center will be very crowded with cars for direct drop-off toward the end of year.

Please check the garbage collection calendar of your school district and put out your garbage at your community's designated collection place on the proper day as much as possible. You should separate garbage correctly into each category (Burnable, Plastics, Cans and Metal, Glass Bottles). Regarding the large garbage, please drop them off as early as possible during weekdays toward the end of year.

When you bring garbage to sanitation center, please show your ID card.

(*2) Recycle waste...Plastics, Cans and Metal, Glass Bottles, Waste paper, Waste cloths

- Regarding the landfill garbage (ceramics and other items), Nakayama abandonment Site does the handling. Be sure to get certification at the Sanitation Center, City Life Environment Division in City Hall or City Branches in advance and carry the landfill garbage to the Site.
- Sewage service is available by December30. Please apply to Hikone city public service by December28.
- Regarding other than the above, please call to *Touchoku* (the official on duty). Tel: 0749-22-1411

- Hikone City Hall will have a Year End and New Year Holiday **from Dec.29 to Jan.3.**
- Issue of certificate at convenience store is stopped from **Dec. 29 to Jan.3.**
- If you need any documents from City Hall, please come no later than **Dec.28.**
- During the holiday, notification of births, deaths and marriages will be accepted by *Touchoku* (the official on duty).
Tel: 0749-22-1411
- Concerning the payment of Inhabitant Tax, National Health Insurance, Sewage Service, Water Supply and Sewer usage charge, please use the financial institutions designated by the city (the name of the financial institutions are written on the back of the bill and pay attention to the business days of each financial institution) also, if the bill can be handled at convenient stores, it is possible for you to pay them there.
- For other business , please ask City Hall Tel:0749-22-1411

☆Human rights week December 4(Sun) - 10(Sat)

Stand up for someone's right today!

Consider others' situation, respect each other's differences

Build the good society without prejudice and discrimination!

It is important for us to think about human rights.

Please have time to talk about human rights with your family and friends.

Inquiry: Human Rights Division Tel: 0749-30-6115 Fax: 0749-24-8577

We accept all consultation about human rights.

Human rights counseling Tel 0570-090911 (English)

Human rights for children Tel 0120-007-110 (Japanese only)

Human rights for women Tel 0570-070-810 (Japanese only)

Otsu legal affairs bureau Hikone branch Tel 0749-22-0242 (Japanese only)

*We firmly protect your secret. Please feel free to contact us.

☆Request during the Snowy Season

The snowy season has come. From Wednesday, December 1, 2016 to Monday, March 20, 2017 at night and in the early morning. We will remove the snow with large vehicles on the main roads after a heavy snow fall. Please do not park your cars on the roads. Remove the snow on the streets and the sidewalks in the neighborhood. We ask for your cooperation.

Inquiries: The City Road & River Division Tel: 0749- 30-6122 Fax: 0749-24-5211



☆Do you know these Symbols?



①The International Symbol of Access

A symbol used to identify building and facilities that are barrier-free and therefore accessible to disabled persons with restricted mobility, including wheelchair users.

②The International Symbol of Blindness

The international symbol for the visually handicapped, this symbol is found in buildings, in facilities, on machinery & traffic lights, and at numerous sites.

③Symbol for Physically Disabled Drivers

Physically disabled drivers are recommended to display this sticker on the front & rear of their vehicles.

④Help Mark

This is used for people with prosthetics, joints replaced, pacemaker implanted and incurable diseases to inform others of the necessity of assistance.

⑤Symbol for Ostomate Patients

A symbol is used in establishments with facilities for patients with an intestinal or urological ostomy pouching system. It is usually found at the entrance of restrooms and on signposts.

⑥Symbol for Patients with Internal Disorders

This represents people with some internal disorders (cardial, renal, respiratory, urinary, rectal, intestinal, immune, or liver dysfunction)

⑦Symbol of the Assistance Dog

Facilities that welcome assistance dogs can place this symbol. The assistance dogs are not considered as pets after the introduction of the Assistance Dog Law.

⑧Symbol for the Hearing Impaired

People with the hearing impairments are oftentimes misinterpreted as they look like anybody else. This symbol is placed to show support them with special communication assistance.

⑨Symbol of the Compassion Section

A symbol is meant to show parking spaces reserved exclusively for the disabled, the elderly, etc.

Inquiries: Welfare Division for Persons with Disabilities

Tel: 0749-22-8505 Fax: 0749-26-1767

RECRUITMENT

☆Christmas Party at Civic Exchange Center (The former Higashiyama hall)

Date & Time: Saturday, December 10 10:00 a.m. -11:30 a.m.

Place: Civic Exchange Center (Satone-cho)

Target: Elementary school students

Fee: ¥100

Capacity: First 20 children

Apply & Inquiries: Civic Exchange Center Tel & Fax: 0749-23-3582

Application accepted from at 9:00 Monday, December 5 *Please apply by phone or Fax

☆ "WITH" Multicultural Exchange Seminar "American simple and genuine Christmas Dishes"

Contents: Chef-owner at the restaurant in Hikone introduces Christmas dishes that uses local foodstuffs

Date & Time: Friday: December 16 6:00 p.m. - 8:30 p.m.

Place: Gender Equality Center "WITH" (Hirata-cho)

Target: People living in, working and schooling to Hikone

Capacity: First 20 people

Fee: ¥ 1,500 (including the material costs)

Application period: Thursday, December 1~Wednesday, December 14

Things to bring: 2 dishcloths, a kerchief or bandana, and an apron.

Nursery service: 0 year ~ preschool child *¥300 per a child , reservation needed in advance.

Apply & Inquiries: Gender Equality Center "WITH" Tel & Fax 0749-24-3529

Please apply by phone or to the counter directly

☆Let's play the handbell

Contents: You learn how to play the handbell and play Christmas songs

Date & Time: Saturday, December 17 10:30 a.m. -11:30 a.m.

Place: Fureai-no-Yakata (Hassaka-cho)

Target: Elementary school students in Hikone city and their guardians

Fee: Free of charge

Capacity: First 30 people

Application period: Thursday, December 1 ~ Thursday, December 15

Apply & Inquiries: Fureai-no-Yakata Tel. 0749-25-4452 Fax. 0749- 47-5088

Please apply by phone or to the counter directly



☆Let's Arrange Happy Charismas !

Contents: You can make your own taste candle.

Date & Time: Sunday, December 18 1:30 p.m. - 3:00 p.m.

Place: Kodomo Center (Hinatsu-cho) Multi-purpose hall

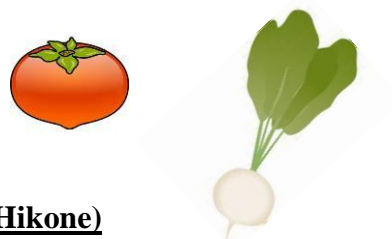
Target: Elementary school students (required to come with their guardians), Junior high school students

Fee: ¥300

Capacity: First 15 children

Apply & Inquiries: Kodomo Center Tel. 0749-28-3645 Fax. 0749-28-3646

Please apply by phone or to the counter directly



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

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

Date & Time: Sunday, December 18 8:00 a.m. - 0:00 p.m.

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

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

☆Christmas Concert

Place: Kodomo Center (HINATSU cho)

①HIKONE JUNIOR CHORUS

Date & Time: Sunday, December 4 1:30 p.m. - 3:00 p.m.

②INAE BOYS AND GIRLS CHORUS

Date & Time: Sunday, December 11 2:00 p.m. - 3:00 p.m.

Inquiries: Kodomo Center Tel 0749-28-3645 Fax 0749-28-3646

☆The exhibitions of students works at Hikone technical high school

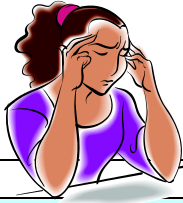
The study works made by students will be displayed

You can experience test driving a model car. ※Only limited people are available.

Date & Time: Saturday, December 17 10:30 a.m. - 5:00 p.m.

Place: Viva City Hikone (Takegahana-cho) 1F Center Mall Plaza

Inquiries: Hikone technical High school Tel 0749-28-2470



Consultation

	Date & Time	Place	Contents
Alcohol Consultation	December 2 (Fri) 2:00 p.m. - 4:30 p.m. (by reservation)	Public Health Center (Wada-cho)	Issue of alcoholism Tel.0749-21-0283 Fax.0749-26-7540
Consultation for Troubled Minds	December 15 (Thu) 1:30 p.m. - 3:30 p.m. (by reservation)		Medical instruction. Introduction of a medical institution and facilities Tel.0749-21-0283 Fax.0749-26-7540
Consultation for Depression	December 16 (Fri) 2:00 p.m. - 3:30 p.m. (by reservation)		Supporting a patient with depression and its family from the side of medical care health and the welfare Tel.0749-21-0283 Fax.0749-26-7540
Human-Rights Counseling	December 7 & 21 (Wed) 1:00 p.m.- 3:00 p.m.	Consultation Room (City Hall 1 F)	Counseling about bullying and all acts of discrimination Tel.0749-22-0242
Consultation for Tax Affairs	December 7 (Wed) 1:30 p.m. - 4:30 p.m. (reservation by telephone)	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 a.m. - 5:15 p.m.	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 a.m. - 0:00 p.m. ②1:00 a.m. - 4:15 p.m.	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 a.m. - 0:00 p.m. ②1:00 a.m. - 4:00 p.m.	Koto Joint Government Building 2F (Moto-machi)	Consultation by telephone is also available from Monday to Friday except holiday Tel.0749-27-2230

☆Schedule of Dental Clinics during the Year-end & New-year Holiday.

During the holiday between December 29th (Thu) and January 3rd (Tue), dental clinics, listed in the table below, are scheduled to open in turn.

Date	Name	Address	Tel
December 29 th (Thu)	Choju Dental Clinic	Hikone Hirata-cho 422-13	0749-26-1993
December 30 th (Fri)	Mikiko Dental Clinic	Hikone Nishi-ima-cho 21-1	0749-26-5069
December 31 st (Sat)	Shiraishi Dental Clinic	Hikone Norada-cho 325-5	0749-43-2017
January 1 st (Sun)	Nomura Dental Clinic	Hikone Hara-cho 180-28	0749-26-5183
January 2 nd (Mon)	Wakamatsu Dental Clinic	Inukami District Kora-cho Amago 2021-5	0749-38-4500
January 3 rd (Tue)	Keiyukai Muto Dental Clinic	Hikone Nishi-ima-cho 365-5	0749-21-0008

※ Operating hours are from 9:00 a.m. to 3:30 p.m. each day.

Inquiries Healthy Promotion Division Tel: 0749-24-0816 (Person to Contact: Tanaka)

☆We have the Baby Station

To support families with infants, we have set up the Baby Station where parents can stop by to change diapers or to breast-feed their babies while being outside.



← The Logo of the Baby Station

We are also welcoming facilities and stores for the registration of the Baby Station.

For more information, please contact the given number below.

Inquiries: The Child & Adolescent Division Tel: 0749-49-2251 Fax: 0749-26-1768

☆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, December 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



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

☆Time to Rethink Food Waste

How to keep food waste out of the garbage

Tips on Cooking

- Do not cook massive portions of meals.
- Look for leftover recipes to use up leftovers
- Use up all ingredients



Tips on Shopping

- Check what you have in your fridge before going food shopping.
- Make a detailed shopping list with the ingredients you will need.
- Have a close look at food labels.



Tips on Eating-out

- Eat out at a restaurant where you choose the amount of food.
- Ask a waiter/waitress to box up the remains of meals.



Tips on Food Preservation

- Store leftovers in small packages and refrigerate them.
- Organize your fridge.

Inquiries: Hikone Consumer Affairs Center Tel: 0749-30-6144
Availability: 9:00 a.m. - 0:00 p.m., 1:00 p.m. - 4:15 p.m. on Weekdays

☆About the Norovirus(Prevention from norovirus food poisoning)

The norovirus outbreak occurs in the cold season especially from November to February. This virus is extremely contagious. Even a small amount of contact can infect individuals and become active in the intestines. Infections occur when the virus enters the body through the mouth.



How to get infected?

- Eating food made by someone infected
- Raw or undercooked two-shelled clams

Most common symptoms.

The incubation period is 24 to 48 hours (36hours average).

- Nausea and vomiting
- Stomach pains
- Diarrhea
- Fever

How to protect yourself from the norovirus?

- Wash your hands

Hand washing with soap and water at least 30 seconds reducing the transmission of norovirus pathogens before and after cooking ,eating and using toilet.

Do not share a towel.

- Heat food thoroughly

Cook the center above 85°C for over 90 seconds.

- Disinfecting kitchenware with care

Please disinfect your kitchenware with hot water or chlorine bleach before cooking.

- How to dispose of vomiting and diarrhea

The virus could spread everywhere in the house from vomiting and diarrhea.

Protecting yourself from infection such as wearing a mask and rubber gloves.

Cover the waste with paper towels soaked in the disinfectant solution of 0.02% concentration.

Pick up the waste and throw it away into the plastic bag.

Wipe the area where the waste was a few times with a paper towel soaked with the disinfectant solution and wipe with water again.

- How to make a disinfectant solution

▼0.02% of sodium chlorate disinfectant solution

2 caps of plastic bottle of chlorine bleach (10ml) and add water up to 2 liters.

▼0.1% of sodium chlorate disinfectant solution

50ml of chlorine bleach and add water up to 2 liters.

※It's convenient if you use a 2 liters of a plastic bottle.

※Label the bottle as a disinfect solution in case you decide to keep it.



☆Baby Salon

Date & Time : Tuesday, Dec 6 9:45 -11:30 a.m. (acceptance 9:30 - 9:45 a.m.)

Place: Children’s center multi-purpose room

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

Things to bring: your Maternal and ChildHealth 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, Dec 8 & 22 9:30~11:00

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

*Consultation by a nutritionist is available on Thursday, Dec 22.

☆Health Check-ups for Infants

Kusunoki Center 1F(Next to Hikone Municipal Hospital)/ 1:00 p.m.– 2:00 p.m.

December

4-Month-Old Babies	13 (Tue)	Born between Aug 1 and 15, 2016
	20 (Tue)	Born between Aug 16 and 31, 2016
10-Month-Old Babies	7 (Wed)	Born between Feb 1 and 15, 2016
	14 (Wed)	Born between Feb 16 and 29, 2016

Kusunoki Center 1F(Next to Hikone Municipal Hospital) / 1:00 p.m. -2:00 p.m.

18-Month-Old Babies	2 (Fri)	Born between May 1 and 15, 2015
	9 (Fri)	Born between May 16 and 31, 2015
2-Year & 6-Month-Old Children	8 (Thu)	Born between May 1 and 15, 2014
	15 (Thu)	Born between May 16 and 31, 2014
3-Year & 6-Month-Old Children	5 (Mon)	Born between May 1 and 15, 2013
	12(Mon)	Born between May 16 and 31, 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 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 number below.

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

How Should We Address Foreigners?

Around in April, to get more active, I joined a sports club. On my first day of the club, I was able to enjoy working up a nice sweat and having a fun chat with other members, but there was one thing I wondered about.

That happened when a manager of the club called the members' names with "San" attached to the end, but he called the name of the only foreign participant (me) without using "San" for no reason.

I felt something odd about it like, "Wait. Why has he called my name like that, though we have just met each other for the first time today?" and I felt left out a bit. It turned out that some of my foreign friends living in Japan had also experienced the same thing before.

I assume that there are people believing, "We should address foreign people by their given names", "It is okay to call foreigners without a title." and so on. However, the rules of "How to address people" are not a universal thing but, as a matter of fact, differ depending on the cultural point of view and a personal preference to be called.

To take an example, in Brazil, America and some other countries, it is common to call people their first names; however, on formal occasions or when you meet your superiors, it is not unusual to hear people use the surnames.

On the other hand, in countries such as Germany and Rumania, people there only use the first names when they call family members, close relatives and friends, but generally speaking, they oftentimes call others by the family names, just like the Japanese people do.

On top of it, there is the custom of using what we call "honorifics" in countries other than Japan. Moreover, there are foreigners living in Japan who wish to be called in the same way as the Japanese do, despite the cultural differences in the rules. Since each person has different values on his/her name, it would be very kind to ask others about how they want to be called, regardless of whether they are the Japanese or foreign nationals.

My name "Natalia", by the way, is the given name, and I have been being called the given name even back in Brazil. For this reason, I feel more comfy with being called "Natalia" than my family name.

On the contrary, since the day when I started to study Japanese, I have always been told that, "When you address Japanese people, you gotta add "San" to the end of their names," by my teachers of Japanese, so it is a little difficult for me to get used to calling people without an honorific title. Of course, I have no problem with my name called without "San" by my friends, but, I am sure happy to be called in the same way as the Japanese do. I think that every person's name can be associated with their own identity and, in this sense, referring to people by the way they want to be addressed is a sign of good manners.

"Natalia's Room" is a monthly column published on the Japanese version of Koho Hikone Newsletter since June 2014. Natalia is from Brazil and has been working as Coordinator of International Relations of Hikone since coming to Japan in 2014. This column features topics related to multicultural coexistence, such as a difference of cultures and living in Japan as a foreigner.