

The city where everyone wants to live

広報 ひこね (英訳版)

Community

Newsletter

Koho

HIKONE

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Multicultural Coexistence

Human Rights Policy Division

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Website of Hikone

(Facebook) <http://www.facebook.com/hikone.eng>

(Abridged Edition) <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 TSUUYAKU ONEGAI SHIMASU".

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

This newsletter is available at:

- * Shiga University
- * University of Shiga Prefecture
- * Seisen University
- * Hikone City Hall 3F
- * AEON TOWN Hikone
- * Welfare Center
- * Shiga Bank (Oyabu Branch)
- * “Gyomu Super Market”(Toga-cho)
- * Beisia Hikone
- * Hikone City Hospital

Various Services

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

Please say this Japanese sentence “*eigo-tsuuyaku-onegai-shimasu.*”

(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 12:00 p.m.** **1:00 p.m. to 5:15 p.m.**



Japanese Language Classes



Day	Hour	Location, Place	Organization Name to Contact	Cost
Wednesday 水曜日	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 土曜日	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 日曜日	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)	①9:30 a.m. to 10:50 a.m. ②11:00 a.m. to 12:20 p.m. ③1:30 p.m. to 2:50 p.m. ④3:00 p.m. to 4:20 p.m.	Innovation Office “NAYASHICHI” Shiro-machi1-7-16	“Smile s Satellite”(Weekday Class) NAYASHICHI <u>Tel.(0749)-46-5377</u> or みずのさん (MIZUNO) Tel 070-5661-7345	200yen / lesson 200 円 / 1 回
げつようび~きんようび				

【Hikone International Lounge News】

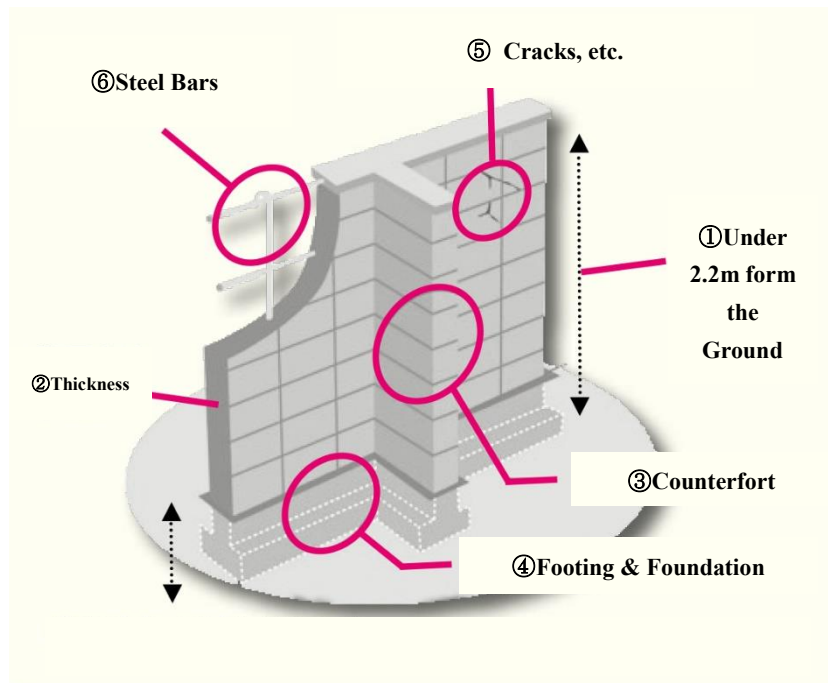
Computer use is free in the Hikone International Lounge. We are waiting for your use!!

Corrections

We incorrectly reported in the July issue of the community newsletter that the rental cost of the second gym of the Hikone Shosei-Kan High School was 1,100 yen for the entire gym and 550 yen for the half gym. In fact, the actual rental cost is 380 yen for the entire gym and 190 yen for the half gym. We apologize for any inconvenience that this may have caused.

☆Inspect Concrete Block Walls

On June 18th, a concrete wall fell on a young girl in a recent major earthquake in Osaka. To prevent this accident from happening again, the central government and local governments have called for safety checks to all residents who have cinder-block walls on their properties. Please check the safety of every cinder-block wall within your property by the following standards.



• Six Things You Should Check on Your Concrete Wall(s)

- 1, Is the height of the wall under 2.2m from the ground?
- 2, Is the thickness of the wall more than 10cm?
(If the height of the wall is between 2m and 2.2m, the thickness needs to be at least 15cm.)
- 3, Does the wall have a counterfort that is spaced every 3.4m and higher than 1/5 of the wall above ground?
- 4, Are a footing and foundation placed under the concrete wall?
- 5, Is the wall having any cracks or leaning?
- 6, Are reinforcing steel bars used to reinforce the wall?

Inquiries: Guidance of Architectural Administration Division

TEL:0749-30-6125, FAX 0749-24-8517

INFORMATION

☆Resident Tax: August is the Payment Month

You are required to pay the bills on a quarterly basis (June, August, October and January): Friday, August 31 is the second time limit of payment. Please pay the tax making use of the statement of payment Hikone City has already sent.

Inquiries: Tax Division: Tel 0749-30-6140, Fax 0749-22-1398

☆Nationwide “Children’s Human Right Dial 110” Intensive Week

Do you worry about bullying, physical punishment, abuse, truancy? An official of The Otsu District Legal Affairs Bureau and a commissioner the Protection of Fundamental Human Rights are available to consult dealing with “Children’s Human Right”

Date: Wednesday, August 29 ~Tuesday, September 4 8:30~19:00 (10:00~17:00 on Saturdays and Sundays)

Dedicated telephone number 0120-007-110

* You can also call and consult with them from 8:30 to 17:15 on weekdays.

Inquiries: Otsu District Legal Affairs Bureau Human Rights Protection Division Tel 077- 522-4673

☆Information From HIKONE Municipal Hospital about Additional Fee without a Referral

If you are a new patient to HIKONE Municipal Hospital and do not have a referral letter from another medical institution, you will be charged *Sentei Ryoyohi* (additional fee without a referral letter), in addition to the first visit fee. *Sentei Ryoyohi* will be revised from October 1.

First visit *Sentei Ryoyohi*

Medical Department : 5,400 Yen

Dental Department : 3,249 Yen

Return visit *Sentei Ryoyohi*

Medical Department: 2,700 Yen

Dental Department: 1,620 Yen

*Let’s have your family doctor and see your family doctor first before visiting HIKONE municipal Hospital

Inquiries: Medical division information desk for first visit at HIKONE Municipal Hospital

Tel. 0749-22-6050

☆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. We will send the information at the end of July. Unless the notification is submitted, you are not qualified as a recipient.

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

The window will open until 7 p.m. on every Thursday during August. The window will open from 9 a.m. to 5 p.m. on Saturday, August 18. (The window will be closed on other Saturdays, Sundays and Holidays.)

Submission Place & Inquiries: *Kosodate-shien-ka* (Children’s Welfare Division), City Welfare Center 2F

Tel 0749-26-0994 Fax 0749-26-1768

☆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.

Period for submission: August 10 (Fri) ~September 11 (Tue)

Inquiry: Welfare Division for person with disability

Tel: 0749-27-9981 Fax: 0749-26-1767

☆Support for Single-Parent Families

Various Consultations	Self-reliance support members or single-parent families' welfare promotion members are available for consultations.	Family Support 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. <p>In addition, when passed all subjects of the certification exam within 2 years after finished the measurer course, 40% of the tuition is subsidized.</p>	
High Skill Training Subsidy	When parents of single-parent families get an education at a qualified training school for requiring more than one year attaining qualification (e.g. nurse, nursing welfare person, childcare, etc.), 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.	
Making a Feel Comfortable Place	A support system for Jr. high school students. There is an interaction place to support a children's life energy through learning support, talking and offer of the meal with the staff (local adults, college students, etc.)	
Medical Subsidies System	Medical costs can be subsidized for medical examinations.	
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, the upper limit for the expenses support and income limitations for each support system. For details, please place your inquiries and consultations with the respective help desks.

☆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: from August to December

*No cost will be charged.

*You will 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'

Inquiries: Hikone City Water Supply Customer Service Center

Tel: 0749-27-2802 Fax: 0749-27-2803

☆Heads-up On Using Your Credit Card

In recent years, consumers have more options in terms of payment methods. Among other things, the use of credit cards has become ubiquitous in Japan, mainly thanks to an increasing number of stores that started to accept credit card transactions.

However, purchasing products by credit card means you have to pay for what you buy later on, as a result, you might become impulsive and wind up spending and paying more than you intend. For this, it is essential to keep an eye on how much you use your credit card.

Especially, when you use your credit card for online shopping, please be careful of the following things.

- Double check if an online store uses questioning and vague words for product descriptions, etc.

If you see something fishy, do not buy anything from that store.

- Ensure information of conditions and terms for products and services (Ex; cancelling and returning purchases) is all legit.

Hikone Consumer Affairs Center:

Tel 0749-30-6144 (9:00~12:00 13:00~16:15 on weekdays)

* For future reference, we will ask your personal information such as name, address, gender, age, job, etc.

Consumer Hotline: No area code 「188」

* After entering your area code, your call will be transferred to the nearest consumers' consultation office.

Be aware that any court notice sent by mail is a scam. Do not call any number given in the notice.

☆The 32nd Hikone City Marathon Registration for Participants

Marathon Date & Start Time: Sun. November 25

- ① 9:05 a.m. for 5km runners ②② 9:10 a.m. for 10km runners ②
③ 9:15 a.m. for 3km and pairs runners

Place: Hikone Nishi Jr. high school and the surrounding streets of Hikone Castle ※new meeting place and course

Start: In front of the Ote-mae preservation site Goal: Hikone Nishi Jr. high school play ground

Capacity: The first 2,200 persons

Application Period: ●By postal mail Until Wed. August 8. (the postmark 'Wed. Aug 8' 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, each District Community Centers.

●By internet (<http://runnet.jp/>) Until Fri. August 31

Privileges: Present of Original T-shirt.

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 student 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)	

※Please come to the place on the day by using public transportation. Parking area is in short supply at the time.

※Don't inquire to Nishi Jr. high school as for the City Marathon.

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

EVENTS

★Disaster Prevention Day

Date & Time: August 25th Saturday from 8 a.m. until noon.

Location: Inae Fureai Hiroba (Tahara-cho)

Inae Kita Elementary School (Shimo-Okabe-cho)

Activities of the Disaster Prevention Day include an evacuation drill, water bucket brigade, CPR training class, flood drill, simulated rescue operation experience, utilities restoration experience, relief supplies distribution experience, soup kitchen experience, earthquake simulator, fire smoke simulator, sampling emergency food, etc.

★Temporary Padding Pools for Children Have Been Set Up Until Monday, August 20

Place: *Soto-banba koen* Park (*Kyomachi 2-chome*)

Take koen Park (*Hassaka-cho*)

Time: 10 a.m. ~ 4 p.m.

- * 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

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

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

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

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

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

★The Event of Children’s Center Tel 0749-28-3645 Fax 0749-28-3646

Astronomical Observatory Is Open to The Public

The telescopes and other facilities in the Children’s Center are open to the public

Date & Time: Every Tuesday and Wednesday between July 24 and August 22 14:00~15:00

Fee: Free

※Please come to the Children’s Center whenever you want.

Let’s look at the approach of Mars and Perseid meteor shower!

We can observe Mars which is at its closest for 15years and the Perseid meteor shower

On a clear night, the Perseid meteor shower is the best astronomy show of the year, because around 50 meteors may appear during one hour.

Date & Time: Sunday, August 12 at 20:00 ~ Monday, August 13 at 4:00

Eligibility: Students who are elementary school third grade or higher.

(Students who are below high school must be accompanied by guardians)

Capacity: 30 First come first served

Fee: 500 yen

Application period: Saturday, July 21~Friday, August 3

What to bring: writing materials, Light meal, Jacket(For late-night activity)

※If it rains, the event will be called off.

Please check on the confirmation of the event after Sunday, August 12 at noon.

Baby Salon

This is an open space where the guardians can socialize with each other while they are taking care of their babies. You can participate any time while the space is open.

Date & Time: Thursday, August 16 13:30~14:30

Eligibility: 2~8 month-old infants and their guardian

Fee: Free

Children Class

Let's make some original transparent soap!

Let's make some original transparent soap which is beautiful and gentle on your skin with the teacher from HACHIMAN technical high school.

Date & Time: Wednesday, August 22 13:30~15:00

Eligibility: Elementary and Junior high school students

The elementary school student must be accompanied by guardians

Capacity: 15 First come first served

Fee: 500 yen

Application period: Saturday, August 4~ Sunday, August 19

☆**"Training Session" support for the senior generation to find jobs**

Content: ① training session for nursing pick-up driver

① training session for guide helper

Target: those who live in Hikone city and are 58 years old or older

Cost: free

For details: please contact Shiga prefecture employment service center

Shiga prefecture employment service center for older people

〒520-0054 1-1-1 Ousaka Otsu city

Tel:077-527-9490

Fax: 077-527-9490

☆**Hiroshima • Nagasaki the Atomic Bomb Exhibition**

Japan is the only country that has suffered from the atomic bombing. 「Hiroshima • Nagasaki the Atomic Bomb Exhibition」 is held to remind us preciousness of peace and hope.

Place: Training room, Viva City Hikone (Takegahana-cho)

Exhibition period: Monday, August 6~ Sunday, August 12 10:30~19:00 (until 15:00 on the last day)

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 Minami Junior High School, Signature-collecting campaign for seeking for starting talks of 「Nuclear Weapons Convention」 Making paper cranes area.

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

☆**Let Us Pray for Victims and for Peace at the Same Time A-Bomb Dropped on That Day**

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



Consultation

	Date & Time	Place	Contents
Human-Rights Counseling	August 1 September 5 & 19 (Wed) 13:00 ~15:00	Consultation Room (AL PLAZA Hikone 4F)	Counseling about bullying and all acts of discrimination Tel 0749-22-0242
Alcohol Consultation	August 3 September 7 (Fri) 14:00 ~16:30 (by reservation)	Public Health Center (Wada-cho)	Issue of alcoholism Tel 0749-21-0283 Fax 0749-26-7540
Mental Health Welfare Counseling	August 24 September 21 (Fri) 14:00 ~ 16:00 (by reservation)		Medical instruction for troubled mind. Introduction of a medical institution and facilities Tel 0749-21-0283 Fax 0749-26-7540
Consultation for Reclusive and Unsociable People	September 13(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
Law Consultation	August 24 September 28 (Fri) 13:00 ~ 16:00 (by reservation)	Community Relations Division (AL PLAZA Hikone 3F)	*Consultation fee: 5400 yen per 30 minute session (Please pay on the consultation day) *The first 6 people from 8:30 on August 15 *Only those who live or work in Hikone Tel 0749-30-6117 Fax 0749-22-1398
Anything Consulting for Elderly and Challenged People	September 8(Sat) (by reservation)	Challenged People's Welfare Center (Hirata-cho)	Lawyer or judicial scrivener or social worker gives advice ※Acceptance of reservation starts from August 8 Tel 0749-22-2821 Fax 0749-22-2841
Human-Rights Counseling by Multiple Language	Every Mon. ~ Fri. (except holidays) 9:00 ~17:00	Otsu Regional Legal Affairs Bureau	Consulting telephone for the trouble of human rights Exclusive telephone for consultation: 0570-090-911
Child・Family Consultation	Every Mon. ~ Fri. (except holidays) 8:30 ~ 17:15	Consultation Room for Children (Welfare center)	Consultation for Child care issues, child abuse, domestic violence etc Tel 0749-23-7838 Fax 0749-26-1768
Developmental Disorder Consultation	Every Mon. ~ Fri. (except holidays) ①8:30 ~ 12:00 ②13:00 ~ 17:15 (by reservation)	Development Support Division	Consultation for person who has a developmental disorder or feels uneasy about it and its family Tel 0749-26-8282
Language Consultation			Consultation for child before entering elementary school who has cares of pronunciation or language and its family Tel 0749-26-8282
Consumer Life Consultation	Every Mon. ~ Fri. (except holidays) ①9:00 ~ 12:00 ②13:00 ~ 16:15	City life Environment Division (AL PLAZA Hikone 3F)	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/ Bullying Measures Room	The experienced person in the education advises you *You can consult on the municipal government website Exclusive telephone for consultation: 0749-24-7977
Synthetic Consultation for Child & the Young	Every Mon. ~ Fri. (except holidays) ①9:00 ~ 12:00 ②13:00 ~ 17:00	Child & the Young Consultation Center (Welfare center)	Consultation for person 39 years old and younger who has troubles in social life (neet or unsociable person etc). Tel 0749-47-3001 Fax 0749-26-1768
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
Worries Counselor's Office	Every Wed. & Fri. (except second Wed. & holidays) 13:00 ~ 16:00	Welfare Center (Hirata-cho)	Consultation about various worries in your life Exclusive telephone for consultation: 0749-22-0294
	Second Wed. of even month (except holidays) 13:00 ~ 16:00	Northern Elderly Welfare Center (Baba-cho)	
	Second Wed. of odd month (except holidays) 13:00 ~ 16:00	Southern Elderly Welfare Center (Tawara-cho)	

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

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

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 1998 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 3 times, born between 2007 April 2 and 2009 October 1, can receive the remaining vaccinations during the 2nd phase period for free.

How to receive the vaccination

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

Notes

*Japanese encephalitis vaccinations can be received 4 times 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 guardians. When it is not possible, vaccination can be received with the coupon of guardian non-accompanied vaccination.

For details, Health Promotion Division 0749-24-0816

☆Watch Out for Mosquitos During the Summer Season

The main virus of dengue and Zika fever is transmitted from a mosquito to a human when the mosquito bites someone who has contracted the virus and then bites another person who has not.

Not all of us get infected with the virus; however, if pregnant women become infected, there is a chance that babies with birth defects such as microcephaly will be born. On top of it, when dengue fever becomes severe, there will be bleeding spots on the skin.

Take Preventive Measures to Eliminate Mosquito Breeding Sites

Mosquitos have habits of using water to lay eggs. Try to get rid of standing water left in flowerpot trays, planters, buckets and so forth. If you eliminate this type of standing water at least once a week, you can reduce the number of adult mosquitos.

How to Prevent Mosquito Bites

When you spend some time outdoors, put on trousers and a long-sleeved shirt to cover your exposed skin, and use mosquito coils and repellents to keep some mosquitos away. When you stay indoors, prevent mosquitos from sneaking into your house by installing the screen doors, etc.

When you pay a visit to areas where mosquito-borne diseases are prevalent, watch out for mosquitos bites with extra caution.

In case you start to develop symptoms like a sudden fever, please immediately seek medical attention at a medical

☆Class for New Parents

Contents: Guidance & experience about baby care (how to bathe, change a diaper, and hold your new baby)

Date & Time: Sunday, Aug 25 9:30~12:00 (Acceptance 9:15~9:30)

Place : Hikone City Health & Welfare Center Annex2F

Eligibility : Pregnant Women, over 24 weeks pregnant and their partners having a resident registration in Hikone City

Capacity: 18 couples- Mothers who expect their first child delivery sooner have a priority

Things to bring : Your Maternal or Paternal and Child Health Handbook

Application: Wednesday, Aug 1~Monday, Aug 13

Call the Health Promotion Division Tel 24-0816 or Fax 24-5870

※There is no nursery

☆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 30 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: Wednesday, Aug 1~Monday, Aug 13

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.

☆Diet Consultation

Diet advice from nutritionist

Did you take the health checkups?

If you have symptom high blood pressure, high blood sugar, and high blood cholesterol, you should reconsider eating habits.

Date: September 3(Mon), 21 (Fri)

9:00~.10:30~ (reservation system)

Place: Kusunoki center 2F

☆“PIYOPIYO SALON”

Let's talk freely about the enjoyment and the problem of childcare with a guest midwife.

Date & Time: Monday, Aug 27 10:00~11:30 (Reception : 9:45~10:00)

Place: Kusunoki Center 1 F

Eligibility: 2~3month old infants and their guardians who have resident registration in Hikone city.

What to bring: Maternal and Child Health Handbook, Bath Towel (The baby wrapper is also ok.)

☆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.

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 1979 and April 1 2000.
- ② Public assistance recipients who were born before March 31 in 1978.

◆ **Lungs checkup**

Those who were born before March 31 in 1978.

◆**Hepatitis virus checkup**

- ② 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

Date	Place	Time
August 28 (Tue)	Nakachiku community center	9:00~11:00
		13:00~14:30
August 31(Fri)	Minamichiku community center	9:30~11:00
September 4 (Tue)	Kusunoki center	9:30~11:00
		13:00~14:30 (Only women)

*there is a nursery service on September 4 (only afternoon) (reservation systems)

☆Baby Salon

Date & Time : Tuesday, Sept 4 10:00~11:30 (acceptance 9:45~10:00)

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 : Tuesday, Aug7 & Thursday, Aug 30 9:30~11:00

Tuesday, Sept 11 & Thursday, Sept 27 9:30~11:00

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

*Consultation by a nutritionist is available on Thursday, Aug 30

☆Weaning Period Consultation

* Let's give food twice a day.

Date & Time: Friday, Aug 3 10:00~11:30 (Acceptance 9:45~10:00)

Friday, Sept 7 10:00~11:30 (Acceptance 9:45~10:00)

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	21(Tue)	Born between Apr 1 and 15, 2018
	28 (Tue)	Born between Apr 16 and 30, 2018
10-Month-Old Babies	8(Wed)	Born between Oct 1 and 15, 2017
	22(Wed)	Born between Oct 16 and 31, 2017

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

18-Month-Old Babies	10 (Fri)	Born between Jan 1 and 15, 2017
	17 (Fri)	Born between Jan 16 and 31, 2017
2-Year & 6-Month-Old Children	9 (Thu)	Born between Jan 1 and 15, 2016
	23 (Thu)	Born between Jan 16 and 31, 2016
3-Year & 6-Month-Old Children	6 (Mon)	Born between Jan 1 and 15, 2015
	20 (Mon)	Born between Jan 16 and 31, 2015

September

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

4-Month-Old Babies	18(Tue)	Born between May 1 and 15, 2018
	25 (Tue)	Born between May16 and 31, 2018
10-Month-Old Babies	12(Wed)	Born between Nov 1 and 15, 2017
	19(Wed)	Born between Nov 16 and 30, 2017

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

18-Month-Old Babies	14 (Fri)	Born between Feb 1 and 15, 2017
	21 (Fri)	Born between Feb 16 and 28, 2017
2-Year & 6-Month-Old Children	13 (Thu)	Born between Feb 1 and 15, 2016
	20 (Thu)	Born between Feb 16 and 29, 2016
3-Year & 6-Month-Old Children	3 (Mon)	Born between Feb 1 and 15, 2015
	10 (Mon)	Born between Feb 16 and 28, 2015

*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 . There will be a class on the correct way of brushing your child's teeth.

*For Health Check-ups for 2-years & 6-month –old children, Please fill out the result of hearing test to the questionnaire.

*For Health Check-ups for 3-years& 6 –month-old children, there is an urinalysis. Please bring a first morning urine sample in

A clean bottle.

* If you are unable to come on the date specified or if you have any questions about the Health check for infants, contact The Health Promotion Division Tel:24-0816、 Fax:24-5870

☆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 8 9:00~ 10:00~ 11:00~

Wednesday, Sept 12 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

My Most Favourite Kanji



“What’s your most favourite Kanji?” That was a question I was asked by my friend the other day. Probably for Japanese people, it is a cliché question to ask because of the familiarity with Kanji since childhood; however, for me, this question was hard to answer since I spent most of my life in the world of alphabets.

So what is my most favourite Kanji? After mulling over that for a minute, I told my friend, “my most favourite is gonna be 忘 (wasu) as in 忘れる (wasureru).” Yep, my friend quickly became a bit puzzled with my answer (I bet so are you now), and my friend’s reaction came as, sort of, no surprise on account of the fact that there are more than 2000 Kanji characters used in daily life. You may be also wondering why I like “忘” the most. Well, let me explain why I see this Kanji character differently from many others.

The meaning of the Japanese word “忘れる” equals “forget” in English, but by breaking it down into two parts: “心 (heart)” and “亡 (loss)”, you can see this Kanji character actually signifies “something is lost from your heart.” It was an aha moment when the profundity of Kanji struck me, thanks to this clandestine message in “忘”.

One of the most common reasons why a good many Japanese learners have found Kanji so tough to master is simply it looks like a scribble which does not make any sense. Even so, once you become able to understand the logical concept of each Kanji character like “忘”, you will be able to comprehend and memorize Kanji more easily. In my case, this has made my Kanji learning experience even more intriguing.

What is more, if I have to describe my experience of Japanese learning in one Japanese word, it would be “忘” as well. Forgetting is undoubtedly part of learning, and this principle firmly applies to any learning process. To take an example, one new Japanese expression or Kanji character I learnt in the past will not come out of my mouth even though I oftentimes used it. Forgetting and remembering have a strong correlation in terms of brushing up on not simply language proficiency, but any skills.

Kanji is a very interesting writing style, and I admit that my choice, when it comes to the most favourite Kanji character, is not typical. Yet, I really like “忘”. So what is your most favourite Kanji?

“Natalia’s Room” is a monthly column published in 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 difference of cultures and living in Japan as a

