

The city where everyone wants to live

広報 ひこね (英訳版)

Community

Newsletter

Koho

HIKONE

No.1412-1413

Date: January 1st, 2019

Published by:

Multicultural Coexistence

Human Rights Policy Division

Hikone City Hall

Tel:

0749-30-6113

Translated by:

VOICE Trans. Group

Satoru Yamakawa

Proofread by:

Hawkes Martin

Multicultural Coexistence

Edited by:

Human Rights Policy Division



2019.01

FEATURES

- Regarding the City Hall Construction (P.3)
- No Flu Tests Are Available at the Emergency Centre (P.6)
- Place for Students to Do Self-Study During the Winter Break (P.8)
- Health Check-ups for Infants (P.11)



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

(Abridged Edition) <http://www.city.hikone.shiga.jp/english/index.html>

Contact Us	Telephone Number
Hikone City Hall	0749-22-1411 (Switch Board)
Human Rights Policy Division (For English Interpretation Services)	0749-30-6113 (Direct Number)

You Can Ask for English Interpreter Services at the Reception Desk at the Hikone City Hall and Via Phone (use the contact number given above.)

Please Say “EIGO TSUYAKU ONEGAI SHIMASU (English Interpreter Please)”

● The Foreign Language Version of Koho Hikone Is Issued Every Month.

This newsletter is available at:

- | | |
|----------------------------------|----------------------------------|
| * Shiga University | * Welfare Center |
| * University of Shiga Prefecture | * Shiga Bank (Oyabu Branch) |
| * Seisen University | * “Gyomu Super Market”(Toga-cho) |
| * Hikone City Hall 3F | * Beisia Hikone |
| * AEON TOWN 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 かつらだ(KATSURADA) 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 Kyoshitsu 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 Tel.(0749)-46-5377 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!!

INFORMATION

★Regarding the City Hall Construction for Seismic Reinforcement, Building Extensions and Repair.

The construction of the main office of Hikone is scheduled to be completed in 2020.

Thank you for your understanding and cooperation.

★Waste Reduction & Recycling

-Please take advantage of resource recovery boxes at storefronts.

Here is the list of the stores actively engaging in the resource recovery by setting collection boxes.

Store Name	Newspaper	Magazine	Cardboard	Paper Pack
Al Plaza Hikone				●
The Big Extra Hikone				●
Drug Yutaka Hikone	●	●	●	●
Drug Yutaka Minami Hikone	●	●	●	●
Valor Hikone				●
Valor Minami Hikone				●
Viva City	●	●		●
Pariya Sanpedex P-mart				●
Futabaya Hikone	●	●	●	●
Friend Mart Inae	●	●		●
Friend Mart Ohyabu				●
Friend Mart Hikone Jizou	●	●		●
Eon Town Hikone	●	●	●	
Heiwa-do Hikone Ginza				●
Heiwa-do Hinatsu	●	●		●
CAINZ Hikone	●	●	●	
Maruzen Hikone				●

*You can bring the resources listed above anytime, any day during their business hours.

*Some stores even exchange the resources you bring in for their store points.

*By just bringing the resources in, you can make a contribution to the waste reduction and recycling.

Inquiries: Citizens' affairs & Environment Division Tel 0749-30-6116 Fax 0749-27-0395

★Information from sanitation center

Sanitation center cannot accept large garbage from January 15 (Tue) ~18 (Fri)

Sanitation center is to be repaired from January 15 (Tue) ~18 (Fri)

During construction period, the center cannot accept large garbage from business activities and too much large garbage from house.

The center accepts small garbage and paid collecting large garbage.

Inquire: Sanitation Center Tel 0749-24-3879 Fax 0749-24-2850

Collecting garbage Tel 0749-22-2734 Fax 0749-24-7787

★Minimum wage by industries

Ceramics	905yen
General purpose instrument	910yen
Meter, measuring instrument	894yen
Automobile manufacturing industry	914yen
Retailers	840yen
Shiga prefecture minimum wage (October 1 2018~)	839yen

Inquiries: Hikone city labor standards supervision office

Tel: 0749-22-0654 fax: 0749-26-0241

Shiga labor bureau

Tel: 077-522-6654 fax: 077-522-6442

★You Can Increase Your Future Pension Payment

By adding 400 yen to your monthly Japan's Pension Contribution Payment (16,340 JPY), your future annual pension will be increased.

* Terms and conditions apply.

Inquiries: Hikone National Pension Office TEL 0749-23-1114

Hikone Insurance & Pension Office TEL 0749-30-6136

★Automatic Bank Transfer Service: Recommended for Paying Taxes

Please apply at the bank where you have an account, by bringing the application form, your bank book and *inkan*(seal) valid for your bank account. The application form is available at the appropriate office of each item, the accounting office (3F, the temporary City Hall at the west side of Hikone station), and the financial institutions offering services in Hikone City.

A Financial Institutions Offering Services:

Shiga Bank, Risona Bank, Shiga Chuo Kinko(Credit Union), Kansai Urban Bank, Kinki *Rodou* Kinko, Ogaki Kyoritsu Bank, Kyoto Bank.,etc., and Postal Offices

B Items which can be paid through automatic transferring system:

a the municipal fixed property tax b the automobile tax(for light cars) c the inhabitation tax(for City and Prefecture)

d the national health insurance premium e the nursing care insurance premium f the medical insurance premium

for the elderly (over 75 years old) g the municipal house rent h the parking fee for the municipal house i the water and sewage bill j the sewage disposal bill k the sewage using cost l the sewage using (for agriculture) cost

m the nursery fee n the kindergarten fee o the fee for after-school clubs for children

C Inquiries for detailed information:

a b c: Tax Div. 0749-30-6108 d e f: Health Insurance and National Pension Div. 0749-30-6145 g h:

Architecture and Housing Div. 0749-30-6123 i Hikone City Water and Sewage Bill, Consumer Service Center 0749-27-2802,

j Living Environment Div. 0749-30-6116 k Sewage Management Div. 0749-22-5458 l Agricultural and Fishery Administration Div. 0749-30-6118 m n: Children's Welfare Div.: 0749-23-9597 o Life-long Study Div., City Board of Education 0749-24-7974

Inquiries: Insurance and Pension Division TEL 0749-30-6136, FAX 0749-22-1398

☆Automatic Bank Transfer Service: Recommended for Paying for JAPAN PENSION SERVICE

Once you apply, you can save not only your time and trouble to pay every month, but also your money!

A You will save ¥500 per month.

B If you apply for the payment of two years/ one year/ a half a year using the advance system, you can save more money.

Application: Fill in the application form and impress your *inkan* (valid for your bank account), and bring it to Hikone *Nenkin* Office, or send it there. Or you can apply at the bank where you have an account.

Please finish your application for the payment in advance system(2) by the end of February 2019.

Inquiries: *Nenkin*(Pension) Dial Tel 0570-011-050

Hikone Pension Office (Tomachi) Tel 0749-23-1114, Fax 0749-23-9033

☆Procedures for the Renewal of Children’s Medical Support

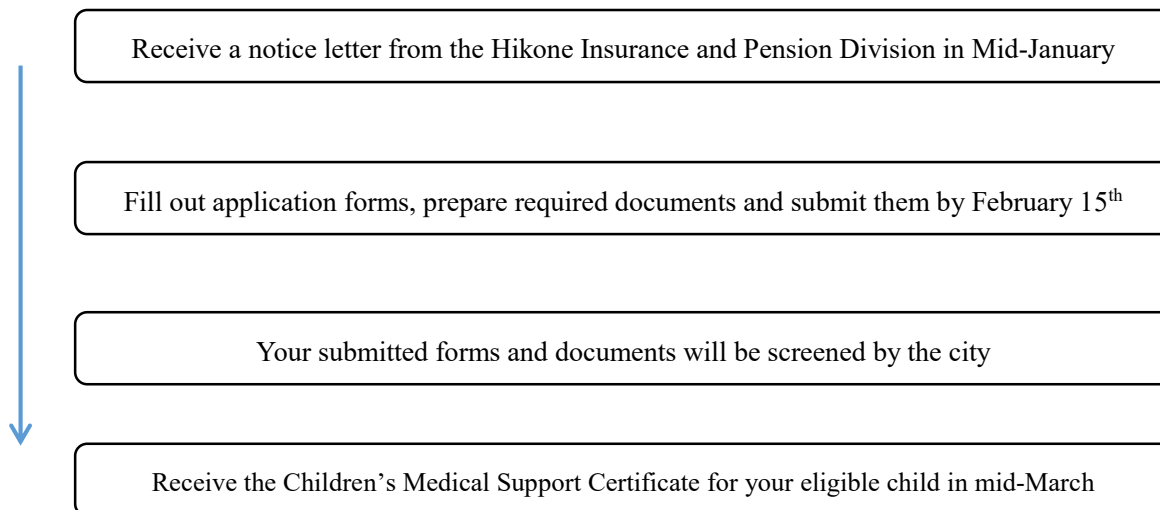
The coverage age of the Children’s Medical Support program for outpatients is going to be expanded from the pre-school age to the third grade (nine years old).

To get your eligible child covered under this revised Children’s Medical Support program, you need to follow the required procedures and receive the Children’s Medical Support certificate from the city.

A notice letter and application forms will be mailed to the parents of eligible children for this revised medical support around mid-January. Please do not miss the application deadline, which is February 15th Friday.

Those who are single parents, hold a certificate of medical welfare support for the severely disabled, live under the Livelihood Protection Program and so on will not receive any notice with regard to this revised Children’s Medical Support on account of the fact that they can continue to use existing support programs for free medical care.

Steps to Receive the Children’s Medical Support Certificate



* Eligible children are the children who were born between 2012 April 2nd and 2013 April 1st.

☆Heads-up: No Flu Tests Are Available at the Emergency Centre of the Hikone City Hospital.

At the “emergency centre” of the Hikone City Hospital, to focus on treatment for patients with more serious medical conditions, the centre offers NO flu tests. When you want to check whether you have come down with influenza, please visit the following facilities.

- Internal Medicine Department or Paediatrics at the Hikone City Hospital

Reception Hours: 8:00 a.m. – 11:00 a.m.

Monday – Friday (Except Holidays)

- Hikone Holiday Medical Emergency Centre

Reception Hours: 10:00 a.m. – 6:30 p.m.

Sunday, National Holidays, New-Year’s Holidays

* You are also advised to contact your family doctor for a flu test.

Inquiries: City Hospital Service Centre TEL:0749-22-6050

☆City Apartment Houses Are Inviting Residents

Apartment houses for family	<i>Serikawai</i> apartment house	one apartment
	<i>Takamiya Takenokoshi</i> apartment house	one apartment
Apartment house for single person	<i>Hida</i> apartment house	one apartment
Apartment houses for wheelchair user family	<i>Baba</i> apartment house	one apartment
Apartment houses for single-parent family	<i>Daito</i> apartment house	one apartment

Application forms will be available from Tuesday, January 15.

Application period: Monday, January 21~Wednesday, January 30

Acceptance date: The middle of March

Move-in date: After the end of March.

*Please apply to the Architectural Administration Division by the applicant or the applicant’s family who live with the applicant (or who will live with).

*There are some conditions for applying, so please ask for further details.

Inquiries: Architectural Administration Division Tel. 0749-30-6123 Fax 0749-24-8517

EVENTS

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

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

Date & Time: Sunday, January 20 8:00~12:00

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

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

☆Seminars for Senior Job Seekers

Seminars will be held for the seniors who want to work as a hotel staff member, adult day care driver or shop clerk.

Target Age Group: Those who are 58 years old or older and live in Shiga prefecture.

Fee: No Charge

*For more information, please contact the following office. (No interpretation service)

Shiga Silver Employment Service Centre: TEL 077-525-4128

☆Information From The Children's Center

Let's make a simple radio

Content: You can make a germanium radio or a crystal radio which has less parts than an ordinary one.

Date: Sunday, January 20 13:30~15:00

Target: Elementary school students and Junior high school students (Elementary school students must be accompanied by their guardian.)

Capacity: First 10 people

Cost: ¥500 including materials

Application date: Saturday, January 5~Wednesday January 16

* Please apply by phone or at the counter directly.

Special observation for a partial eclipse

Content: You can enjoy the first partial eclipse after three years, which occurs when the moon blocks the sun.

Let's look at it with sunglasses or a 20-meter refracting telescope.

Date: Sunday, January 6 9:00~11:00

Target: Anyone interested in astronomy (Elementary school students must be accompanied by their guardian.)

Cost: ¥100 (Free for pre-school child)

※Canceled in case of rain or snow

No application in advance. (Please check in at the reception desk directly on that day and you will be given reading materials and sunglasses for the eclipse)

You receive an explanation from volunteers.

Let's study astronomy

Content: Now is a suitable season for observing stars in the clear winter skies. Let's enjoy them through a astronomical telescope.

Date: Friday, January 11 19:30~21:00

Target: Anyone interested in astronomy (Elementary school students and under must be accompanied by their guardian.)

Capacity: First 30 people

Cost: ¥300 (Free for pre-school child)

Application date: Saturday, December 22~Wednesday, January 9

* Canceled in case of rain. Please make sure after 16:00 on that day when the sky is unclear.

Inquiries and apply: Children's Center

Tel 0749-28-3645 Fax 0749-28-3646

☆A Place for Students to Do Self-Study During the Winter Break

Here are details of a place where students come and do self-study during the winter break.

Please note: No assistance for homework, etc. is available.

Opening Dates: December 25th – 27th and January 4th

Location: Welfare Centre 3F, Meeting Room

Target Group: Junior-high and High Schoolers Residing in Hikone

Capacity: Max 15 (First come, first served)

How to Use the Study Room

Before getting into the room, write down information of the user, such as his/her name, school name, grade, start and end time, on a list placed at the entrance of the room.

* If you want to find other places that are open for students to do self-study, please visit the website of Hikone (only in Japanese), or contact the relevant division at the number below.

Inquiries: Children and Youth Affairs Division TEL: 0749-49-2251

☆Multicultural Cooking Class (Canadian Cuisine)

This time, we will be learning about Quebec Province, which is located in the eastern part of Canada, and will be also cooking Quebec's signature dishes - Pâté chinois and Croustade aux pommes.

Date & Time: February 2nd 10:30 a.m. – 1:30 p.m.

Location: Green Pia Hikone (Kiyosaki-cho)

Target Group: Persons Living or Working in Hikone

Things to Bring: Apron, Bandana, Kitchen Towel

Childcare Service: Free (Please make a request for the service when applying for the cooking class.)

Application Period: January 7th until January 23rd

*You cannot cancel the participation on the day of the cooking class.

Entry: Contact the Hikone Human Rights Promotion Division via phone or fax.

TEL: 0749-30-6113, FAX 0749-24-8577

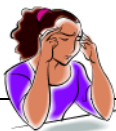
☆WITH *Oyakohiroba* (Square for Parents and Children)

Date & Time: Saturday, January 12 10:00 ~ 11:30

Place: WITH Hikone City Gender Equality Center, Conference Room (Hirata-cho)

Contents: Enjoy the puppet show by the circle, *Garakuta*.

Inquiries: Hikone City Gender Equality Center WITH Tel & Fax: 0749-24-3529



Consultation

	Date & Time	Place	Contents
Consultation for Reclusive and Unsociable People	January 10 (Thu) 15:00 ~ 17:00 (by reservation)	Public Health Center (Wada-cho)	Helping sufferers 16 years old and over and their families. Tel 0749-21-0283 Fax 0749-26-7540
Alcohol Consultation	January 11 & February 1 (Fri) 14:00 ~ 16:30 (by reservation)		Issue of alcoholism Tel 0749-21-0283 Fax 0749-26-7540
Mental Health Welfare Counseling	January 18 & February 15 (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
Human-Rights Counseling	January 16 & February 6 & 20 (Wed) 13:00 ~ 15:00	Consultation Room (AL PLAZA Hikone 4F)	Counseling about bullying and all acts of discrimination Tel 0749-22-0242
Work Consultation for Cancer Patients	January 16 & February 20 (Wed) 13:30 ~ 15:30 (by reservation)	Hikone Municipal Hospital (2F, 3block)	Consultation for work while receiving treatment ※ The first 2 or 3 persons
Vacant House TSUKIICHI Consultation	January 21 & February 18 (Mon) 9:00 ~ 17:00	Consultation Room (AL PLAZA Hikone 4F)	Consultation for people who have vacant houses or want to live in a vacant house or make use of it (Hikone only)
Law Consultation	January 25 & February 22 (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 December 19 & February 13 *Only those who live or work in Hikone Tel 0749-30-6117 Fax 0749-22-1398
Human-Rights Counseling by Multiple Language	Every Mon. ~ Fri. (except holidays) 9:00 ~ 17:00	Otsu Regional Legal Affairs Bureau	Telephone consulting service 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) ① 8:30 ~ 12:00 ② 13:00 ~ 17:15 (by reservation)	Development Support Division	Consultation for people with developmental disorders or their family Tel 0749-26-8282
Consultation Language Consultation			Consultation for children before entering elementary school who have concerns about pronunciation or language and their family Tel 0749-26-8282
Consumer Life Consultation	Every Mon. ~ Fri. (except holidays) ① 9:00 ~ 12:00 ② 13:00 ~ 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	An experienced people in education can provide advice *You can consult on the municipal government website Exclusive telephone for consultation: 0749-24-7977
General Consultation for Child & the Young	Every Mon. ~ Fri. (except holidays) ① 9:00 ~ 12:00 ② 13:00 ~ 17:00	Child & the Young Consultation Center (Welfare center)	Consultation for persons 39 years old and younger who has troubles in their social life (NEET or unsociable person etc.). Tel 0749-47-3001 Fax 0749-26-1768
Traffic Accident Consultation	Every Tue & Thu ① 9:00 ~ 12:00 ② 13:00 ~ 16:00	Koto Joint Government Building 2F (Moto-machi)	Consultation by telephone is also available from Monday to Friday except holidays 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)	

☆Breast cancer checkup and urine cancer checkup

《Breast Cancer checkup》

★**eligibility:** women aged 40 and over as of March 31 2019 who live in Hikone city

★**Time limit:** March 30(Sat)

- * Interview and 2way-mammography check for 40~49year-olds.
- * Interview and 1way-mammography check for 50year-olds and over

How to take a medical examination

1. Please make an appointment at a medical institution.
2. Please go to a medical institution with the checkup fee (500yen)

Hospital	Telephone	Reservation
Hikone Municipal Hospital Checkup Center (hassaka-cho)	0749-22-6058	need
Toyosato Hospital (inukami-gun)	0749-35-3001	need
KKC wellness Hikone physical checkup Clinic	050-3541-2265	need

※Please ask for details. Tel 0749-24-0816 Fax0749- 24-5870

《Uterine Cancer checkup》

★**eligibility:** women aged 20 over as of March 31 2019 who live in Hikone

★**date:** until March 30 (sat)

★**Fee:** ¥500

★please go to the following clinic directly with the check-up fee (500yen).

Some clinics might require a reservation .Please inquire at the clinic for more information.

Hospital	Reservation	Hospital	Reservation
Adachi OB/GYN Clinic (sawa-cho) Tel 0749-22-2155	No need	HayashiOB/GYN (take-ga-hana-cho) Tel 0749-26-0528	No need
Jinno OB/GYN clinic (chuo-cho) Tel 0749-22-6216	No need	Yamashita Clinic (nagasone-cho) Tel 0749-24-5290	Need
Jinno OB/GYN clinic Alice (hassaka-cho) Tel 0749- 29-9025	No need	Hikone Chuo Hospital (nishiima-cho)Tel0749-23-1211	No need
Jinno OB/GYN clinic Sophia (kawasebaba-cho) Tel 0749- 25-5566	No need	Hikone Municipal Hospital (hassaka-cho) Tel0749- 22-6058	Need
KKC wellness Hikone physical checkup Clinic(hurusawa-cyo) Tel 050-3541-2265	Need		

※Once every two years for breast and uterine cancer checkup.

Those who have checked for breast and uterine cancer from April 1 2017 to March 31 2018 cannot have a checkup.

Those who have a Hikone-issued free coupon this fiscal year are eligible for it even if they had a checkup last year.

The check-up is available not only at the above-mentioned clinics but at any OB/GYN clinics in Shiga prefecture.

※Please ask for details.

The Health Promotion Division

Tel 0749-24-0816 Fax0749- 24-5870

☆Rakuraku Kin-en (Quit Smoking Easily) Consultation

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

Date & Time: Wednesday, Jan 9 & Feb 13 9:00~ 10:00~ 11:00~

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

Capacity: 1 person / each time slot (Reserved)

- Contents: • Check for your lung's contamination (Measure the carbon monoxide density in your exhalation.)
 • Check for your addiction to cigarettes (Measure nicotine density in your urine)
 • Consultation on how to quit smoking

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

☆NYUYOJI KOBETSU SODAN(Individual consultant for infants)

Please bring your Maternal and Child Health Handbook,

Date & Time : Tuesday, Jan 15 & Thursday, Jan 31

Tuesday, Feb 12 & Thursday, Feb 28 9:30~11:00

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

*Consultation by a nutritionist is available on Thursday, Jan 31 & Feb 28 .

☆Weaning Period Consultation

* Let's give food twice a day.

Date & Time: Friday, Jan 11 & Feb 1 10:00~11:30 (Acceptance 9:45~10:05)

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

January

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

4-Month-Old Babies	15 (Tue)	Born between Sep 1 and 15, 2018
	22 (Tue)	Born between Sep 16 and 30, 2018
10-Month-Old Babies	16 (wed)	Born between Mar 1 and 15, 2018
	23(Wed)	Born between Mar 16 and 31, 2018

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

18-Month-Old Babies	11 (Fri)	Born between June 1 and 15, 2017
	18 (Fri)	Born between June 16 and 30, 2017
2-Year-6-Month-Old Children	17 (Thu)	Born between June 1 and 15, 2016
	24 (Thu)	Born between June 16 and 30, 2016
3-Year-6-Month-Old Children	7(Mon)	Born between June 1 and 15, 2015
	21(Mon)	Born between June 16 and 30, 2015

February

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

4-Month-Old Babies	19 (Tue)	Born between Oct 1 and 15, 2018
	26 (Tue)	Born between Oct 16 and 31, 2018
10-Month-Old Babies	13 (wed)	Born between Apr 1 and 15, 2018
	20 (Wed)	Born between Apr 16 and 30, 2018

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

18-Month-Old Babies	8 (Fri)	Born between July 1 and 15, 2017
	15 (Fri)	Born between July 16 and 31, 2017
2-Year-6-Month-Old Children	14 (Thu)	Born between July 1 and 15, 2016
	21 (Thu)	Born between July 16 and 31, 2016
3-Year-6-Month-Old Children	18(Mon)	Born between July 1 and 15, 2015
	25(Mon)	Born between July 16 and 31, 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 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 a urinalysis. Please bring a 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](tel:0749-24-0816), [Fax:0749-24-5870](tel:0749-24-5870)

☆Natalia's Room (No.54)

Living as a Minority

I am sure that many of you are already cognizant of what the word “minority” means. This is just a reminder that the word minority is often used to describe people when their race, ethnicity, religion or language is shared by less than half of a nation.

It will have been five years in a few months since I started to live in Japan. In hindsight, my life has been pretty much ups and downs, but I learned a lot of new things, largely thanks to living in Japan as a minority.

My profile is a Brazilian Caucasian who is catholic and speaks Portuguese as a mother tongue. This personal identity is quintessential in Brazil, and seeing people like me is nothing unusual at all. On top of it, given that my complexion is white, I recall neither having faced racism or unfair treatment of African and Asian descendants living in Brazil, nor had I put myself in their shoes before I started to live in Japan.

Once I took up residence in Japan, I began to ask myself “why the heck are people staring at me?” or “Am I the only one foreigner in this place?” on a daily basis. I reckon that these kinds of experiences made me recognize that I had just become a minority for the very first time in my whole life.

Having become a minority in Japan also taught me the fact that anyone could become a minority. To take an example, if you had a traffic accident and need to use a wheel chair for the rest of your life, you are pigeonholed not as a perfectly healthy person (a majority), but as a disabled person (a minority). Some are even born as a minority from the beginning of their lives.

On the one hand, it is true that being a minority is not all about negativities, but on the other hand, there are a good many people who do not really pay attention to them. There are always minorities living amongst majorities, so turning a blind eye to minorities and denying their existence is not the right way to deal with them.

In my case, I automatically became a minority by migrating to Japan, but everyone can think and act from a minority's perspective without leaving their home countries, thereby enabling each one of us to create the environment where we support each other. Having said that, I also want to tell all the minorities in the world not to let yourself draw conclusions such as “This country is a xenophobic country!” or “The people in this country are racist!” Now see who is doing the stereotyping.

“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 foreigner.