

広報 ひ こ ね (英訳版)

Community

Newsletter

Koho

HIKONE

No.1423-1424

Published by:

Translated by:

Proofread by:

Edited by:

Issue Date: July 1st, 2019

Hikone Human Rights Policy Div.

VOICE Trans. Group

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2019.07



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• Summer Events in Hikone (P.8)

• Health Check-ups for Infants (P.14)

• WELCOME TO BRAZIL! (P.14)



(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)
FACEBOOK	http://www.facebook.com/hikone.eng

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
- * 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

Interpretation Services

● Interpreters Are Available at the Information Desk of the City Hall of Hikone.

Please say “*eigo-tsuuyaku-onegai-shimasu*” at the information desk.

「えいご つうやく おねがいします」

Hikone City Hall: Weekdays 8:30 a.m. to 12:00 p.m. 1:00 p.m. to 5:15 p.m.

Please note that the availability of our interpretation services is subject to change.

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



Japanese Language 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 in Aug. and 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 さん(KATSURADA) TEL 090-5156-6916	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 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 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				
Tuesday Wednesday Friday	8:30 a.m. to 9:50 a.m.	Asahinomori- Chiku Kouminkan	Smile Tel: 070-5661-7345	200yen / lesson 200 円 / 1 回
Thursday	5:30 p.m. to 6:50 p.m.			

【Hikone International Lounge News】

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

INFORMATION

☆Beware of Heat Stroke!

The peak season of heat stroke is typically in the summer months: July and August. Heat stroke could occur to you not only while under the scorching sun, but also while inside a sweltering room. Severe cases of heat stroke can be fatal to some, so, please familiarize yourself with proper heat stroke prevention knowledge to protect yourself from heat-related illnesses.

What Is Heat Stroke?

Heat stroke is a condition caused by your body overheating, usually as a result of depletion of water and sodium in your body and a loss of body temperature control in your brain after long exposure to high temperatures. Common symptoms of heat stroke include dizziness, nausea and fatigue. If conditions are left untreated, heat stroke could put you at serious risk of death. Even when you remain still indoors, there is always a risk that you will come down to heat stroke if a room is extremely hot and humid.

Heat Stroke Prevention Tips

1. Water and Sodium: Try to keep hydrated by consuming tea or water even if you are not feeling so thirsty.
When you sweat a lot, consume a little salt in addition to water.
2. Indoor Temperatures: Block the direct sunlight coming in to your room with a blind or curtain, let fresh air in and turn on an electric fan or air conditioner accordingly so that warm air will not be trapped inside.
3. Physical Fitness: Keep heat exhaustion at bay by eating healthily. Make a habit of building up some stamina by going for walks, taking a tub bath, etc.
4. Comfortable Clothes: Put on clothes made from breathable fabrics and try to avoid wearing black-coloured clothes.
When you go outside, wear a cap or use an umbrella to block direct sunlight.



Measures To Be Taken When Someone Gets Heat Stroke

- Move the person to a cool environment and let the person rest.
- Turn on an electric fan or A/C, and cool the body - especially around the neck, under the arms and around the thighs, with an ice cold patch, etc.
- Give some water and salt to the person suffering from heat stroke.



*If you notice that you cannot drink water on your own or are losing consciousness due to a heat-related illness, immediately ask someone for help or call an ambulance.

☆Blanket Ban on Smoking in All Government Buildings, Schools, Hospitals, etc.

Starting on July 1st, a blanket ban on smoking on the premises of government offices, other government buildings, schools and hospitals will go into effect across Japan. This ban will be imposed on not just conventional cigarettes, but also e-cigarettes.

Inquiries: Hikone Health Promotion Division, TEL 0749-24-0816

☆Exemption and Reduction Programmes for National Pension System

When you have trouble paying your national pension contributions due to financial reasons, etc., you can apply for its exemption or reduction programmes. The programme renewal is needed every year.

Place to Apply: Hikone Pension Office, Hikone City Hall, Branch Offices of the Hikone City Hall

Exemption/Reduction Period: July 2019 until June 2020

*The exemption/reduction programmes can be retrospectively applied to your previously unpaid pension bills (up to 25 months).

Application Period: From July 1st

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

A Reduction System of Nursing Care Insurance is Available

For those who find it difficult to pay premiums for Nursing-care Insurance, there is a reduction system.

Be sure to apply for it at Kaigo fukushi-ka, the Senior's Welfare Division.

Inquiries and Further information: Kaigo Fukushi-ka, Senior's Welfare Division.

Tel: 0749-23-9660 / Fax: 0749-26-1768

☆Notice to the people who have applied for the National Insurance and Advanced Elderly Medical Service System

About the high-cost medical care benefit system

When you incur high medical care costs, your copayment for medical care costs is capped.

If your copayment exceeds the maximum, the excess amount will be paid as "high-cost medical care benefits"

Eligibility Certificate for Ceiling-Amount Application

When you present an Eligibility Certificate for Ceiling-Amount Application at the reception desk, your monthly payment will be no more than a specified amount.

To get this certification, you need to apply for the high-cost medical care benefit in advance.

High-cost medical care expenses with individual limit

The out-of-pocket maximum depends on household income.

Eligibility: I Those who are aged 70 years old and over and have taxable income of 1,450,000 yen ~3,800,000 yen

II Those who are aged 70 years old and have taxable income of 3,800,000yen~6,900,000yen

III Those who are of a household with an exemption from city resident tax

IV Those who are aged under 70 years old

How to apply: Apply to the National Insurance Division with your seal and insurance card.

Those who have applied the national health insurance:

You need to file the document again.

Please apply to national insurance division

Those who have applied for the advanced elderly medical service system:

You need not to file a document.

Hikone city will send you the application in the middle of July

If you have paid the full amount already without showing this certification, you can claim a refund from your insurance provider.

Please keep your receipt to make an application for a refund.

☆Information about Medical Care for the Elderly"Kouki-koureisha Iryou"

A The seniors' (aged over 75) Health Insurance Card (pale orange in color), valid from August 1, will be sent in the middle in July by registered mail; please receive with *Hanko* (seal). From August 1, please use the new card; the old one should be thrown away or returned to the National Health Insurance and Pension Division, City Hall.

B The Health Insurance Fee for the fiscal year 2019 shall be ¥43,727; the fee is renewed every two years.

To those who pay the insurance fee under the special system, your fee is deducted from your pension. To those who pay the fee under the normal system, please pay the fee at a bank or a convenience store using a notification sheet; the notification sheet will be sent once a year.

Inquiries: Insurance Premiums Division Tel 0749-30-6145, Fax 0749-22-1398

☆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.

We received 241 opinions last year.

Thank you for valuable opinions.

Inquiries: Community Relations Division

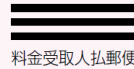
Tel.0749-30-6117, Fax.0749-22-1398

E-mail:machizukuri@ma.city.hikone.shiga.jp

How to make an envelope

- ① Cut along the dotted line and fold in half.
- ② Attach glue to the edge of paper, and put sides together
- ③ Mail it without a stamp.

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差出有効期限
令和2年6月
30日まで

5 2 2 8 7 9 0

彦根市元町4番2号

彦根市役所

企画振興部 まちづくり推進室

「市政への意見・提言」

係 行



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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。

☆Renewal of National Health Insurance

The renewed National Health Insurance will be sent in July. It will be sent by registered mail; please receive with *Hanko*(seal).

From August, National Health Insurance and Elderly Claimant Certification (*Korei-Jukyusha-shou*) will be combined into one. In case a member of National Health Insurance starts to work for a company and joins a new health insurance, please visit the Insurance and Pension Division, City Hall and withdraw from the National Health Insurance. In this case, please bring the certificate of National Health Insurance, the certificate of the new health insurance and an item to show your individual number such as your My Number Card or the notification card. If you have a dependent family please bring his/her Health Insurance and the item showing his/her individual number.

Inquiries: Insurance Premiums Division Tel 0749-30-6145, Fax 0749-22-1398
Shiga Life Long Medical Care System Association Tel 077-522-3013

☆Expenses for Diapers: Seniors (from August)

For senior citizens with physical condition level “*you kaigo 3~5*” the expenses for diapers and other items are covered by nursing insurance. The maximum amount is ¥5,000 per month.

Inquiries: Nursing Welfare Division Tel 0749-23-9660, Fax 0749-30-9231

☆Change in the Regular Closing Days of Hikone Civic Hall

Beginning on July 1st Monday, the regular closing days of *Shimin Kaikan* (Hikone Civic Hall) will shift from Tuesdays to Mondays. When a Monday is a national holiday, the Civic Hall will be closed on the following day.

Inquiries: Hikone Board of Education TEL 0749-23-7810, Fax 0749-21-3080

☆Temporary Closing Days in September and October: Hikone Holiday Emergency Room

The schedule of temporary closing days at the Hikone Holiday Emergency Room is as follows.

September	1 st	8 th	15 th	22 nd	29 th
	Closed	Closed	Closed	Closed	Closed
October	6 st	13 th	20 th	27 th	
	Closed	Closed	Closed	Closed	

Inquiries: Heath Promotion Division TEL 0749-24-0816

☆Household Garbage Collection on a Holiday

On the 15th July, a national Holiday, the city will collect household garbage as normal. Please note that the Hikone Sanitation Centre will be closed and therefore, there will no direct drop-off service available on that day.

*For more info, please check your 2019 Garbage Collection Schedule.

*Be sure to take your garbage to a designated collection area no later than 8 a.m. on the day of the collection.

*About Labels and Caps of Plastic Bottles

Throw away plastic bottle labels and caps as recyclables. There may be a collection box for plastic bottle caps alongside plastic bottle collection boxes the city has set up. Each plastic bottle cap collection box is collected by the city.

Inquiries: Sanitation Centre TEL 0749-22-2734

☆Volunteers Wanted

The city is looking for volunteers who are willing to help children with disabilities between July 20th and August 27th.

Locations of volunteering are in Hikone City, Koura Town, Toyosato Town, etc. When and where you want to volunteer can be negotiated, so please contact us for more details.

Requirements: Older than 15 years and want to support children with disabilities

Application Period: July 1st Monday – July 19th Friday

How to Apply: Contact us via phone or email

Contact: TEL 0749-27-9981, Email shogaifukushi@ma.city.hikone.shiga.jp

EVENTS

☆Summer Events in Hikone

- **Takamiya Fireworks**
Date & Time: July 14th at 8:00 p.m.
Location: Nakasando, Tayamiya-cho
- **Matsubara & Shingaihana Swimming Areas**
Opening Period: July 20th until August 18th
- **42nd Birdman Contest 2019**
Date & Time: July 27th and 28th
Location: Matsubara Lakeside Beach
- **Summer Night Festival**
Date & Time: August 3rd, 5:00 p.m. until 9:30 p.m.
Location: Hikone Ginza Street
- **Hikone Yukata Festival**
Date & Time: August 10th, 3:00 p.m. until 9:30 p.m.
Location: Castle Road
- **Manto Nagashi (Floating Paper Lanterns) Festival**
Date & time: August 6th, 6:30 p.m. until 8:30 p.m.
Location: Around Seri River Bridge

☆The 5th Hikone UNESCO Association Convention of Global Speech & Debate

Elementary and junior high school students who are related to foreign countries show their progress in Japanese Class, and deepen the relationship with the citizens of Hikone.

Date & Time: Sunday, July 7 13:00~15:00

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

Inquiries: Hikone UNESCO Association Japanese Class for Children "JUMP" Tel. 090-2384-9760 (*Ebata*)

☆Open Campus 2019—The University of Shiga Prefecture

Explanations of departments, model lectures, campus tours, and private consultation

Date & Time: Saturday, July 20 & Sunday, July 21 9:00~15:00

Inquiries: The University of Shiga Prefecture Education and Matriculation Group, Matriculation Section

Tel 0749-28-8243, FAX.28-8472 [E-mail.nyushi@office.usp.ac.jp](mailto:nyushi@office.usp.ac.jp)

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

Selling local fresh vegetables, bean curd, local fresh fish and shellfish from the lake, and handcrafted general goods, under the concepts of "Reliable sourced food" "Local production for local consumption" and "Handmade" on the third Sunday of each month.

Date & Time: Sunday, July 21 8:00~12:00

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

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

☆Seminars for Senior Job Seekers

Seminars will be held for seniors who are looking for work.

- Contents: ① Computer beginner's class
② Skill training course of gardening staff
③ Life support service worker class
④ Skill training course of office cleaning

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)

Inquiries: Shiga Silver Employment Service Centre: Tel 077-525-4128

The Olympic Torch Relay in Tokyo in 2020

Runners for the Olympic Torch Relay are now being invited

The Olympic Torch Relay will start in Fukushima prefecture on March 26 2020, and it will travel the 47 prefectures of Japan. In Shiga prefecture, the Olympic Torch Relay will take place on Thursday, May 28 and on Friday, May 29 in 2020.

Runners for the Olympic Torch Relay in Shiga prefecture are now being invited.

Capacity: 32 persons (The entire number of the runners in Shiga prefecture)

Application Period: Monday, July 1 ~ Saturday, August 31

Application & Inquiries: Apply through the specially installed Home Page (The Olympic Torch Relay in Tokyo in 2020 Shiga Prefecture Executive Committee)

Application & Inquiries: The Olympic Torch Relay in Tokyo in 2020 Shiga Prefecture Executive Committee Office

Tel: 0570-003-095 (9:30 ~ 17:30 Weekdays except Holidays)

☆Information From The Children's Center

Children's Class 「Let's make a miniature chair 」

Content: Let's make a wooden chair with the students of Hikone technical high school.

Date: Sunday, July 28 13:30~15:00

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

Capacity: First 15 students

Cost: ¥500

Application date: Saturday, July 6 ~Wednesday, July 17

Let's study astronomy

Content: You can enjoy observing stars in July through an astronomical telescope.

Date: Friday, July 5 19:30 ~ 21:00

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

Capacity: First 25 people

Cost: ¥300 (Free for preschool students and under)

Application date: Saturday, June 22~Wednesday, July 3

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

Apply and Inquiries: Children's Center Tel 0749-28-3645 Fax 0749-28-3646

* Please apply by phone or at the counter directly.

☆Hikone Sun Palace

Children's Manufacturing Experience Class

Content:① Let's make a light made from reed in Lake Biwa. You can learn about the importance of the environment through valuable「reed 」which grows naturally in Lake Biwa and purifies the water, the soil and the air.

②Robot Experience Class in the summer holidays

You can cultivate the sense of accomplishment by manufacturing and programming experience

Date: ①Sunday, July 21 13:30~15:30

②Sunday, August 4 13:00~15:00

Place: Meeting room at Hikone Sun Palace Koizumi-cho

Target: 4th grade ~ 6th grade students of elementary school

Capacity: ① 20 students ② 10 students (First-come-first-served basis)

Cost: ① free ② 300yen

Starting apply date and time: at 9:00 Sunday, July 7

Apply and Inquiries: Hikone Sun Palace Tel 0749-26-7272 Fax 0749-26-7377

※Please apply at the counter directly

Parents and Children Workshop in Summer Vacation 2019

Fee is free, but some workshops charge admission.

July 20, Saturday

Bunka Plaza Back Stage Tour

Let's see the back side of the stage of Bunka Plaza.

Time: 10:30 ~ 12:00

13:30 ~ 15:00

Place: Grand Hall

Capacity: 20 persons in each time

July 20, Saturday

Let's paint an enormous picture on the ground in water colors

Time: 10:00 ~ 11:30

13:30 ~ 15:00

Place: The circle square

Requirements: Elementary School students and over

Capacity: 25 persons in each time

Please take some precautions against heatstroke.

July 21, Sunday

The Puppet Show CLARTE

Let's make a doll and play.

Time: 10:00 ~ 11:00

13:00 ~ 14:00

Place: Exhibition lobby (Messe Hall first floor)

Requirements: Three-year-old children and over

Capacity: 20 persons in each time

July 21, Sunday

Let's Dance.

Mr. Fujita Yoshihiro's unique choreography is one of the attractions of the dance.

Time: 10:15 ~ 11:45 Place: Messe Hall

13:15 ~ 14:45 Requirements: Elementary School students and over

Capacity: 30 persons

July 20, Saturday and July 21, Sunday

Let's play the guitar

Time: 10:30 ~ 12:00

Place: The first Rehearsal Room

Requirements: Elementary School students and over

Capacity: 30 persons

Please join for two successive days.

July 20, Saturday and July 21 Sunday

Kamiwaza Experience

Let's make something with a piece of paper.

Time: 10:00 ~ 12:00

13:00 ~ 15:00

Place: The second Study Room

Requirements: Children who can use a pair of scissors safely

Capacity: No reservation is OK. Please wait if all of the seats are filled.

July 31, Wednesday

Cosmic College 2019

Let's make the glasses to observe the sun and watch it.

Let's launch a model rocket.

Time: 10:00 ~ 15:30 (Acceptance from 9:30 There is lunch time.)

Place: Echo Hall

Requirements: Children of Elementary School students and over

Capacity: 50 persons

Fee: ¥1,000 (Please pay in advance.)

Cooperated by JAXA Space Educational Center

July 20, Saturday

Waku Waku Wire Art

Let's make an animal by a piece of wire.

Time: 10:00 ~ 10:30, 10:45 ~ 11:15

11:30 ~ 12:00, 13:00 ~ 13:30

13:45 ~ 14:15, 14:30 ~ 15:00

Place: The Third Study Room

Requirements: Elementary School Students and over

Capacity: 10 persons in each time

July 21, Sunday

Sound Play by Sendo Saori

Let's play and sing with percussion instruments.

Time: 10:30 ~ 11:30

13:30 ~ 14:30

Place: Echo Hall

Requirements: Elementary School students and over

Capacity: 30 persons in each time

July 20, Saturday and July 21, Sunday

Let's make the earth !

Time: 10:00 ~ 12:00

13:00 ~ 15:00

Place: The second Study Room

Requirements: Three-year-old children and over

Capacity: 100 persons on a first-come, first-served

basis No reservation is OK. Please

wait if all of the seats are filled. This

workshop is presented by Sekizaki

Kaiseikan.

The note: When the children of the second grade Elementary School students and under will join the workshop, please come with a person who is a High School student and over.

Please apply Hikone-shi Bunka Plaza at Window or by the phone (first-come, first-served basis)

Application & Inquiries: *Hikone-shi* Bunka Plaza Tel: 0749-27-5200 Fax: 0749-26-8602

Application will start at 9:00 am on Saturday, June 22. The deadline for application will be on Saturday, July 13.



Consultation

	Date & Time	Place	Contents
Alcohol Consultation	July 5 (Fri) 14:00 ~16:30 (by reservation)	Public Health Center (Wada-cho)	Issue of alcoholism Tel 0749-21-0283 Fax 0749-26-7540
Consultation for Reclusive and Unsociable People	July 11 (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
	July 18 (Thu) 11:00 ~17:00 (by reservation)		
Mental Health Welfare Counseling	July 19 (Fri) 13:00 ~15:00 (by reservation)	Medical instruction for troubled minds. Introduction of a medical institution and facilities Tel 0749-21-0283 Fax 0749-26-7540	
Human-Rights Counseling	July 3 & 17 (Wed) 13:00 ~ 15:00	Consultation Room (AL PLAZA Hikone 4F)	Counseling about bullying and all acts of discrimination Tel 0749-22-0242
Vacant House TSUKIUCHI Consultation	July 16 (Tue) 9:00 ~17:00		Consultation for people who have vacant houses or want to live in a vacant house or make use of it (Hikone only) *The first 7 persons until March 15
Work Consultation for Cancer Patients	July 17 (Wed) 13:30~15:30 (by reservation)	Hikone Municipal Hospital (2F, 3 block)	Consultation for work while receiving treatment ※The first 2 or 3persons
Law Consultation	July 26 (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 July 17 *Only those who live or work in Hikone Tel 0749-30-6117 Fax 0749-22-1398
Child・Family Consultation	Every Mon. ~ Fri. (except holidays) 8:30 ~ 17:15	Consultation Room for Children (Welfare center)	Consultation for child care issues, child abuse, domestic violence etc. Tel 0749-23-7838 Fax 0749-26-1768
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
Human-Rights Counseling by Multiple Languages	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
Consultation for Bullying/Hot Line	Every Mon. ~ Fri. (except holidays) 9:00 ~ 17:00	School Support/ Bullying Measures Room	An experienced person in education can provide advice *You can consult on the municipal government website Exclusive telephone number for consultation: 0749-24-7977
Traffic Accident Consultation	Every Tue & Thu ①9:00 ~ 12:00 ②13:00 ~ 16:00	Koto Joint Government Building 2F (Moto-machi)	Consultation by telephone is also available from Monday to Friday except holidays Tel 0749-27-2230
Developmental Disorder Consultation	Every Mon. ~ Fri. (except holidays) ①8:30 ~ 12:00 ②13:00 ~ 17:15 (by reservation)	Development Support Division	Consultation for people with developmental disorders or their family Tel 0749-26-8282
Language Consultation	Every Mon. ~ Fri. (except holidays) ①8:30 ~ 12:00 ②13:00 ~ 17:15 (by reservation)		Consultation for children before entering elementary school who have concerns about pronunciation or language and their family Tel 0749-26-8282
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 number months (except holidays) 13:00 ~ 16:00	Northern Elderly Welfare Center (Baba-cho)	
	Second Wed. of odd number months (except holidays) 13:00 ~ 16:00	Southern Elderly Welfare Center (Tawara-cho)	

Rubella Antibody Test & Rubella Vaccinations

Men who were born on April 2, 1972 ~ April 1, 1979 can get a rubella vaccination by free.

*For those who need to have a rubella antibodies test, Hikone City publishes free coupon for the rubella antibody test and rubella vaccination.

*For those who were born on April 2, 1972 ~ April 1, 1979, Hikone City sent a coupon in the end of June.

*For those who were born on April 2, 1962 ~ April 1, 1972, if you wish to have the coupon, you can get it at the window of the Health Promotion Division.

*Expiration date of coupons issued this year is February 31, 2020

*For target persons who had the rubella antibody test or vaccination without the coupon on April 1, 2019 or later, you can request a cost subsidy. See Hikone city website or apply to the Health Promotion Division

How to get the test or vaccination

*Refer to medical institutions which is targeted for enforcement through the Website of Ministry, Health, Labour and Welfare

Belongings

Personal identification document, such as a ‘My number card’, individual number card or driver’s license, etc.

*If the address stated on coupon is different from your registered card address, refer to the local government which you registered as a resident.

**For further information, refer to the Health Promotion Division. Tel. 0749-24-0816

☆Prevent food poisoning!

Food poisoning occurs not only at restaurants but also at home.

Three principles of food poisoning prevention!

1. Do not make contact with microbes
Wash your hands before and after handling meat, fish and eggs and after going to the toilet, changing diapers, blowing your nose and touching animals.
2. Do not allow microbes to multiply
When you buy raw foods, keep them in the fridge as soon as possible.
3. Kill microbes
When you cook, heat foods to 75°C
Keep kitchenware (knives, chopping boards, kitchen clothes) clean by boiling to disinfect them or and disinfect them by boiling.

☆Cancer Checkups Osteoporosis checkup

Regarding cancer checkups on August and September, the application will be accepted from July 1.

Reservation telephone: 0749-24- 3719, **Fax:** 0749-24-5870

You can apply by the Hikone-city web site.

Fee: stomach cancer, colon cancer, breast cancer, cervical cancer 500yen

Lung cancer 200yen

●:Both Male and Female ○:Male Only ◎:Female Only

Date		Time	Place	Stomach	Colon	Lungs	Brest	Cervical	Special
Aug	28(wed)	Afternoon	Kusunoki Center		◎	◎	◎	◎	◎
Sep	3(Tue)	Morning	Kusunoki Center	◎	◎	◎	◎	◎	
	10(Tue)			○	○	○			
	14(sat)			◎	●	●	◎	◎	●
	26(Thu)		Hikone culture center	◎	◎	◎	◎	◎	◎
	27(Fri)		Kusunoki Center	◎	◎	◎	◎		

When you receive just a lung cancer checkup, you don't need to make a reservation.

☆Hikone city Residents' checkups

Arteriosclerosis can be caused by high blood pressure, high sugar, and high blood cholesterol.

Arteriosclerosis can increase your risk of developing serious diseases (heart attack, stroke, kidney failure).

These diseases have no symptoms.

Please take the medical checkup once a year.

Eligibility Hikone residents and meet the following requirements ① or ②

◆**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 1980 and April 1 2001.
- ② Public assistance recipients who were born before March 31 in 1980.

◆**Hepatitis virus checkup**

- ① Those who were 40, 45, 50, 55, 60-year-old and have never previously had 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 previously had Hikone city's hepatitis virus checkup.

*Please call to the health promotion division, or send a fax within one week before the checkups.

Date	place	time
July 10 (Wed)	<i>Nisi-chku</i> community center	9:30 ~ 11:00
July 12 (Fri)	<i>Higasi-chiku</i> community center	
July 17 (Wed)	Mizuho culture center	
July 18 (Thu)		9:00 ~ 11:00
July 23 (Tue)	<i>Kusunoki</i> -center	9:30 ~ 11:00 13:00 ~ 14:30 (Women only)
July 31 (Wed)	Happiness Hikone	9:30 ~ 11:00
August (Fri)	Green pia Hikone	
August (Tue)	<i>Kawase</i> community center	

*There is a nursery service on July 23 (afternoon only). (Reservation system)

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

☆Rakuraku Kin-en (Quit Smoking Easily) Consolation

A smoking habit is due to dependence. If you are trying to quit smoking, please feel free to inquire.

Date & Time: Wednesday, July 10 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 the 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, July 2 & Thursday, July 25 9:30~11:00

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

*Consultation by a nutritionist is available on Thursday, July 25

☆ **Health Check-ups for Infants**

July

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

4-Month-Old Babies	16(Tue)	Born between Mar 1 and 15, 2019
	30 (Tue)	Born between Mar 16 and 31, 2019
10-Month-Old Babies	10(Wed)	Born between Sep 1 and 15, 2018
	17(Wed)	Born between Sep 16 and 30, 2018

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

18-Month-Old Babies	12 (Fri)	Born between Dec 1 and 15, 2017
	19 (Fri)	Born between Dec 16 and 31, 2017
2-Year & 6-Month-Old Children	11 (Thu)	Born between Dec 1 and 15, 2016
	18 (Thu)	Born between Dec 16 and 31, 2016
3-Year & 6-Month-Old Children	8 (Mon)	Born between Dec 1 and 15, 2015
	22 (Mon)	Born between Dec 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 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

☆**WELCOME TO BRAZIL! (No.02)**

What is the Life of Japanese Brazilians Like in Brazil?

In 1908, the first group of Japanese people got aboard a ship called the “Kasato Maru” to migrate to Brazil. Those 781 Japanese people experienced harsh working and living conditions at coffee farms in Brazil, and their poor Portuguese language skills led to a lack of communication which made their lives even more miserable at the time.

110 years later since then, how are the descendants of these first Japanese people doing in Brazil? This time, let me give you some lesser-known insights about them.

First off, despite the initial harsh living environment after the immigration to Brazil, the Japanese migrants thrived with their strong wills and perseverance by forming their own communities and learning the Portuguese language a bit by bit, and they eventually assimilated into Brazilian society. Due to this background, the Japanese migrants always put emphasis on education and strongly encouraged their own children and grandchildren to study at university. Primarily because of this mind-set, Japanese Brazilians today tend to have jobs in fields such as medicine, law and engineering.

Furthermore, today's Japanese Brazilians have been respectfully cherishing the Japanese culture and tradition their ancestors brought in to Brazil. To prove this, Japanese-themed festivals, Karaoke contests, sports festivals and so on and so forth are held by the Japanese Brazilian Community Association with a view to promoting Japanese culture and tradition. Thanks largely to their efforts, Japanese culture and tradition are highly touted in Brazil – particularly Japanese martial arts, like karate and judo, which took off in popularity, and Japanese restaurants are scoring a big success these days.

Speaking of Japanese Brazilian households, stressing the importance of academic skills, showing respect for the elderly and other typical characteristics you can find in Asia can be also seen among them. In addition, Japanese Brazilians have more opportunities to eat Japanese food at home, so a mixture of Japanese and Brazilian food is oftentimes served at the table, such as, Japanese rice and Brazilian beans as a staple food, rice balls as a side dish for a BBQ, Brazilian and Japanese desserts on a festive occasion, just to name a few. These are signature dishes in the Japanese Brazilian community, so you should give them a shot one day.