

# Life Information News KOMAKI

6  
2010



Rose and Hydrangea Festival at Shikinomori

## Contents

- |  |   |
|--|---|
| <b>P2</b> J-LET<br>Let's Learn Japanese  | <b>P4</b> Courses for Citizens "Komaki traditional home cooking"<br>Summer Junior Courses   |
| <b>P3</b> Setting up direct debit for National Health Insurance Tax<br>Tax notification for municipal and prefectural taxes will be sent out<br>Tax payment deadline: June 30<br>Tax Q&A | <b>P5</b> KIA<br>Recipe "Peaches in syrup"<br>Young adult checkup for 35 year old residents |
| <b>P4</b> Komaki Art Exhibition poster contest   | <b>P6</b> Mother and Child Medical Checkup (June)<br>Cancer screening, Polio                |



Foreign residents in Komaki / 8,476  
Population of Komaki / 153,531

As of May 1, 2010

# J-LET On-the-job Japanese Classes

**Purpose** Learn the Japanese language and manners you need for job hunting and in the workplace.

- Schedule**
- **J-LET1 (Level: A&B)**  
15 sessions between May 12 and Aug 18  
Wednesday class: 18:30–21:00 (2.5 hours)
  - **J-LET2 (Level: C&D)**  
15 sessions between Jun 5 and Oct 30  
Saturday classes: 10:30–13:00 (2.5 hours)
  - **J-LET3 (Level: E&F)**  
15 sessions between Jul 10 and Dec 4  
Saturday classes: 15:10–17:40 (2.5 hours)

**Venue** Komaki Kominkan 4F Rose Room

**Eligible persons** Foreign residents seeking employment

**Number of participants** 16 persons per class

**Fee** KIA members: 2,000 yen / course,  
Non-members: 5,000 yen / course

**To apply** Contact the Komaki International Association (KIA) directly.

- Course content**
- ① Boost your practical Japanese skills  
(Grammar, listening, conversation, hiragana, katakana, kanji)
  - ② Understand Japanese business society (Employments)  
(CVs, business calls, finding employment through Hellowork and other agencies, job interview)



**Inquiries** Komaki International Association (KIA) Administration Office (Komaki Kominkan 4F)  
TEL 0568-76-0905 FAX 0568-71-8396  
E-mail: [kia@ma.ccnw.ne.jp](mailto:kia@ma.ccnw.ne.jp)

## Let's Learn Japanese

- **Venue** Furatto minami  
TEL 0568-76-1375 / Near Fashion Center Shimamura
- **Schedule** Every Sunday: 10:30–12:00
- **Start date** May 9, 2010 (Placement test held from 10:00)
- **Level** Lower Intermediate
- **Course content** Business-level Japanese conversation, daily Japanese conversation, reading and writing
- **Fee** 1,500 yen



**Inquiry** Multicultural Society Communication Project (ICPA)  
E-mail: [mail.tabunkashakai@yahoo.co.jp](mailto:mail.tabunkashakai@yahoo.co.jp) (English or Japanese)  
TEL 090-7438-2219 (Junko Togari)



## Use Convenient Automatic Bank Transfer for National Health Insurance Tax

● Among the people who register for the National Health Insurance Tax automatic bank transfer between May 6 and Oct 29, 2010, who register their account by the end of November, and have no outstanding balance for the 6th term (as of the end of November), 900 will be selected at random to receive a small prize (1,000 yen QUO card). (Will be sent in or about January 2011) (This does not include those who switched from the pension deduction method.) This is a good opportunity to register with the nearest financial institution that has an office / branch in the city or at the City Office, Health Insurance & Pension Section. You will need to bring your bank (savings) book, bank (savings) book registered seal and tax notification. (Bank transfer application forms are available at each financial institution.)

**Inquiry** National Health Insurance Section, Health Insurance and Pension Department  
TEL 0568-76-1123

## 2010 tax notification for municipal and prefectural taxes will be sent out

### ● Sending tax notification for municipal and prefectural taxes

The 2010 tax notifications will be sent out on June 1. Individual municipal and prefectural taxes must be paid by all residents of Komaki as of January 1, 2010 who received income during 2009.

### ● Municipal and prefectural taxes can now be paid at convenience stores

You can now pay your taxes 24 hours a day, seven days a week.

Please note that as of this year, there are no longer any financial incentives to paying taxes early.

### ● Tax exemption system

If you cannot pay your taxes due to a significant reduction in income (due to job loss, disaster, death, prolonged medical treatment, or the like), you may be eligible for a tax reduction/exemption if you apply for one by the original due date or within thirty days of the date following the incident causing the difficulty, whichever is later.

**Inquiries** Residents Tax Division TEL 0568-76-1182

## Next tax payment deadline: June 30 (Wed)

- Municipal and prefectural taxes (1st term)
- National Health Insurance Tax (1st term)

Submit your payments promptly! Smooth functioning of the system requires that everyone make timely payments. Avoid missed payments by setting up direct debit payments from your bank account.

If you have already set up direct debit payments for your taxes, be sure that your account has sufficient funds available by the day before payment is due.

### Sunday consultations

◎The City Hall Tax Office will be open to answer tax-related questions and accept payments.

Dates Jun 13 (Sun) Jun 27 (Sun) 8:30-17:15

### Payments accepted on Saturdays and Sundays

◎Tax payments will be accepted at the Komaki Station branch office or convenience stores every day.

**Inquiries** Tax Office TEL 0568-72-2101 (operator) Ext 276-279  
TEL 0568-76-1117 / 0568-76-1118 (direct call)

## Tax Q&A



Q1

I currently live in Nagoya. Will the Komaki municipal and prefectural tax forms still be sent to me in June?

A

Anyone living in Komaki as of January 1, 2010 must pay Komaki municipal and prefectural taxes. Those who leave Komaki on January 2 or later must still pay taxes to Komaki for the full year. So even if you are now living in Nagoya, the Komaki payment forms will still be sent to you. On the other hand, Nagoya will not send you a payment form for municipal and prefectural taxes this year.

Q2

I am currently unemployed and receiving no income. Will the municipal and prefectural tax forms still be sent to me in June?

A

The municipal and prefectural taxes that you owe are calculated based on your income during the previous year. Taxes based on your current income will be calculated next year and sent to you in June. So if your income level last year requires you to pay taxes, you will still be sent the form in June.

## 51<sup>st</sup> Annual Komaki Art Exhibit poster contest



- Submission requirements / One original, previously unreleased submission per person
- Format / A2 portrait, no backing required
- Colors / Any except gold, silver, and fluorescent colors
- Required text / 第51回小牧市民美術展
- Prize / Grand prize: 30,000 yen



### Application/Inquiries

Bring or mail your submission and submission form (available at the Cultural Promotion Division and Civic Centers) to the Cultural Promotion Division by Friday, July 30 at 17:00. Mailed submissions may be addressed to postal code 485-8650 (no address required). Make sure to keep a copy of the postal receipt or proof of delivery for your records. TEL 0568-76-1188

## Courses for Citizens “Komaki traditional home cooking”

Unique local dishes have their history in the creative efforts of local people preparing food for special occasions. Learn to make delicious myoga ginger manju (steamed buns) traditionally made by farmers relaxing after the busy planting season and bara sushi bowls!

- Date/Time / Jun 25 (Fri) 9:30-12:30
- Venue / Komaki Kominkan 3F Cooking class room
- Eligible persons / Citizens living/working in Komaki City (18 years old or older)
- Number of participants / 20 \*A lottery will be used to select participants if there are a significant number of applications.
- Fees / Course fee : 150 yen Material costs: 800 yen \*Material costs are subject to change.
- Other information / • Lessons, including recipes, are all in Japanese. • Interpretation will not be provided. • Child day-care is not provided.

Deadline: Postmarked by Jun 12 (Sat). On a return-postcard write in red ink, the course name “Furusato to Komaki no shoku no bunka” along with your postal code, address, name (furigana), age and telephone number [place of work for those who live outside of the city] or bring us a postcard that we can use for contacting you.

### Application/inquiries

Komaki Kominkan Citizen Learning Office  
107 Komaki 2-chome, Komaki, Aichi 485-0041 TEL 0568-77-8269

## Komakishi Seinennoie Summer Junior Courses

### Yukata lessons for kids and parents

- Date / Jul 4 (Sun) 10:00–12:00
- Venue / Komakishi Seinennoie
- For / Komaki junior high school students and younger (girls) and their mothers or female caretakers
- Required items / Child’s yukata (summer kimono), obi\* (belt), three waist ties, and clothes that can be worn under the yukata (e.g. t-shirt or camisole and spandex or shorts) \*Please bring either a half-width obi, soft-tie obi, or pre-tied obi
- Instructor / Seinennoie Kimono Dressing Club
- Course and material fees / Free of charge

Number of participants  
10

### Komaki’s Fascinating History: Nobunaga and Mt. Komaki

- Date/Time / Jul 26 (Mon) 10:00–12:00
- Venue / Komakishi Seinennoie, Mt. Komaki, Komaki History Museum
- For / Komaki 5<sup>th</sup> year elementary school students through 3<sup>rd</sup> year junior high school students
- Required items / Pen or pencil, drinks to replenish fluids, clothes and comfortable walking shoes
- Instructor / History guide volunteers from the Tabunokikai Group
- Course and material fees / Free of charge
- Insurance fee / 30 yen

Number of participants  
20

### Glass art: Stained glass-style picture frames to display summer photos

- Date/Time / Jul 10 (Sat) 10:00–12:00
- Venue / Komakishi Seinennoie
- For / Komaki 4<sup>th</sup> year elementary school students through 3<sup>rd</sup> year junior high school students
- Required items / Scissors, pencil, glue
- Instructor / Seinennoie Glass Art Club
- Course fee / Free of charge
- Material fee / 1,350 yen

Number of participants  
20

**Application** Fax or email the Komakishi Seinennoie until **Monday, June 14**

A lottery will be used to select participants if there are a significant number of applications.  
FAX 0568-71-4321 E-mail ko-seinen@md.ccnw.ne.jp

**Inquiries** Komakishi Seinennoie TEL 0568-76-3718 FAX 0568-71-4321 E-mail ko-seinen@md.ccnw.ne.jp

# KIA International Kids' Classes "Cultural Exchange Day Camp"

Experience international exchange at a day camp! Have fun making lots of friends while learning about different cultures and lifestyles.

Date / Time	Jul 11, 2010 (Sun) 8:30–16:00
Venue	The Little World, Museum of Man
For	Children residing in Komaki and KIA Junior members
Number of participants	First come, first served: 20 Japanese children (third to sixth grade) and 20 non-Japanese children (ages 8 to 12)
Fee	Members: 200 yen Non-members: 500 yen

**How / when to apply and further information** Register directly with the Komaki International Association Administration Office by bringing your participant fee in between Tuesday, Jun 1 and Saturday, June 26. Note that the office is closed daily between 12:00 and 13:00 for lunch and all day on Sundays, Mondays, and holidays.

## June dishes

### Peaches in syrup

Komaki is famous for its peaches. Our fresh, juicy peaches are sweet and delicious on their own, but drizzling them in syrup can add a special touch.

- Ingredients** (serves 4)
- Peach .....300g
  - Granulated sugar...80g
  - Lemon juice .....as needed

- Directions**
- ① Wash and peel the peaches. Cut into wedges.
  - ② Place the peaches and granulated sugar in a pot. When the peaches become moist, boil briefly on medium heat.
  - ③ Once they are heated thoroughly, add the lemon juice.
  - ④ Let cool completely and enjoy.



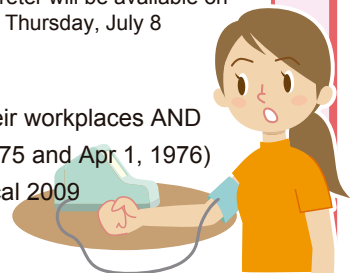
Recipe provided by: School Lunch Nutrition Group

**Tips**  
When boiling the peaches, remember to skim the scum off the top of the water.

Have your visceral fat levels checked to prevent lifestyle-related diseases.

## Young adult checkup for 35 year old residents

Checkup includes	Body measurements (height, weight, girth), blood pressure reading, urinalysis, blood work (fat and blood sugar analysis, test for anemia), medical checkup, Salivaster test (to check for gum bleeding), consultation with a dental hygienist	
Time and venue	Komaki Kominkan.....Jul 6 (Tue)– 9 (Fri) Kinro Center...Jul 2 (Fri), 5 (Mon), and 13 (Tue)	*A Portuguese interpreter will be available on Monday, July 5, and Thursday, July 8
Time	9:30–12:00	
Eligible persons	Komaki residents who do not have a chance to receive checkups at their workplaces AND ① Those who did or will turn 35 in 2010 (those born between Apr 1, 1975 and Apr 1, 1976) ② Those aged 36-39 who did not receive a young adult checkup in fiscal 2009 ③ Those aged 36 to 39	
Group size	800 (First come, first served.)	Fee Free of charge



**Application / Inquiries** The application period for those in group (1) begins Monday, May 24; group (2) Tuesday, June 1; and group (3) Tuesday, June 8. Members of all three groups must contact the Health Center by Friday, June 18 to request a checkup date/time and location. TEL 0568-75-6471



## Medical Checkup Information

**Inquire** Health Center TEL 0568-75-6471

### Mother/child Health Examination Calendar

\*Make sure to bring your Maternal and Child Health Handbook.

Checkups available	Schedule	Time	Checkups for
Health examinations and BCG vaccinations for 4-month-old infants, dental examinations for mothers	Jun 1 (Tue) Jun 8 (Tue)	Admissions 13:05-13:55	Children born in Jan 2010
	Jun 15 (Tue) Jun 22 (Tue) Jun 29 (Tue)		Children born in Feb 2010
Health examinations for 18-month-old infants	Jun 4 (Fri) Jun 11 (Fri) Jun 18 (Fri)	Admissions 13:05-14:15	Children born in Dec 2008
Dental examinations for children aged 2 years, 3 months	Jun 3 (Thu) Jun 24 (Thu)	Admissions 9:00-10:10	Children born in Mar 2008
Health examinations for 3-year-old children	Jun 2 (Wed) Jun 9 (Wed) Jun 23 (Wed)	Admissions 13:05-14:15	Children born in Jun 2007

\*Health examination admission times differ depending on date of birth. Please refer to the health examination schedule that will be sent in the mail.



### Group Cancer Screening

Examinations	For	Schedule
Screening for uterus cancer Uterine cervix only 750 yen	Registered Komaki residents 20 years and over born in an even year. (Examinations will also be given to those born in odd years who did not receive an examination in 2009.)	Jul 18
Screening test for breast cancer Mammography screening 1,200 yen	Registered Komaki residents 40 years and over born in an even year. (Examinations will also be given to those born in odd years who did not receive an examination in 2009.)	Aug 7 Aug 12 Aug 23

\*Screening tests for stomach cancer, colorectal cancer, and osteoporosis will each be held once in a period of May through March of the following year.

\*Screening tests are provided at Health Center.

\*Screening tests for uterine cancer and breast cancer (chest X-rays) can now be done once every two years.  
(According to the Health, Labour and Welfare Ministry's Vital Cancer Prevention Education and Cancer Screening Test Guidelines.)

#### To apply for group cancer screening

\*Information on available screening tests will be provided in each monthly newsletter.  
Apply at the Health Center (Monday through Friday, 8:30-17:15)

#### Fee exemption system

The following persons may undergo cancer screening tests (excludes osteoporosis screening) free of charge.  
① Persons 65 and older who are bedridden, ② Persons in the household on Social Assistance,  
③ Persons in households exempt from municipal tax

### Immunization

Type	Schedule	Venue	Time	Checkups for
Polio	Jun 3 (Thu)	Ajioka Civic Center	Admissions 14:00-15:00	Children 3 months old to 7 1/2 years old
	Jun 25 (Fri)	Tobu Civic Center		
	Jun 17 (Thu)	Kitazato Civic Center		
	Jun 24 (Thu)	Civic Hall (Kominkan)		

Edited and  
Published

**Komaki City Hall Department of Civil Industry Life Division**

1-1 Horinouchi, Komaki-shi, Aichi-ken 485-8650 TEL: 0568-76-1173 FAX: 0568-72-2340

<http://www.city.komaki.aichi.jp/contents/90000011.html>

\*Please see the relevant service counter for more details regarding any of the items contained herein.



Printed with soy ink for the sake of the environment. Printed on recycled paper for the sake of the environment.