

Life Information News

KOMAKI

4 April
2010 issue



International Exchange Festival



Foreign residents in Komaki / 8,573

Population of Komaki / 153,599

As of March 1, 2010

Contents

- Courses for Citizens
- KIA Courses
- Hiring temporary worker (foreign consultant)
- April dishes
- Rabies Vaccination
- For those who wish to take prenatal health examination
- Setting up direct debit for national health insurance tax
- Getting on the waiting list for the prefectural housing lottery
- Deadline information
- Annual schedule for health examination

Spring is here. Do you want to start something new?

[Courses for Citizens]

Courses for Citizens “Home-made bread and easy-cooking snacks”

Learn to make delicious home-made bread kneaded with your own hands, as well as healthy snacks using simple ingredients that your kids will love.

- Date/Time May 18 (Tue) 9:30–12:30
- Fee Course fee: 150 yen Material costs: 500 yen



Courses for Citizens “Home-made bread and seasonal salad”

Enjoy the feel of fresh dough in your hands and the delicious smells from the oven as you learn to make your own treats.

- Date/Time May 11 (Tue), May 25 (Tue), Jun8 (Tue), Jun22 (Tue) 9:30–12:30
- Fee Course fee: 600 yen Material costs: 2,000 yen

- Venue** Komaki Kominkan 3F Cooking room
- Eligible persons** Citizens living/working in Komaki City (18 years old or older)
- Instructor** Naomi Funahashi
- Group size** 20 persons *A drawing will be used if there are more than 20 applications.
- Other information**
 - Lessons, including recipes, are all in Japanese.
 - Interpretation will not be provided. ●Child day-care is not provided.
- Application** Deadline: Postmarked by April 15 (Thu). On a return-postcard write the course name [“Tezukuri Pan to Tegaruru ni Tsukurareru Oyatsu” or “Tezukuri Pan to Kisei no Sarada to Tomo ni”], 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.
- Inquiries** Komaki Kominkan Citizen Learning Office
107 Komaki 2-chome, Komaki, Aichi 485-0041 TEL: 77-8269

[KIA Language Course]

Japanese Classes (First Session)

A~D...Beginner E~G...Lower Intermediate
H...Intermediate I...Advanced

(Saturday classes)

H...8:30~9:50 I...10:00~12:00

(Sunday classes)

F·H...8:30~10:30 E·G...10:30~12:30
A·D...13:00~15:00 B·C...15:10~17:10

*Study at your own level.

Schedule / Every Saturday and Sunday

Venue / Komaki Kominkan 4F
Chess Room / Rose Room

Eligible persons / Foreign citizens (KIA member only)

Fee / 3,000 yen

(2,000 yen Komaki International Association (KIA)
yearly membership fee + 1,000 yen course fee)

To apply / Contact the Komaki International Association (KIA) Administration Office directly

Application period / May 9–Aug 8

Required items / Pen or pencil



KIA Basic English Courses Ready to take on English again?

Ready to have fun learning English? Introductory class taught by a supportive Japanese instructor, beginner class taught by an American.

Date / 10 sessions per class

Introductory class May 13–Jul 15
Every Thursday 10:00-12:00

Beginner class May 11–Jul 13
Every Tuesday 10:00-12:00

Venue / Komaki Civic Hall 4F Chess room

For / English beginners and first-timers

Group size / 16 per class

Fee / Members: 3,000 yen Non-members: 6,000 yen

*Required textbook not included.

*Non-members can become members for a yearly membership fee of 2,000 yen and receive the member price.

Application / Apr 6 (Tue)– Apr 24 (Sat)

Administration Office directly with your participation fee.



- Inquiries** Komaki International Association (KIA) Administration Office, Komaki Civic Hall 4F
Tuesday through Saturday, 9:00–17:00 (no service available between 12:00 and 13:00)
TEL 76-0905 FAX 71-8396 Email:kia@ma.ccnw.ne.jp

Hiring temporary worker (foreign consultant)

1 | Job information

- **Job description** Provide consultation for foreign citizens, translation, and interpretation services in Portuguese
- **No. of positions open** 1 person
- **Qualifications** Open to all ages, genders, and nationalities. Must be proficient in Portuguese and Japanese and be able to use Microsoft Word and Excel.
- **Hiring period** May 1– Jul 31, 2010
- **Working conditions** Temporary position, 5 days/week (Monday through Friday) at 1,600 yen/hour
- **Working hours** 9:00–17:00 (Lunch break: 12:00–13:00)

2 | Application deadline

17:00, April 13 (Tue), 2010

3 | Application method

Submit CV by mail or in person by the deadline indicated

4 | Other information

After submitting their paperwork, applicants will be interviewed and subjected to a written test before being hired. Scheduled interview date April 21 (Wed), 2010 13:30–

Application/Inquiries

1, Horinouchi 1 chome, Komaki, 485-8650
Life Division Consultation Section TEL 76-1119



April dishes

Rice with spring bamboo shoots

Bamboo shoots grow very quickly and become bamboo in just 10 days after emerging from the ground. These shoots have a unique flavor associated with spring. Let's make rice using lots of bamboo shoots so everyone can enjoy the taste of the season.

Ingredients (serves 4)

Rice

- Rice450g
- Boiled bamboo shoots200g
- Fuki (butterbur)30g
- Deep-fried tofu (large size)·2
- Sake1 tbsp
- Salt1 tsp
- Kinome spouts as preferred

Seasoning

- Dashi (fish broth)1/2 cup(100ml)
- Sake.....1 tsp
- Sugar.....1 tbsp
- Light soy sauce2 tsp



Recipe provided by: School Lunch Nutrition Group

Directions

- ① Wash the rice and let sit for about one hour.
- ② Sprinkle salt on the butterburs, roll on a cutting board and then boil. Peel the butterburs and cut into 1cm pieces.
- ③ Thinly slice the bamboo shoots. Pour boiled water over deep-fried tofu to remove extra oil and then cut into thin strips. Boil the bamboo shoots, deep-fried tofu and butterburs with seasoning.
- ④ Put rice, sake, and the broth and ingredients from step ③ into a rice cooker and press the START button.
- ⑤ Leave the rice to steam for about 15 minutes after cooking. Place the rice in a bowl and garnish with leaf buds.

Tips

Soon after purchase, the bamboo shoots should be boiled to remove the bitter taste. Put the bamboo shoots, rice bran, red pepper and water in a pot with a small lid resting directly on top of these ingredients. Boil for an hour to remove the bitter taste.



Rabies Vaccinations and Participating Animal Hospitals

In accordance with the Rabies Prevention Law, owners are legally obligated to have their dogs vaccinated against rabies once every year.

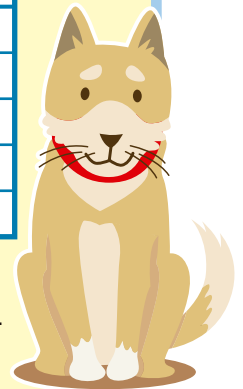
In FY10 please be sure to get your pet vaccinated at an animal hospital or during one of the group vaccination sessions.

When the vaccination is received at an animal clinic, proof of vaccination will need to be provided to the city office.

Proof of vaccination can be obtained when using one of the following animal hospitals.

List of Participating Animal Hospitals

	Hospital	Address	Contact
Komaki	Ohashi Animal Clinic	1950-2, Aza Goto-nishi, Iwazaki	74-7030
	Kojima Animal Hospital	3-2, Komakihara	76-7505
	Komaki Veterinary Clinic	3-78, Horinouchi	72-8221
	Tsukahara Animal Hospital	4-147, Komakihara	75-5601
	Nomura Pets' Hospital	736-1, Kitatoyama	77-4480
	Harmony Animal Hospital	5-262, Chuo	76-5044
	Fujioka Animal Hospital	5-310, Iwazaki	73-8551
	Yoshijaki Animal Hospital	2-23, Chuo	73-2137
	Bessho Animal Hospital	88, Wakakusa-cho	41-3322
Other	Inuyama Animal Hospital	29, Aza Omishita, Haguro, Inuyama	67-1267
	Shikatsu Animal Hospital	3-1, Egawa, Kumanosho, Kitanagoya	24-0188
	Chimura Animal Hospital	20-13, Minami-karooko, Nakahon-machi, Iwakura	0587-66-1600
	Nishikawa Fureai Animal Hospital	3-1-7, Higashinocho-nishi, Kasugai	82-8234
	Yoshinaga Animal Hospital	1-59, Iwano-cho, Kasugai	83-2848



*Rabies is a disease that can cause serious neurological disorders and even death for people and dogs.

Be sure to have your dog vaccinated to prevent the outbreak and spread of this disease.

Inquiries Environment Measurement Department TEL 76-1136

For those who wish to take prenatal health examination

From April the number of items covered by the government in the health examinations for expectant mothers will increase.

As a result, prenatal health examination vouchers provided in FY09 (April 1, 2009 through Mar 31, 2010) cannot be used from April 1, 2010.

In order to use a prenatal health examination voucher from April 1, 2010, **procedures will need to be followed in order to obtain a new voucher.**

Letters with more information have already been sent to those who are on file at the Health Center.

Please contact us if you have not received this letter.



Inquiries Health Center TEL 75-6471

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 April 1 and April 30, 2010 and are able to make a bank transfer for the 1st term (June-end), 1,000 will be selected at random to receive a small prize (QUO card). (Will be sent the following day. 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 76-1123

Getting on the waiting list for the prefectural housing lottery

Information packets will be distributed as follows.

- How to apply Post
- Distribution period Apr 14 (Wed), 2010 through May 13 (Thu), 2010
- Distributed at Construction Department Office (Main Government Bldg. 2F) (business days only)
- Application period May 6 (Thu), 2010 through May 13 (Thu), 2010
- Date of drawing Jun 2 (Wed), 2010



*The number of available apartments/houses will be listed in the information packet.

Inquiries Maintenance Department Group, Construction Department
TEL 76-1143

Next tax payment deadline: April 30 (Thu)



● Fixed asset tax, Municipal and prefectural taxes (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.

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

- Dates April 11 (Sun) 8:30-17:15
April 25 (Sun)

◎Tax payments will be accepted at the Komaki Station branch office weekdays, weekends, and holidays.

Please stop by at your convenience.

- Business hours from 8:30-17:15.
- The Komaki Station branch office is closed during the New Year holidays.

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

Health Examination Schedule for FY2010

Inquiries Health Center TEL 75-6471

Health Examination Schedule

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

Checkups available	2010									2011			
	April	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb 2	Mar	
Health examinations for 4-month-old infants Health examinations and BCG vaccinations for 4-month-old infants, dental examinations for mothers	6 13 20 27	11 18 25	1 8 15 22 29	6 13 20 27	3 10 17 24 31	7 14 21 28	5 12 19 26	2 9 16 30	7 14 21	11 18 25	1 8 15 22	1 8 15 22 29	
Health examinations for 18-month-old infants	9 16 23	14 21 28	4 11 18	2 9 16	6 13 20 27	3 10 17	1 8 15	5 12 19	3 10 17	7 14 21	4 11 18 25	4 11 18	
Dental examinations for children aged 2 years, 3 months	8 22	13 27	3 24	1 22	5 26	2 16	7 21	4 25	2 16	6 20	3 17	3 24	
Health examinations for 3-year-old children	7 14 28	12 19 26	2 9 23	7 14 28	4 11 25	1 8 22	6 13 20	10 17 24	1 8 22	5 12 26	2 9 16	2 9 23	
Baby food class	Early Stage, Gokkun (swallowing) level	7	12	2	14	4	8	6	10	1	12	2	9
	Later Stage, Kami-kami (biting) level	23	21	25	23	27	17	22	26	17	28	25	18
Health consultation service for pregnant and parturient women	Health Center	12 26	10 24	14 28	12 26	9 23	13 27	25 27	8 22	13 27	24 28	14 28	
	Children's Center (reception:10:00 through 11:15)	9 16 20 Ajioka	14 18 Shino-oka	11 15 Ajioka	5 9 Kitazato	13 17 Ajioka	10 14 Shino-oka	8 15 Komaki-hara	1 12 Kitazato	10 17 Komaki-hara	14 18 Shino-oka	15 18 Komaki-hara	7 11 Kitazato
Child-rearing consultation service													
Class for New Mom's and Dad's	15		6 10		19	5	14		5 9		10	13	
"Niko niko" Cavity Prevention Class	28	26	23	28	25	22	27	24	22	26	23	23	

*Telephone consultations are always available, even on days when in-person child-rearing consultations are not available.
*Class for New Mom's and Dad's will be held on Sunday's for those sections of the schedule in red.

Immunization Schedule

*Make sure to bring your Maternal and Child Health Handbook. (April 2010 through March 2011)

Type	Venue	Apr	May	Jun	Sep	Oct	Nov
Group immunization Polio Admissions (14:00-15:00) For those who is older than 3 month and younger than 7 and half years old	Ajioka Civic Center	9 (Fri), 22 (Thu)	13 (Thu)	3 (Thu)	2 (Thu), 15 (Wed)	7 (Thu)	4 (Thu)
	Tobu Civic Center	8 (Thu), 23 (Fri)	21 (Fri)	25 (Fri)	3 (Fri), 16 (Thu)	14 (Thu)	11 (Thu)
	Kitazato Civic Center	14 (Wed)	19 (Wed)	17 (Thu)	8 (Wed)	22 (Fri)	18 (Thu)
	Civic Hall (Kominkan)	15 (Thu), 28 (Wed)	20 (Thu)	24 (Thu)	9 (Thu), 29 (Wed)	28 (Thu)	26 (Fri)
BCG	Health Center	Vaccine candidates/Babies younger than 6 months				*BCG vaccination is conducted along with the 4-month old infant check-up.	
Individual immunization Measles-rubella vaccination (MR)	Designated medical facility in the city	1 st Term	One vaccination between December and April 2 after birth. *Preliminary examination form will be sent before the child's first birthday.				
		2 nd Term	One vaccination between the ages of 5 and 7 (one year before entering elementary school) *Preliminary examination forms will be sent around May.				
		3 rd Term	One time when the child is at the age of a junior high school first year student. *Preliminary examination forms will be sent around May.				
		4 th term	One time when the child is at the age of a senior high school third year student. *Preliminary examination forms will be sent around May.				
Diphtheria and Tetanus Toxoids (DT)	Any time	1 st Term - Initial	Three vaccinations over a 3 to 8-week interval for children between the ages of 3-months to 7 and a half years. One vaccination roughly one year after completion of the First Term - Initial (third time). *Preliminary examination forms will be sent roughly 6 months after the child's birth.				
		1 st Term - Supplemental					
Measles-mumps-rubella (MMR)	Any time	2 nd Term	One vaccination between the ages of 11 and 13 (supplemental immunization to the three combined infant vaccinations) *Preliminary examination forms will be sent around the birth months for each 12-year old child.				
Japanese encephalitis vaccine (JE)	Any time	1 st Term - Initial	Two vaccinations over a 1 to 4-week interval for children between the ages of 3-months to 7 and a half years. One vaccination roughly one year after completion of the First Term - Initial (second time). *Currently the preliminary examination forms are not being sent as this vaccination is no longer officially recommended. Those wishing to be vaccinated with the current vaccines should contact the Health Center. Preliminary examination forms will be sent.				
		1 st Term - Supplemental					
		2 nd Term	One vaccination between the ages of 9 and 13 *Currently the preliminary examination forms are not being sent as this vaccination is no longer officially recommended. Those wishing to be vaccinated with the current vaccines should contact the Health Center. Preliminary examination forms will be sent.				

*Official recommendation for Japanese encephalitis immunizations was discontinued from May 30, 2005.
*People who missed the vaccination period and those wishing to be vaccinated at a facility other than the designated medical facilities for treating general illnesses, will need to contact the Health Center beforehand.

The annual schedule for group screening tests for cancer and osteoporosis screening tests will be provided in the May issue. These tests will not be held in April.

Be aware that these plans are subject to change. Be sure to check the monthly editions of Life Information News and Komaki for details.

Edited and Published

Komaki City Hall Department of Civil Industry Life Division 1-1 Horinouchi, Komaki-shi, Aichi-ken 485-8650
TEL: 0568-76-1119 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 on recycled paper for the sake of the environment.

Printed with soy ink for the sake of the environment.