

# Life Information News KOMAKI

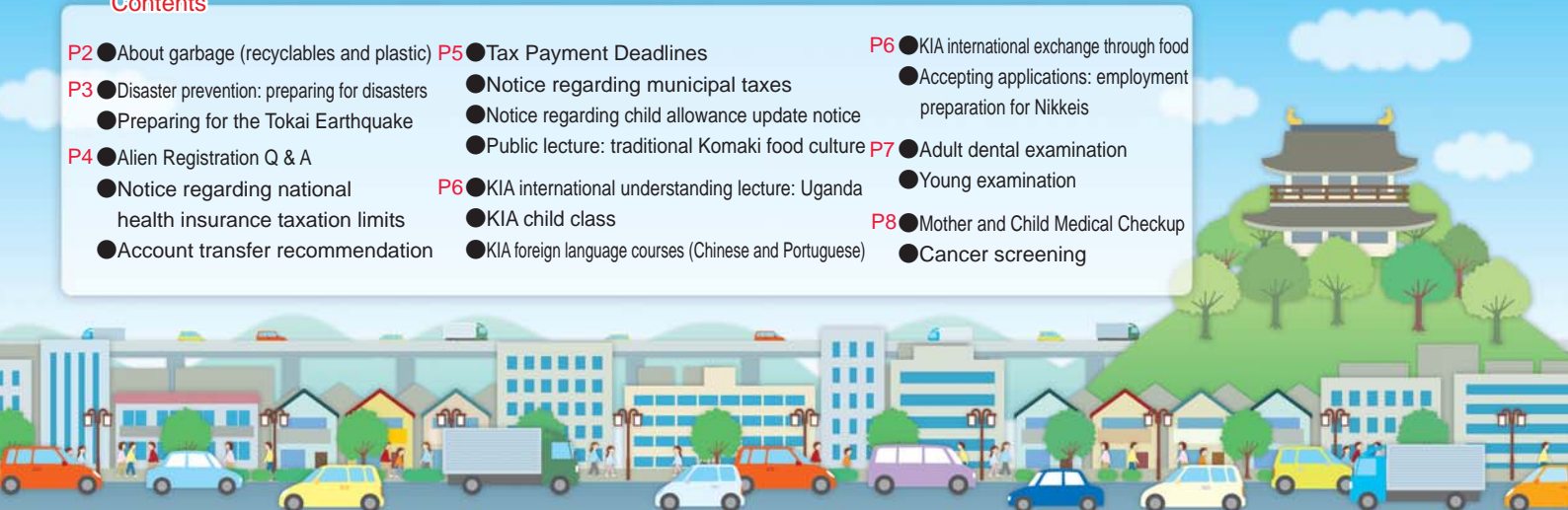
6  
2011



Opening of the pool (heated pool)

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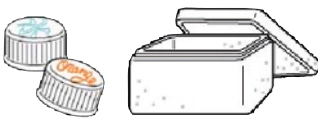
# Sorting/setting out recyclables and garbage



## How to sort and dispose of plastic

Look for this mark!  [Plastic containers]  
All items marked **[プラ]**

### [Example plastic]

- |                                         |                                                                                     |                                                                                                                                                                                                                            |
|-----------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Bottles</b></p>                   |    | <ul style="list-style-type: none"> <li>● Bottles for sauces, cooking oils, dairy drinks, etc.</li> <li>● Containers for soaps, shampoos, hand creams, etc.</li> <li>● Containers for medicines, cosmetics, etc.</li> </ul> |
| <p><b>Plastic bags and wrappers</b></p> |    | <ul style="list-style-type: none"> <li>● Shopping bags, plastic bags</li> <li>● Wrappers and liners for snack foods, breads, instant foods, etc.</li> <li>● Wrappers (used to coat merchandise)</li> </ul>                 |
| <p><b>Cups</b></p>                      |   | <ul style="list-style-type: none"> <li>● Containers for cup noodles, puddings, yogurts, etc.</li> <li>● Packaging for eggs, tofu, etc.</li> </ul>                                                                          |
| <p><b>Trays</b></p>                     |  | <ul style="list-style-type: none"> <li>● Trays for fresh foods, sashimi, etc.</li> <li>● Containers for convenience store bento, etc.</li> <li>● Trays for fruits and vegetables</li> </ul>                                |
| <p><b>Other</b></p>                     |  | <ul style="list-style-type: none"> <li>● Plastic caps/lids (PET bottles, glass bottles, pudding lids)</li> <li>● Styrofoam</li> </ul>                                                                                      |

### [FAQ]

**Q: Can I dispose straws with plastic?**  
A: Straws are not packaging but plastic products and should be disposed with non-burnable garbage (red bags).

**Q: Can I dispose toys or buckets with plastic?**  
A: Plastic products should be disposed with non-burnable garbage (red bags).

**Q: Can't I dispose dirty items as plastic?**  
A: Items that become clean after a quick rinse can be disposed as plastic containers (green bags). Dispose items that remain dirty after rinsing as non-burnable garbage (red bags).

**Q: Should I dispose PET bottles with their caps on?**  
A: Caps (plastic products) should be separated from their bottles and disposed of in plastic containers (green bags).

Place your bagged recyclables and garbage out at the collection point by 8:30 on the designated collection day.

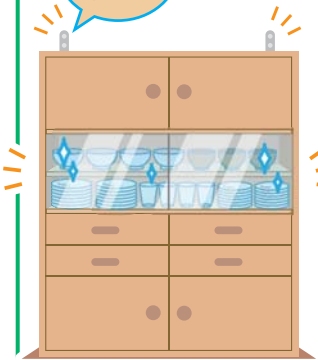


**Inquiries** Komaki Waste Management Division TEL.0568-76-1187

# Preparing for disasters

## Preparation in advance

Earthquake inspections, quake-resistance improvements, fastening furniture, attaching glass shatter-proofing film to glass



## Storing water and food supplies

Prepare at least three days of food and water

**Per-person: 3ℓ × 3 days**



## Participate in local events

Have deeper relationships with your neighbors



## Participate in safety drills

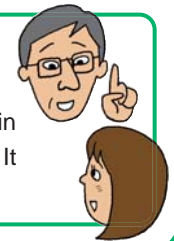
Actively participate in safety drills held in your area



## Home disaster prevention meeting

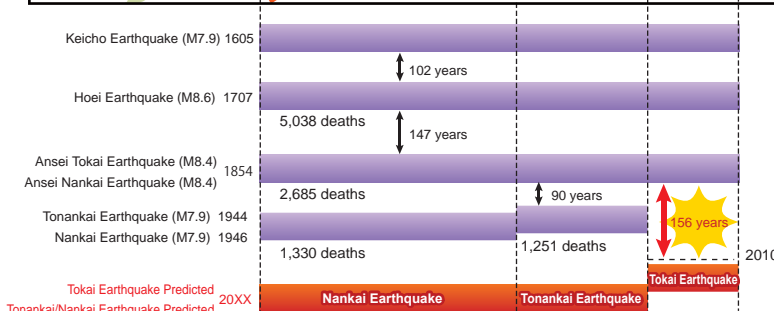
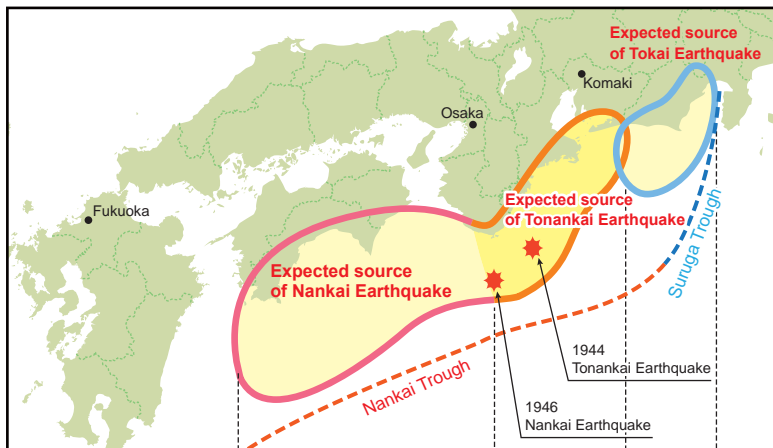
Decide on a method of contact and evacuation plan

Choose a designated emergency shelter close to your home and verify it in person. To ensure safe passage, it is good to investigate the route as well. It is also good to research the emergency shelters near your workplace.



## Disaster Prevention Topics

# Preparing for the Tokai Earthquake



In August 1976, Katsuhiko Ishibashi of Tokyo University's Department of Science (at that time) published his "Tokai Earthquake Theory" that postulates that an earthquake "could realistically happen tomorrow" in the Tokai region centered on Shizuoka Prefecture, measures for which became a major social issue of great urgency for prefectural and municipal governments, as well as individual households.

Earthquakes have occurred in the zones marked in the diagram every 90 to 150 years. The last Tonankai Earthquake in 1944, followed by a Nankai Earthquake two years later in 1946, but no Tokai Earthquake for 156 years (as of 2010) since 1854's Ansei-Tokai Earthquake, forming a seismic gap. Let's be prepared for the immanent Tokai Earthquake.

Please view information regarding preparation for earthquakes, fires, and unexpected circumstances. <http://www.city.komaki.aichi.jp/contents/ctg20.html>

**Inquiries** Disaster Prevention Division, Fire Department  
TEL.0568-76-0247

From July 2012

Q&A will be presented in six parts **vol.3**

## Changes coming to the Immigration Control Act and Basic Resident Register Law!

**Q.**What procedures are required for foreigners that were born in Japan?

Foreign children born in Japan must have a notification of birth submitted within 14 days. Under the new system, when a notification of birth is submitted a Certificate of Residence is created for the residing address as an "interim visitor due to birth." Additionally, application must be submitted to gain status of residence at the Immigration Bureau within 30 days of birth.



**Q.**What procedures are required for foreigners that enter Japan under the new system?

After determining their address, they must bring their residence card that was issued at the airport (or other point of entry) and notify the city hall of a change of address.

**Q.**Under the new system, is it true that foreigners will also need to perform change of address notification procedures?



The current Alien Registration Law stipulated that when moving, a foreigner only needed to apply to register a change of address with the new municipality, but under the new system foreigners will perform the same procedures as Japanese people, notifying their current municipality that they are moving out, receiving the issued moving out certificate, and submitting notification to the new municipality of the transfer together with the certificate.

※Please see the websites of the Ministry of Internal Affairs and Communications (<http://www.soumu.go.jp/>) and the Ministry of Justice (<http://www.moj.go.jp/>) for more details regarding the legal revision.

**Inquiries** Citizens Division TEL.0568-76-1121

※ Correction: The May English edition contained an error. Changes will be in effect from July 2012, not April. We apologize for any misunderstanding.

## Notice regarding national health insurance taxation limits



With revisions to the national system, the amounts of the upper limits are being raised from fiscal 2011 in order to ensure sufficient revenue

Categories	FY2011	FY2010
Basic insurance amount	510,000 yen	500,000 yen
Late-term medical insurance for the elderly	140,000 yen	130,000 yen
Nursing care insurance	120,000 yen	100,000 yen
<b>Total</b>	<b>770,000 yen</b>	<b>730,000 yen</b>

### Pay national health insurance fees conveniently with account transfers!

●1,000 people will receive a prize (worth roughly 1,000 yen)

**Eligibility**

Persons with a registered account currently paying for national health insurance until October this year who newly perform an account transfer to pay their national health insurance between now and Friday, September 30, and that are fully paid until the 5th period of 2011 (end of October). Persons with pensions deducted in advance excluded.

**Application for account transfer**

Please apply at a local financial institution or at the Health Insurance & Pension Section at City Hall with the bank book for the account you would like to use, the relevant personal seal and your tax payment notice. (The application form is available for use at local financial institutions and at the Health Insurance & Pension Section at City Hall.)

**Inquiries** Health Insurance & Pension Section TEL.0568-76-1123

## Next tax payment deadline: June 30, 2011 (Thu)

- **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.

### ▼ If you are too busy during the day on weekdays to make your payment...

1. The City Hall Income Tax Office will be open on the following Sundays to answer tax-related questions and accept payments.
  - ◎ Time: June 12 (Sun) & June 26 (Sun) 8:30-17:15
2. Tax payments will be accepted at the Komaki Station branch office every day. Please stop by at your convenience.
  - ◎ Reception hours: 8:30-17:15 The Komaki Station branch office is closed during the New Year holidays.
3. You can pay for payment notices with bar codes at convenience stores.
  - ※ Convenience store payments can only be made prior to the payment due date.

**Inquiries** Tax Office TEL.0568-76-1117/0568-76-1118

**Fiscal 2011**

## Municipal and Prefectural Tax Payment Notices are being issued

- **Municipal and Prefectural Tax Payment Notices are in the mail**

FY2011 tax payment notices will be sent in early June. Municipal and prefectural taxes are collected against the income of the previous year for all persons with an address in the city as of January 1, this year.

- **Exemptions and reductions**

If tax payment is difficult due to significantly reduced income (such as from loss of work), disaster, death, long term medical care or other reason, it is possible to receive exemptions or reductions on application before the earlier of the tax deadline or 30 days after the reason for the exemption or reduction occurred.

**Inquiries** Municipal Tax Section TEL.0568-76-1182

## Notice regarding child allowance update notice



People currently receiving Child Allowance are not required to submit an update notice in June. The Child Allowance system has not been confirmed beyond October 2011, but we will notify you when the future thereof becomes clear.

**Inquiries** Child Welfare Division  
TEL.0568-76-1129

## Public lecture: traditional Komaki food culture

Using local seasonal ingredients, we will make traditional dishes such as chirashi-zushi and taue-manju buns, and seasonal fruit jams.

**Date/time** June 28 (Tue) 9:30 to 12:30

**Venue** Komaki Civic Hall 3F Cooking Room

**Teacher** Yasue Shimura

**Eligibility** City residents, workers or students age 18 years old or older

**Capacity** 20 persons; selected by draw if there are too many applicants

**Fees** 1,000 yen (includes cost of ingredients)

**Other** • Course is conducted in Japanese, including the recipes. • Interpretation/childcare are unavailable

**Application** Fill in a return post-card with the name of the lecture, postal code, address, name (furigana), age, phone number, and place of work/study (if not a Komaki resident) or bring a post card for replying to by June 14 (Tue) (postmarked) to Komaki Civic Hall 4F Public Lecture Office (2-107 Komaki, postal code 485-0041).



**Inquiries** Komaki Civic Hall Public Lecture Office TEL.0568-77-8269

### KIA international understanding lecture: Uganda

Announcing the return to Japan of the leader of the Blue and Green Country Uganda Youth Overseas Volunteers.



**Lecturer** Katsuya Kato

**Date/time** May 12 (Sun)  
14:00 to 16:00

**Venue** Komaki Civic Hall 4F Audio-Visual Room

**Eligibility** Public

**Capacity** Reservation required, the first 50 people

**Fees** Free

**Registration** By Jun 7 (Tue) by telephone, email or fax directly to the KIA office. If applying via fax or email, indicate your name, address, telephone number, and whether or not you are a KIA member  
※Tuesday to Saturday 9:00 to 17:00 (excluding holidays, 12:00 to 13:00)

### KIA International Children's School "Friendship Tour"

How about to join and experience surprises at this wonderful theme park with friends from around the world.

**Date/time** July 10 (Sun) 8:30 to 16:30 (tentative)

**Destination** Moricoro Park (Aichi Pref.)

**Eligibility** Elementary grades 3 to 6 equivalent ages  
(1) Foreign students, (2) Japanese children (limited to city residents or KIA members)

**Capacity** 20 of each of the above categories (first come first served)

**Fees** Members 500 yen General 1,000 yen  
Includes travel, entrance, and lunch

**Application** June 4 (Sat) to June 25 (Sat) (Foreign Children)  
Apply directly to the KIA Office with the required fees.  
※Tuesday to Saturday 9:00 to 17:00 (excluding holidays, 12:00 to 13:00)

### Recruiting KIA foreign language students

Introductory Chinese and Portuguese

※Try out basic conversation with native teachers.

**Teacher** Ezio Kawamura (Portuguese)  
Li Hong (Chinese)



**Date/time** ▼Portuguese  
June 17 (Fri.) to August 26 (Fri) total of 10 times (July 22 excluded)  
▼Chinese  
June 19 (Sun.) to September 4 (Fri) total of 10 times  
(July 24, August 14 excluded)  
Both classes 6:30 PM - 8:30 PM

**Venue** Komaki Civic Hall 4F Chess Room

**Eligibility** KIA members or residents, students or workers in Komaki (18 or older)

**Capacity** 16 each (first come first served)

**Fees** Members 3,000 yen General 6,000 yen (includes textbook)

**Application** Apply directly to the KIA office with the fees from June 4 (Sat) to June 15 (Wed)  
※Tuesday to Saturday 9:00 to 17:00 (excluding holidays, 12:00 to 13:00)

### KIA international exchange through food

India Cuisine "Taste and compare two curries"

**Teacher** Bhandari Raiva



**Date/time** June 19 (Sun)  
10:00 AM - 1:00 PM

**Venue** Komaki Civic Hall 3F Cooking Room

**Eligibility** KIA members or residents, students or workers in Komaki (18 or older)

**Capacity** Reservation required, the first 24 people

**Fees** 500 yen

**What to bring** Apron, towel

**Application** Apply directly to the KIA office with the fee from June 4 (Sat) to June 15 (Wed)  
※Tuesday to Saturday 9:00 to 17:00 (excluding holidays, 12:00 to 13:00)

**Inquiries** Komaki International Association (KIA) Administration Office, Komaki Civic Hall 4F  
Tuesday to Saturday 9:00 to 17:00 (excluding holidays, 12:00 to 13:00) TEL 0568-76-0905 FAX 0568-71-8396 E-mail kia@ma.ccnw.ne.jp

## Accepting applications: FY2011 Employment Preparation for Nikkeis



What you need now is workplace Japanese! Apply at Hello Work Kasugai.

**Eligibility** foreigners aged 16 and above that have a status of residence ※The lessons will be canceled if the number of applicants is 10 or less

Venue	Start	Finish	Day of week/times
Komaki Civic Center, Civic Hall	May 26	Late July	Mon, Tues, Wed, Thurs, Fri: 13:15 to 16:15
Komaki Tobu Civic Hall	June 3	Mid-August	Tues, Wed, Thurs, Fri nights: 19:15 to 21:15

**Inquiries** JICE (Japan International Cooperation Center), Chubu Office TEL.052-201-0881

# Medical checkup information



## » Adult dental examination

It is said that roughly 4 out of 5 of adults has periodontal disease. Periodontal disease has few symptoms that can be self identified causing discovery to be delayed, with an increasing ratio of people losing tooth due to reaching a severe state. In particular, pregnant women are susceptible to periodontal disease and cavities due to changes in their life rhythms and hormone balances. Periodontal disease during pregnancy may lead to early labor or low birth weight. Prevent cavities and periodontal disease through brushing your teeth and regular checkups. Why not take advantage of this opportunity to have your mouth looked at?

Reservation required.  
Please choose a day convenient for you!

**Description** Dental examination, gum and temporomandibular joint examination, brushing instruction, etc.

**Date/time** June 9 (Thu) from 13:30 to 15:00  
※The dates from next month are in the figure on the right

**Venue** Komaki City Health Center  
※The locations from next month are in the figure on the right

**Eligibility** At least 20 years old or pregnant women (registered residents)

**Capacity** 30

**Fees** Free of charge

**What to bring** Tooth brush, cup, maternal and child handbook (pregnant women)

**Application** Apply by June 8 (Wed) (call the Health Center)

**Inquiries** Health Center

### Schedule

Date	Venue
July 24, 2011 (Sun)	Health Center
August 11 (Thu)	Health Center
September 8 (Thu)	Health Center
September 22 (Thu)	Health Center
October 23 (Sun)	Health Center
October 30 (Sun)	Seibu Community Center
November 27 (Sun)	Hikarigaoka Elementary School
December 8 (Thu)	Health Center
January 9, 2012(Thu)	Tobu Civic Center
February 9 (Thu)	Health Center
March 8 (Thu)	Health Center

## » Young examination for 35-year-olds

To prevent lifestyle sicknesses why not get examined for visceral fat.

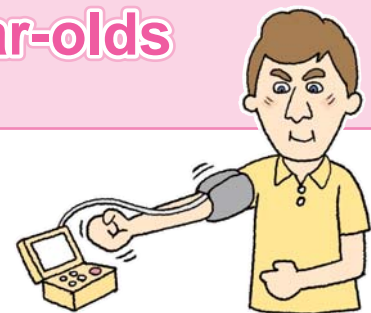
**Description** Body measurements (height, weight, abdomen), blood pressure, urine analysis, Health examination, blood analysis (lipid analysis, blood sugar analysis, anemia analysis), oral bacteria testing (checking for bleeding gum trends), consultation with oral hygienist

**Date/Location** Labor Center.....July 6 (Wed), 7 (Thu)  
Komaki Civic Hall.....July 10 (Sun), 12 (Tue), 13 (Wed), 14 (Thu)  
Portuguese interpretation available on the 7th (Thu) and 10th (Sun)

**Time** 9:30 to 12:00 **Capacity** 500 (first come, first served) **Fees** Free of charge

**Eligibility** Residents of Komaki unable to receive a checkup otherwise due to work, etc., and:  
(1)Turn 35 this fiscal year (born between April 2, 1976 and April 1 1977), or  
(2)People between 36 and 39 that have not received a Young Examination in fiscal 2010. (born between April 1, 1972 and April 1 1976), or  
(3)All people aged 36 to 39(born between April 1, 1972 and April 1 1976)

**Application/Inquiries** Applications are open for (1) from May 23 (Mon), for (2) from June 1, and for (3) from June 8 (Wed). Contact the Health Center to make an appointment at the date, time and venue you would like by June 17 (Fri).



**Inquiries** Health Center TEL.0568-75-6471



# Medical checkup information

Inquiries Health Center TEL.0568-75-6471

## Mother/child Health Examination Calendar

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



Examination	Schedule	Hours	Checkups for
Health examinations and BCG vaccinations for 4-month-old infants, dental examinations for mothers	June 7 (Tue),	1:05 PM - 1:55 PM	Children born in Jan., Heisei 23
	June 14 (Tue), 21 (Tue), 28 (Tue)		Children born in Feb., Heisei 23
Health examinations for 18-month-old infants	June 3 (Fri), 10 (Fri), 17 (Fri)	1:05 PM - 2:15 PM	Children born in Dec., Heisei 21
Dental examinations for children aged 2 years, 3 months	June 2 (Thu), 23 (Thu)	9:00 - 10:10 AM	Children born in Mar., Heisei 21
Health examinations for 3-year-old children	June 1 (Wed), 8 (Wed), 22 (Wed)	1:05 PM - 2:15 PM	Children born in Jun., Heisei 20
Baby food class, Gokkun (swallowing) level	June 1 (Wed) <b>Reservations required</b>	10:00 AM - 11:00	24 sets of parents 4 months after giving birth
Baby food class, Kami-kami (biting) level	June 24 (Fri) <b>Reservations required</b>	10:00 AM - 11:00	20 sets of parents 9 months after giving birth
Niko niko cavity prevention class	June 22(Wed) <b>Reservations required</b>	10:00 AM - 11:00	Children that have begun to grow teeth and their parents
Class for new moms and dads	June 9 (Thu)	9:00 - 1:30 PM	25 women 5 to 6 months pregnant and their husbands <small>Possible for women to participate alone</small>
Sunday class for new moms and dads	June 5 (Sun)	10:00 to 12:00 (reception 9:00 to 9:30)	30 sets of women 6 months pregnant or later and their husbands
Breast feeding counseling	June 7 (Tue), 15 (Wed), 27 (Mon), 28 (Tue)	9:00 - 12:00 PM	
	June 20 (Mon)	1:00 PM - 4:00 PM	
Parenting, pregnancy, and giving birth health counseling	June 10 (Fri) <b>S</b> 17 (Fri) <b>M</b> 20 (Mon) <b>K</b> 21 (Tue) <b>A</b>		10:00 AM - 11:15
Baby visit	About 2 or 3 months after birth, a health contact and veteran health contact will come visit your home with a few gifts to congratulate you on the birth of your baby. (You will be contacted in advance to set a convenient time.)		

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

**S** Seibu Jidokan, **M** Minami Jidokan, **K** Komaki Jidokan, **A** Ajioka Jidokan, others implemented at the health center.

## Group screening tests for cancer and osteoporosis

Type	Schedule	Time	Venue	Eligibility, description, applications etc.
Screening test for stomach cancer (Abdominal X-ray)	Jun 6 (Tue), 21 (Tue)	9:00 - 11:00	Health Center	Registered Komaki residents over 40 years old ●Capacity: 40 ●Fees: 930 yen ●Application: Health Center
	Oct 6 (Thu)	9:30 - 11:00	Tobu Civic Hall	
Screening test for colorectal cancer (Testing of the stool for occult blood)	※A feces sample container will be collected on the day stomach cancer screening is implemented.		Health Center	Registered Komaki residents over 40 years old ●Fees: 520 yen ●Application: Health Center
Breast cancer (Mammography)	Jul 4 (Mon), 24 (Sun) Aug 11 (Thu), 15 (Mon) Sep 8 (Thu), 12 (Mon)	9:00 - 15:30	Health Center	Registered Komaki residents over 40 years old (1) Persons over 40 born in odd years (2) Persons born in even years that did not receive an examination in Heisei 22 (3) Persons turning 40 that were born in Showa 46 ●Capacity: 85 ●Fees: 1,200 yen ●Application: Health Center
	Oct 4 (Tue)	9:30 - 15:30	Tobu Civic Hall	
Cervical cancer screening (Cytological screening)	Jul 24 (Sun)	9:00 - 15:30	Health Center	100 registered Komaki residents over 20 years old (1) Persons over 20 born in odd years (2) Persons born in even years that did not receive an examination in Heisei 22 ●Fees: 750 yen ●Application: Health Center
	Aug 22 (Mon) Sep 22 (Thu)	14:00 - 15:30		
Cervical cancer facility screening (Cytological screening)	Consultation period: Jun 1 (Wed) to Mar 31 (Sat), Heisei 24 (2012)		Local Ob/Gyn clinic	registered Komaki residents over 20 years old (1) Persons over 20 born in odd years (2) Persons born in even years that did not receive an examination in Heisei 22 ●Fees: Cervical cancer screening 1,250 yen Cervical/body cancer screening: 2,350 yen (only when determined to be necessary by doctor) ●Application: Health Center
Osteoporosis screening	Oct 26 (Fri)	10:30 - 15:30	Rapio Komaki (near the west entrance on the first floor)	Registered Komaki residents over 30 years old ●Capacity: 75 ●Fees: 830 yen ●Application: Health Center
	Sep 10 (Sat)	9:30 - 11:30	Nambu Community Center	
	Oct 30 (Sun)		Seibu Community Center	
(Chest X-ray)	Jul 2 (Sat)	9:30 - 11:30	Kitasato Civic Hall	Registered Komaki residents over 65 years old ●Capacity: 100 ●Fees: Free ●Applications: appointment required If you are interested, come directly to the venue on the day.
	Sep 10 (Sat)		Nambu Community Center	
	Sep 21 (Wed)		Senior Citizens Welfare Center No. 1	
	Oct 30 (Sun)		Seibu Community Center	

[Regarding breast cancer / cervical cancer] screening

※From Heisei 19 we have promoted screening once every two years based on even and odd years (using the Japanese calendar). Thank you for your understanding and cooperation.

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

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.city1.html1.komaki.aichi.jp/contents/90000011.html>

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