

Life Information News

KOMAKI

1 January
2010 issue



International Exchange Festival (See P.2 for details)

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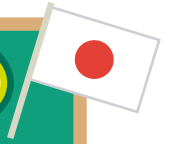
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Foreign residents in Komaki / 8,796 residents
Population of Komaki / 153,733 residents

As of December 1, 2009

KIA International Exchange Festival



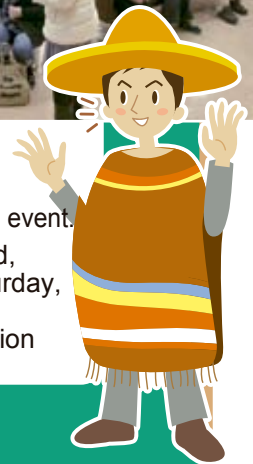
Come enjoy a variety of international flavors and rhythms!

Featuring taiko drums, a native costume fashion show, Peruvian dancing, Okinawan folk dancing (eisa), bazaar, green tea-drinking area, kimono dress-up opportunities, giveaway lottery ticket, and more!

- Date/Time** Jan 24 (Sun) 13:00–16:30
- Venue** Komaki Kominkan lecture hall and lobby
- Eligible persons** Anyone interested in international exchange
- Fee** Free of charge (Buy food tickets in advance)
- Food ticket** Jan 5 (Tue)–Jan 20 (Wed) 500yen/set
Only 300 sets are available (comes with a free lottery ticket)



- Recruitment** **Volunteers**... Seeking volunteer staff members to help out on the day of the event.
- Bazaargoods**... If you have any unused goods that you no longer need, please bring them to the Administration Office by Saturday, January 16. Proceeds will go towards future international cooperation activities.



Inquiries Komaki International Association (KIA) Administration Office (Komaki Civic Center 4F)
Business hour: Tuesday through Saturday 9:00–17:00 (except 12:00–13:00)
TEL: 0568-76-0905 FAX: 0568-71-8396 E-mail: kia@ma.ccnw.ne.jp



55th Anniversary Disaster Prevention Lecture

(Joint training for leaders of the voluntary disaster prevention society and women's fire prevention group)

A lecture on disaster prevention will be given by Chubu University professor Hiroyasu Sato. All Komaki citizens are encouraged to attend!

Lecture topic 「How to protect yourself when a massive earthquake strikes」

- Date/Time** Jan 17 (Sun) 10:00–11:40
- Venue** Shimin Kaikan
- Eligible person** Citizens of Komaki
- Number of participants** 600 persons
- Fee** Free of charge
- Reservation** Nor required



Inquiries Fire Center, Disaster Prevention Division
TEL: 76-0247 (Operator)

Helpful information for residents



● If you are seeking employment...

Finding employment through Hellowork

Hellowork offers employment support in a variety of languages. They also provide information on different job and educational training benefit packages.

Finding employment through job advertisement magazines

Job advertisement magazines are available at bookstores, convenience stores, and train stations. Some free Portuguese- and Spanish-language publications also include job listings.

Job training

Boosting your on-the-job skills makes finding work easier. Some sessions are offered free of charge, and others provide allowances for qualified applicants. In some cases, participating in public job training sessions can extend your eligibility period for unemployment benefits.

Learn Japanese

Improving your Japanese makes it easier to find a job. Many public institutions and volunteer organizations offer Japanese classes for foreign residents.

- Komaki International Association (KIA)
TEL: 0568-76-0905

Inquiries

- Hellowork Kasugai (Portuguese) TEL: 0568-81-5135
- Job Life Aichi (Aichi Total Employment Support Center) (Portuguese) TEL: 0564-66-0860
- Nagoya Employment Service Center for Foreigners (Portuguese, Spanish, English, and Chinese)
TEL: 052-264-1901

January dishes

Ozoni soup

Ozoni recipes vary greatly by region. In Aichi, a green leafy vegetable called mochi-na (a type of komatsu-na) is used. The soup is considered lucky because the Japanese phrase for making it (na wo ageru) can also mean "making a name for oneself", or achieving success in the world.



■ Ingredients (serves 4)

- Square mochi (pounded rice cakes) 4
- Mochi-na
(or komatsu-na) leaves 50g
- Dried bonito (shavings) 4g
- Soy source 1 and 1/2 tbsp
- Japanese sweet rice wine for cooking (Mirin) 2/3 tbsp
- Dashi (fish broth) 4 cups

■ Directions

- ① Cut the mochi-na into 2-cm pieces.
- ② Mix the dashi, soy sauce, and mirin. Add the mochi and mochi-na.
- ③ Serve when the mochi reaches the desired consistency.
- ④ Sprinkle with dried bonito shavings.

■ Tips for cooking

Wash any powder off of the mochi before adding to prevent the soup from becoming cloudy. For a delicious variation, grill the mochi before adding to the soup.

Recipe provided by: School Lunch Nutrition Group

Information on courses offered by KIA

Belgium Course Visit the home of A Dog of Flanders



Come learn about Belgium in easy Japanese!

- **Date/Time** / Feb 7, 2010 (Sun)
14:00-16:00
- **Venue** / Komaki Kominkan 4F Audio-visual room
- **Eligible persons** / General public
- **Group size** / 50 (First come, first served.
Reservations required.)
- **Fee** / Free of charge
- **To apply** / Contact the Komaki International



Instructor
Ms. Veronique Dezone

Association (KIA) Administration Office directly, between Jan 5 (Tue) and Feb 4 (Thu). When applying via facsimile or E-mail, send it with your name, address, and telephone number, and whether or not you are a KIA member.

Japanese Classes (Third Session)

A~D...Beginner	(Saturday classes) H-1...8:30~9:50	I...10:00~12:00
E~G...Lower Intermediate	(Sunday classes) H·F...8:30~10:30	G·E...10:30~12:30
H...Intermediate I...Advanced	A·D...13:00~15:00	B·C...15:10~17:10

- **Schedule** / Every Saturday and Sunday *By level
- **Venue** / Komaki Kominkan 4F Chess Room/Rose Room
- **Eligible persons** / Foreign citizens (KIA member only)
- **Fee** / Non-members: 3,000 yen/course, KIA members:
1,000 yen/course (Yearly membership fee: 2000 yen)
- **To apply** / Contact the Komaki International Association (KIA) directly.
- **Period** / Jan 9, 2010 through Mar 28, 2010
- **Required items** / Pen or pencil, notebook



J-LET On-the-job Japanese Classes

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

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

- **Schedule** / J-LET1 Level: A&B (15 sessions from Jan 9, 2010) Saturday classes: 12:30-15:00
- J-LET2 Level: C&D (15 sessions from Feb 13, 2010) Saturday classes: 15:10-17:40
- J-LET3 Level: E&F (15 sessions from Jan 13, 2010) Wednesday class: 18:30-21:00

Each class lasts 150min.

- **Venue** / Komaki Kominkan 4F Rose Room
- **Eligible persons** / Foreign residents seeking employment
- **Group size** / 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.



Inquiries

Komaki International Association (KIA) Administration Office (Komaki Kominkan 4F)
Business hour: Tuesday through Saturday 9:00-17:00 (except 12:00-13:00)
TEL: 76-0905 FAX: 71-8396 E-mail: kia@ma.ccnw.ne.jp

Emergency employment support measures (Hiring temporary worker)

Job information No. of position open, and other information	<ul style="list-style-type: none"> ● Job information...Daily workers ● No. of positions open...Twenty or so ● Hourly wage...840 yen/hour ● Duties...Patrol for illegal dumping, park cleanup, nursery school's assistants
Qualifications:	Applicants must have a valid alien registration card and reside within Komaki City. Applicants must also have residency status in Japan and lost their jobs in November 2008 or later due to poor business conditions. Note that those currently working in temporary positions as part of emergency employment support measures are ineligible.
Work schedule:	<ul style="list-style-type: none"> ● Working conditions...○5 days/week (Saturdays, Sundays, and holidays off) ○7 working hours or less between 9:00 and 17:00 ● Hiring period...February 1, 2010 through March 31, 2010
Interview, interview location	<ul style="list-style-type: none"> ● Interview date...Mid-January, 2010 ● Interview location...Komaki City Hall
Examination Application procedures	<ul style="list-style-type: none"> ● Application...Commerce and Industry Division (South Government Office Bldg 2F) ● Acceptance period...Between January 12, 2010 (Tue) and January 15, 2010(Fri) 8:30-17:15 ● Required documents...○Application form and CV form designated by Komaki City (Commercially-available CVs also accepted) ○Proof of unemployment (Notice of Dismissal, Certificate of Unemployment, etc.) ● Examination tickets will be delivered...once all the necessary documentation has been received

Application/Inquiries Commerce and Industry Division TEL: 76-1134 1, Horinouchi 1 chome, Komaki, 485-8650

Next tax payment deadline: February 1, 2010 (Mon)

- Municipal and Prefectural Taxes (4th term)
- National Health Insurance Tax (9th term)
- Nursing Care insurance fees (9th term)
- Late-Term Medical Insurance for the Elderly (6th 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 Jan 10 (Sun) 8:30-17:15
- Jan 24 (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)

Tax Q&A



Q I accidentally paid my taxes twice. What will happen to the excess amount?

A If you overpay your taxes, City Hall will send you a refund notification. There are two ways to receive your refund. The first is via direct transfer (furikomi) to your account at a designated financial institution. To receive your refund this way, enter the required account information on the reply card included with your notice. Your refund should arrive in a month or so. The second method is to receive the refund in cash. Those who do not have an account eligible for transfer should bring the refund notice they received from City Hall, a valid form of identification, and their personal seal (inkan) to the Tax Office at Komaki City Hall on a weekday between 9:00 and 15:00. Please note that if you have any unpaid taxes remaining, the overpaid amount will be applied towards this balance.



Medical Checkup Information

Inquiry Health Center TEL: 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	Jan 5 (Tue) Jan 12 (Tue)	Admissions 13:05–14:15	Children born in Aug 2009
	Jan 19 (Tue) Jan 26 (Tue)		Children born in Sep 2009
Health examinations for 18-month-old infants	Jan 8 (Fri) Jan 15 (Fri) Jan 22 (Fri)	Admissions 13:05–13:55	Children born in Jul 2009
Dental examinations for children aged 2 years, 3 months	Jan 7 (Thu) Jan 21 (Thu)	Admissions 9:00–10:10	Children born in Oct 2007
Health examinations for 3-year-old children	Jan 13 (Wed) Jan 20 (Wed) Jan 27 (Wed)	Admissions 13:05–14:15	Children born in Jan 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	Jan 2010
Screening test for stomach cancer Abdominal X-ray 930 yen	Registered Komaki residents aged 40 years and over	26 th (Tue)
Screening test for colorectal cancer Testing of the stool for occult blood 520 yen	Registered Komaki residents aged 40 years and over	Screening tests for stomach cancer will also be conducted.
Screening for uterus cancer Uterine cervix only 750 yen	Registered Komaki residents over 20 years born in an even year and those that did or will turn 20 years in 2009. (Examinations will also be given to those born in odd years who did not receive an examination in 2008.)	7 th (Thu)
Screening test for breast cancer Mammography screening 1,200 yen	Registered Komaki residents over 40 years born in an even year and those that did or will turn 40 years in 2009. (Examinations will also be given to those born in odd years who did not receive an examination in 2008.)	18 th (Mon)

*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 for uterus 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.)

*Screening tests for stomach cancer, colorectal cancer, and osteoporosis are provided at Health Center.

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.

Please submit designated document at the time of screening.)

① Persons aged 70 or older, ② Persons 65 and older who are bedridden,

③ Persons in the household on Social Assistance, ④ Persons in households exempt from municipal tax

Edited and Published

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<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.