

Life Information News KOMAKI

2
2014



KIA Japanese Cooking Class

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Sorting/setting out recyclables and garbage

Information on waste paper and cloth



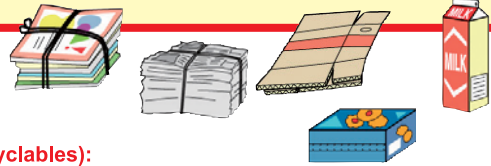
Komaki's Environmental Character "Ecorin"

Waste paper

※Cancelled in case of rain

Includes

Newspapers, magazines, cardboard, paper packed beverages, mixed paper



■The following are considered mixed paper (recyclables):

Candy boxes, posters, paper bags, notepad paper, chopstick sleeves, copy paper (excluding thermosensitive paper), postcards, toilet paper cores, wrapping paper, inserts for clothing such as dress shirts, envelopes (no address stickers, remove cellophane from windowed envelopes)

What is "mixed paper"?



Disposing of newspapers, magazines, cardboard boxes, and crumpled paper



- 1 Bind each group of items with string vertically in both directions
- 2 Take the garbage to the recyclable collection site



※These items are not accepted at all collection sites.



Dispose of mixed paper in a paper bag.
※If you do not have a paper bag you may use a recyclables bag (green bag).



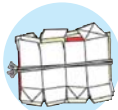
Disposing of paper cartons

- 1 Rinse off



- 2 Dry and cut to flatten

- 3 Take the garbage to the recyclable collection site



Non-recyclable papers

Caution



The following are considered burnable garbage: Paper that has been treated with wax (including envelopes with attached adhesives, plastic-coated paper, or paper drinking cups), aluminum-coated paper, photographs, thermal paper, carbon paper, and the like

Waste cloth

※Cancelled in case of rain

Includes

Generally, "waste cloth" is old clothing. Ensure the cloth is washed before being put out. (There is no need to remove buttons, etc.)

■Examples of old cloth (a typical example. Certain materials may not be eligible for recycling.)

T-shirts, dress shirts, pants, sweaters, skirts, sheets, underwear (articles without sanitary issues), towels, blankets, handkerchiefs, sweat suits

※Please do not dispose of wet, torn, or extremely dirty items or items with a strong odor as waste cloth.



Disposal procedure

- 1 Wash the items
- 2 Place them in recyclable trash bags
- 3 Take the garbage to the recyclable collection site

※These items are not accepted at all collection sites.

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



Next tax payment deadline: Feb 28 (Fri)

- Fixed Asset Tax (4th term)
- National Health Insurance Tax (9th term)
- Nursing Care Insurance Fees (8th term)
- Late-Term Medical Insurance for the Elderly (7th term)

★**Submit your payments promptly!** Avoid missed payments by setting up direct debit payments from your bank account.

★**If your payment is late ...** If payment is late you will be sent a notification by the City Hall. Notices are also sent to person paying in payments. If you are paying in payments, continue to do so.

You may be contacted by an employee of the city by phone to give you instructions. You may have a sound reason for your delayed payment, but the Tax Office will not know this if you do not consult with or contact us. Please notify us of any special circumstances.

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

- ① The main building's second floor will be open to answer tax-payment related questions and accept payments.
Hours: Feb 9 (Sun)/Feb 23 (Sun) 8:30 to 17:15

- ② Tax payments will be accepted at the Komaki Station branch office every day. Please stop by at your convenience.
8:30 to 17:15 ※Closed during year-end/New Years.

- ③ You may pay your taxes at a local convenience store if your payment slip has a barcode.
※Only effective during the indicated payment period.

Inquiries Tax Office TEL.0568-72-2101(Rep.) Ext.276~279 TEL.0568-76-1117/0568-76-1118 (direct line)

Exceptions

Caution

● Filled with cotton bedding and clothing

- Futons, zabutons → **Bulky garbage** (Treated as burnable garbage if less than 60cm)
 Cushions → **Bulky garbage** (Treated as non-burnable garbage if less than 60cm)
 Down jackets → **Non-burnable garbage**

● Interior fabrics

- Carpets → **Bulky garbage** (Treated as burnable garbage if less than 60cm)
 Electric carpets → **Bulky garbage** (Treated as non-burnable garbage if less than 60cm)

● Clothing other than waste cloth

- Skiwear and windbreakers } → **Non-burnable garbage**

● Other

- Plush toys, waste cloth, clippings } → **Burnable garbage**
 Stockings, leather articles Shoes, bags } → **Non-burnable garbage**

Inquiries

Waste Reduction Promotion Section, Waste Management
TEL.0568-76-1187

Always dispose of recyclables and garbage in designated Komaki City garbage bags.





Pet poop problems!

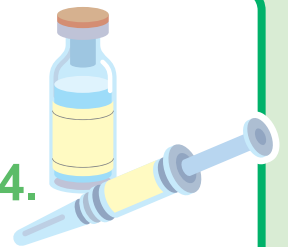


We have heard from many people that they would like us to take action as there are problems with dog poop. Pet poop can be seen left on roads and at parks. Leaving it or dumping it is prohibited in the Komaki Comfortable and Clean Urban Planning Bylaw and violations may be punished. As a pet owner, please consider your manners and take responsibility to clean up after your pet. The Waste Management Section has signage available if you have a problem in your area.

Inquiries Waste Management Section TEL.0568-76-1147

A subsidy is available for adult rubella vaccination.

The subsidy is available until March 31, 2014.



In order to prevent further spread of rubella nationally and related congenital rubella syndrome a subsidy has been provided for adults to receive rubella vaccination.

1 Eligibility * * * * *

For persons determined by a doctor to require the vaccine based on a low test result for resistance to rubella, on the day they receive the vaccination they are registered as residing in Komaki and meet one of the following criteria:

- ① **Women planning to or desiring to get pregnant; or**
- ② **The husband of such a woman**
(Includes men living together in a marital-like relationship that have not registered their marriage).
- ③ **Husbands of pregnant women**
(Includes men living together in a marital-like relationship that have not registered their marriage).
※Pregnant women are unable to receive the vaccine.

2 Amount of subsidy * * * * *

Vaccination at a local medical facility **Whole cost covered**

Please contact the Health Center if you would prefer a vaccination out of the City.

※The cost of the resistance test is not covered (this test is necessary to receive the subsidy for the rubella vaccination)

BCG Vaccination



Type	Schedule	Time	Eligibility
BCG Vaccination	Feb 6 (Thu)	14:00 to 15:00	From 5 to 8 months old (Standard vaccination period)
	Feb 24 (Mon)		

※Your vaccination card will be sent 4 months after birth.
※Location: Komaki Health Center

Inquiries Komaki Health Center TEL.0568-75-6471

Notice Regarding Final Tax Declaration for 2013 Counseling Venue

Venue **Komaki Civic Hall** (Komaki Civic Hall South) 2-107 Komaki, Komaki City

Dates **Feb 14 (Fri) to Mar 31 (Mon)**

(Not on weekends or holidays except Feb 23 (Sun) and Mar 2 (Sun).)

★ Income and gift taxes must be declared and paid by Mar 17 (Mon), consumption taxes and local consumptions taxes must be declared and paid by sole proprietors by Mar 31 (Mon).

★ Be aware that for this period, the tax office will accept submission of declaration forms but will not prepare them.



Time **9:00 to 17:00** (It takes some time to prepare the form so please come before 16:00. Depending on how busy the venue is it may close early.)

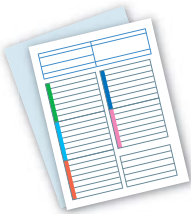
Transportation facilities Come by city bus (on either the Komaki or Ajioka Junkan (clockwise or counterclockwise) routes) → Bus stop: Shiminkaikanmae.

Meitetsu → About 15 minute walk from Meitetsu Komaki Station

What to bring Persons with income from wages not adjusted before year end: Persons with wages from 2 or more sources

- ★ Income deductions certificate (Gensenchoshuhyo) (Original copy)
- ★ Documents certifying social insurance premiums
- ★ Documentation certifying payment of life insurance and earthquake insurance premiums
- ★ Medical expense receipts
- ★ Personal seal

※ Other documentation may be required depending on the content of your declaration. If unsure, contact the Komaki Tax Office.

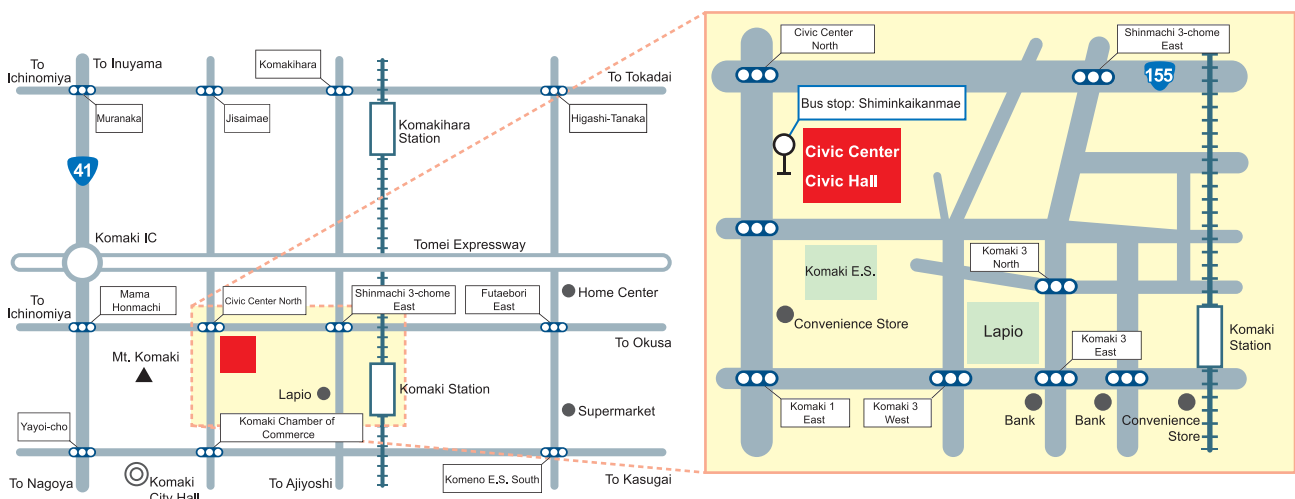


You can prepare your tax declaration without going to the tax office on your home PC. You can prepare declaration forms for income tax related final tax declaration, blue form declaration calculation sheet, accounting sheet, consumption tax declaration form and gift taxes at the Final Tax Declaration Form Preparation Corner. For details visit <http://www.nta.go.jp>

Inquiries

Komaki Tax Office 1-424 Chuo, Komaki City TEL.0568-72-2111

* Phone calls are handled by an automated voice system. Please take care in dialing.



Nation Pension for all persons from 20 years old

National Pension is a system to provide a common basic pension to all citizens to ensure livelihood after becoming elderly or in case of sickness. In order to provide this service all persons living in Japan between ages 20 and 60 are required to pay national pension premiums (basic pension) regardless of occupation.

On your 20th birthday, an application form will be sent by the Nagoya North Branch Office; ensure completion of the application procedure. If you are unable to pay premiums, persons under 30 years of age or students can use a reduction or exemption system. Please contact us for more details.

3 Benefits of the National Pension (Basic Pension)

- 1 Support from when you become elderly. Basic pension for the elderly
- 2 Support when you become sick or injured. Basic disability pension
- 3 Support for children and spouse with children if you die Basic survivor pension

Inquiries Japan Pension Service Nagoya North Branch Office TEL.052-912-1214
 Health Insurance & Pension Division TEL.0568-76-1124

Notice regarding counseling for Foreigners

Life Exchange Section, Main Government Office Bldg 2F, City Hall

9:00 to 17:00 (12:00 to 13:00 excluded)

In addition, the Health Insurance and Pension Department and Child Welfare Division have staff available to help in Portuguese (9:00 to 17:00), the Welfare Division in Portuguese (9:30 to 16:30) and Citizen's Division in Chinese (9:00 to 16:30).

**Portuguese
Monday through
Friday**

**Spanish/English
Monday/Tuesday/
Thursday**

Inquiries Life Exchange Section TEL.0568-76-1173



KIA Junior Plan Enjoy exciting experiences!

Have fun learning about how the body moves and works with pictures, videos and games.

We'll also pick strawberries!

- Date/time** Mar 9 (Sun) 9:00 to 16:00 (tentative)
No cancellation in case of rain.
- Venue** Aichi Health Plaza, Strawberry picking experience
- Eligibility** Children living or studying in Komaki or KIA members from elementary grade 2 to 6.
- Number of participants** 15 Japanese and 15 foreign children
- Fee** Members 300 yen, General 500 yen
- Application** Feb 1 (Sat) through Feb 28 (Fri) 2014
Apply directly to the Komaki International Association (KIA) Secretariat (4F at Komaki Civic Hall) with the fee



This is a picture from last year

Inquiries/Application Komaki International Association (KIA) Administration Office, Komaki Civic Hall 4F
 TEL.0568-76-0905 FAX0568-71-8396 E-mail: kia@ma.ccnw.ne.jp

Medical checkup information

Mother/child Health Examination Calendar

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



Checkups available	Schedule	Venue	Time	Eligibility/Description/Application/etc.
Health examinations for 4-month-old infants, dental examinations for mothers	Feb 4 (Tue)	Health Center	13:05 to 13:55	Born Oct 1 to 6, 2013
	Feb 18 (Tue)			Born Oct 7 to 14, 2013
	Feb 25 (Tue)			Born Oct 15 to 22, 2013
	Mar 4 (Tue)			Born Oct 23 to 31, 2013
Health examinations for 18-month-old infants	Feb 7 (Fri)	Health Center	13:05 to 14:15	Born Aug 1 to 9, 2012
	Feb 14 (Fri)			Born Aug 10 to 19, 2012
	Feb 21 (Fri)			Born Aug 20 to 31, 2012
Dental examinations for children aged 2 years, 3 months	Feb 6 (Thu)	Health Center	9:00 to 10:10	Born Nov 1 to 15, 2011
	Feb 20 (Thu)			Born Nov 16 to 30, 2011
Health examinations for 3-year-old children	Feb 5 (Wed)	Health Center	13:05 to 14:15	Born Feb 1 to 8, 2011
	Feb 12 (Wed)			Born Feb 9 to 18, 2011
	Feb 26 (Wed)			Born Feb 19 to 28, 2011
BCG Vaccination	Feb 6 (Thu)	Health Center	14:00 to 15:00	From 5 months old to under 8 months old (standardized vaccination period) ※Your vaccination card will be sent 4 months after birth.
	Feb 24 (Mon)			

※You will be sent a letter in advance if it applies to you. Please check the reception time details on the letter.

※Please receive your checkup. If you are unable to attend for some reason, please contact the Health Center.

Niko niko cavity prevention class	Feb 26 (Wed)	Health Center	10:00 to 11:00	20 children starting to get teeth around one years old ●Fees: Free ●Application: Health Center	Reservation required
Baby food class (Initial Gokkun (swallowing) class)	Feb 5 (Wed)	Health Center	10:00 to 11:00 (approx.)	27 sets of parents and children 4 months old ●Fees: Free ●Application: Health Center	Reservation required
Baby food class (Later kami-kami (biting) class)	Feb 28 (Fri)	Health Center	10:00 to 11:00 (approx.)	21 sets of parents and children 9 months old ●Fees: Free ●Application: Health Center	Reservation required
Class for new moms and dads	Mar 9 (Sun)	Health Center	10:00 to 12:00	30 Komaki resident pregnant women and their husbands (woman can also participate alone)	Reservation required
	●Description: Information about life with a baby, the role of the father, nutrition during pregnancy, dental health, practice holding babies and pregnancy experience ●What to bring: Parent-child (maternal and child) health handbook ●Application: Health Center				
Nursing counseling	Feb 4 (Tue)	Health Center	10:00 to 12:00	●Fees: Free ●Application: Health Center	Reservation required
	Feb 10 (Mon)		13:00 to 15:00		
	Feb 18 (Tue)		10:00 to 12:00		
	Feb 25 (Tue)		10:00 to 12:00		
Parenting, pregnancy, and giving birth health counseling	Feb 14 (Fri)	Seibu Jidokan	10:00 to 11:15	●Content: Consultation regarding worries/concerns for raising children, body measurements, blood pressure measurement, urine inspection (optional) ●Fees: Free	
	Feb 18 (Tue)	Ajioka Jidokan			
	Feb 21 (Fri)	Komaki Minami Jidokan			
	Feb 25 (Tue)	Shinooka Jidokan			
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.)				
Low-weight Infant Notice	Please submit a Low-weight Infant Notice if your child's birth weight is under 2,500g. Submit your notice to the Health Center or Health Insurance & Pension Division				

Inquiries Health Center TEL.0568-75-6471

Medical checkup information

Examinations for adults

Checkups available	Schedule	Time	Venue	Eligibility/Description/Application/etc.
Stomach cancer screening	Feb 7 (Fri)	9:30 to 11:00	Tobu Community Center	<ul style="list-style-type: none"> ● Eligibility: Registered Komaki residents over 40 years old ● Fee: 930 yen ● Application: Health Center
	Feb 18 (Tue) Mar 4 (Tue) Mar 17 (Mon) ↑ This is the last time for this fiscal year.	9:00 to 11:00	Health Center	
Screening test for colorectal cancer (Testing of the stool for occult blood)	The annual schedule for the collection date will be included in the envelope when sending the collection container after you have applied.			<ul style="list-style-type: none"> ● Eligibility: Registered Komaki residents over 40 years old ● Fee: 520 yen ● Application: Health Center
Screening test for breast cancer (Mammography screening) Persons that have received a free coupon may apply.	Jan 27 (Mon) Feb 3 (Mon) Feb 19 (Wed) Mar 3 (Mon) Mar 10 (Mon) ↑ This is the last time for this fiscal year.	9:00 to 15:30	Health Center	<ul style="list-style-type: none"> ● Eligibility: 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 fiscal 2012 (3) Persons turning 40 that were born in 1973 ● Capacity: 115 ● Fee: 1,200 yen ● Application: Health Center
	Breast cancer (ultrasound) ↑ This is the last time for this fiscal year.	9:00 to 15:30	Health Center	<ul style="list-style-type: none"> ● Eligibility: Registered Komaki residents over 30 years old up to 39 years old ● Capacity: 115 ● Fee: 1,000 yen ● Application: Health Center
Cervical cancer screening (cervix only) (Gynecological, visual and cytological screening) Persons that have received a free coupon may apply.	Jan 22 (Wed) Feb 27 (Thu) ↑ This is the last time for this fiscal year.	14:00 to 15:30	Health Center	<ul style="list-style-type: none"> ● Eligibility: 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 fiscal 2012 (3) Persons turning 20 that were born in 1993 or 1994 ● Capacity: 100 ● Fee: 750 yen ● Application: Health Center
	Cervical cancer facility screening (Gynecological, visual and cytological screening) Persons that have received a free coupon may apply.	Consultation period Until Mar 31 (Mon), 2014	Local Ob/Gyn clinic	
Osteoporosis screening ↑ This is the last time for this fiscal year.	Mar 13 (Thu)	9:30 to 11:00	Tobu Community Center	<ul style="list-style-type: none"> ● Eligibility: Registered Komaki residents over 30 years old ● Fee: 830 yen ● Application: Health Center

※From 2007 we have promoted screening once every two years based on even and odd years (using the Japanese calendar).

※Free coupons distributed in fiscal 2013 are only valid until the last examination day of fiscal 2013.

Inquiries Health Center TEL.0568-75-6471

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and
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Komaki City Hall Department of Civil Industry Life Division

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

3-1 Horinouchi, Komaki-shi, Aichi-ken 485-8650 TEL: 0568-76-1173 FAX: 0568-72-2340

<http://www.city.komaki.aichi.jp/contents/90000092.html>

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