

aiKOKA English Newsletter



April



Pickup day for plastic bottles and styrene foam has changed for Tsuchiyama area

The new pickup day is as follows.

Ayukawa /Yamauchi gaku (school district)

1st Thursdays

Tsuchiyama gaku (school district)

2nd Thursdays

Ono gaku (school district)

3rd Thursdays

Plastic bottles are important reusable resources.

Please empty the bottles, remove the caps and labels, and rinse before you put them into the designated bag at the garbage collection area. Pickup date for other types of garbage remains the same as before. For more details, please refer to Koka city Garbage Calendar.

Inquiry : Consumer and Environment Protection Division (せいかつ かんきょう 部), Waste and Recycling Section (はいきぶつ たいさく 課)

Phone : 65-0690 Fax: 63-4582



April Taxes (4 がつ の ぜい きん)

This month's taxes are as follows:



Kokumin Kenkou Hoken Zei

国民健康保険税 (National Health Insurance tax)

Kaigo Hoken Ryo 介護保険料 (Nursing care fee)

Hoiku Ryo 保育料 (Nursery school fee)

Suidou Ryoukin 水道料金 (Water fee)

Due date for taxes is May 1st (Tue)

Health Checkup Schedule for April

Exam	Date of Birth	Exam Date	Location	Hours	What to Bring
Infants up to 4 months	December 2011	4 / 19 (Thrs)	Koga HC	1:00 pm ~ 1:30 pm	Maternity record book, questionnaire, bath towel, diapers, change of clothes, milk for nursing if necessary
		4 / 26 (Thrs)	Minakuchi HC		
10 months	May 2011	4 / 12 (Thrs)	Minakuchi HC	1:00 pm ~ 1:30 pm	Maternity record book, questionnaire, bath towel, diapers, change of clothes, milk for nursing if necessary
		4 / 23 (Mon)	Koga HC		
1 year and 8 months	August 2010	4 / 20 (Fri)	Konan HC	1:00 pm ~ 1:30 pm	Maternity record book, questionnaire
		4 / 25 (Wed)	Minakuchi HC		
2 years and 6 months	September 2009	4 / 6 (Fri)	Minakuchi HC	9:30am ~ 10:00am	Maternity record book, questionnaire, questionnaire about child's hearing ability
		4 / 13 (Fri)	Konan HC		
3 years and 6 months	September 2008	4 / 16 (Mon)	Koga HC	1:00 pm ~ 1:30 pm	Maternity record book, questionnaire
		4 / 17 (Tue)	Minakuchi HC		

*If you plan on taking an exam at a Hoken Center outside of your area, please contact Health Promotion Division (65-0703) 7 days in advance.

*If you reside in Tsuchiyama or Shigaraki and cannot make to the health exam location, please call Health Promotion Division (65-0703) 7 days in advance.

*Checkup for hearing ability is given at the point of 2 years and 6 months old.

*Detailed information will be either distributed at the health checkup for 1 and 8 months old or published in the "baby and infant health checkup questionnaire". Please read it carefully and perform "whispering test" and visit nearby by Hoken Center.

For more information

Kenko Suishin Ka / Health Promotion Division

◆ TEL: 0748-65-0703 / FAX:0748-63-4591

Shigaraki Hoken Center

◆ TEL: 0748-82-3113 / FAX:0748-82-3138

Minakuchi Hoken Center

◆ TEL: 0748-62-5336 / FAX:0748-62-5418

Tsuchiyama Hoken Center

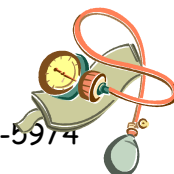
◆ TEL: 0748-66-1105 / FAX:0748-66-1564

Konan Hoken Center

◆ TEL: 0748-86-5934 / FAX:0748-86-5974

Koka Hoken Center

◆ TEL: 0748-88-6556 / FAX:0748-88-6557



Temporary nursery school いちじあず ほいく 一時預かり保育

Temporarynursery school is available for the guardians who require continual, temporal or immediate assistance with child rearing due to employment, illness or exhaustion from child rearing.

Eligible: City resident children aged between 6 months old to before entering elementary school who are currently not enrolled in nursery school or Nintei Kodomoen (longer-hours section). ※ Non-Koka city residents must meet special requirements, and enrollment is limited to in case of special need and when there is room in capacity. Please contact the nursery school directly if applying form outside of the City.

Fee:

Age as of April 1 st	City residents		Non-city residents who are certified as in need of immediate assistance	
	1 day (less than 8 hours)	Half day (less than 4 hours)	1 day (less than 8 hours)	Half day (less than 4 hours)
0,1,2 years old	2800 yen	1400 yen	4000 yen	2000 yen
3 years old	1400 yen	700 yen	2600 yen	1300 yen
4 and 5 years old	1200 yen	600 yen	2000 yen	1000 yen

※ Fees will not change even if your child's birthday comes in the middle of the academic year.

※ Additional fees may apply depending on the nursery school. Please contact the nursery school directly.

Private nursery school

Application procedure : Registration (registration is valid for one year)

Number of days available : 14 days per month, regardless of reasons for requiring nursery school

Available hours : 8:30am to 4:30pm on weekdays. Please consult for hours on Saturdays.

Participating nursery schools:

- ① Shakai fukushi houjin Himawari kai, Minakuchi Kita Hoikuen Phone: 62-1085 FAX: 63-8617
- ② Shakai fukushi houjin Kounan kai, Kounan Nozomi Hoikuen Phone: 86-0878 FAX: 86-0740

Public nursery school

Application procedure : Upon application (Excluding the emergency reason ②, Please submit your application 7 days prior to the day you wish to enroll your child(ren)).

Number of days available : Depending on the reasons classified below, number of days available varies.

Reasons to apply for temporay nursery school		Period of usage
①	Difficult to provide adequate child care at home (work, job searching, obtaining licenses, regular visits to hospital)	Less than 3 days per week
②	Unable to provide adequate child rearing due to societal reasons (unexpected hospitalization, labor, ceremonial occasions)	Less than 14 days from the day condition exists
③	To life the physical and pshychological burden of child rearing (refreshing, beauty salon, shopping, hobbies)	One day per week

Available hours : Up to 8 hours from the time the nursery school opens. 9:00am to 12:00pm on Saturdays.

Participating nursery schools:

- ① Minakuchi Kosodate Shien Center Phone & FAX: 65-5511
- ② Tsuchiyama Nikoniko En (Hoikuen) Phone & FAX: 66-0165
- ③ Koka Nishi Hoikuen Phone: 88-2242 FAX: 88-2248
- ④ Kounan Higashi Hoikuen Phone & FAX: 86-2420
- ⑤ Shigaraki Nkoniko En (Hoikuen) Phone & FAX: 82-0427

※ Nikoniko En is unified nursery school of kindergarten and nursery school.

With renewal of Koka City home page,
the URL has been changed!! New URL is,
<http://www.city.koka.lg.jp/>

English interpreter is available for your convenience
from 8:30 am to 5:15 pm.

Koka Regional Community Promotion Div.

Phone: 0748-65-0604

E-mail: koka41176@city.koka.lg.jp

Vaccinations



In Koka City, eligible registered city residents can receive vaccination (Hib vaccine, Pneumococcal vaccine for children, and vaccine for cervical cancer) for free. ※ Medical expenses for vaccination is subsidized. The following vaccination is voluntary.

Vaccination period : April 1st to March 31st, 2013

Available medical institutions : Please refer to page 27628 of Health check-up calendar (けんしん 健診・けんしん 検診 かれんだー カレンダー)

Reservation : Please make an appointment directly with the medical institution.

Inquiry : Health Promotion Division Phone : 65-0736 FAX : 63-4591

Vaccine	Target	Number of vaccination and procedure
Vaccine for cervical cancer	Females equivalent to age between 1 st grade in junior high school to 1 st grade in high school	3 shots within 6 months (Initial shot, second shot after one month, and the third shot 6 months after the initial shot)
Hib vaccine	2-month to 6-month-olds	3 shots in a span of 4 to 8 weeks Additional shot: 1 additional shot one year after completing 3 shots from the first time
	7-month to 11-month olds	2 shots in a span of 4 to 8 weeks Additional shot: 1 additional shot one year after completing 3 shots from the first time
	1- to 4-year-olds	1 shot
Pneumococcal vaccine for children	2-month to 6-month-olds	3 shots in a span of more than 27 days Additional shot: 1 shot 60 days after completing 3 shots, and between 1 year to 1 year and 3 month old
	7-month to 11-month olds	3 shots in a span of more than 27 days Additional shot: 1 shot 60 days after completing 3 shots, and between 1 year to 1 year and 3 month old
	1-year-olds	2 shots in a span of more than 60 days
	2- to 4-year-olds	1 shot

Combined cancer screening for stomach, lung and colon せつとけんしん い・はい・だいちょう がんセット検診 (胃・肺・大腸がん)

Target group : Those who can complete all 3 cancer screenings.

Capacity : 50 people per each screening day

※ For more details on each cancer screening, please refer to page 11 of Health check-up calendar

Application period	Date	Location	Reception hours
April 24 th (Tue) April 25 th (Wed) April 26 th (Thrs) April 27 th (Fri) ※ Accepted until 8:00pm on the 24 th	May 21 st (Mon)	Minakuchi Hoken Center	Male: 9:00am to 9:30am Female: 10:00am to 10:30am
	May 22 nd (Tue)		
	May 23 rd (Wed)		
	May 24 th (Thrs)	Minakuchi Shakai fukushi center	Male: 9:00am to 9:30am Female: 10:00am to 10:30am
	May 25 th (Fri)	Minakuchi Hoken Center	Female only: 9:00am to 9:30am and 10:00am to 10:30am
	May 26 th (Sat)		
	May 29 th (Tue)	Minakuchi Shakai fukushi center	Male: 9:00am to 9:30am Female: 10:00am to 10:30am
	July 4 th (Wed)	Minakuchi Hoken Center	
	July 5 th (Thrs)	Minakuchi Shakai fukushi center	
	July 6 th (Fri)		

Combined cancer screening for women じよせい 女性のがんセット検診 (乳がん・子宮頸がん)

Target group : Those who can complete all 3 cancer screenings.

※ For more details on each cancer screening, please refer to page 11 of Health check-up calendar

Application period	Date	Location	Reception hours
April 24 th (Tue) April 25 th (Wed) April 26 th (Thrs) April 27 th (Fri) ※ Accepted until 8:00pm on the 24 th	May 21 st (Mon)	Minakuchi Hoken Center	① 1:30pm to 2:00pm ② 2:30pm to 3:00pm
	May 22 nd (Tue)		
	June 30 th (Sat)		
	July 3 (Tue)		① 9:00am to 9:30am ② 10:00am to 10:30am
	July 4 th (Wed)		① 1:30pm to 2:00pm ② 2:30pm to 3:00pm

Please see page 13 of the Health Check-up Calendar for how to make an appointment

Event & Information

Start your new hobby today !

Voluntary activity groups - Watch and participate
If you are looking in to start a new hobby,
please join the "watch and participate day"
hosted by each voluntary activity group.

Name of the group ① Activities ② Activity for
the Watch and Participate day ③ Date

1: Fureai Shodou

- ① Calligraphy and socialization
- ② Writing in pen, block letters, semi-cursive style, basic Hiragana
- ③ April 5th (Thrs) 9:00am to 12:00pm

2: Houzan Shodou Club

- ① Calligraphy (block letters, semi-cursive, Hiragana)
- ② Observe class (participate upon request)
- ③ April 7th (Sat), 14th (Sat), 21st (Sat) from 9:00am to 11:30am



3: Suibokuga Doukou Kai

- ① Ink painting ② Observation
- ③ April 10th (Tue) 1:30pm to 3:00pm



4: Junior Manner Kyoushitsu

- ① For 5&6 years olds and elementary school students, learn the spirit of appreciation and thoughtfulness through tea ceremony.
- ② Greetings, etiquette, and how to enjoy green tea
- ③ April 8th (Sun), 28th (Sat) 9:00am to 12:00pm

5: Kounan Taiko Hozonkai

- ① Performing Japanese drums
- ② Participate in performing the drums
- ③ April 19th (Thrs) 7:30pm to 8:30pm



6: Kounan Josei Gasshoudan "Suzuran"

- ① Practice choruses in 3 groups, Sing popular & new songs
- ② Participate in singing
- ③ April 17th (Tue) 8:00pm to 9:30pm

7: Katatsumuri Karaoke

- ① Practice assigned songs with coach
- ② Practice the assigned songs for April
- ③ April 11th (Wed) 7:30pm to 9:30pm



8: Kounan Ballet Circle

- ① Ballet lessons for children
- ② Stretches and bar
- ③ April 4th (Wed) 5:00pm to 6:00pm



9: Ballet Studio Emina

- ① Ballet lessons for adults
- ② Stretches and bar
- ③ April 5th (Thrs) 2:00pm to 3:00pm

10: Kikumeharu Kai

- ① Classical Japanese dance, volunteering
- ② Classical Japanese dance, etiquette, dress
- ③ April 7th (Sat) & 21st (Sat) 1:00pm to 2:00pm

11: Na Wahine Maikai

- ① Hula (Hawaiian dance)
- ② Hula lesson for beginners
- ③ April 6th (Fri), 10:45am to 11:45am



13: Kikou Taisou Club

- ① Qigong. Stretching exercise through breathing and vocalizing
- ② Practice qigong exercise
- ③ April 13th (Fri) & 27th (Fri) 2:00pm to 4:00pm



14: Taikyokuken Kounan Circle

- ① Practice 24 formations of Tai Chi
- ② Light preparation, practice first half of Tai Chi
- ③ April 11th (Wed) 1:30pm to 3:00pm

15: Yoga Kyoushitsu

- ① Master breathing technique, yoga poses
- ② Try out for one lesson
- ③ April 6th (Fri) 8:00pm to 9:30pm

16: Puffy

- ① Aerobics, exercise with ball, adjusting pelvic
- ② Try out for one lesson
- ③ April 10th (Tue), 17th (Tue), 24th (Tue) 11:00am to 12:00pm

17: Kounan Shuwa Circle "Tomodachi"

- ① Practice words, daily life communications with the hearing impaired
- ② Practice fingerspelling, simple greetings
- ③ April 4th (Wed), 18th (Wed), 25th (Wed) 10:30am to 12:00pm

Activity location : Shinobino Sato Plala (Located inside Kounan Kouminkan)

Eligible : Everyone

※ Please contact Kounan Kouminkan for details on activity fees and items to bring to the class/circle.

Inquiry : Kounan Kouminkan Phone : 86-3036 FAX : 86-8119