

# Kameyama News

かめやまニュース (平成30年12月号)

英語版



## Xmas concert will be held (クリスマスコンサートのお知らせ)



**Inquiry: Iryō Center Byōin Sōmuka (TEL: 0595-83-0990)**

At Iryō Center, we hold a Xmas concert every year to enjoy various music performances and chorus. Admission is free. You should come and listen!

■ Date: December 16 (Sun), 12:30 to 15:00

■ Place: Kameyama-shi Iryō Center entrance lobby (Address: Kameda-chō 466-1)

■ Contents: Performance of Kameyama high school brass band club  
Performance and chorus of musical group  
Performance of Kameyama office staffs, etc.

## Human Festa in Kameyama (ヒューマンフェスタ in 亀山)

**Inquiry: Human Festa in Kameyama Jikkō linkai Jimukyoku / Bunka Sportska (TEL: 0595-96-1223)**

The purpose of this Festa is to understand deeply human rights. We need to make a society that we live true to ourselves freely, confidently, and peacefully. The Festa is held in accordance with the human rights week of December 4th to 10th every year, joined by people of all ages. Please come and enjoy the Festa.

■ Date: December 8 (Sat), 10:00 to 14:50

■ Place: Kameyama Higashi elementary school, gymnasium (Address: Hon-machi 1 chōme 9-9)

■ Contents:

- Human rights essay presentation by junior high and high school students
- Exhibition of human rights posters and calligraphy by elementary and junior high school students
- Nail art service by Tokufū high school students (free of charge)
- Exhibition booths and goods sales etc. by various organizations
- Sales of Kameyama miso fried noodles, Aji-gohan etc.



## Human Rights Week : December 4 to 10 (12月4日から10日は人権週間です)

**Inquiry: Bunka Sportska (TEL: 0595-96-1223)**

■ Human rights are;"Everyone has the right to secure life and freedom and pursue happiness". Or "Everyone has the right to have it in birth and live human beings as human beings".

In addition, human rights are not difficult. Anyone can understand and feel it with their hearts.

We need to recognize the importance of respecting human rights correctly, and think about the feelings of others. Let's act with a heart that acknowledges each individual's differences.

**Foreign- language Human Rights Hotline TEL: 0570-090911**

**Inquiry: Hōmu-shō Jinken Yōgo Kyoku (Human Rights Bureau, Ministry of Justice)**

We accept human rights counseling from people who cannot speak Japanese fluently, in case such as; being unable to accept different customs and culture, or being bullied at school, etc. Please give us a call, you're not alone.

Reception time: 9:00 to 17:00 (Weekdays)

Multilingual support: English, Chinese, Korean, Filipino, Portuguese, Vietnamese

**Population of Kameyama City (亀山市の人口) ...49,591**

**Population of foreign citizens... 1,922 (Ratio...3.9%)**  
From data in November, 2018



Brazilian: 712

Chinese: 307

Vietnamese: 276

Filipino: 136

Indonesian: 116

Peruvian: 77

Bolivian: 74

Korean: 69

Others: 155

**Inquiry: Chiiki Fukushima (AIAI TEL: 0595-84-3313)**

"The Disabled Week" is a week to deepen the interest and understanding of disability and the disabled. Also, this week conduct enlightening activities in which people with disability increase motivation for social participation.

**■ Services for people with disability to live independently in the community**

◎ Disability welfare service

People who want to use disability welfare services need a certificate issued by the city

< Main services > Visiting nursing care, Living care, Short term residency care

◎ Disabled Parking Permit ("Mie Omoiyari parking lot") usage certificate system

People with disability, pregnant women and others, who cannot walk easily can use it.

We will issue a usage certificate of Disabled Parking Permit ("Mie Omoiyari parking lot") installed in public facilities and shops.

**■ Discount system**

◎ Toll discount system for toll roads

In the following cases, discounts on toll roads (50%) will be accepted (procedures require before use).

- When a person with physical disability drives a car by himself / herself.
- When a care giver drives a car that a person with severe physical disability or intellectual disability ride.

※When a care giver drives, there are restrictions on the type of disability and the grade.

※Only one car can be registered per a disabled person.



**■ Allowance for persons with disability (children) / Welfare Service for care givers**

◎ Payment of special disability allowance

It is paid to people over 20 who need special care at all times in their daily lives (be at home, severe disabilities overlap etc.).

<Payment amount> ¥26,810 per month (There are restrictions depending on income)

◎ Payment of welfare allowance for disabled children

It is paid to people under the age of 20 who have severe disability and need extra care at all times in daily life.

<Payment amount> ¥14,580 per month (There are restrictions depending on income)

◎ Payment of special child-care allowance

It is paid to people who support children that are under the age of 20 with moderate to severe disability.

<Payment amount> Grade 1: ¥51,700 per month

Grade 2: ¥34,430 per month (There are restrictions depending on income)

◎ Consultation support center for persons with disabilities "AI"

It is a consultation organization for the following people;

- People who have physical disability, intellectual or mental disability. Or their families.
- People who isolate themselves from social life. Or their families.

We accept various consultations such as social participation, employment, daily life etc.

Please do not hesitate to ask if you have any problems or consultation.

We also accept telephone / visit consultation besides consultation at the office.

Inquiry Shōgai-sha Sōgō Sōdan Shien Center "AI" ("AIAI" 2nd floor TEL: 0595-84-4711)

**■ Distribution of "Help-Mark"**

"Help mark" is for people with disabilities and sick people. They attach it to their bags, etc, to get help or have others understand their situation when they are in trouble with everyday life or disaster. "Help mark" is distributed at "AIAI". If you see a person who has the "Help Mark" on the train and bus, give up your seat to them, or help them when a natural disaster strikes.

- Eligible: People who need help when going out or being evacuated, such as sick people or person who has disability which is impossible to find by their appearance, etc

- Distribution place: Chiiki Fukushima (AIAI counter No.4)



## Let's reduce food loss and garbage! (みんなで減らそう! 食品ロス!)

### Inquiry: Kankyōka (TEL: 0595-82-8081)

#### ■ What is "Food loss"?

In Japan, about 28.42 million tons of food waste is disposed annually. Among the food waste, eatable one is called "food loss" which is up to 6.46 million tons. Out of 6.46 million tons of food loss, 2.89 million tons is from ordinary homes.

What is the most important for all of us is to be conscious about "mottainai" and to review our daily lives. Let's start to reduce food loss as well as garbage from familiar things such as meals at home.



#### ■ Key point 1 Do not buy foodstuff too much and use up all!

- ◆ In order to see missing foods at a glance, put the foods kept in the refrigerator or food storage in a fixed position.
- ◆ Before you go shopping, check the refrigerator and food storage and take a note of necessary foodstuff.
- ◆ Buy necessary quantity only by utilizing small package or individually sold goods.
- ◆ Use remained foodstuff first.
- ◆ Do not cut off eatable portion.
- ◆ Decide monthly clearing day of refrigerator and use up remained foodstuff on the day.



#### ■ Key point 2 Use up all foodstuff!

At home ---

- ◆ Cook only the amount that you can eat up.
- ◆ If dishes are left over, re-cook other dishes by using remained food and eat them up.

Dining out ---

- ◆ Order appropriate quantity. And if it's not enough, order additionally.
- ◆ If there are some ingredients that you can't eat in the set menu, ask the restaurant staff to eliminate such ingredients in advance.



#### ■ Key point 3 Reduce garbage with a bit of idea! Drain well before you put the garbage out!

**Food waste contains about 80% of water in weight.** Draining water will reduce not only garbage weight but also odor. Furthermore, try not to keep vegetable waste or fruit peels wet. Do not throw away vegetable and fruit peels that are low in moisture into the trash bag holder for the drain hole. Use garbage bags made from newspapers and leaflets for effective reduction in garbage.

## HIV testing and consultation counter (HIVの検査・相談窓口)

### Inquiry: Suzuka Hokenjo Kenkō Sokushinka (TEL: 059-382-8672)

AIDS (Acquired Immune Deficiency Syndrome) is a disease in which immunity is greatly reduced by HIV infection (Human Immunodeficiency Virus). Without having HIV testing, you will never know whether you are infected with HIV.

There is an HIV testing and counseling at a public health center (Hokenjo). You can take HIV testing and counseling anonymously for free of charge. Therefore, you don't have to tell your name and address. The privacy is protected. Also, you don't need to have an appointment. Those who are worried even just a little bit, HIV testing should be taken.

■ Date: Every Tuesday from 13:00 to 15:00

■ Place: Suzuka Hokenjo (Address: Suzuka-shi, Nishijō 5 chōme 117)

※ An appointment on the phone, etc will not be accepted. Depending on the circumstances of visitors on that day, the waiting time may be longer. For details, please contact Suzuka Hokenjo.



#### ■ What is same-day AIDS test?

Test result will be notified testee verbally about 30 minutes after taking a blood sample. However, if testee is judged that confirmation test is necessary by same-day test, confirmation test with high accuracy method will be done. It will take about one week to get result. Testee is required to visit Suzuka Hokenjo again to be notified the result of confirmation test verbally. Take this test 3 months or afterward from the incident of possible infection. (Otherwise exact test results are not available.)

## Xmas family cooking (クリスマスファミリークッキング)

**Inquiry: Mie Kenristu Suzuka Seishōnen Center (TEL: 059-378-9811)**

Why don't you make dishes for Christmas with guardians and children?

- Date: December 21 (Fri), scheduled for the afternoon
- Place: Mie Kenristu Suzuka Seishōnen Center
- Eligible: Elementary school or junior high school students and their guardians
- The number to be accepted: 15 families  
(if there are many applicants, it will be decided by draw lots.)
- Participation fee: about ¥2,000 ※Please confirm Suzuka Seishōnen Center
- How to apply: Fill in the application form, and send it by mail, fax or bringing to Suzuka Seishōnen Center.
- Application deadline: December 7 (Fri) It must arrive by the application deadline.



### Mie Kenristu Suzuka Seishonen Center

End: 〒513-0825 Suzuka-shi Sumiyoshi-chō Minami Taniguchi  
Tel 059-378-9811 FAX: 059-378-9809  
E-mail: suzukayc@mecha.ne.jp  
URL: <http://www.mie-sports.or.jp/suzukayc/>



## Due date in December (12月の納税)

Due date of the payment and direct debit payment : **December 25 (Tue) or January 4, 2019 (Fri)**

Please pay the following taxes:

< **December 25 (Tue)** >

- Fixed property tax / City planning tax, the 3rd payment
- National Health Insurance tax, the 6th payment
- Nursing care Insurance premium, the 5th payment

< **January 4, 2019 (Fri)** >

- Latter-stage Elderly Healthcare Insurance premium, the 6th payment

Note: We recommend direct debit for payment of tax, etc which is convenient and reliable.

## Emergency medical care in December (12月の夜間・時間外・休日の応急診療)

**ATTENTION: These two systems below are for emergency.**

**The doctor on duty for the day may be changed. Please confirm by phone before going to the doctor's office.**

※Regarding the emergency case, call Mie Pref. Kyūkyū Iryō Jōhō Center (TEL: 059-229-1199) or Kameyama City Office (TEL: 0595-82-1111)

◎Make sure to bring health insurance certificate, medical care certificate (such as infant medical care), medical consultation fee and medicine notebook (or actual medicine being taken).

◎Please see the doctor in day-time as far as possible.

◎In case of child's emergency, call "Mie child medical care dial."  
TEL: #8000 or 059-232 9955,  
19:30 to 8:00  
(next morning)



NIGHT-TIME and AFTER OFFICE HOURS (except Sundays and Holiday)			
Consultation hours: 19:30 to 22:00 / Reception hours: 19:00 to 21:30			
Date (December)	Name of Medical Institution	Address	TEL
1, 3, 5, 6, 7,	Kameyama Shiritsu Iryō Center	Kameda-chō	0595-83-0990
8, 10, 12, 13, 14, 15, 17, 19, 20, 21, 22, 25, 26, 27, 28			
4, 11, 18	Mie Kokyū Enge Rihabiri Clinic	Airisu-chō	0595-84-3536

SUNDAYS and HOLIDAYS Consultation hours: 13:00 to 19:30 / Reception hours: by 19:00			
Date (December)	Name of Medical Institution	Address	TEL
2	Sunday	Matsuba Jibi Inkōka	Higashidai-chō 0595-83-0087
9	Sunday	Hattori Clinic	Kameda-chō 0595-83-2121
16	Sunday	Nobono Clinic	Nobono-chō 0595-85-3636
23	Holiday	Mitsui Jibi Inkōka	Sakae-machi 0595-82-4133
24	Holiday	Kameyama Shiritsu Iryō Center	Kameda-chō 0595-83-0990

**Issued by: Community Development and Cooperation Section, Civic Cooperation Group (Machizukuri Kyōdōka Shimin Kyōdō Group) (TEL: 0595-84-5008)**

**Inquiry: If you have any questions, call above phone number. Portuguese and English interpreters are available.**

問い合わせ先: 亀山市 生活文化部 まちづくり協働課 市民協働グループ (電話: 0595-84-5008)