

Kameyama News

かめやまニュース (平成30年5月号)

英語版



May 1st, 2018
No. 110

The spring event at Kameyama Satoyama Kōen, "Michikusa" (亀山里山公園「みちくさ」春のイベント)

Inquiry: Kankyōka (TEL: 0595-96-8095)

The spring event will be held at Kameyama Satoyama Kōen, "Michikusa". Full of programs such as experience of draining a pond dry, environment related quiz and practice to prepare bitter melon green curtain are scheduled.

■ Date: May 13 (Sun), 10:00 a.m. to 1:00 p.m.

(canceled only in case of heavy rain)

■ Place: Kameyama Satoyama Kōen, "Michikusa"

(Tsubaiso-chō 407-1)

■ Inquiry on the day: 090-2578-5068

■ Participation fee: Free of charge

※ The number of participants is subject to limit depending on program.

Evening yoga class (夜ヨガ教室)

Inquiry: Kameyama City Recreation Kyōkai (TEL: 090-8422-4909)

Yoga class has 18 times in total and the period is divided into two as follows.

■ Date: <The first period> From May 10 to July 5, every Thursday (9 times) 7:30 p.m. to 9:00 p.m.

<The second period> From September 13 to November 8, every Thursday (9 times) 7:30 p.m. to 9:00 p.m.

■ Place: Kameyama Higashi elementary school, gymnasium

■ Eligible: Age 17 or older

■ Things to bring: Yoga mat or bath towel, drink, towel, clothes that are easy to move around

※ Please apply the class and pay the participation fee (¥3,000) at the gymnasium on the day.



Asobi Festa in Kameyama (あそびフェスタ in かめやま)

Inquiry: Kameyama City Recreation Kyōkai (TEL: 090-8422-4909)

Play sports such as New Sports, Stone Painting, Handmade beanbag-toss game and Quoits game.

Please come and join by people of all ages. Enjoy the Festa!

■ Date: May 5 (Sat), 10:00 a.m. to 3:00 p.m.

■ Place: Nishino Kōen, gymnasium

■ Participation fee: ¥200 (Please pay the participation fee at the place on the day.)

※ No application is necessary.

■ Things to bring: indoor shoes, clothes that are easy to move around



Consultation service for foreign residents (外国人住民からの相談対応のお知らせ)

Inquiry: "MIEF", Mie International Exchange Foundation (TEL: 059-223-5006)

Foreign residents can consult about their daily lives. Correspondent languages and times are available as follows;

■ Date: Monday to Friday (Except for National Holidays and Dec. 29 to Jan. 3)

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. (9:00-12:00)	/	Spanish	/	/	Spanish
P.M. (13:00-17:00)	English Filipino	Portuguese	English Filipino	English Filipino	Spanish Portuguese



※ Consultation in Japanese is also acceptable within the above time.

■ The way of consultation: TEL, visit, E-mail or FAX

■ Place: "MIEF", Mie International Exchange Foundation (Tsu city, Hadokoro-chō700 "UST-TSU" 3 floor)

TEL: 059-223-5006

E-mail: mief@mief.or.jp

Fax: 059-223-5007

Population of Kameyama City (亀山市の人口) ...49,599

Population of foreign citizens ... 1,881 (Ratio...3.8%)
From data in April, 2018



Brazilian: 779



Chinese: 278



Vietnamese: 216



Filipino: 131



Indonesian: 93



Bolivian: 92



Peruvian: 80



Korean: 65



Others: 147

Cancer screening (がん検診)

Inquiry: Chōju Kenkōka (AIAI, TEL: 0595-84-3316)

- Eligibility: Registered residents in Kameyama and have no opportunity to get checkup.

■ How to apply

<Individual screening> Please apply directly to the medical institution between June and January.

<Group screening>: Please apply at Chōju Kenkōka (AIAI)

- Screening for women (breast cancer, uterine cancer) Application deadline: May 31 (Thu)

Implementation period of screening: designated date between July and March

- Stomach, lung, bowel and prostatic cancer screening Application deadline: July 6 (Fri)

Implementation period of screening: designated date between August and November

For details, please contact Chōju Kenkōka (AIAI).

(※)Ages on the table below: as of April 1, 2019

Type of screening		Eligible (※)	Copayment
stomach cancer screening	X-ray examination (individual or group examination) or endoscopic examination (individual screening only)	40 years old or over	individual: ¥ 2,000 group: ¥ 800
lung cancer screening	chest X-ray examination (individual or group examination) or sputum examination (necessary person only)	40 years old or over	individual: ¥ 500 + sputum examination: ¥ 1,000 group: ¥ 400 + sputum examination: ¥ 800
bowel cancer screening	stool examination of 2 days (individual or group examination)	40 years old or over	individual: ¥ 400 group: ¥ 400
prostatic cancer screening	blood examination (PSA test)	50 years old or over (male only)	individual: ¥ 900 / group: ¥ 400
uterine cancer screening	cytodiagnosis of uterine cervix (individual or group examination) cytodiagnosis of uterine corpus (individual screening only)	20 years old or over (female only)	individual: ¥ 800 + uterine corpus: ¥ 1,600 group: ¥ 800
breast cancer screening	mammography screening (individual or group examination) or ultrasonic examination (group screening only)	30 years old or over (female only)	individual: ¥ 2,000 group: ¥ 800

One-day comprehensive medical examination (一日人間ドック)

Inquiry: Shiminka (TEL: 0595-84-5006)

■ Inspection items: chest X-ray examination, stomach X-ray or endoscopic examination, abdominal ultrasound, blood pressure, electrocardiography, urinalysis, funduscopy, fecal occult blood test, blood test, digital rectal palpation, body measurement, medical interview, prostate examination (male), uterus cancer screening (including ultrasound inspection, female)

■ Eligible: Age 30 years or older (born on April 1, 1988 or before) and insured with either national health insurance or latter-stage elderly healthcare insurance. (Quota: Insured with national health insurance---200 people, Insured with latter-stage elderly healthcare insurance ---30 people)

■ Copayment: ¥ 8,000

■ Implementation period: July to November

■ How to apply: Please apply at Shiminka.

■ Application deadline: May 21 (Mon)

※Delinquents of municipal or other tax are subject to cease medical examination.

※Even if an applicant was insured with national health insurance at the application point, the applicant can't take medical examination if the applicant (or dependent) joined company's or other health insurance before examination day.



Brain checkup (脳ドック)

Inquiry: Shiminka (TEL: 0595-84-5006)

Examination with magnetic resonance imaging system (MRI) or magnetic resonance angiography (MRA)

■ Eligible: Age 40 or older (as of April 1, 2018) and insured with either national health insurance or latter-stage elderly healthcare insurance. (Quota: Insured with national health insurance---280 people, Insured with latter-stage elderly healthcare insurance ---100 people)

■ Copayment: ¥ 7,000

■ Implementation period: August to February

■ How to apply: Please apply at Shiminka.

■ Application deadline: May 21 (Mon)

※Delinquents of municipal or other tax are subject to cease medical examination.

※Even if an applicant was insured with national health insurance at the application point, the applicant can't take medical examination if him/her (or dependent) joined company's or other health insurance before examination day.



にんいよぼうせつしゅ ひよう じよせい
Vaccination fee will be subsidized (任意予防接種の費用を助成します)

Inquiry: Chōju Kenkōka (AIAI, TEL: 0595-84-3316)

Kameyama City has been subsidizing voluntary vaccination fee to eligible people who have addresses in Kameyama as mentioned below. Voluntary vaccination is the vaccination that is judged by person him/herself or guardian whether the person should be vaccinated or not.



※ Please confirm actual vaccination fee to each medical institution.

■ Eligible vaccination period for subsidy: April 1 (Sun) to March 29 (Fri), 2019

■ Deadline of application for subsidy: March 29 (Fri), 2019

■ Place for application process: Chōju Kenkōka (AIAI)

■ Applicable medical institution: Any medical institution at which vaccination is available including outside Mie Prefecture.

● Vaccination within Kameyama: Pay the balance (subtract subsidy amount from actual fee).

※ No application for subsidy is necessary.

● Vaccination out of Kameyama: Prior to vaccination, contact Chōju Kenkōka (AIAI) to receive necessary document including application form.

Type of vaccination		Eligible person	Number of subsidy	Maximum subsidy
Pneumococcus for adults		Person who is not eligible for periodical vaccination and the physician in charge approved the vaccination is necessary. (Written opinion by a doctor is necessary.)	once per year	¥ 3,000
Rota-virus	2 dose vaccine	Infant 6 weeks or over and younger than 24 weeks	twice	¥ 1,500 / dose
	3 dose vaccine	Infant 6 weeks or over and younger than 32 weeks	three times	¥ 1,000 / dose
Chickenpox		Child for second dose who is 3 years or older and younger than 5 years	once	¥ 3,000
Mumps		Preschool child age 1 year or older	once	¥ 3,000
MR (measles, rubella) ※For person who has not received periodical vaccination		Child who has not received first term vaccination and 2 years or older until the previous day of eligible age for second term vaccination	once	Commissioned charge for periodical vaccination
		Child who has not received second term vaccination and was born between April 2, 2011 and April 1, 2012	once	

※ Be sure to make a reservation to a medical institution before vaccination.

Please get a vaccination at your family doctor who knows your health condition.

Kameyama district preliminary of the 34th Pref. track & field competition for elementary school students

だい かいけんしょうがくせいりくじょうきょうぎたいかいがめやま ち くよせんかい
 (第34回県小学生陸上競技大会亀山地区予選会)

**Inquiry: Kameyama track and field association
 (Kosaka, TEL: 090-1624-3546)**

■ Date: May 13 (Sun) Opening ceremony: 9:00 a.m.

※ In case of rain, the competition will be postponed until May 20 (Sun).

■ Place: Seki comprehensive sports park, multipurpose ground (B&G)

■ Events:

● Common events for fifth and sixth graders (both male and female students)

800-meter race, running long jump, javelic ball throw, 4x100 meters relay, ※80-meter hurdle race, ※high jump (The events which marked with ※ Athletic events will be ceased if the number of applicants is less than nine.)

● Events by grade (both male and female students)

60-meter race for third graders, 100-meter race for fourth graders, 100-meter race for fifth graders, 100-meter race for sixth graders

● Mixed race for fourth and fifth graders

4x100 meters relay (Two boys and two girls)



■ Eligible: Students who go to elementary school in Kameyama, members of organization for local children, junior sports club association or sports club etc.

■ Restrictions for entry:

One event per person (can double with relay race)

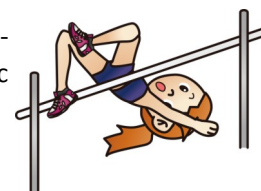
1) In one event, eight students or three teams for relay race maximum per organization

2) Can't double 4x100 meters relay and mixed race for fourth and fifth graders

■ Application deadline: May 7 (Mon), must arrive

■ How to apply: Filled out an application form with necessary items and submit it to Kameyama track and field association office.

※ Application guidebook and application form are available at athletic facilities etc. in Kameyama city.



Use crime prevention buzzer for children (防犯ブザーを活用してください)

Inquiry: Shōgai Gakushūka (TEL: 0595-84-5057)



In our city, as a crime prevention measure, crime prevention buzzers are distributed for the first graders of elementary and junior high school. Please have it when you go to school or go out. Also, when you hear the sound of a crime prevention buzzer nearby, please cooperate in securing the safety of the children or reporting to the police.

■ To guardians of elementary and junior high school students who go to private school etc.

Those who wish to have crime prevention buzzers for students, who are going to private elementary or junior high school etc, please come to Shōgai Gakushūka, the Board of Education with having a personal seal.

Due date in May (5月の納税)

Due date of the payment and direct debit payment: May 31 (Thu)

Please pay the following tax:

Light motor vehicle tax, annual full amount

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

Emergency medical care in May (5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 (May)	Name of Medical Institution	Address	TEL (0595)
2, 7, 9, 10, 11, 12, 14, 16, 17, 18, 19, 21, 22, 23, 24, 25, 26, 28, 29, 30, 31	Kameyama Shiritsu Iryō Center	Kameda-chō	83-0990
1, 8, 15	Mie Kokyū Enge Rihabiri Clinic	Anoda-chō	84-3536

SUNDAYS and HOLIDAY

Consultation hours: 13:00 to 19:30 / Reception hours: by 19:00

Date (May)	Name of Medical Institution	Address	TEL (0595)	
3	Holiday	Miyamura Sanfujinka	Hon-machi 3 chōme	82-5151
4	Holiday	Seki Clinic	Seki-chō Shinjo	96-2220
5	Holiday	Kameyama Iin	Hon-machi 3 chōme	82-0015
6	Sunday	Kameyama Hifuka	Shibukura-chō	83-3666
13	Sunday	Tanaka Byōin	Nishimaru-chō	82-1335
20	Sunday	Kameyama Shiritsu Iryō Center	Kameda-chō	83-0990
27	Sunday	Tora Seikei Clinic	Egamuro 2 chōme	84-1700

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)