

Gotemba Newsletter

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Decoration of Spring with Hanging Hina

These are works of flower crepes.
Students carefully made these step
by step with a needle.

(February 9th photography
at Chichibunomiya memorial park)

★The Gotemba Newsletter can be viewed on the GIA Internet site:
<http://city.gotemba.shizuoka.jp/cgi-bin/gia/infombbs/magbbs.cgi>

★Copies of this Newsletter are available at the City Hall, the City Branch Offices, Library, Health Care Center and GIA.

1. Lung Cancer and Tuberculosis Screenings

Lung cancer and TB screenings will be available. (For the schedule please check Japanese version of this paper.) Those who are unable to be screened at work should make an appointment. Please bring the mailed postcard with you. At the same time you can screen for large bowel cancer too. If you want to be checked, make sure you bring the mailed postcard.

◆For Lung Cancer and Tuberculosis Screenings

Object: anyone who is thirty and over Charge: Free service

* If you are smoker/ used be smoker, we recommend to examine for your sputum at the same time. You will be charged 600yen.

* People who are wearing a printed T-shirt will need to take it off for the X-rays photograph.

◆For Large Bowel Cancer Screenings

Object: anyone who is thirty and over Charge: 400 yen charge

◆Health consultation

Health counseling will be available for taking blood pressure or any other health problem.

◎You will be free of charge on this consultation if you:

- ①. were born before April 1st, 1950.
- ②. are over 65 years old with the elderly public medical insurance
- ③. if your household on welfare with tax exempt income (Need to submit the application of Money of collection exemption of the health department (Hoken Jigyo Choshukin Menjyo Shinseisho))

※You can screen at the different living area.

※For Lung cancer, TB screenings, and large bowel cancer, you can screen without mailed postcard on that day.

※Depends on the place, reception hour will be different.

For more information, please contact Kenko Suishin-ka (Health Department) at (82)1111.

2. Jukuno-Mori Event Information

• Photo Journal Exhibition of the Emperor of Japan

Term: Starting from Saturday, March 16th Time: From 9AM to 5PM FEE: Free

Sponsorship: Shizuoka broadcasting system Co., Ltd/ Shizuoka newspaper publishing company

• Inside Observation of Helicopter

Date: Sunday, March 24th and April 7th Time: From 11AM to 2PM FEE: Free

• Bamboe Dragon (Take-tonbo) Making

Date: Sunday, March 24th and April 7th Time: From 10AM to 2PM

FEE: 200 yen for Bamboe dragon, 100 yen for bamboe flute

• Work shop for wood crafts

Term: Starting from Thursday, March 21st to Sunday, April 7th Time: From 9AM to 4PM

FEE: Depends on material cost, prices will vary.

• Candle Making

Date: Sunday, March 31st Time: 11AM, 1PM, 2PM FEE: 500 yen each

For more information please contact Shoko Kanko-ka (Industry and Tourism Division) at 82-4622
Fujisan Jukuno-Mori at 80-3776.

3. Distributing Acupuncture and Moxibustion Free Voucher to Single Parent Families.

Thanks to Shizuoka prefecture acupuncturists board we will distribute a free voucher for acupuncture and moxibustion. There are 120 facilities including clinics in Shizuoka. Expiration of vouchers will be Wednesday, March 20th. This offer will be for one person for one time use.

Distribution place: Kosodate shienka (Child care support section)

Once free voucher has expired the campaign will be over.

Inquiry: Kosodate shienka at (82)4124.

4. Does Your Pet Have a Tag?

Inquiry: Environment division at (83)1603

Let's make sure your pets have their tags on at all times, just in case they run away and are found by others.

For dogs: Dogs need to wear a dog tags. Also tags must have proof of vaccination against rabies.

- * As of March 2nd in 2019 proof of vaccination against rabies will be an aluminum tag.
- * In the case you lose a dog tag, please apply for a reissuance at the environment division.
- * Failure to follow dog registration laws will result in fines up to 200,000 yen:
 1. Owners must apply for dog registration within 91 days of birth.
 2. Dogs must wear both registration tag and vaccination tag
 3. Dogs must get vaccinated for rabies or owners must have applied for vaccination.



Make sure to put name tags on:

There is hope of your pet's safe return if they are wearing their tags.

Microchips can identify your pet even if their collar has fallen off.

Microchips, (1mm of diameter, 1cm length) are programmed with a 15 digit number. It is possible to read it externally.

Installment of a microchip is almost same as injecting a vaccine. Please ask your local veterinarian for more details about microchip installment. You need register ownership of your pet with the Japan veterinary medical association after installment of a microchip.

- * Please update your pets information if any registered information changes.
- * Please update any registered owner's information.
- * Please report or call the environment department if your dog is dead.

5. Shimin-ka (Residents Registration Department) Services on Weekends for the End of Fiscal Year.

Due to the general personnel transfer-season, Shimin-ka will offer services on the weekend. Shimin-ka business hours are also extended every Tuesday until 6:45 pm.

Date & Time: Saturday, March 23rd and Sunday, the 24th from 8:30 am to 5 pm

Place: City Hall, Shimin-ka on the 1st floor, Main building

Services available:

- Registration of Resident move notification, Family register proof and Inkan (Personal Seal) registration
- Acceptance and issuance of those related proof for residence certificate, official family registry and Inkan registration
- Issuance of grant of the "The social security and tax number system", MY NUMBER. (Need appointment in advance)
 - * Changing school procedure due to the address change will not be available.
 - * Wide-area services for residence certificate, Inkan registration and family register/ duplicate copy, some of issuance will not be available.
 - * Also some services may take more than a day to complete the process.

For more information, please contact Shimin-ka (Residents Registration Division) at (82)4120.

6. Health Consultation for Babies & Infants/ Inquiries: Kenko Suishin-ka at (82)1111

Information session for questions relating to childcare; such as body measurements, nutrition and dental counseling etc. No reservations needed.

○Monday, April 15th from 9:15 am to 10:15 am at the Health Care Center

* Because it will be crowded, mothers with children under one should arrive early.

7. Adult Health Consultation/ Inquiries: Kenko Suishin-ka at (82)1111 * Reservation required

○Friday, April 19th from 9:30 am to 10:30 am at the Health Care Center

Information session for questions relating to health and nutrition to prevent lifestyle related diseases, nutrition counseling, bone densitometry, checkup body size and shape as well as blood pressure measurement, reading and understanding personal medical charts and reports. A community health nurse and a dietician can answer these questions. If you want, we can check the salt measurement in your miso soup. (Please bring your small amount of miso soup.)

How to apply: Please apply at the office or call in advance Kenko Suishin-ka.

8. Workshop for Pregnant Women/ Inquiries: Kenko Suishin-ka at (82)1111 *Reservation requiredDate & Time: Friday, April 19th from 1:10 pm to 3:30 pmPlace: Health Care CenterSubject: Pregnant woman and her husbandContents: What to do while pregnant information and mother and child dental health. (Guidance for tooth brush information, experience pregnant)The Number of people: Limited to 20 people, on a first-come, first-served basis.The application: Please come to the front desk or call in advance at Kenko Suishin-ka by April 18th (Thu).**9. Health Checkups for Children in April/ Inquiries:** Kenko Suishin-ka at (82)1111

All checkups and consultations are held at the Health Care Center.

For more information, please call Kenko Suishin-ka by noon on the day of checkup or consultation.

Check-up/Consultation Info	Day of session - Eligible ages	Time	What to bring
Seminar for babies (born in December, 2018)	Tue. April 2 nd - born from the 1 st to the 15 th	1:00 pm -1:20 pm	Mother and child health notebook
	Tue. April 16 th - born from the 16 th to the 31 st		
6 months old (born in September, 2018)	Wed. April 3 rd - born from the 1 st to the 15 th	1:15 pm - 2:00 pm	Mother and child health notebook, questionnaire
	Wed. April 17 th - born from the 16 th to the 30 th		
18 months old (born in September, 2017)	Tue. April 9 th - born from the 1 st to the 15 th	1:15 pm - 2:00 pm	Mother and child health notebook, questionnaire
	Tue. April 23 rd - born from the 16 th to the 31 st		
2 years old (born in March, 2017) *Tooth brushing information	Fri. April 5 th - birth date not applicable	9:30 am - 10:30 am	Mother and child health notebook, tooth brush, towel
3 years old (born in March, 2016)	Wed. April 10 th - born from the 1 st to the 15 th	1:15 pm - 2:00 pm	Mother and child health notebook, urine sample, health checkup form
	Wed. April 24 th - born from the 16 th to the 31 st		
Vaccination shots (BCG) (born in 2018)	Fri. April 12 th - born from Oct.16 th to the 31 st	1:30 pm - 1:50 pm	Mother and child health notebook, Vaccination form * Infants under 1 year will also be accepted if they have not yet been vaccinated.
	Mon. April 22 th - born from Nov.1 st to the 15 th		

☆ Translated by KH of GIA volunteers

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