



# KIFA NEWS

ENGLISH  
12

Symbol of  
Kirameki Kamesan  
Volunteer network  
in Kameyama.

Kameyama International Friendship Association  
亀山国際交流の会

英語版  
2002年12月

## "Touji" The Winter Solstice (冬至)

Touji is the turn of the seasons. It falls on Dec. 22nd. It is the shortest day of the year. On this day, people eat pumpkin which contains many vitamins, and take a hot citron bath to prevent them from catching a cold.



## "Omisoka" New Year's Eve (大晦日)

The last day of the year, Dec. 31st, is called "Omisoka". To welcome the New Year, people clean their houses and cook "Osechi-ryori". It is a special food for New Year. At midnight every temple rings the bells 108 times, to represent humanity's 108 sinful desires. While listening to the bells, people can remove their sins. People eat "Toshikoshi-soba" (year-crossing noodles), since the long noodles represent long life. Many people also watch the TV program called "Kouhaku Uta Gassen" and enjoy themselves.



## Information About the Year-End Adjustment (年末調整)

You have to collect the income taxes of monthly salary and guarantee and to make an adjustment of the end of the year and in December. It is normally conducted by your employer, but they have no conditions to make the year-end adjustment and must go to the tax office "Zeimusho" directly to make "Kakutei Shinkoku" (Definite declaration of income). Please ask to your company about further information about the adjustment. You must make the definite declaration on income in the next cases:

1. people who paid a lot in medical expenses for the year
2. people who built their houses in installments
3. people who lost their job in the middle of the year

Another common case for foreigners is to have dependents who have lived abroad. This declaration can be admitted by 5 years. Please bring the following things:

- (1). "Gensen Choshu-hyo" (Certification of Collection of Source of Income) which is supplied by your company. In case that you have not made the declaration for past years (up to 5 years) yet, you can make the declaration for those years' too. Please bring Gensen Chosyu-hyo for those years.
- (2). Documents which prove the existence of your dependents (Certificate of birthday, marriage, and so on.) "Shussei Shomeisho, Kekkon Shomeisho, etc."
- (3). Overseas remittance bank receipt "Kaigai Sokin Shoumeisho" (4). Passport
- (5). Certificate of Alien Registration "Gaijin Toroku" (6). Bankbook "Tsucho" (7). Seal "Inkan"

All documents should be translated into Japanese. You might need more documents in some cases. Please contact the tax office. There is no interpreter there.)

## The Japanese Speech Contest For Foreigners (外国人による日本語弁論大会)

The Japanese speech contest for foreigners was held on November 3<sup>rd</sup> in the Kameyama History Museum. 12 schoolchildren and adults from Brazil, China, Turkey and Canada participated in the contest. This was the first such contest, and it was a success.

The grand champion came to Japan from China, about one year ago. She was a fine schoolchild who speaks Japanese fluently.

This event became a good opportunity for the exchange possible between foreigners living in Japan and the general public. Many participants said they want to participate again next year.

1. The grand champion — Seisei Hayakawa
2. Runner-up — Giles Gammage
3. Honorable mention (4 people) — Ali Cebeci, Fabio Maximo, Santos Kiyomi Bruna Quintin Camila Hatano



## Sports Classes for the Winter in Sports Garden (冬のスポーツの案内)

### 1. Swimming and Aquatics Classes

#### (1) Level up swimming --- 3 courses

\* period: from Jan. 15th, 2003 to Mar. 12th, every Wednesday, from 2:00 pm to 3:30 pm (excluding Feb. 12th, total of 8 classes)

\* contents: instruction for those are able to swim crawl more than 25 meters.

\* applicants: should be over 18 (high school students are not accepted).

Applicants should be able to swim crawl from 15 meters up to 25 meters.

\* number of students accepted: maximum 30 (in case of overbooking, registration will be made by drawing lots.)

\* fee: ¥6,000 (including sports safety insurance)

#### (2) Swimming for beginners --- 3 courses

\* period: from Jan. 1st, 2003 to Mar. 6th, every Thursday, from 2:00 to 3:30 pm (total of 8 classes)

\* contents: learning how to get used to the water and first step of crawl

\* applicants: should be over 18 years old (high school students are not accepted) class for those who do not know how to swim or are able to swim only up to 10 meters.

\* number of students accepted: maximum 30 (in case of overbooking, registration will be made by drawing lots)

\* fee: ¥6,000 (including sports safety insurance)

#### (3) Step up aqua course

\* period: from Jan. 15th, 2003 to Mar. 26th, every Wednesday, from 7:00 to 8:00 pm (excluding Feb. 12th, total of 10 classes)

\* contents: walking in the water, exercises through aerobics in the water (middle and advanced students)

\* applicants: women over 18 years old (high school students are not accepted)

\* number of students accepted: maximum 40 (in case of overbooking, registration will be made by drawing lots)

\* fee: ¥8,000 (including sports safety insurance)

homepage <http://www.garden.suzuka.mie.jp/What's New>



## Tennis Classes (テニス教室)

### (1) Basic tennis course

period: Jan. 15th, 2003 to Mar. 12th, every Wednesday, from 7:30 pm to 9:00 pm (excluding Feb. 12th, total of 8 classes)

contents: basic skill instructions

applicants: over 18 years old (high school students are not accepted)

number of students accepted: maximum 20 (in case of excess of applicants registration will be made by drawing lots)

fee: ¥8,000 (including sports safety insurance)

### (2) Grade up tennis course

period: Jan. 16th, 2003 to Feb. 20th, every Thursday, from 7:30 pm to 9:00 pm (total of 6 classes)

contents: acquirement of attacking skills

applicants: should be over 18 years old (high school students are not accepted)

number of students accepted: maximum 20 (in case of excess of applicants registration will be made by drawing lots)

fee: ¥7,000 (including sports safety insurance)



### Acceptance of application

From Nov. 21st (Thu.) to Dec. 15th (Sun.), 2002

Procedures: apply directly at the Sports Garden office or send returnable post card with your name, address, telephone, age and course requested. Send 1 post card for each applicant. Application through the internet is also accepted. For request for tennis courses, post cards are not accepted. Apply directly at the office or through the internet.

Apply at: Mie-kenei, Suzuka Sports Garden

〒510-0261 #1669 Misono-cho, Suzuka-shi

Tel. 0593-72-2250

homepage <http://www.garden.suzuka.mie.jp/What's New>

## Useful Expressions (役に立つ日本語)

These are words and expressions about the end of the year and the new year's Day.

About the end of the year

“Shigoto osame” ... the last working day of the year

“Oomisoka”... New year's eve

“Bounenkai” ... year end party

“Toshikoshi-soba” ... the buckwheat noodles eaten on New year's eve

“Yoi otoshi wo” ... Have a happy new year

(※Japanese people use this phrase for greeting of the end of the year.)

About the beginning of the year

“Akemashite Omedetou Gozaimasu” ... "A Happy New Year"

“Otoshidama” ... present in cash for the new year

“Hatsumoude” ... the first visit to a shrine on New year's day.

“Nengajyou” ... greeting card for the New year's day

(※Every year we send many postcards to friends and relatives at the end of the year.)

“Shinnen-kai” ... New year's party

“Osechi-ryouri” ... Japanese traditional dishes on New year's day

“Fuku-bukuro”... A red bag which is packed with many things on sale, at departments or supermarkets. (※ This is especially on New year's day)

## Practitioner on Duty during Holidays in December 休日の当番医

(13 : 00~21 : 00)

1st. (Sun.) Tanaka Internal Tel. 2-0755

8th (Sun.) Gotou Internal Tel. 2-2210

15th (Sun.) Nishikawa Ophthalmologist Tel. 2-0022

Isomura Internal ( Seki cho Kozaki ) Tel. 05959-6-1615

22nd (Sun.) Ochiai Pediatrics Tel. 2-0121

23rd (National holiday) Mitsui Otorhinolaryngology Tel. 2-4133

This information, especially the doctor on duty, is sometimes subject to change.

Please call them before visiting.

The doctors on duty follow a rotation system. In some cases a doctor does not meet the field, so it is not an absolutely sure system. You should get medical examination and treatment in consultation hours. For particulars please call the emergency medical information center of Kameyama .

Tel. 2-1199 or City hall Tel. 2-1111.



## General Consultation in October 各種相談

Human Rights Consultation 人権相談

9th(Mon.) 13:00~15 : 00

In the Shimin taiwa shitu (2) room at city hall

Job Consultation 職業相談

General consulting about finding a job matter

11th(Wed.) ,25th (Wed.) 14:00~16:00

In the Shimin taiwa shitu (2) room at city hall.

Legal Consultation 法律相談

Consulting by a lawyer

2nd(Mon) 27th(Fri) 13 : 30~17 : 00

17th(Tue.) 13 : 30~16 : 00

In the Shimin taiwa shitu (1) room at city hall.

You have to make an appointment with the Shiminka section. Tel. 2-1111.

Counseling for parents who worried for thier kids about bulling.

いじめなどの相談

\* Counseling in person ( call for appointment)

\* Counseling by phone

Time. Monday to Friday

Place. Seishounen Kenshuu Center

Department of schooling Tel. 4-5076

Student guidance support Tel. 2-6227

Friendship association Tel. 2-6000

