



# KIFA NEWS

ENGLISH  
Feb.

SETSUBUN  
Meaning "fortune in,  
evil out".

Kameyama International Friendship Association  
亀山国際交流の会

英語版  
2003年 2月

## The flower that blooms in February Ume: Japanese apricot 2月に咲く花「うめ」

It is said that spring starts after February 3rd according to Japanese old calendar. But February is still very cold and snowy. Naturally various flowers come out when spring comes. Ume blossoms come out first among all species of flowers in spring. Ume come from China.

We really like this flower because it smells nice and blooms even in snow. We feel Spring coming when we smell its sweet fragrance. After enjoying this flower, we usually make umeboshi (pickled ume) and umeshu (ume liqueur) with the fruit of this flower.

Ume grow everywhere, so try to smell them. The fragrance will be very sweet and nice.



## KIFAMIGO 2003 Cultural Exchange Party 国際文化交流会

KIFA(Kameyama International Friendship Association) is going to hold a Cultural Exchange Party on February 16th (Sun.)

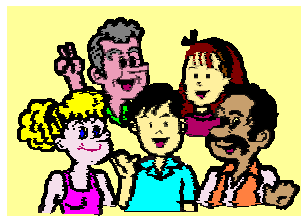
Time: from 13:00 pm to 16:00 pm  
Place: Seishounen Kenshuu Center.  
Schedule:

- 12:45 ~ Information
- 13:00 ~ Opening (Opening Speech), Explanation of the Party.
- 14:00 ~ Games (Origami, Spinning top, Cards, Fukuwarai, Menko)  
Making Takeuma (stilt), Take tonbo (toy) and Tako (kite)  
Japanese Culture (Calligraphy, Flower arrangement)
- 15:20 ~ Dance (folkdance etc.)
- 15:50 ~ Closing speech.
- 16:00 Finish.

PORTUGUÊS para CAPOEIRISTA



Vamos aprender por Portugal!



## Examination for Cancer of Breast and Uterus (乳がん・子宮ガン検診を行います)

Date: Feb. 18th (Tue.) from 10:00 to 11:00 for breasts cancer examination only

From 12:50 to 13:50 for breast and uterus cancer examinations

Place: Health Center (Just east of Hospital IRYO-Center)

Details: Breasts cancer medical examination and supersonic waves

Uterus cancer examination of cellular tissue

Accepting: 70 people for breasts cancer examination

(30 people in the morning, 40 people in the afternoon)

50 people for uterus cancer examination

Examinee: Women who were born before March 31st in 1973 and live in Kameyama city.

Cost: Breasts examination—¥600

Uterus examination—¥500 (Free for women who were born before March 31st 1933)

You must show your "Residents Registration Card" to have these examinations.

You also have to make an appointment with the Health and Welfare Center (Tel. 4-3316 ) starting January 8th (Wed.).

Please give your name, address, date of birth and telephone number.

Places will be filled on a first-come, first-serve basis.



## Stomach Cancer Examinations (胃がん検診を行います)

The Health and Welfare Section (Hoken Fukushi-ka) will carry out medical X-rays for stomach cancer on February 6th (Thur.), from 9:00 to 11:00, at the Health Center (Hoken Sentaa), just east of the Medical Treatment Center(Iryou Sentaa).

This examination is available to those born on or before March 31st 1963, up to a limit of 40 people. Spaces will be filled on a first-come, first-serve basis.

There is a nominal fee of ¥600 (Free for women who were born before March 31st 1933). Those who have already undergone surgery for stomach cancer need not attend. Those wishing to apply for the examination should contact the Health and Welfare Section (Tel,4-3316) starting January 8th (Wed.).Please give your name, address, birthday and telephone number.



## Final Income Tax Return (所得税の確定申告)

"Kakutei Shinkoku" or Final Income Tax Return is the system of calculating your annual income, that is from January 1st to Dec. 31st, and submitting the form to the local Tax Office. Those who are employed by companies do not have to do it because the companies already do the calculation at the end of the year deducting the income tax and submitting to the Tax Office. The local Tax Office always offers explanations for individuals on how to fill in the tax calculation sheet. The time to submit the sheet is from Feb. 18th to Mar. 15th. After receiving your income tax calculation sheet the tax office will analyze your income and return to you part of the tax in case you have over paid. In such case you need to turn in the "Gensen Choshuhyo" and the "Yotei Nozei" which is the tax withholding slip and the previous tax payment. A Tax return application is called "Kanpu Shinkoku".

Tax deduction for hospital expenses: If your medical treatment expenses have exceeded the amount of ¥100,000 submit the receipts for tax deduction at the local Tax Office even if your company has already submitted the tax calculation sheet at the end of the year.

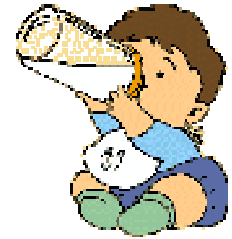
Tax return for those who have lost their jobs before the end of the year: If you have become unemployed before the end of the year and have not submitted the income tax sheet yet you can apply for tax return.

Documents needed for the application: Gensen Choshuhyo, inkan, bank account book. If you do not speak Japanese, be sure to take one interpreter with you when going to the Tax Office.



## Physical Examinations,

### Consultation and Lectures in February 保健 (健診・健康相談)



1 and half year old infant- examination( born in July, 2001) 1歳6ヶ月児健診

Please bring your "mother and child" health booklet and questionnaire.

27 th (Thu.) from 13:30 in General Health and Welfare Center

3 years old infant- examination (born in August, 1999) 3歳児健診

Please bring your mother and child health booklet and questionnaire, a urine sample and medical checklist.

20th (Thu.) from 13:00 in General Health and Welfare Center. (Tel.4-3316)

## Practitioner on Duty during Holidays 休日の当番医(13:00-21:00)

February 2nd (Sun.) Sasaki clinic (Tel. 3-1331)

February 9th (Sun.) Mominoki orthopedics (Tel. 4-1700)

February 11th (national holiday) Matsuba otorhinolaryngology (Tel. 3-0087)

February 16th (Sun.) Iwama clinic (Tel.2-3135)

February 23th (Sun.) Toyoda physician pediatrics (Tel.2-0017)



This information, especially the doctor on duty, is sometimes subject to change. Please call 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. (Normally from 13:00 to 21:00 pm)

You may get Kameyama area emergency medical information center (Tel. 2-1199) or City Office. (2-1111).

## General Consultation in February 各種相談

Human Rights Consultation 人権相談

Consulting about human rights 7th (Fri.), 25th (Tue.) from 13:00 to 15:00

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

Job Consultation 職業相談

General consulting about finding a job matter 12th (Wed.), 26th (Wed.) from 14:00 to 16:00

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

Legal Consultation 法律相談

Consulting by a lawyer 17th (Mon.) from 13:30 to 16:00, 28th (Fri.) from 13:30 to 17:00

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

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

## Area Code will be changed 市外局番が変わります

From 2:00 am of Feb.1st, Kameyama city and Seki town will share the same area code.

	<u>Area code</u>	<u>Local code</u>
Present code:	05958	2,3,4,5 etc.
New code:	0595	8 + 2,3,4,5 etc.



After Feb.1st, when you make a call to Seki town, you won't need to dial the area code.

However when you make a call to Ueno city, you will need to continue to dial the area code even though the area code will be the same, because of using the different charge system by area.

## Information of the training room (トレーニング室の利用案内)

- \* Please bring your training shoes and a towel.
- \* The training room is open from 9:00 am to 9:00 pm.
- \* Counseling by the instructors: from 9:00 to 11:00 am, from 1:00 to 4:00 pm every Monday and Thursday.
- \* Please note: People under junior high school student or with small children can't use the room.
- \* Contact: Hoken-fukushi-ka, Kenkou-zukuri-kakari, Tel. 4-3316



## Garbage Bag (ゴミは透明袋で出しましょう！)

Please take out the garbage in a transparent bag.  
Garbage in the other bags will not be collected.



## Introduction of my country (母国の紹介)

In the spirit of international understanding, I'd like to take this chance and tell you a little more about my home country, Canada. So here are three short lessons you should study before you go to Canada or talk to Canadians.

Lesson One: Perhaps, like most people, when you hear the word "Canada," you think of one thing: Snow. For example, here is a typical conversation with Japanese these days: Me, "Sure is cold today, isn't it?" Japanese, "It's cold alright... But Canada is colder, right?" Me, "Aaargh!" If you want to make a good impression with a Canadian, don't ask about snow or the cold weather. Everyone asks us about them. We're sick of it. Find a new topic, please. We'll be so happy.

Lesson Two: A key word for Canada is "Diversity." Canada is a big country, filled with people from all over the world. So questions like "What is Canadian food like?" or "How is the weather in Canada?" are difficult to answer. French-Canadian, Italian-Canadian and Chinese-Canadian cooking are each very different. Similarly, my hometown of Ottawa is thousands of kilometers away from Vancouver, and the weather is completely different. So questions like "How is the weather in Ottawa?" or "What kind of food do you eat at home?" are much better, and will give you more useful information.

Lesson Three: Since Canadians are such diverse people, it is hard to describe the "Canadian Personality." But I'll try. We're proud of our country but we don't like showing off about it - except on special occasions; we often feel misunderstood by foreigners; we work hard but we enjoy relaxing with our friends; we worry about retirement and our children's education. We are, in short, people much like you. Just don't ask us about the snow!

You can ask about KIFA at Social Service Section of City Hall (*Shimin-ka*) (Tel. 4-5007).



Published by KIFA : Kameyama International Friendship Association

発行：亀山国際交流の会

E-mail Address : [amani@helen.ocn.ne.jp](mailto:amani@helen.ocn.ne.jp)

Home Page : <http://www6.ocn.ne.jp/~kameyama/kirameki/>

Provided with collaboration of City Hall of Kameyama,  
Social Services Section and Planning Section

協力：亀山市役所 市民課・企画課