



KIFA NEWS

ENGLISH
Mar.

“Hinamatsuri”
By Sayaka Miwa

Kameyama International Friendship Association
亀山国際交流の会

英語版
2003年 3月

Hay Fever (花粉症)

1. What is hay fever? 花粉症って何?

Hay fever is the allergy of an eye or a nose, which occurs with pollen, such as Japan cedar. If a foreign substance (pollen) invades the body, most people will not have any problem. However, some people will have an allergic reaction to it.

2. Condition of hay fever. 花粉症の症状

Constant sneezing, running nose, itchy or watery eyes.

3. The type which is easy to suffer from hay fever. 花粉症にかかりやすいタイプ

You have dermatitis, asthma, etc. caused by an allergy in the past, members of your family have allergies, such as bronchial asthma by allergy and atopic dermatitis, in the allergy of a nose. A condition has an hereditary case.

1. See your doctor first.



If you have any problems with sneezing, stuffy or running nose or itchy eyes, see an allergy specialist to investigate the root cause.

2. Get adequate medical treatment.

Once you find the root cause, the next step is treatment. Adequate medical treatment that matches to your symptom and constitution is essential.



3. Listen to the medical specialist.

Consult a medical specialist if you become sleepy after taking drugs, or your symptoms have not improved.



4. Continuous treatments is essential for pollen allergen.

Even if your symptoms have been slightly improved, do not stop the treatment, otherwise your symptoms will return.

You need to have patience to continue the treatment by cooperating with your doctor.



5. Simple devices in your daily life for pollen allergen relief

Simple devices for symptom relief include things such as wearing glasses or a mask.



Mitsumata Festival (みつまた祭り)

Have you ever heard of the flowers named "Mitsumata"? It's unusual in that it blooms in groups at the foot of Nonobori mountain. This area is also famous for its rice fields shaped like steps. There's a festival of "Mitsumata" to let people know the beauty of Sakamoto. Please come and join it.

Date: March 21st (national holiday) from 9:30 to 15:00

Place: Park of "Sakamoto Nouson Kouen" and the area of "Mitsumata" flower

Contents: sightseeing of the flower, how to make Japanese paper and the exhibition of their works, rice cake of "mochi"

Information: Sakamoto Tanada Hozon Kai (Tel: 85-1375, Mr. Hoshiai)



Would you like to grow your own vegetables? (野菜づくりをはじめませんか?)

The city hall will lend you some fields to grow some vegetables. It's called "Fureai Nouen".

Place : Kawai-cho, "Hitomi-ga-oka "

Availability : 54 x 30m2. 30m2 per family

Fee : ¥.6,000 a year.

Term : April 1st, 2003 to March 31st , 2005

Notice for Application:

There will be a lottery if there are too many applications.

Due Date : March 3rd (Mon.), 2003

If you have any question, please contact "Nourin" department.
(Tel. 84-5049)



Flea Market (フリーマーケット)

An environmental fair will be held on March 30th (Sun.). We are accepting applications for the flea market.

If you want to have a corner to sell the unnecessary items, please contact the following section until March 3rd (Mon.).

Contact: Seikatsu-kankyoku-ka, Haikibutsu-taisaku-kakari (Tel: 82-8081)

City Hall will be opened on Mar. 30th (Sun.) & Apr. 6th (Sun.) (市役所の日曜窓口の開設)

The City Hall will open the following windows. Feel free to submit official forms.

(An interpreter will be available to assist you with any problems you may have.)

Date & Time: March 30th (Sun.) and April 6th (Sun.) 8:30 am - 17:00 pm

Place: City Hall

Shimin-ka: moving-into/out procedures, an alien registration procedure, issuing a copy of a certificate of residence / an abstract of a family register / a copy of a family register / a certificate on registered matters, a registration of a seal impression / issuing a certificate of a seal impression, an enrollment in the national pension, procedures to apply for welfare for the aged / welfare for infants, procedure to apply for an allowance for dependent children, joining the national health insurance

Zeimu-ka: issuing certificates of various taxes, procedure to disuse a motor-bike, payment of municipal taxes

Gakko kyoiku-ka: procedure to change an elementary / junior high school
Aiai (Kameyama General Health and Welfare Center)

Hoken Hukushi-ka: procedure to enter / leave nurseries, issuing of an identification booklet for the physically handicapped / a nursing booklet for the handicapped, procedure to apply for of the long-term care insurance system, issuing of a copy of a certificate of residence / a certificate of a registered seal impression

Examination for Cancer of Breast (乳がん検診を行います)

Date: Mar. 12th (Wed.) from 10:00 to 11:00 am, from 12:50 to 13:50 pm

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

Details: Breasts cancer medical examination and supersonic waves

Accepting: 70 people (30 people in the morning, 40 people in the afternoon)

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

Cost: Breasts examination-¥600 (free for the women who were born before Mar. 31st in 1933)

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

You also have to make an appointment with the section of Health and Welfare Center (Tel. 84-3316) starting February 17th (Mon.).

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



Infant Examinations & Consultations in March (保健と健康相談)

1 and half year old infant- examination(born in August, 2001) (1歳6ヶ月児検診)

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

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

3 years old infant- examination (born in September, 1999) (3歳児検診)

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. 84-3316)



Practitioner on Duty during Holidays in March (休日の当番医)

(Normally from 13:00 to 21:00 pm)

2nd (Sun.) Itou clinic (Tel. 82-0405, Nomura)

9th (Sun.) Nakamura pediatrics (Tel.84-0010, Chomyoji)

16th (national holiday) Tanaka internal medicine (Tel. 82-0755, Tenjin)

21st (Sun.) Gotou internal medicine (Tel.82-2210, Minamino),

Nishikawa ophthalmology(Tel.82-0022, Higashimaru)

23rd (Sun.) Mitsui otorhinolaryngology (Tel.82-4133, Sakaemachi)

30th (Sun.) Ochiai pediatrics (Tel.82-0121, Higashidai)

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. You may get Kameyama area emergency medical information center (Tel. 82-1199) or City Office. (82-1111).



General Consultation in March

各種相談

Human Rights Consultation 人権相談

Consulting about human rights 7th (Fri.) and 25th (Tue.)

from 13:00 to 15:00 in the "Shimin taiwa shitsu (1)" room at city hall.

Job Consultation 職業相談

General consulting about finding a job matter 12nd (Wed.) and 26th (Wed.)

from 14:00 to 16:00 in the "Shimin taiwa shitsu (1)" room at city hall.

Legal Consultation 法律相談

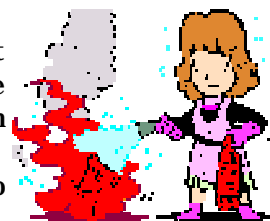
Consulting by a lawyer 17th (Mon.) from 13:30 to 16:00,

5th (Wed.) and 31st (Mon.) from 13:30 to 17:00 in the "Shimin taiwa shitsu (1)" room at city hall.

You have to make an appointment with the Shiminka-section (Tel.82-1111)

The Fire Prevention Activity in Spring: from March 1st to 7th. (春の火災予防運動 3/1～3/7)

This year's slogan is "Please take the mind for the fire fighting when use the fire". From now on, A very dry weather season has come, it is worried a fire breaking out quite often. Every year, we have many fires especially forest fire or dead grass fire starting from a bonfire, a burning a ridge between rice fields, and so on. So, when you intend making such a fire, you must pay fully attention such as preparing fire bucket and the other instruments. Of course, you never have to do a fire in strong wind. Three customs to protect your life from fire



- 1) You never don't smoke in the bed.
- 2) When you use the stoves, you must not put something to burn near the stoves.
- 3) You must put out the fire when you leave from gas, heaters, ... etc.

OPENING JAPANESE CLASS (日本語教室の開講と申し込み)

A new Japanese language class will begin in May. (Application: from April 1st)

Mauro's speaking! (マウロさんの紹介)

Hello, everybody!

My name is Mauro Gibo. I'm one of the people who translate the articles published in the "KIFA News". Today I'd like to introduce myself and let you know what I am doing here in the far-east.

I was born in Brazil and I came to Japan a very long time ago. I guess

I've been living in Japan for almost forty years. All of my children were

born here, so I speak Japanese at home. I speak Portuguese, which is my

native language, only when I meet Brazilians at the factory where I work

or interpret for the local government. I've been living here in Kameyama

City for about twelve years. I used to live in Okinawa; that's where I

learned to speak English. When I came to Japan I felt very lonely

because I probably was the only Brazilian living in this country and I

missed my country a lot. Today, it's quite different. We have Brazilian stores, restaurants, Brazilian

newspapers and even a television channel and wherever I go, I meet a Brazilian around the corner.

I've heard there are about 250,000 Brazilians living in Japan. Most of the Brazilians who live here

came to Japan in search of better wages and someday return. But with me it was different. I came

to Japan as an immigrant, that is, I came here to stay, and that's what I did.

Talking about Kameyama, I think it's a very good town. I enjoy life here, maybe because it looks

like my home town, with many mountains and rivers. The people are very friendly, and the weather

is not so cold, like the northern part of Japan. In my spare time I also do some organic farming. I

have a garden where I plant all kinds of vegetables including vegetables from Okinawa and Brazil.

After I raise them I share the crops with my Brazilian friends and we have a veggy party. If you

want to try my veggys let me know, I'd be delighted to give you some.

If you are a foreigner living in Japan you may wonder if I sometimes feel discriminated against.

Well, to tell you the truth, I don't think so. I believe in the saying: "When in Rome do as the Romans

do!" So I've already learned to sip my soup and my coffee, and I think I can do it quite well.

Well I guess it's all for now. If you see me downtown, please say hello!

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

If you have any idea or advice about our activities, please contact with us.



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