



KIFA NEWS

ENGLISH
Aug 2003

Vol. 20

Kameyama International Friendship Association
亀山国際交流の会

英語版
2003年 8月

2003 Kameyama Summer Festival (2003亀山市納涼大会)

This year's summer festival will have something for everyone. Please come with your family!

Place: Park "Kameyama Koen Shibafu Hiroba"

1st day: Aug. 2nd (Sat.) 5:00 pm to 9:30 pm (If it rains, it will be canceled.)

- Outdoor concert • Anoda Kanko dance • Ultraman show • Brazilian dance
- Games in which all people can participate. ...etc.

2nd day: Aug. 3rd (Sun.) 5:00 pm to 9:30 pm (If it rains, we will have some events at Bunka Kaikan.)

- Kuzuha taiko • Yosakoi dance • All citizen dance • Big lottery • Fireworks ...etc.

Contact: Shoko Norin-ka (Tel 84-5049)

Some other events (その他の行事)

Place: Higashi-machi shopping street

Date: Aug. 3rd (Sun.) 3:00 pm to 8:30 pm

- Kirameki Star Festival • Higashi-machi Summer Festival • K-card Bingo Game



Summer Heat Is Here, Be Aware of Food Poisoning! (食中毒にご用心!)

Prevention is better than cure, keep the following instructions as a prevention against disease.

3 rules as a prevention against food poisoning:

- Keep bacteria away by having a clean environment and washing your hands well.
- By keeping your food well refrigerated and dry cookware and tableware, you will avoid the spread of bacteria.
- Sterilize your cooking pans and tableware.

Things you can do at home to avoid food poisoning:

When buying your food at the store:

- Be sure to buy fresh food.
- If you buy perishable food, be sure to keep it well refrigerated and watch the temperature of your refrigerator.

Storage and preservation of food:

- Don't store your food too long, eat it as soon as possible.
- Keep your refrigerator well organized. Don't pile up food, use proper containers.

Handling food:

- Wash your hands well before touching your food.
- Wash your packed vegetables and legumes before cooking.
- Wash your cooking ware as soon as you've finished using them.
- Use a different cooking ware for each food stuff.
- When defrosting your food, be sure to use enough heat.

Cooking:

- Cook your food well.
- If you are interrupted while cooking, put your undone food in the refrigerator.

Eating your meals:

- Wash your hands well and use clean tableware.

Avoid catching the bacteria O-157 by observing the following measures:

- Don't use the same fork or chop sticks for cooking and eating meat.
- Make sure your meat is well done by heating the inside to at least 75 degrees centigrade for more than 1 minute, especially hamburgers and ground beef.
- Wash and sterilize well your cooking pans, knives and cutting board after you've handled raw meat.
- Don't serve underdone meat for young children, especially liver and underdone intestines.

For more information: Hoken Fukushi-ka Kenko Zukuri kakari (Tel. 84-3316)



The 19th Swimming Festival of Kameyama Citizens

(亀山市民水泳・水遊び大会)



Date: August 23rd (Sat.), from 13:30 to 16:30 pm.

Place: Swimming pool at "Nishino Koen" Park

Participants qualified: people who live or work in Kameyama

Expense fee: free (including the insurance for accidents)

Contents: 1. games --- treasure hunting, rowing board, diving competition
2. competition --- 25 or 50 meters of free-style, breast stroke, back stroke
and butterfly (You can choose 1 or 2 events.)

Please fill an application form at Public Pool, Kameyama Swimming School, Kameyama Sports (sport shop) or Daruma Shashinkan (photo studio) before Aug. 9th (Sat.).

Please call the Public Pool about "called out" or not, according to the weather after 12:45 pm.

Any information: Public Pool (Tel. 82-9114) or Shimin-ka Section (Tel. 84-5007).

* The applicants can use half of the pool for exercises that day.

No Drugs! Medicine Abuse Prevention! (薬物乱用防止へのご協力を)

The abuse of Drugs, such as narcotics or stimulants, is rampant all over the world and has been increasing especially among young people, our next generation.

In our country, the number of criminals arrested for drug-related crimes has been consistently high: around 20,000 every year. The current situation has been described as the third wave of drug abuse since World War Two.

The drugs being abused are stimulants, Marijuana, MDMA (also called "Ecstasy"), LSD, thinner, etc. The use of magic mushroom, which had been sold as "a non-regulated drug" has been regulated by law since last July.

Drug dealers sell such plants on the internet or in magazine advertisements with promises that these drugs can help you, for example, "lose weight", "feel refreshed", and "are not illegal" and so on.

However, drug abuse doesn't make the user lose weight, even though it may cause him/her a temporary loss of appetite if any.

Far from it, drug abuse makes it impossible for the user to live a normal life because of their addiction.

See if anybody in your family or friends is sending you an SOS with symptoms of drug abuse, such as lack of appetite, enervation or hallucination. Then help them right now!

Information and consultation: Kameyama Police Station (Tel. 82-0110)

Drug > *mayaku* : 麻薬

Stimulant > *kakuseizai* : 覚せい剤

Marijuana > *taima* : 大麻

Thinner > *shinna* : シンナー

Cocaine / Coke > *kokain/koku* : コカイン / コーク

Opium > *ahen* : 阿片(あへん)

Morphine > *moruhine* : モルヒネ

Consultation for Victims (被害者相談窓口の開設)

| <u>Consultant's Name</u> | <u>Tel. No.</u> | <u>Content</u> |
|---|------------------------------------|--------------------------------|
| Police Comprehensive Consultation Call | 059-224-9110 | Security |
| Ijime (Bullying) Emergency Call | 0120-417867 (Fax. 059-224-7867) | Juvenile bullying |
| Consultation Call for Women Victims | 0120-728740 | Sex crime |
| International Crime Consultation Call | 059-223-2030 | International affairs |
| Gang Consultation Call | 059-228-8704 | Gang |
| Law Consultation and Counseling by Clinical Psychotherapists | 059-222-0110 (Ext. 2922) | Free, but need an appointment. |



Mie Pref. Police HP --- <http://www.police.pref.mie.jp>

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

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

3rd (Sun.) Tanaka hospital (Tel.82-1335, Nishimaru-cho)

10th (Sun.) Ito pediatrics (Tel.82-0405, Nomura 3-chome)

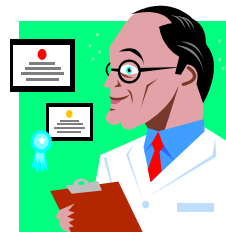
17th (Sun.) Toyoda clinic (Tel.82-1431, Minamino-cho)

24th (Sun.) Taniguchi internal medicine (Tel. 82-8710, Midori-cho)

31st (Sun.) Kameyama pediatrics (Tel. 82-0015, Honmachi 3-chome)

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



Examination for Cancer of Breast and Uterus (乳がん・子宮ガン検診)

Date: August 12th (Tue.)

From 10:00 to 11:00 for breast 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: Breast 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 1974 and live in Kameyama

Cost: Breast examination --- ¥600, Uterus examination --- ¥500

(Free for women who were born before March 31st in 1934)

You must show your "Resident's Registration Card" to have these examinations.

You also have to make an appointment with the Health and Welfare Center (Tel. 84-3316) starting July 23rd (Wed.). Please give your name, address, date of birth and telephone number. Places will be filled on a first-come, first-serve basis.



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

1 and half year old infant- examination(born in January, 2002) (1歳6ヶ月児検診)

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

28th (Thu.) from 13:30 in General Health and Welfare Center

3 years old infant- examination (born in February, 2000) (3歳児検診)

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

21st (Thu.) from 13:00 in General Health and Welfare Center (Tel. 84-3316)



General Consultation in August (各種相談)

Human Rights Consultation 人権相談

Consulting about human rights 7th (Thu.) and 25th (Mon.)

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

Legal Consultation 法律相談

Consulting with a lawyer 18th (Mon.) from 13:30 to 16:00 and 29th (Fri.) 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. 84-5007)

Join High School Evening Classes !! (By Kameyama High School)

(定時制高校で学びませんか?)

Have you heard of part-time schooling? There are high school evening classes for those who can not study in the daytime or want to study in the evening. Those who dropped out of high school or could not go to high school in their younger days can come to these classes, too. There is no upper limit on the age.

Evening Classes at Kameyama High School have welcomed non-native people since 1992. These past several years, it has been trying to build up a close connection with Tekio Kyoshitsu (classes for students who do not want to go to school or learn with other students.) and welcomed students from that class. It has also been planning an interchange with the department of Brazilian studies at Tenri University this year.

Come and join the evening classes!!



Living Together: Speeches by Non-native Speakers from Our Community

(私たちと共に暮らす外国人 日本語弁論大会 出場者募集)

KIFA (Kameyama International Friendship Association) is going to hold Speech Contest in November 2nd (Sun.). It will be separated to two groups of the elementary and junior high school students, and adults. If you have an interest in this contest, please contact to KIFA .

Place: Cultural hall 2F (Bunka-kaikan 2F)

Accepting: About 15 people (Order of arrival)

Candidate: Non-native speakers who have lived in Japan less than ten years

Title: Free (no subtitle)

Time: about 5 minutes

Contact: Chairman Furuichi of KIFA (fax. 0595-82-0583 or e-Mail: fosamu@zvtv.ne.jp)



“Around the Port” Festival at Yokkaichi Port

四日市港まつり「港めぐり」を開催

“INABA 2” is a cabin cruiser and you can cruise around the Yokkaichi Port (for about 30 minutes) in this event.

We are looking for people to participate in this cruise. Please join!

Date: August 3rd (Sun.) from 9:30 am

Accepting: 100 people per cruise (If over 1,000 people apply, we will choose by drawing lots.)

Expense: Free

How to apply: Please write following ~ , and apply with correspondence;

Address Name Age Telephone number

The number of people (up to 5)

Time (AM・・・ 5 cruises from 9:30 to 12:10)

(PM・・・ 5 cruises from 13:00 to 15:40)

Return address

If you wish to apply or if you have a question, please contact with the following section:

〒510-0011

Yokkaichi-shi, Kasumi 2-chome 1-1

Yokkaichi-kou Kanrikumiai Sinkoka [Minato Meguri Kakari]

Tel. 0593-66-7022



Dear Readers, (編集後記と本田晃さんの自己紹介)

I am Akira Honda. I finally became 60 years old a few years ago.

One day I spoke to a young American whom I thought was Japanese. He talked to me in English very fast, like a machine gun. We became friends, and I realized it's important to speak from the heart, and not worry so much about words. I want to do my best as a volunteer teacher in Kameyama Japanese Class, so that foreigners, who try to learn Japanese by themselves, might take an interest in Japanese and Japanese culture. Please come and join the class. I'd like to ask you to tell us about your country. I'm looking forward to your visit.

(You can ask about KIFA at Social Service Section of City Hall

(Shimin-ka) (Tel. 84-5007).

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



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

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