



Preparedness for disaster prevention

防災は日頃の備えから

September 1st is "Disaster Prevention Day". It is reported that Toukaioki earthquake or Tounankai earthquake is possible to occur anytime. In order to minimize the damage, let's consider about disaster and prepare for it.

Ten rules to protect yourself from earthquake

1. Your own safety first. (Hide yourself at under the table.)
2. Take care of fire. (Extinguish gas devices, stove, and yank the plug of appliances.)
3. Open doors and keep exit. (Especially important for high building.)
4. Extinguish fire. (It is possible to extinguish the fire if it has not reached to the ceiling.)
5. Don't rush when you evacuate. (Watch for falling roof tile, glass or sign board)
6. Avoid narrow alley or block wall. (Unstable vending machine or electric pole is also dangerous.)
7. Watch for landfall, cliff failure and tidal wave. (Evacuate to upland if you are near ocean.)
8. Evacuate on foot (Evacuate with your local community resident.)
9. Rescue and emergency activities. (Aid local community evacuation activities.)
10. Obtain correct information. (Correct information from radio or TV, and act precisely.)

Disaster comes without notice. It may occur when your family members are not together. It is essential to discuss it in your family.

Daily Necessaries	Valuable Goods	Food	Emergency & Safety	Clothing
portable radio	cash, coin	canned water	first aid medicine	underwear
electric torch	copy of passbook & certificate	hardtack, cracker	over-the-counter drug	sleeping bag
spare batteries	seal	retort-packed food	spare glasses	rain gear
gloves	copy of health insurance	canned food	hood & cap	towel
rope	ids	powdered milk, baby bottle	shoes with thick sole	
matches & lighters		knife, can opener		
disposable body warmer		pan, canteen		
dust control mask				
sanitary goods				
disposable diapers				
tissue & wet tissue				
wrapping film				
writing instrument				



Before you go to bed:

Prepare thick soled slippers or shoes near your pillow. You can walk safely on the floor with broken glass.

Whistle aids to call somebody when you are buried under the rubble. Remember to bring artificial teeth, glasses and over-the-counter drug

LAW DAY From October 1st. to October 7 "Weekly Event"



FREE LEGAL ADVICE

Schedule: October 3rd, (Friday), from 10 am to 3 pm.

Subjects: Legal advice concerning properties, buildings, money loans, traffic accidents, inheritance, divorce, family trouble. (It will be kept strictly confidential)

Application: Applications will be accepted on a first-come, first-served basis.

It will be given 20 minutes of consultation for each person.

- **TSU LAW CENTER**

Location: Tsu Center Palace Building 2nd. floor, Dai ichi Conference Room, Address: #7-15 Daimon, Tsu City.

Application: Apply at the center on the appointed day. Application accepted from 10 am.

Information given at: Tsu Family Court, Tsu Katei Saibansho, Somuka, Shomu Kakari.

Tel: 059-226-4171 ext.335

- **YOKKAICHI LAW CENTER**

Location: Sanko Big Ball Building 3rd. floor, Conference Room, Address: #7-31 SakaeMachi, Suwa, Yokkaichi City.

Application: Apply at the center on the appointed day. Application accepted from 9:30 am.

Information given at: Tsu District Court, Tsu Chiho Saibansho, Yokkaichi shibu, Shomu Kakari.

Tel. 0593-52-7151 ext. 412

JUDICIAL SCRIVENER (LEGAL ADVISER) ASSOCIATION OF MIE PREFECTURE

Establishment of a Law Center free of charge

Besides the Law Center, legal advice, free of charge, will be given at the judicial scrivener's office on the following dates:

From October 1st. (Wednesday) to October 7th. (Tuesday).

- **Judicial scrivener's Law Center, free of charge:**

Schedule: October 4, Saturday, from 10 am to 3 pm.

Location: Suzuka City Rodo Fukushi Kaikan. Address: #388 Chikocho, Kanbe, Suzuka City.

Consultation subjects:

Inheritance, properties given as gifts, troubles concerning business transactions, registration of mortgage, registration of companies and associations, letter of complaint to be submitted to the Public Prosecutor's Office, management of old people's properties who lack the capability of judgement, selling of properties, application of bankruptcy, arbitration, re-establishment of the individual after bankruptcy, legal assistance concerning the system, troubles related to money loan, etc., also writing and submitting documents to the District Court.

We also have a Standing Consultation Center, free of charge, which will be open every month. Feel free to come.

- **Standing Consultation Center, free of charge:**

Schedule: Every month, the second and the fourth Wednesday, from 1 pm to 4 pm. (appointment needed)

Consultation time limit for each person: 30 minutes.

Every month, second Saturday, from 5:30 pm to 8 pm. (appointment needed)

Location: Mie-ken Shihoshoshi Kaikan, #17-17 Youseicho, Marunouchi, Tsu City.

During the open hours of the Standing Consultation Center, consultation by phone will be accepted.

Call 059-221-5553.

Health: a prevention is the best medicine.



Are you working hard? How is your health? Good? Until when?

In Japan public hospitals charge all like private hospitals; consultation, examination, medicines, bandages, meals, . . . etc. If you have the insurance, you will pay just 30% of the costs. But if you don't, can you imagine paying such an expensive cost, from your salary which will be reduced because of not working?

By the law all foreigners who are qualified to stay (visa) over than one year must have one of the public insurances, "*Shakai Hoken*" or "*Kokumin Kenko Hoken*".



Case A: You are working fixed in company (under right conditions, "arubaito" and part time job too)

Employer inscribes the employee in "*Shakai Hoken*" and "*Kosei Nenkin Hoken*"
(Dependants are included, too.)

Monthly payment

l Employee pays 50%.

l Employer pays 50%.

(It is calculated from salary, 8.5% for health and 17.35% for retirement.)

Benefits

l to pay the only 30% of the payment at hospital

l assistance for birth of ¥30,000

l assistance for funeral of ¥50,000

l to refund the expense of hospital over the determined amount

l to receive the assistance of illness in case of lay-off because of illness or injury (*)

l to continue insured even if you lose your job(*)

l to receive a pension by old age, handicapped or to the family in case of the death(*)

l return of the part of the payment of retirement when you leave definitely Japan(*)

l others

(*) under right conditions

Case B: You are working not fixed in company (or the employee doesn't want inscribe in "*Shakai Hoken*")

Inscribe by yourself in "*Kokumin Kenko Hoken*" in the city hall
(Dependants are included in some cities, but not in all cities)

Monthly payment

It is calculated in function of the income of the year before, the amount of insurance in the city, etc. (The method depends on every city.)

Benefits

l to pay the only 30% of the payment at hospital (people older than 65 years old: 20%)

l assistance for birth of ¥30,000

l assistance for funeral of ¥50,000

l to refund the expense of hospital over the determined amount(*)

l assistance for the medical expense in foreign countries(*)

l others

(*) under right conditions

If you can't pay the monthly expense of insurance by some reason, please visit the city hall and consult. You would find an agreement not to damage your insurance.

Free medical examinations

Even foreigners who don't have any public insurance, since he or she is registered in "Gaikokujin Touroku", could receive the following services:

a) Medical examination for the pregnant women



For the health of the pregnant women and the birth of a healthy child, they could have free examinations of urine and anemia at medical institutions, in the first and the second period of pregnancy. And they could have an examination of hepatitis B in the first period of pregnancy.

b) Medical examination of child – preventive vaccine



The babies of 4 to 10 months can have free medical examinations in the medical institutions.

To protect them from epidemic and infectious disease, city halls apply preventive vaccines. Generally these vaccines are free or cost minimum expense. Please ask your city hall about the period and the way of application. And consult about further information at the health section of the city hall.

This article is published in MIEF News (Summer, 2003) of MIEF (Mie International Exchange Foundation) in Portuguese. We have translated it into English with their permission.

Kindergarten Student Enrolment!!! Enrolment Period Oct.8th-15th

(幼稚園児を募集)

Kameyama are enrolling people who want to enter a municipal Kindergarten in 2004.

*Admission Requirements

Children who are residents in this city.

3 years old; Born between Apr.2nd.2000-Apr.1st.2001.

4 years old; Born between Apr.2nd.1999-Apr.1st.2000.

5 years old; Born between Apr.2nd.1998-Apr.1st. 1999.

* Applications Available -----From Oct 1st(Wed.) at each Kindergarten

* Applications Acceptance -----From Oct 8th to 15th (except, Saturdays, Sundays and Holidays)

from 8:30 am to 5:00 pm at each Kindergarten.

* Interviews ----- Nov.17th (Mon.). We will tell you the time by mail. If applicants exceed, we

will draw lots.

* Cost ----- ¥ 6,000/ month.

*Day carettime ----- from 8:30 am until 2:00 pm for Monday, Tuesday, Thursday and Friday

· from 8:30 am until 2:00 pm for Wednesday

In addition, the beginning of the day carettime of 3years old children will be different.

* Reference ----- City education Committee, Soumu-ka (tel.84-5072), or each Kindergarten.

Name	Address	Tellephone #	Number () is present number.		
			3years old	4years old	5years old
Kameyama	Egamuro 1 chome	82-0336	25 (25)	10 (35)	1 (35)
Kameyama higashi	Honmachi 1 chome	82-5037	25 (25)	10 (35)	3 (35)
Idagawa	Midori chou	82-9054	25 (25)	10 (35)	10(35)
Mizuhodai	Mizuhodai	83-1900	25 (25)	10 (35)	9(35)



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

(Normally from 13:00 to 21:00)

October 5th(Sun.) Nakamura pediatrics (Tel. 83-0010, Cyoumyouji-chou)

October 12th(Sun.) Tanaka physician (Tel. 82-0755, Tenjin 2-cyome)

October 13th(National holiday) Gotou physician (Tel. 82-2210, Minamino-chou)

Nishikawa ophthalmological clinic (Tel. 82-0022, Tougan-cyou)

October 19th(Sun.) Mitsui otorhinolaryngology (Tel.82-4133, Sakae-chou)

October 26th(Sun.) Kamayama dermatology (Tel.83-8666, shibukura-chou)

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).



Infant Examination & Consultation in October (健診・健康相談)

1 and half year old infant- examination(born in March, 2002) 1歳6ヶ月児健診

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

23 rd (Thur.) from 13:30 in the Aiai center (General Health and Welfare Center)

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

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

16th (Thur.) from 13:00 in the Aiai center (General Health and Welfare Center) (Tel.84-3316)



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

Date: October 27th (Mon.)

・From 10:00 to 11:00 only for breast cancer examination

・From 12:50 to 13:50 for breast and uterus cancer examination

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 city.

Cost: Breasts examination 600 yen, Uterus examination 500 yen

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

Appointment Starting: From 8:30 am September 24th(Wed.)

You must show your "Residents Registration Card" to have these examinations. You have to make an appointment with the Health and Welfare Center (Tel. 84-3316).



General Consultation in October (各種相談)

Human Rights Consultation 人権相談

Consulting about human rights 7th(Tues.), 27th(Mon.) from 13:00 to 15:00 in the "Shimin Taiwa Shitu (1)" room at city hall.

Legal Consultation 法律相談

Consulting by a lawyer 17th(Fri.) from 13:30 to 16:00, 30th(Thur.) 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.82-1111)

Let's play minisoccer! (フットサルをお楽しみください)

You can use the Nishino Park Gymnasium for playing minisoccer. We are accepting for the application. We hope many people enjoy it.

Reservation: Please come the Nishino Park Gymnasium with your stamp until 5days before and show something to identify yourself. Then you need a person who can understand Japanese when you apply and use there.

Rental charge:

Mon.~Fri. 9:00~12:00 ¥3150 13:00~17:00 ¥4720

18:00~21:00 ¥6300

Sat.,Sun.,Holiday 9:00~12:00 ¥4095 13:00~17:00 ¥6136

18:00~21:00 ¥8190

Equipment charge: Goal one set ¥210 Ball one ¥50 (you can bring balls)

Contact: Nishino Park Gymnasium Tel. 82-1144



Please present 「NYUUGAKU TODOKE」 to each elementary school.

小学校へ来春入学の皆さん入学届をご提出ください。

「NYUUGAKU TODOKE」 is the paper which is necessary for the child who enter the elementary school.

Please present 「NYUUGAKU TODOKE」 to each elementary school.

We send the paper to each family which have the child who enter the elementary school next spring until the beginning of September.

If you don't get the paper though you have the child who enter the elementary school next spring, please ask to the nearest elementary school or the school education section of the kameyama board of education.

1. We will send the paper to the children who was born from 2nd April 1997 to 1st April 1998.
2. Please present from 10 September (Wed) to 18 September (Thu)
3. You can ask to the school education section of the kameyama board of education. • 84-5075

Dear Readers, (編集後記)

Dear Readers, デニス・キハラさんの自己紹介

Hello!! My name is Dennis Kihara . I' ve lived in japan for 11 years, but i was born in the capital of Sao paulo state. This is the first time i've participated in KIFA.

Actually , i work as a translator at 2 schools in Kameyama - Higashi elementary school and Kameyama junior high school .

I also help with japanese lesson for foreign students.

I've only been working in this job for one year, i hope continue and help students with their problems, both inside and outside of school.

Please try to participate in international events and check our home page.

BYE!!!



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協力：亀山市役所 市民課・企画課