



KIFA NEWS

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Kameyama International Friendship Association
亀山国際交流の会

Vol. 23

Let's enjoy Japanese Autumn! (日本の秋を楽しもう!)

Autumn is the season that we can enjoy Japanese traditional culture most through the year. November 3rd, a national holiday, is called as "Culture Day" and around that day, there are many events;



Culture Festival

Date & Time: Nov. 1st – 9th 9:00-16:30 (Nov. 3rd: 9:00-16:00)

Place(Main site): Kameyama Bunka Kaikan

Content: Nov. 2nd & 3rd : tea ceremony, flower arrangement,
exhibition of chrysanthemums, etc.

Nov. 3rd : Performance of traditional Japanese Music

Lifelong Learning Festival

Date & Time: Nov. 15th & 16th 10:00 – 17:00

Place: Seishonen Kenshu Center/ Fukushi Center/ Library

Content: exhibition of works of paintings, ceramic art, Japanese calligraphy, etc.

Fashion Show of Mie Prefectural Culture Festival

Date & Time: Nov. 29th 14:00- 16:00

Place: Kameyama Bunka Kaikan

"Living Together" Japanese As the Second Language Speech Contest (日本語弁論大会)

KIFA will hold a speech contest for non-native speakers as follows. Please come and listen to the speeches and share with them what they are thinking and feeling in daily life.

Date & Time: Nov. 2nd(Sun.) , from 13:00 to 15:00

Place: Kameyama Bunka Kaikan, 2nd floor "Kaigi-shitsu"

Information: KIFA (Tel: 0595-82-0583)

New Name of Our City "Kameyama-shi"

(亀山市と関町の合併、新しい市の名前)

The Kameyama-Seki Incorporation Committee has announced the new city's name.

It is "Kameyama-shi".

The name was selected from many submissions from the public.

The Incorporation will start in 2005. It is in preparation now.

The new city will have a population of about forty seven thousand and an area of 191 square kilometers.



How to separate bottle garbage 「びん」の出し方

The separate method of bottle garbage varies depending on type, condition and color. Please cooperate the separation of bottle garbage in accordance with following table.

Type	Condition	Color	Category
1.8 liter bottles beer bottles (L & M size)	undamaged	any color	non-burnable resource garbage (returnable bottle)
	broken or damaged	colorless & transparent brown	non-burnable resource garbage (transparent or brown bottle)
		others	general garbage
oil bottles cosmetic bottles	undamaged	any color	general garbage
	broken or damaged	any color	
other bottles	undamaged	colorless & transparent	non-burnable resource garbage (transparent or brown bottle)
		brown	
	broken or damaged	others	general garbage

- I Separate colorless transparent bottles, brown bottles and returnable bottles in individual bag.
 - I Dispose bottles of oil, salad dressing and yakiniku sauce on general garbage days.
 - I Before you dispose non-burnable resource garbage bottles, wash inside the bottles and remove caps. If you can not remove entire cap set, just take off the top portion only.
- If you have any questions regarding garbage disposal, feel free to call the Life & Environment section (Seikatsuanzen-ka), 82-8081.

Staying Warm in Winter 冬を暖かく過ごすには？！

The turning of the leaves is a sure sign that winter is coming. Despite temperatures that rarely fall below freezing and only a little snow, winters in Kameyama can be unpleasant. The biggest challenge of Japanese winters is the battle to stay warm.

Air Conditioner

Most modern houses and apartments have a wall-mounted air conditioner that has a heat setting. However, they can be very expensive to use.

Kerosene Heaters

It can put out an impressive amount of heat in a short period of time, at little cost. On the downside, it stinks to high heaven, produces toxic fumes, and poses a considerable fire hazard.

Table Warmer (*kotatsu*)

A *kotatsu* is an electric or coal-burning heater attached to the underside of a table. Putting a blanket over the table keeps the heat trapped inside. Much cheaper than air conditioning, less dangerous than kerosene, but sadly only heats half your body.

Hand Warmers (*hokkairo*)

Readily available from convenience stores. Pocket-sized squares that heat up when you shake them. Nice for the indoors, when you can't be bothered with gloves.

Limit Yourself

There's no way you can heat the whole house. But you can keep one room warm. Close the interior doors. Put up a curtain (*noren*) or sheet in front of your exterior doors.

Layers

Get used to wearing more layers than you would at home. Throw on an extra sweater or fleece, and keep yourself stocked up on thermal underwear. Add a wool blanket (*mofu*) underneath your futon cover (*akebuton*).



Practitioner on Duty during holidays in November 休日の当番医

2nd(Sun) Taniguchi Internal diseases clinic (Tel 82-8710, Midori-cho)

3rd(national holiday) Itou clinic (Tel 82-0405, Nomura 3 choume)

9 thi(Sun) Ochiai pediatrics (Tel 82-0121, Higashidai-cho)

16th(Sun) Miyamura obstetrician and gynaccology clinic (Tel. 82-5151, Honmachi 3 choume)

23th(Sun) Toyoda clinic (Tel 82-1431, Minamino-cho)

Isomura internist (Tel 0595-96-1615, Seki-cho Kozaki)

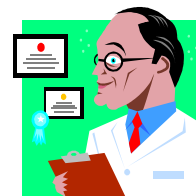
24th(national holiday) Tanaka Internal diseases clinic (Tel 82-0755 Tenjin 2 choume)

30th (Sun) Matsuba otorhinolaryngology (Tel 83-3666, Higashidai-cho)

Consultation hours from 13:00 to 21:00

This information, especially the doctor on duty, is sometimes subject to change. Please call before visiting. The doctor on duty follow a rotation system. In some cases a doctor does not meet the field ,so is not absolutely sure system.

You may get Kameyama area emergency medical information by calling(Tel 82-1199) or from city office (82-1111)



Infant- examinations and consultations in November (保健と健康相談)

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

Please bring your mother and child health booklet and questionnaire.

27th (Thu.) from13:30 in General Health and Welfare Center

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

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

20th (Thu.) from13:00 in General Health and Welfare Center (Tel 84-3316)



Examination for Cancer of Breast and Uterus in December:

乳がん・子宮ガン検診

Date: December 2nd (Tue.)

Appointment Starting: From 8:30, October 28th(Tue.)

・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)

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



General Consultation in November 各種相談

Human Rights Consultation 人権相談

Consulting about human rights 10th (Mon) and 27th (Mon)

From13:00 to 15:00, 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 and 28th (Fri) from13:30 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)

Examination for Stomach Cancer (胃ガン検診)

General Health and Welfare Center will hold an examination for stomach cancer as follows;

Date: November 11th (Tue.) from 9:00 to 11:00 am

Place: Health Center "Hoken Center" (just east of the Hospital Iryo Center)

Examinee: Those who live in Kameyama City and were born before March 31st, 1964 (Only those who have had an excision operation of stomach can not have the examination.)

Number to be accepted: 40 people

Details: X-ray examination of stomach

Expenses: ¥600 (Free for those who are born before March 31st, 1934.)

If you have National Health Insurance "Kokumin Kenko Hoken", please bring a free ticket of this year.

Accepting applications: Once the number of applicants reaches the capacity of 40, no more applications will be accepted.

How to apply: Call the General Health and Welfare Center "Sogo Hoken Fukushi Center" (Tel. 84-3316) and give them your name, address, date of birth, telephone number.



Dear Readers, (編集後記)

Dear Readers, 大津カリナさんの自己紹介

Hi, everyone! My name is Carina Yaeko Ohtsu.

I have lived in Kameyama for two years. I have helped to translate Kifa News into Portuguese as a volunteer since last June.

I first came to Japan in 1995 as a Computer Programming trainee, and lived in Yamagata Prefecture for 10 months.

Actually I work for a factory in Kameyama. I would like to have more contacts with Japanese culture, get to know many people and study many things..

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

BYE!!!

私は大津カリナ八重子と申します。亀山には、2年前から住んでいます。Kifaには去年6月から、参加しています。日本語のテキストをブラジル語に訳し、様々な情報が、在日ブラジルの方々に伝えられるように、努力しています。1995年に初めて日本にきました。その時は、県費研修生として、山形県でコンピュータ・プログラミングの勉強を10ヶ月間学びました。現在は市内で仕事をしています。私は日本在日中に、もっとこちらの文化に触れ、沢山の方々と交流し、様々な事を学びたいと思っています。



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協力：亀山市役所 市民課・企画課