



# KIFA NEWS



Kameyama International Friendship Association  
亀山国際交流の会

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## Let's go to school! - Guidance for entering Japanese School -

( 学校へ行こう ~進学・就学ガイダンス~ )

This seminar is going to be held for foreign children about Japanese Elementary School, Junior High School and High School by the Board of Education of Kameyama. Please come to understand the Japanese education system and problems faced at school. Let's think of how we can help and what we can do to help.

Date: November 21st (Sun.), from 14:00 to 17:00

Place: Aiai Center, 2F Dai-kaigi sitsu

Content: The system of Japanese elementary, junior high and high schools  
Expense and necessary school articles  
Special lessons for foreign students  
"Club" after school lessons at the Community Center  
Explanation about high school and consultations



Information: Seito Shidou Support Shitsu of Kameyama Board of Education (Tel.0595-82-6227)

## Entrance into a primary school in Kameyama

( 小学校への入学手続き )

Is your child the age of entrance for primary school ?

If you have a school aged child, you have to remember your child has the right to go to school.

The education at public schools in Japan is practically free, however every month you have to pay for school lunches and for material fees.

To enter the first grade of the primary school, your child has to be 6 years old by March 31.

Please check the document from Section of Education of Primary Schools. Even if you have no document, please visit City Hall and ask about the procedure.



Phone: 0595-84-5075 (The school education section of the Board of Education of Kameyama )

## Let's make Chinese food! ( 中国家庭料理教室 )

KIFA is holding the cooking lesson. It's the second time following Brazilian cooking. A Chinese person will give the lesson.

Date: October 31st (Sun.) From 9:30 to 12:00

Place: Aiai 2F Eiyo-shido sitsu

Menu: Shrimp dumpling of "Gyoza", tomato and egg soup  
and vegetable salad

Cost: ¥2,000

Information: KIFA (Mr. Furuichi Tel. 82-0583)

Closed, Thanks!



# Preventing Influenza (インフルエンザの予防)

Influenza virus tends to be active during winter season since it's cold and the air becomes dry. The flu season will be coming soon. Each of us should pay attention to avoid the flu.

## What is Influenza?

Influenza is an infectious respiratory diseases caused by the influenza virus, and it is clearly distinguished from the common cold. Flu is sometimes confused with the common cold, since symptoms such as pharyngodynia (sore throat), headache and sniveling are quite similar. There are various symptoms such as high fever close to 40 degree C, headache, joint pain and muscle pain across the entire body. People over 65 years old or patients of inveteracy respiratory organs illness, heart disease, dysfunction of kidneys and diabetes tend to experience complications, and the flu sometimes causes very critical conditions. Death rate doesn't change so much when influenced by the common cold. But, the flu tends to raise the death rate of those aged over 65.

## The tactics to prevent influenza

Influenza is usually transmitted by inhalation of virus that was released with cough, sneeze or spit of patients.



### 1) Preventive Vaccination

The most certain preventive method is vaccination. Vaccination generates antibodies in an immunized human body and it prevents disease or eases disease. The period between vaccination and start of effectiveness is usually about 2 weeks, although it varies depending on the person. The epidemic term of flu is between the end of December and early March while it varies depending on the district. Therefore, vaccination before early December will be recommended. Consultation with doctor is important as vaccination may cause side effect.

### 2) Evacuation from Virus

It is better not to go into crowds when flu epidemic starts. Especially, aged, chronic diseased, tired or lack of sleep people are recommended to avoid crowds and entertainment districts.

### 3) Keeping Throat Clean

When air becomes dry, protective function of pharynx mucosa goes down which increases the chances of infection. You can keep your throat clean by wearing a mask when you go out. It is also etiquette to wear a mask so that you don't infect other people. It is also essential to keep proper humidity (50-60%) by using humidistat. Washing hands and gargle right after returning to home are also recommended.

### 4) Make Your Body Warm

When it is cold the blood circulation, and resisting force of the human body go down. Wear warm clothing. However, too heavy dressing may cause the opposite effect. Taking well-balanced nutrition is also very important.



## The Effect of Flu Immunization

### Comparison of deaths between immunized and not immunized\*1

Not immunized

Death: 1000

If immunized

Death: 200

Alive: 800

### Comparison of hospitalized between immunized and not immunized\*2 (Including complications such as pneumonia)

Not immunized

Hospitalized: 1000

If immunized

Hospitalized: 500

Not hospitalized: 500

\*1:in care house

\*2:average of in care house and not in care house

Source: Centers for Disease Control and Prevention, MMWR46(RR-9)1997

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

(Normally from 13:00 to 21:00)

3rd (national holiday) Ochiai pediatrics (Tel. 82-0121, Higashidai-cho)

7th (Sun.) Nakamura pediatrics (Tel. 84-0010, Chomyoji-cho)

14th (Sun.) Tanaka internal medicine (Tel. 82-0755, Tenjin)

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

23rd (national holiday) Iwama clinic(Tel. 82-3135, Tamo-cho)

28th (Sun.) Mitsui otorhinolaryngology (Tel. 82-4133, Sakae-machi)



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 dose not meet the field, so it is not an absolutely sure system. You may contact the Kameyama area emergency medical information center (Tel. 82-1199) or City Office (Tel. 82-1111)

## Infant Examination and Consultation ( 保健・健診・相談 )

**One and half year infant examination** (born in April, 2003) on November 25 (Thu.), from 13:30

Please bring your "mother and child health booklet" and medical checklist.

**Three years infant examination** (born in May, 2001) on November 18 (Thu.), from 13:00

Please bring your "mother and child health booklet", medical checklist, a urine sample and a questionnaire. Both examinations are held at "AIAI" center.

Information: General Health and Welfare Center "AIAI", Kenkou-Zukuri Section (Tel. 84-3316)

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

Date: November 24th (Wed.)

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

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

Place: General Health and Welfare Center "AIAI" (in front of Kenko-zukuri kakari)

Details: Breast cancer--- medical examination and supersonic waves

Uterus cancer--- examination for cellular tissue

Accepting: 70 people for breast 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, 1975 and live in Kameyama

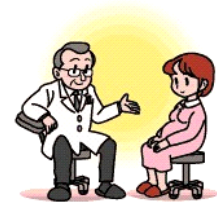
Expenses: Breast cancer examination--- ¥600

Uterus cancer examination--- ¥500

(Free for women who were born before March 31st, 1935)

Note: \* You need to show your Residents Registration Card to have these examinations.

\* You have to make an appointment with the Health and Welfare center (Tel. 84-3316) from 8:30, October 20th (Wed.).



## Examination for Breast Cancer at The Hospital ( 医療機関での乳がん検診 )

Period: Until December 27th (Mon.)

Date: Wednesday and Friday afternoons

Place: Municipal Medical Center "Iryo Center"

Details: Medical examination and X-ray examination

Accepting: Women who were born before March 31st, 1975 and live in Kameyama

Cost: ¥1,500 (Free for women who were born before March 31st, 1935)

If you have a free National Health Insurance coupon, please bring it with you.

Application: Please call and make an appointment at the Municipal Medical Center "Iryo Center" (Tel. 83-0990)

Notice: \* If you are pregnant, you can't have an X-ray examination.

\* Please bring something to confirm your address and birthday. (health insurance card or driver's license)



## General Consultation in November (各種相談)

### Human Right Consultation

Date: November 8 (Mon.) and 25 (Thu.), from 13:00 to 15:00

Place: City Hall 1F, Shimin-taiwa shitsu (1)

### Legal Consultation by lawyer (You need a reservation.)

Date: November 17 (Wed.), from 13:30 to 16:00

November 30 (Tue.), from 13:30 to 17:00

Place: City Hall 1F, Shimin-taiwa shitsu (1)

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

## Inscription to Public Kindergarten (幼稚園の入所、受付)

If you have a 3 to 5 year old child and want him to enter kindergarten, please do the following:

Period of Inscription: from November 15 (Mon.) to 19 (Fri.)

\* You can take the application form at the near kindergarten from November 8 (Mon.).

\* Bring the form to the near kindergarten from 8:30 to 17:00.

Date of Interview: December 15 (Wed.)

Expense: ¥6,000/month

Time: 8:30 to 14:00 (Mon. Tue. Thu. and Fri.)

8:30 to 11:30 (Wed.)

\* There is a different time table for 3 year old children at beginning.



More information: Kyouiku Soumu-ka (Tel. 0595-84-5073) or the near kindergarten

Name of Kindergarten	Address	Tel.	Numbers 3 years	4 years	5 years
Kameyama	Egamuro 1-chome	82-0336	25	10	0
Kameyama-Higashi	Honmach 1-chome	82-5037	25	10	1
Idagawa	Midori-cho	82-9054	25	10	6
Mizuho-dai	Mizuho-dai	83-1900	25	10	7

## Dear Friends! (トミー先生の自己紹介)

We KIFA members made a friend of an English teacher of elementary school. You might have heard about him from your children. Actually he helps us to publish KIFA NEWS. Here's his self-introduction.

Hello everybody. Thanks for reading. My name is Thomas Taylor but many people call me Tom or Tommy. I'm from Vancouver, Canada but I was born in Montreal. I have been teaching in Japan for over three years now and I've been having so many great experiences here I don't want to go home yet! I played American Football in University and love all sports though right now surfing is my most favorite. I like all Japanese foods except "umeboshi". If you see me around town please say hi! But until then, "genki de ne!"



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