



The city newsletter

Also available online at <http://www.mie-iga.jp/>

☆この情報紙は『広報いが市』などから記事を選んで載せています。

Articles published in this newsletter are taken from the bimonthly "Kouho Iga shi" and other publications

Population of Iga City  
91,349  
Foreign nationals  
5,625  
6.16% of population  
30<sup>th</sup> September 2019

**Signing up for After School Club**    ほうかご    じどうくらぶの    りようきぼうしゃ    ぼしゅう

After School Club	Address	Available Places
After School Club Kids Ueno	Ueno Tokuicho 3276	40
After School Club Futaba	Ueno Konyamachi 3181	70
After School Club Friends Ueno	Midorigaoka Nakamachi 4354	40
After School Club Friends Ueno #2	Midorigaoka Honmachi 4153	60
After School Club Wing Ueno	Nishijo 114	40
After School Club Kaze no Oka	Yumegaoka 2-11	60
After School Club Kaze no Oka #2	Yumegaoka 6-6	60
Nakase After School Club Neverland	Saimyoji 105	30
After School Club Genki Club	Kirigaoka 2-266	55
Oyamada After School Club At Home	Hirata 25	30
Ayama After School Club Popcorn	Baba 1045	50
Mibuno After School Club	Kawahigashi 1659-5	40
Tsuge After School Club	Tsugemachi 2343	30
Shimagahara After School Club	Shimagahara 4696-9	20
Nii After School Club	Higashitakakura 2055	45
Miwa After School Club	Mita 986-1	25
Nishitsuge After School Club	Shindo 160	20
Seiwa Nishi After School Club	Oouchi 748	20
Seiwa Higashi After School Club	Ida 1350	30

The After School club is for children whose parents are not yet at home after school ends. Instead, they can join the after school club where professional staff look after them.

【Application period】 11<sup>th</sup> November- 29<sup>th</sup> November, 15:00~18:00(weekdays only)

【Eligibility】 Elementary school students

【Fee】 8,000 yen a month. For longer periods of time such as the winter or summer vacations, prices will change.

\*If there is a large number of applicants, your child may not be guaranteed a place.

Apply to: The After School Clubs directly.

【Inquiries】 Kodomo Mirai Ka    Tel:0595-22-9677

After School Club Iga (private club) 【Venue】 Kume-cho 872-1    【Capacity】 20 students

【Fee】 It is different from the others since this is a private club. Please contact us for more details.

【Inquires】 After School Club Iga    Tel: 0595-23-6587



**Door to Door Oversized Garbage Collection Service**

そだいごみを じたく の げんかん まで ひきとり に いきます

Oversized garbage can be picked up from your door step after making a reservation by telephone. Disposal of each items costs 200 yen, with a maximum of 5 items per collection.

【Eligible Items】 Large garbage items such as bicycles, fan heaters, furniture items and large electrical appliance  
\*According to the Home Appliance Recycling Act, this collection excludes the four types of home appliances: televisions, refrigerators/ freezers, air conditioners and clothes washers/ dryers.

【How to apply】 1) Make a reservation by telephone. 2) Buy Oversized Garbage Disposal Tickets at supermarkets or JA. 3) Attach the ticket to the garbage and put it out in the specified place by the specified time on the phone.

【Apply to】 North Iga Oversized Garbage Center Tel:0595-20-1255

For Aoyama: South Iga Oversized Garbage Center Tel:0595-64-8700

**<MONTHLY TAX PAYMENTS>**

11 がつ の のうぜい Pay by December 2<sup>nd</sup>

National Health Insurance(The fifth period) [Kokumin Kenkou Hoken] , Shuu Zei Ka TEL 0595-22-9612

## What is Year-End Tax Adjustment (nenmatsu chousei)

ねんまつ ちょうせい に ついて

When companies calculate the monthly salaries of their employees, they calculate the amount of income tax that should be levied based on salary, social insurance payments and the number of dependents. This income tax is then deducted when the salary is paid. This is called 'tax deduction at source' (*gensen choushuu*).

However, the amount of income tax deducted each month is only a temporary figure, and the actual amount of income tax that is due to be paid is calculated at the end of each year. This means that you may actually have to pay more in tax than based on your monthly salary, or it might be the case that based on your monthly salary calculations you have been paying too much, and so are due a tax refund. This process, called 'year-end tax adjustment', takes place at the end of every calendar year. Why do adjustments need to be made?

Reason 1: Your 'tax deduction at source' (*gensen choushuu hyou*) certificate is calculated on the assumption that your monthly salary does not change throughout the year, but in reality your salary might have changed throughout the course of the year, especially if you have switched jobs. The tax deduction at source system is the deduction of income tax from your salary, and this is the system used to pay tax in Japan.

Reason 2: Throughout the course of the year, there may have been changes in the number of dependents, in which cases the amount of income tax you need to pay will also change.

Reason 3: Life insurance and earthquake insurance are deducted in the year-end tax adjustment. However, this deduction means that there is an upper limit on the amount that can be deducted from income.

## National Pension

こくみんねんきん の はなし

When you declare the residence tax and income tax, the full amount of your national pension premiums is subject to social insurance premium deduction (the premium payments you made from January 1<sup>st</sup> to December 31<sup>st</sup> of that particular year). In order to receive this social insurance premium deduction, you must attach proof that you have paid. For this reason, those who have paid national pension premiums between January 1<sup>st</sup> to October 1<sup>st</sup> will receive a 'social insurance (pension insurance) deduction certificate' from the Japan Pension Fund in early November. When filing tax returns or making year-end adjustments, this certificate (or receipt) must be attached.

Also, this same certificate will be sent to those who paid national pension insurance for the first time this year between October 2<sup>nd</sup> and December 31<sup>st</sup> in early February of next year. It should be noted that if you paid national pension insurance fees for any family members, the same members can be added to your social insurance premium deduction. In order to do this, be sure to attach their deduction certificates, too. For queries regarding the 'social insurance (national pension insurance) deduction certificate' please call the number written on the deduction certificate postcard.

【Inquiries】 Hoken Nenkin Ka Tel:0595-22-9659 Tsu Pension Office Tel:059-228-9112

## November is Child Abuse Awareness Month

11がつ は じどうぎやくたい ぼうし すいしん げっかん

Although "to intend to provide discipline", it can be "abuse for child" if it will be viewed as detrimental for their healthy development and growth. It is a citizen's duty to report abuse. It does not have to be proven before being reported. Furthermore, all reports are received in full confidentiality and the person making the report will remain totally anonymous. By reporting abuse, you are making the first step to make sure the child receives help.

Child abuse can be any of the following:

- ▲ Physical Abuse : Beating, kicking, throwing, shaking violently, burning, drowning etc.
- ▲ Sexual Abuse : Engaging in sexual acts, exposing a child to sexual acts, taking pornographic pictures etc
- ▲ Neglect : Shutting a child inside at home, not feeding, not maintaining hygiene, leaving alone in a car, not seeking medical attention even when seriously ill etc.
- ▲ Psychological Abuse : Verbal threatening, ignoring a child, showing preferential treatment among siblings, committing domestic violence on the other family members in front of a child etc.

◇ To nurture child in healthy:

- Not to have corporal punishment and insult
- If a child feels a sense of fear for parents, he or she can not convey a signal or message that he/she is in danger and needs help.

- Let cool down an explosive frustration
- Parents themselves shall send out a signal to ask for help when necessary
- Regard the emotion and action of child separately, and support healthy growth

【Inquiries】 Kodomo Mirai Ka [Tel:0595-22-9609](tel:0595-22-9609)



## Dance Fitness Lesson

だんすふいとねすきょうしつ

【Date】 21<sup>st</sup> Dec. 2019, 18<sup>th</sup> Jan/ 15<sup>th</sup> Feb/ 7<sup>th</sup> Mar, 2020, Saturdays, 2pm-3pm

【Venue】 Haitopia 5F

【Target】 For people who are not good at exercising, for beginners, to make exercise a habit

【Instructor】 Ms. Tabata Naomi, General Instructor of Health Management

【Eligibility】 Elementary school students or over (Elementary school students must be accompanied by an adult)

【Capacity】 60 (If exceed the capacity, a lottery will be held on 3<sup>rd</sup> Dec. and the results will be announced later.)

【How to Apply】 On the telephone or Iga City Website, or stop by Ueno Kouminkan at Haitopia 5F

【Deadline】 29<sup>th</sup> November. Friday. 5pm

【Inquiries】 Ueno Kouminkan at Haitopia 5F [Tel:0595-22-9637](tel:0595-22-9637)

## Infant Health Checkups & Development Tests <あかちゃん の けんしん > Kenkou Suishin Ka TEL 0595-22-9653

In Iga, checkup examinations are available at 18 months (children up until 21 months can take it) and 3 years (for children up to 3 years and 9 months of age). Notifications will be sent out to homes with children eligible for the checkups. These notifications will be in Japanese, so please bring your letter along with you to City Hall if you need help understanding its content.

### 18 month Checkup (free)

【Examinations】 Measuring weight, height, medical checkup, hearing test, reflexes, advice on dental health and nutrition.

【Bring】 Mother-Child passbook (*Boshi techo*), forms

【Date and Place】

26<sup>th</sup> November, 17<sup>th</sup> December from 13:00 to 14:30  
(Place: Haitopia Iga)



### 3 Years Checkup (free)

【Examinations】 Urine exam, measuring weight and height, medical checkup, dental checkup, reflex development test, advice on dental health and nutrition.

【Bring】 Mother-Child passbook (*Boshi techo*), forms, completed questionnaire on hearing and vision, urine sample

【Date and Place】

21<sup>st</sup> November, 5<sup>th</sup> December from 13:00 to 14:30  
(Place: Haitopia Iga)



## Emergencies & Medical Assistance <きゅうきゅう・いりょう> Iryou Fukushi Seisaku Ka TEL.0595-22-9705

If possible, see your regular doctor during normal clinic opening hours.

Choose a regular clinic to go to when you need to see a doctor.

What should you do if you fall sick suddenly, or are sick on a day when the clinic you go to is closed?

1. Contact a health clinic (*shinryousho*) or an emergency clinic (*oukyuushinryoujo*).

Igashi Emergency Clinic **TEL0595-22-9990**

【Place】 Igashi Ueno Kuwamachi1615 (Behind Okanami Hospital)

【Specializations】 General and pediatrics \* Injuries and minor illnesses (first aid)

Monday to Saturday	20:00~23:00
Sundays, public holidays, year end holidays	9:00~12:00 14:00~17:00 20:00~23:00

2. The Mie Medical Information Center (Mie ken KyuukyuuIryouJouhou Center)

can give you information about which hospitals are available in your area. Contact the center on **TEL 059-229-1199**

\* After that, call the clinic/hospital to confirm opening hours and so on.

\* When you go there, be sure to take your health insurance card/certificate.

\* If you no longer need assistance, call the clinic or hospital to cancel your appointment.



3. The hospitals on duty are for patients with serious injuries or illnesses who need specialist medical care or who need to be admitted to hospital.

\* Only by referral from a medical facility, emergency consultant or taken by ambulance → Shimin Byouin

\* Not necessary to arrive by ambulance, but you must call ahead to say that you are on your way → Okanami and Nabari Hospitals

November						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Except pediatrics					1 Shimin	2 Nabari
3 Nabari	4 Okanami	5 Nabari	6 Okanami	7 Nabari	8 Shimin	9 Shimin
10 Okanami	11 Okanami	12 Shimin	13 Okanami	14 Nabari	15 Shimin	16 Nabari
17 Nabari	18 Okanami	19 Nabari	20 Okanami	21 Nabari	22 Shimin	23 Shimin
24 Okanami	25 Okanami	26 Shimin	27 Okanami	28 Nabari	29 Shimin	30 Nabari

### 【Hours】

Shimin & Nabari

Weekdays 17:00 - 08:45 the following day

Saturdays, Sundays & Public holidays

8:45 to 08:45 the following day

Hospital Okanami

Mondays 17:00- 9:00 the following day

Wednesdays 17:00 - 8:45 the following day

Sundays 9:00 - 8:45 the following day

\* If Mondays or Wednesdays are public holidays, then from 09:00 to 08:45

### 【Contact】

Ueno Sougou Shimin Byouin Tel 0595-24-1111

Okanami Sougou Byouin Tel 0595-21-3135

Nabari Shiritsu Byouin Tel 0595-61-1100

## Mie Child Health Hotline

<みえこどもいりょうダイヤル>

① Advice hotline for problems related to child insurance and health, such as illness, worries about child-rearing, vaccinations and so on. You will be able to speak to a pediatric doctor free of charge. Please feel free to make use of this service.

【Appropriate for】 Children less than 18 years of age or their family members

【Access】 #8000 (059-232-9955) Every day from 19:30 to Next day 8:00

② Iga-shi Emergency Call **0120-4199-22** (24 hours)



## Advice & Counseling for Foreigners がいこくじんのための そうだん

At City Hall, you can get advice relating to work problems, schools, health, insurance, retirement & pensions, child-rearing, housing, taxes, visas, or any other problems related to your day to day life. This service is free. If you have any problems or difficulties, don't leave them until later. Come to city hall for reliable, professional advice.

【Day & time】 Monday to Friday (except public holidays) from 9:00 to 17:00

【Place】 2nd floor of City Hall, in the **ShiminSeikatsu Ka** Tel. 0595-22-9702

## IGA-SHI TABUNKAKYOUSEI CENTER いがしたぶんかきょうせいせんたー

Opening: Monday-Friday and Sunday (2nd and 4th) 9am-5pm

- Advice for Foreign Citizens
- Information in Each Language
- Various Course
- Consultation Counter about Multicultural Coexistence
- Free PC Use
- Pay Copy
- Information for Foreign Tourists etc.



Tel : 0595-22-9629

Fax : 0595-22-9631

URL <http://iga-tabunkakyouseicenter.com>

## Japanese Language Classes & Learning Support Classes にほんご & がくしゅうしえん きょうしつ

Classes to help learn Japanese, and classes for children to help reinforce material learned in school  
If you intend to stay in Japan for a long period of time it is very important and useful to speak Japanese. It is also very important if you have children who are going to Japanese schools. You can find support here. Let's study together!

Name	Iga Nihongo no Kai	Sasayuri Learning Support Classes
Times	Wednesday, 19:30 ~ 20:40 Saturday, 19:00 ~ 20:30	Saturday, 14:00 ~ 16:00
Place	Ueno Fureai Plaza 3rd floor	Ueno Fureai Plaza 3rd floor
Cost	200 yen each class	200 yen each class
Contact	TEL 0595-23-0912	TEL 0595-22-9629

## Hot Topics <そうだんいん だより>

### Historical Walking Tour in Shimagahara

しまがはら れきし かいどう うおーく

During this walking tour, arranged jointly by the Shimagahara Tourist Board and the JR Kansai Line Electric Conversion Association, you will be able to find out more and enjoy the good things about this stretch of the JR railway. Along this fun walking course there are many historical spots and beautiful autumn leaves for you to take in.

【Time】 23<sup>rd</sup> November.

Registration from 9:30am, departure from 10:30am.

【Meeting Point】 In front of Shimagahara Station

(Please use public transport to get there)

【Details】 JR Shimagahara Station > Yoemonzaka>Inari shrine> Shimagahara Hot Spring(lunch stop) > Kyuhonjin > Gyoujadou> JR Shimagahara Station (8km course)

【Cost】 300 yen \*Pay on the day

【Belongings】 Lunch, Beverage, Picnic sheet

※Please come wearing comfortable clothing and footwear.

※Children younger than Elementary school age should be accompanied by an adult.

【Inquiries】 Igaueno Kankouyoukai

Tel. 0595-26-7788



### Have you already applied for a premium gift certificate?

プレミアムしょうひんけんこうにゅうはお済みですか

The eligible person have already get a premium gift certificate. Don't miss to apply a voucher by 2<sup>nd</sup> December.

【Inquiries】 Tel:0595-22-9696

### Foods and Products Fair from Sea and Mountain

うみのさち・やまのさち ぶっさんまつり 2019

Mountain products from Iga City and sea food from Shima City meets at this fair.

Iga Food Market at Haitopia and Hizokko 4<sup>th</sup> Anniversary at Hizzoko are happening on the same day.

【Date】 8<sup>th</sup> December, Sun. 10:00am-3:00pm

【Venue】 Ueno Koen Park, Parking Area No.2 and 3

【Details】 Iga Rice, Iga Beef, Iga-yaki Pottery, Iga Sake, foods and products from Shima City and Owase City, and shows on the stage

【Inquiries】 Executive Committee Tel: 0595-22-9713

### SEKAI NATTOKU ZEMINARU

せかいなっとくゼミナー

#### Cooking class & Culture Introduction "Kyrgyzstan"

Let's learn about Kyrgyzstan culture through cooking and eating their local dishes!

【Date】 8<sup>th</sup> December, Sunday 9:30am ~ 1:00pm

【Venue】 JA Igahurusato Kawaihureaiten

2F Cooking room (Igashi baba93-1)

【Menu】 Steamed dish(use cabbage and meat), Fried bread

【Teacher】 Minamide Sachiko

【Capacity】 20 persons

【Fee】 1,000yen 500yen(Elementary students)

【Belongings】 Apron, Bandana, Mask

【How to apply】 By telephone or e-mail

【Application period】 November 22-29

【Inquiries】 Iga International Friendship Association

Tel : 0595-22-9629

E-mail : [mie-iifa@ict.jp](mailto:mie-iifa@ict.jp)