

INAZAWA NOTES

Sponsored by the Inazawa International Friendship Association Volunteer Group
<http://www.iifa.jp>

No. 302

August 15, 2006

QUESTIONS?

Inazawa City Hall,
0587-32-1111 (ext 215)

GENERAL INFO

Disaster Prevention Drill

Under the assumption that Tokai · Tonankai Great Earthquake of Magnitude 8 has occurred, disaster prevention drills will be held.

Place : Inazawa Junior High School

Time: Aug.27(Sun) 8:30~10:00

CLASSES

Soft Aerobics

Time: Sep.26, Oct. 3, 17, 24, 31(5 Tuesdays) 10:00~11:30

Place: Heiwa-cho Taiikukan Gym

For: Women living or working in Inazawa

Limit: 30 people

Fee: 1050yen (including insurance fee)

Apply: At Heiwa-cho Taiikukan Gym (Tel. 0567-46-4666) with the fee between Sep. 5(Tue.) and 20 (Wed.)

Badminton Class for Beginners

Time: 10 Sundays between Sep.24 and Nov.26 19:00~20:30

Place: Sobue-cho Taiikukan Arena

Limit: 30 people

For: The 3rd graders and older living, working or studying in Inazawa

Fee: 2,000 yen for participation, 100 yen for insurance

Apply: At Sobue-cho Taiikukan Gym (Tel. 0587-97-2100) with the fee between Aug.26 (Sat.) and Sep. 9(Sat.)

Open Class at Inazawa High School

Let's study about agriculture with the students from Inazawa High School.

Date: Oct. 27(Fri.) 13:00~16:00

Place: Inazawa High School

Participants: People who are interested in agriculture and want to learn about it.

Application: Send a completed application form to Inazawa High School by Sep.1 (Fri.) .
The application form is available from Inazawa High School, Shimin(civic) Centers,
and Sobue-,Heiwa-shisho(office) general affairs division.
The details are written on the form.

| Course | Contents | Participants |
|-------------------------------------|---|---------------------|
| Gardening | Making moss-ball ornaments | 15 people |
| | Experience harvesting mini-tomatoes | 15 |
| Agriculture and public works | Drafting a computer –aided design | 5 |
| | Examining the water environment | 6 |
| Environmental Design | Landscape architecture by computer-aided design | 10 |
| | Easy plant arrangement | 15 |
| Living | Making fig jam | 10 |
| | Healthy cooking and making sweets | 10 |

SPORTS

Aquabics Experience Course

Time: Sep. 3(Sun.) 14:00~15:00

Place: Sobue-no-mori Onsui(heated) Swimming Pool

For: Women of 18 years old and older

Limit: 30 people

Fee: Free but charged only for use of the pool

Apply: At the reception of Sobue-no-mori Onsui Pool From Aug.20 (Sun.)

*Application by phone is acceptable.

The 47th Citizens' Sports Meeting

Participants: People who live, work or study in Inazawa

Apply: Submit an application form (filled with event, address, name, birthdate, belonging, phone No.) with the fees for participation (P) & insurance (I) to Inazawa-shi Taiikukyokai Jimukyoku(8:30~17:15 on weekdays) or Taiikukan Gym of Sobue-cho, Heiwa-cho(9:00~21:00 except Mondays)

Contact: Inazawa-shi Taiiku-kyokai Jimukyoku (0587-34-6318)

Sobue-cho Taiikukan(0587-97-2100), Heiwa-cho Taiikukan (0567-46-4666)

Contents:

| Event | Time & Place | Participants | Representative's meeting | Fee |
|-----------------------------------|--|--|--|-----------------------------------|
| Clay Shooting (Individual) | Sep.18(Mon.) Seki Kokusai Shageki-jo | Registered members Skeat, Trap | | P:300yen I:50yen per person |
| Basketball (Tournament) | Sep.24(Sun) Oct.1(Sun) 9:00~ Sogo-taiikukan Gym | Men(H.S.students and over) Women(H.S.students and over) *15 members or less including a manager | Sep.15(Fri) 18:30~ Kinrofukushi- kaikan | P:2,000yen Per group |
| Soccer (Tournament) | Sep.24(Sun) Oct.1,8(Sun) 9:00~ RainDay(10/15) Rikujo-kyougijo And other | Men(H.S.students and over) *15 members or less including a manager *3 judges in 4 th level are required. | Sep.15(Fri) 19:00~ Kinrofukushi- kaikan | P:2,000yen Per group |

EVENTS

The 18th Inazawa City Marathon

Date: Nov. 12(Sun), Opening ceremony 8:30
(It'll be held as scheduled even if it rains.)

Place: The Athletics Stadium(Rikujo-kyogi-jo)

Application: Please fill out an application form and bring it with participation fee to Taiku-kyokai jimukyoku, Sogo Taiikukan. You can get the application form at other civic centers, Sobue Taiikukan, and Heiwa Taiikukan.

Application Deadline : September 15(Fri)

Address: Inazawa-shi Taiku-kyokai jimukyoku, azabu-cho 5-1 Inazawa-shi 〒492-8268
(Tel. 0587-34-6318)

| Course | Participants | Start | Fee |
|-----------------------|--|--------|--|
| 10 km marathon | General (High school studens and over) | 9:55 | 2000yen (high school studens 1000yen) |
| 3km marathon | Women(High school students and over) | 11:09 | 1000yen |
| | Junior high school students | 11:05- | Free |
| 2.5km marathon | Elementary school studens (4- 6graders) | 9:00- | Free |
| 2.5km jogging | Elementary school students and over. | 10:00 | 500yen Elementary and junior high school students are free. |

HEALTH

Vaccination for Polio

The chances of side effects from the vaccination are extremely low.

Time for application: 13:45~14:15 (A number ticket is given from 13:00.)

Target: Children aged from 3 months to 7.5 years registered as a resident in Inazawa.

Interval and frequency: The vaccination must be taken twice with an interval of over 6 weeks

What to bring: Mother and child health notebook, medical examination sheet in advance

Caution: Take your child's temperature in the morning on the day of vaccination.

- If your child has had viral diseases such as te-ashi-kuchi-byo, toppatsusei-hosshin or a cold and have taken medication, you must wait for 2 weeks after recovery before receiving the vaccination.
- In the case of viral diseases such as measles, mumps or rubella, whereby a child's immunity is considered to be temporarily reduced, you must wait for one month after recovery before receiving the vaccination.

Contact: Hoken Center (Tel. 0587-21-2300)

Schedule:

| Hoken Center | Birth month | Date |
|--|--------------------|-------------------|
| For: People living in Inazawa except Sobue-cho and Heiwa-cho (Tel. 0587-21-2300) | Jan.-Feb. | 2006 Sep.25(Mon.) |
| | Mar.-Apr. | Oct.12 (Thu.) |
| | May-Jun. | 18 (Wed.) |
| | Jul.-Aug. | 24 (Tue.) |
| | Sep.-Oct. | 31 (Tue.) |
| | Nov.-Dec. | Nov. 1(Wed.) |
| Hoken Center Sobue-shisho For: People living in Sobue-cho (Tel.0587-97-7000) | Jan.-Jun. | Oct. 2 (Mon.) |
| | Jul.-Dec. | 23 (Mon.) |
| Heiwa Rakuraku Plaza For: People living in Heiwa-cho (Tel. 0567-46-5600) | Jan.-Jun. | Oct.6 (Fri.) |
| | Jul.-Dec. | 17(Tue.) |

Exercise for Middle-aged People

This is exercise anyone can do anytime and anywhere.

Time: Sep.15, 22, 29, Oct.6, 13, 20 (6 Fridays) 13:30~15:30

Place: Kinro-seishonen Taiiku Center

For: Anyone living or working in Inazawa

Limit: 30 people

Fee: 1,260 yen (including insurance fee)

Apply: At Sports-ka in Sogo Taiikukan Gym (Tel. 0587-34-6318) with the fee between Aug.23 (Wed.) and Sep.11(Mon.)

Public Bath Open for Free

The bath is open for free on the Respect of the Aged Day every year, but this year the schedule will be changed to the following, according to the fixed closing day.

- Date/ Time:** Sep. 17th (Sun) / 4:00 p.m. – 10:30 p.m.
Place: Asahiya (Add: 13-17, 2-chome, Ekimae Tel: 0587-32-1014)
For: People who are 65 years old and above
Inquiry: Hoken Center (Tel: 0587-21-2300)

Suku suku Hiroba (The Day for Measuring)

Why don't you measure your baby's height & weight by yourself?

- Date and Time:** Sep. 6th (Wed) 9:30 a.m.-
Place: Hoken Center
For: Babies and infants
Contents:
- Physical checkup by guardians: 9:30 a.m.-11:00 a.m.
 - Parents and children- play supported by Kosodate (bringing up children) Network:
The 1st time 10:00 a.m.- The 2nd time 10:35 a.m.- The 3rd time 11:10 a.m.-
 - Child-care consultation: 9:30 a.m. – 11:00 a.m.

Necessities: Boshi kenkotecho (a mother and child health notebook)

Fee: Free

Apply: No required.

Contact: Hoken Center

This service is not available at Sobue shisho (branch) of Hoken Center
nor at Heiwa Rakuraku Plaza

Visiting Newborn Babies

Families who have a newborn baby of 2 months or younger can get a maternity or health nurse's visit and have a consultation on demand

Fee: Free

Apply: Hoken Center Tel: 0587-21-2300

You can't apply at Sobue shisho (branch) nor at Heiwa Rakuraku Plaza

CALENDAR

Aug.21 ~ Sep.5

| | | | | |
|----|------|---|--|---|
| 21 | Mon. | *First-time Pregnant Woman's Class *Class for Moms and Dads (1st) *4-month-old Children Health Checkup | 9:15-9:30(Registration) 13:15-13:30(Registration) 12:45-13:15 | Inazawa-shi Hoken Center Heiwa Rakuraku Plaza Inazawa-shi Hoken Center |
| 22 | Tue. | *Health Consultation *3-year-old Children Health Checkup | 9:00-11:00 12:45-13:15 | Hoken Center Sobue Shisho Inazawa-shi Hoken Center |
| 23 | Wed. | *Health Consultation *AIDS Checkup *Class for Moms and Dads (2nd) *BCG Vaccination | 9:00-11:00 9:00-10:00 13:15-13:30(Registration) 13:45-14:15 | Inazawa-shi Hoken Center Ichinomiya Hokenjo Inazawa Shisho Inazawa-shi Hoken Center Inazawa-shi Hoken Center |
| 24 | Thu. | | | |
| 25 | Fri. | *3-year-old Children Health Checkup *Health Consultation | 12:45-13:15 9:00-11:00 | Hoken Center Sobue Shisho Heiwa Rakuraku Plaza |
| 26 | Sat. | [Minor Emergency Clinic for P&I] [Minor Emergency Clinic for S] | 13:00 - 21:00 13:00 - 21:00 | Yamada Naika Kokyukika 0587-24-7707 Hattori Seikei Geka 0587-23-5800 |
| 27 | Sun. | [Minor Emergency Clinic for P&I] [Minor Emergency Clinic for S] | 9:00-12:00, 13:00-17:00, 18:00-21:00 9:00-21:00 | Kyujitsu Shinryojo 0587-36-3006 Hattori Seikei Geka 0587-23-5800 |
| 28 | Mon. | *First-time Pregnant Woman's Class *General Dental Health Registration: 12:50-13:00 (1-year-old), 13:15-13:30 (2,2.5year-old and adult) | 9:15-9:30(Registration) | Inazawa-shi Hoken Center Hoken Center Sobue Shisho |
| 29 | Tue. | *Health Consultation | 9:00-11:00 | Hoken Center Sobue Shisho |
| 30 | Wed. | *Health Consultation | 9:00-11:00 | Inazawa-shi Hoken Center |
| 31 | Thu. | | | |
| 1 | Fri. | *Consultation in Portuguese *18-month-old Children Health Checkup | 10:00 - 12:00 12:45-13:15 | City Hall Heiwa Rakuraku Plaza |
| 2 | Sat. | [Minor Emergency Clinic for P&I] [Minor Emergency Clinic for S] | 13:00 - 21:00 13:00 - 21:00 | Ogawa Clinica 0587-98-3700 Miyazaki Geka 0587-21-0856 |
| 3 | Sun. | [Minor Emergency Clinic for P&I] [Minor Emergency Clinic for S] | 9:00-12:00, 13:00-17:00, 18:00-21:00 9:00-21:00 | Kyujitsu Shinryojo 0587-36-3006 Miyazaki Geka 0587-21-0856 |
| 4 | Mon. | *First-time Pregnant Woman's Class *4-month-old Children Health Checkup | 9:15-9:30(Registration) 12:45-13:15 | Inazawa-shi Hoken Center Inazawa-shi Hoken Center |
| 5 | Tue. | *Health Consultation *BCG Vaccination | 9:00-11:00 13:45-14:15 | Hoken Center Sobue Shisho Heiwa Rakuraku Plaza |

- Public Health Center is called " Hokenjo " in Japanese.
- Community Healthcare Center is " Hoken Center " .
- *Some examinations and consultations require an appointment.
Please ask City Hall (Tel. 0587-32-1111)

· In Most cases it is desirable that your friend or an interpreter should accompany you.

Abbreviation:

Minor Emergency Clinic for P&I ··· Pediatric & Internal Medicine

Minor Emergency Clinic for S ··· Surgery

