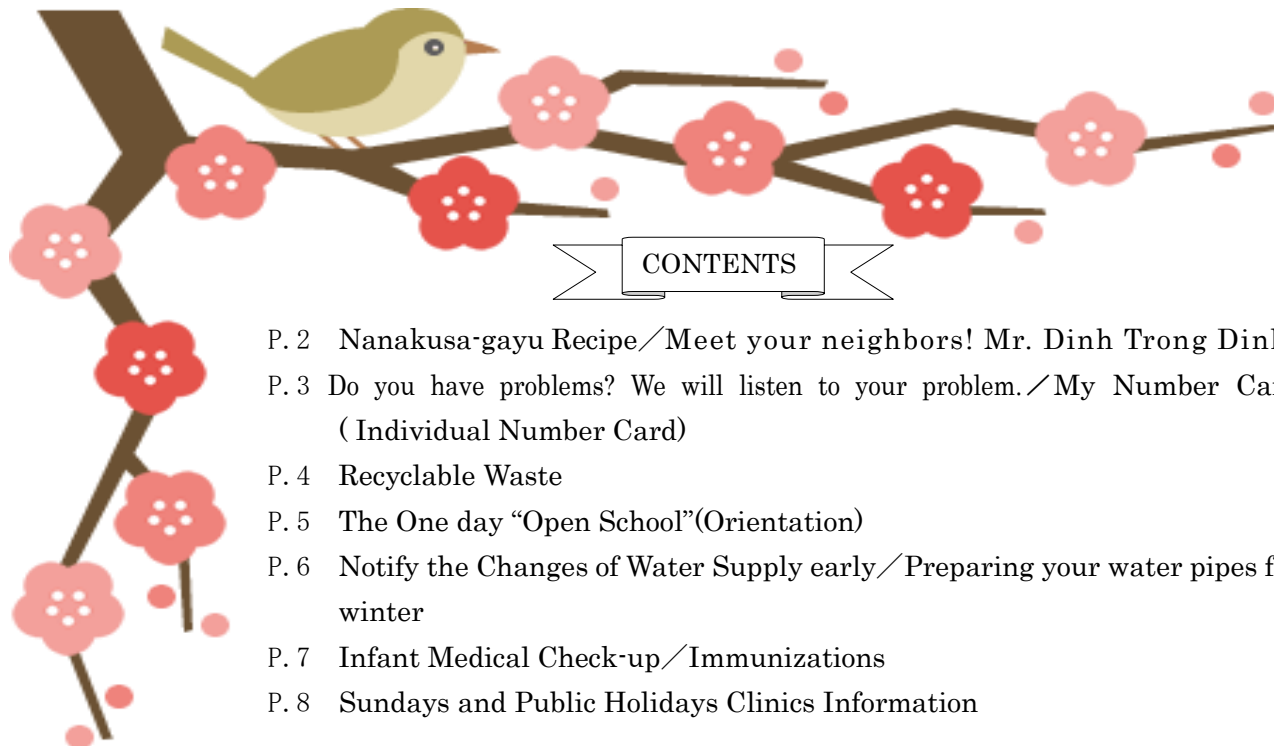


News

Multilingual information magazine

2017 Winter
English

No.90



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<A Japanese Tradition in New Year>

There is a custom in Japan to eat Nanakusa-gayu, rice gruel with seven herbs, for breakfast on January 7 dating back from the Heian period (794-1192). People eat seven kinds of young spring herbs in gruel in the beginning of the year to get the plants' vital power and pray for good health and peace for the year. It is also said that they eat Nanakusa-gayu just to rest their stomachs from the feast in the new year.

Nanakusa are wild grasses. People used to be able to pick them up around their houses. But you cannot find them easily any

more and supermarkets are selling packs of seven herbs now.

Why don't you try to cook Nanakusa-gayu with vegetables you usually use, such as turnip, daikon radish, spinach and leek to have your stomach rest, even though you cannot get all the seven herbs?

Recipe

Ingredients:

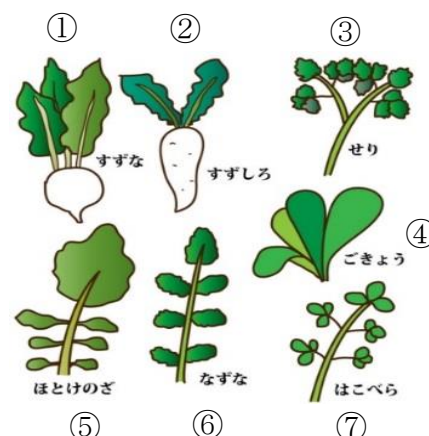
cooked rice ... 100g (about 2/3 of a rice bowl) (You can use leftover rice.)
water 300ml (You can add water if you like.)
seven herbs ... proper quantity (a pack of assorted seven herbs)
salt proper quantity



Directions:

- ① Peel off the skin of turnip and daikon radish and cut them into matchsticks. Clean other herbs in water.
Boil all of them with a dash of salt, drain and cut leaves finely.
- ② Pour water and put cooked rice in a pot.
Put the pot with a lid on strong heat.
- ③ Coming to a boil, put the turnip and daikon radish into the pot, displace the lid a little and turn down the heat. Be careful of boiling over.
- ④ When the soup is thickened, put all the leaves in the pot and season with salt.

Seven herbs in spring



Caution: Stir the pot now and then during ② and ③ in order not to scorch.

Seven herbs in spring

- ①suzuna (turnip) ②suzushiro (daikon radish) ③seri (Japanese parsley) ④gogyo (Jersey cudweed)
⑤hotokenoza(Japanese nipplewort) ⑥nazuna (shepherd's purse) ⑦ hakobera (chickweed)

<Meet your neighbors! Mr. Dinh Trong Dinh>

Today, we are introducing to you Mr. Dinh Trong Dinh, who is a translating staff of Vietnamese version of Inuyama News Letter.

Q. When did you come to Japan? And why did you come to Japan?

A. I came to Japan 2 years ago as an occupational trainee.

The reason I came here is to understand Japan and its culture.

Since I came to Japan, I started working and experienced many things.

And I learned a lot in Japan. Since then, I have been learning Japanese language and its culture.



Q. How did you like staying and living in Japan? Can you tell us any happy and any embarrassing experience?

A. Living in Japan is so convenient. The first thing that impressed me is the trains in Japan. Trains in Japan are fast, convenient, clean, safe and punctual. They always arrive and depart punctual. The Japanese transportation system is so convenient and safe.

When I just arrived in Japan, I did not understand Japanese, so, everything was difficult to do. Thanks to the support by my senior workers and other surrounding people, I could get used to my work and living in Japan. This is how I got used to living in Japan. Especially, my teachers of the Japanese language told me a lot of things about Japan, besides the language. So, thanks to the support of those people makes my living in Japan to be happy days.

Q. How do you spend your days-off and holidays?

A. I do many things in my days-off. On Saturdays, I study Japanese by myself. And I associate with my neighbors. On Sundays, I go to volunteer class to study Japanese. After the class, I see my friends in Kakamigahara, and go to play. And also, I take part in volunteer activities on Sunday. On consecutive holidays, I go travelling with my friends to many places.

Q. Please give a message to our readers.

A. Japan is a wonderful country. I have so many interesting experiences since I came to Japan. I am really grateful to everybody. And Vietnam is a beautiful country as well. The people in Vietnam are kind and the food in Vietnam tastes good. I hope you will come to visit Vietnam.

Do you have problems? We will listen to your problem.

Consultation and support by multicultural social worker

Multicultural social workers offer consultation and support to people with foreign backgrounds.

If you have a problem in your life in Japan, call us. Let's think together for a possible solution.

Telephone

052-961-7902

- Confidential
- Free of Charge

Language & Hour

English:

Monday, Tuesday, Thursday, Friday, 13:00 to 18:00

Filipino/Tagalog:

Wednesday, 13:00 to 18:00

Portuguese & Japanese:

Monday to Saturday, 10:00 to 18:00

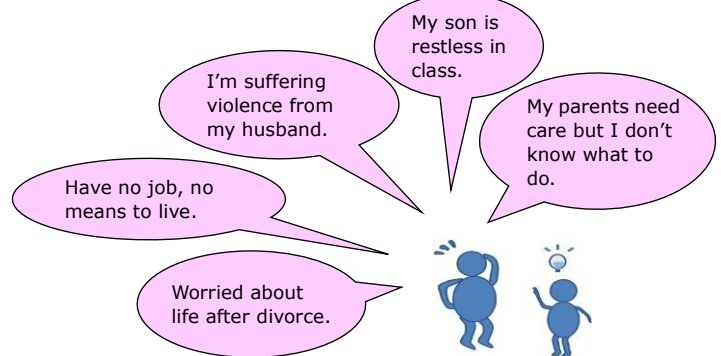
Spanish:

Monday to Friday, 13:00 to 18:00

Chinese:

Monday, 13:00 to 18:00

(Except public holidays & year-end holidays (12/29-1/3))



Aichi International Association



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E-mail: sodan@aia.pref.aichi.jp

FAX: 052-961-8045

URL: <http://www2.aia.pref.aichi.jp/>

<My Number Card (Individual Number Card)>

If you have extended your period of stay, an update to the information printed on your "My Number Card", or Individual Number Card, is required. So, please come to the Citizens' Division of the city hall by the expiration date for processing.

If you want to get your "My Number Card" and the expiring date of your resident card is within 30 days, you should extend your period of stay first. Because issuing an Individual Number Card will take about 30 days.

【Things to bring】

Just to change: your resident card, My Number Card, the password for the card

To get your "My Number Card": your resident card, a photograph of your face (4.5cm in length, 3.5cm in width, a full face with no hat on a plain background)

The validity period of My Number Card is below.

Resident status	Validity period
Special permanent residents or permanent residents	Until tenth birthday after the issue (until fifth birthday if you are under 20 years old)
Others than those above	Until the expiring date of the resident card

※ You cannot apply for the extension of My Number Card after the expiring date.

◇Inquiries : Civic Affairs Division of the city office ☎(0 5 6 8) 4 4 - 0 3 0 3

< Recyclable Waste >



plastic containers
(trays, foamed polystyrene etc.)

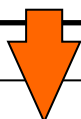


aluminum and steel cans



PET

PET bottles



Recyclable Waste

Please follow the procedures. ①clean wastes in water ②sort wastes by type ③never put them in burnable trash ④put them in a designated net or container in your area's waste dump



Designated Nets

plastic wastes

(collected once a week)



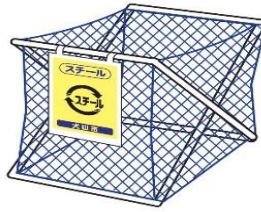
aluminum cans

(collected twice a month)



steel cans

(collected twice a month)



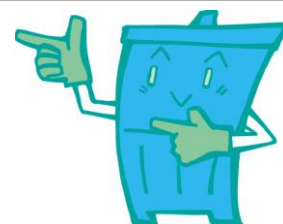
PET bottles

(collected twice a month)



There are collecting nets for each type. Put recyclable waste in the net without using plastic bags.

Please work together to recycle wastes and make use of our limited resources.



◇Inquiries: Environment division of the city office ☎ (0568) 44-0344

< The One day “Open School” (Orientation) >



<Elementary School Entrance>

Children born between April 2nd, 2011 ~ April 1st, 2012.

<Junior High School Entrance>

Children born between April 2nd, 2005~April 1st, 2006.

Each school will hold an “Open School” (Orientation) for incoming students as the schedule listed below.

※ Please attend the open school together with your children.

※ Please bring The Entrance Notification letter you receive in the middle of January with you.

【Schedules of the One day Open School (Orientation)】

School	Date	Reception Time	Place	Ending Time	TEL
Inuyama-Kita E.S.	Feb. 7 th (Wed)	8 : 0 0 ~ 8 : 2 0	Gym	9 : 3 0	61-2234
Inuyama-Minami E.S	Feb. 1 st (Thu)	1 3 : 2 0 ~ 1 3 : 4 0	Gym	1 4 : 5 0	61-2231
Joutou E.S.	Feb. 2 nd (Fri)	1 3 : 0 0 ~ 1 3 : 3 0	Gym	1 4 : 3 0	61-2501
Imai E.S.	Done (held at the day of health checkup on Oct.5 th)				61-2191
Kurisu E.S.	Jan. 26 th (Fri)	1 2 : 2 0 ~ 1 2 : 3 0	Front Entrance	1 5 : 0 0	61-0580
Haguro E.S.	Feb. 2 nd (Fri)	1 3 : 1 0 ~ 1 3 : 3 0	Gym	1 4 : 4 5	67-0046
Gakuden E.S	Feb. 2 nd (Fri)	1 0 : 0 0 ~ 1 0 : 2 0	Gym	1 1 : 1 5	67-1005
Ikeno E.S.	Jan. 18 th (Thu)	1 3 : 2 0 ~ 1 3 : 3 0	Art& Home Economics room (Zuko·Kateika shitsu)	1 5 : 0 0	67-0544
Higashi E.S.	Feb. 2 nd (Fri)	1 3 : 0 0 ~ 1 3 : 2 0	Gym	1 4 : 4 5	67-5400
Inuyama-Nishi E.S.	Feb. 6 th (Tue)	1 3 : 1 0 ~ 1 3 : 2 5	Gym	1 4 : 3 0	62-8280
Inuyama J.H.S.	Feb. 8 th (Thu)	1 3 : 0 0 ~ 1 3 : 1 0	Gym	1 6 : 0 0	61-2409
Joutou J.H.S.	Feb. 8 th (Thu)	1 3 : 3 0 ~ 1 3 : 5 5	Gym	1 5 : 4 5	61-0501
Nanbu J.H.S.	Feb. 8 th (Thu)	1 3 : 1 0 ~ 1 3 : 3 0	Gym	1 6 : 0 0	67-0030
Toubu J.H.S.	Feb. 8 th (Thu)	1 3 : 0 0 ~ 1 3 : 2 0	Gym	1 5 : 1 5	67-7401

※ In order to enter your children into the school system, for both elementary and Junior High schools, it is required to submit certain documents to the City Hall. If you have not submitted those necessary documents yet, please contact School Education Division at City Hall.

◇Inquiries : Inuyama City Hall/School Education Division(Gakko Kyoiku-ka) ☎ (0 5 6 8) 4 4－0 3 5 0
5 (English)

◇Notify the Changes of Water Supply early◇

When you need to stop or open the water supply due to the relocation, or to request a change of user name, please notify the Water Supply Customer Center in advance. It is available by phone.

Water Supply Customer Center ☎ (0 5 6 8) 6 1 - 8 7 1 1

◇Preparing your water pipes for winter◇

●Beware of Nights When Temperatures Drop!

When the temperature drops below minus 4 degree Celsius, pipes are more likely to freeze or burst without preventative measures taken. The following are some typical instances where this might happen.

- ① Where the pipes remain bare
- ② Where the pipes are located on the northern side of the house
- ③ Where the pipes are located in a direct wind direction

●How to Keep Your Pipes Warm

- ① Wrap the faucet and pipe in an anti-freeze material, right up to the spout, to prevent the freezing and bursting of the pipe.
- ② Wrap the faucet and pipe in a towel or piece of blanket (anything on hand) in the same manner. Then make a binding cover with plastic wrap or a plastic bag.
- ③ Stuff the water meter box with pieces of fabric or a cut blanket and cover the meter box with a piece of cardboard to prevent freezing.
※Make sure to keep the meter readable.



●What to do when a water pipe bursts

Turn off the water source (stopcock) within the meter box (located outside), and then call the plumbing contractors Inuyama City designated for the repair.

※Repair cost will be at your expense.

●What to do when the pipes freeze and no water comes out

Cover the frozen area with a towel, and pour lukewarm water over it to melt the ice gradually.

If you use boiling water, there is a danger of creating cracks in the pipe, or causing them to burst, so please be careful.



◇Inquiries : Inuyama City Hall Public Water Supply Division ☎ (0 5 6 8) 6 2 - 9 3 0 0

<Infant Medical Check-up>

※ Registration cards have been mailed to the parents/guardians with children who are eligible age for the medical checkups.

※ Each medical checkup will be free of charge.

◇ 4 month-old Medical Checkup (Dental checkup for postpartum will be held at same time)

- Contents : Growth measurement, Physical checkups, Talks about Baby solid foods, Parenting Consultation, etc.
- Reception Time : 13 : 00-13 : 15
- Place : Health Center
- Things to bring : Boshi kenko techo (Maternity records book), Registration card you have received by mail.
※ Consultation about breast feeding and formula is also available.

◇ 1 and a half year-old Medical Checkup.

- Contents : Growth measurement, Physical check-up • Dental check-up, Fluoride Varnish Treatment (Upon your request), Parenting consultation, etc.
- Reception Time : Will be notified individually.
- Place : Health Center
- Time : Beginning at 13 : 00
- Things to bring : Boshi kenko techo (Maternity records book), Registration card you have received by mail, Toothbrush.



◇ 3 year-old Medical Checkup

- Contents : Growth measurement, Physical checkups • Dental checkups, Fluoride Varnish Treatment (Upon your request), Parenting consultation, etc.
- Reception Time : Will be notified individually.
- Place : Health Center
- Time : Beginning at 13 : 00
- Things to bring : Boshi kenko techo (Maternity records book), Registration card you have received by mail, Children's urine, Toothbrush.

<Immunizations>

★Important things when you receive different kind of vaccines.

- Live vaccine (※BCG, ※MR, ※Chickenpox, Mumps, and Rotavirus)
→An interval of at least 4 weeks (more than 27 days) should be taken between each vaccine.
- Inactivated vaccine (※ Hepatitis B, ※ Hib, ※ Pneumococcus, ※ DPT-IPV, ※ DT, ※ Japanese encephalitis, and Influenza)
→An interval of at least 1 week (more than 6 days) should be taken between each vaccine.

When your child receives the same kind of vaccine, please make sure that the appropriate intervals for each of the vaccines are adhered to.

Vaccinations with the mark※ mentioned above are free of charge; however, children must be residents in Inuyama and required to bring a Vaccination Questionnaire.

① BCG (mass vaccination) Live vaccine

- Place : Health Center
- Eligible age : 5 months to under 8 months (given only once)
- Reception Time : 13 : 15 -13 : 30
- Things to bring : Boshi kenko techo(Maternity records book), BCG Vaccination Questionnaire.
※When your child becomes 5 month-old, please schedule to receive BCG as early as possible.



②Hepatitis B (individual vaccination) Inactivated vaccine

- Place : Medical Institution (if you want to receive the vaccination at an institution outside of Inuyama • Fuso • Konan • Oguchi, pre-application will be necessary)
- Average age range : A child aged 2 months(※) to under 9 months(※).
※ Include a day before (i.e. Child born on Jan.15th. Receive shots within Mar.14th to Oct.14th.)
- Instruction : Given with an interval of at least 27 days between the first and the second shot.
Another one (third shot) should have an interval of at least 139 days from the first shot.

Sundays and Public Holidays Clinics Information

(Day time)

▼ Place: Inuyama City Holiday Emergency Clinic

Add: 1-70, Goromaru Higashi, Inuyama City ☎ (0568) 62-8100

▼ Reception hours: 8 : 30 - 11 : 30 (Consultation starts at 9 : 00)

13 : 30 - 16 : 15 (Consultation starts at 14 : 00)

(Night-time)

▼ Place: Please see the following list of open clinics

▼ Consultation hours: 17 : 00 - 20 : 00



		Internal Medicine			Surgery		
M	D	Name of Medical Institution	TEL	Location	Name of Medical Institution	TEL	Location
1	1	Yui Family Clinic	68-3311	Gakuden	Kuwabara Clinic	61-1118	Jyoto
	2	Okabe Iin	62-7121	Inuyama	Yamamoto Hifuka Clinic	62-6855	Inuyama
	3	Itsuki Clinic	62-3101	Inuyama	Funabiki Clinic	62-8811	Jyoto
	7	Yui Family Clinic	68-3311	Gakuden	Takeuchi Seikeigeka Clinic	61-7311	Inuyama
	8	Okabe Iin	62-7121	Inuyama	Niwa Jibiinkoka	67-6868	Haguro
	14	Itsuki Clinic	62-3101	Inuyama	Kobayashi Jibiinkoka	61-3154	Inuyama
	21	Heart Clinic Sawada	62-5556	Inuyama	Takeuchi Hifuka Clinic	62-7511	Inuyama
	28	Itatsu Naika Clinic	67-6333	Gakuden	Takuya Seikeigeka	69-1800	Gakuden
2	4	Miyata Iin	67-5566	Haguro	Matsumura Clinic	61-1488	Inuyama
	11	Kurokawa Sukoyaka Clinic	61-0083	Inuyama	Kobayashi Ganka	62-7278	Inuyama
	12	Sumire Naika Clinic	68-0025	Gakuden	Ishihara Geka	62-2855	Inuyama
	18	Inuyama Eki Nishi Byoin	61-2017	Inuyama	Mothrer Clinic Happiness	63-4103	Jyoto
	25	Murakami Naika	62-2201	Inuyama	Miyata Ganka	61-0200	Inuyama
3	4	Jyonan Clinic	61-0132	Inuyama	Sato Byoin	67-7660	Haguro
	11	Ando Iin	61-0316	Inuyama	Kuwabara Clinic	61-1118	Jyoto
	18	Miyazaki Seikeigeka・Geka・Naika	68-0461	Haguro	Kawamura Seikeigeka	67-1134	Gakuden
	21	Yoshida Naika Clinic	62-9222	Inuyama	Yamamoto Hifuka Clinic	62-6855	Inuyama
	25	Ando Clinic	62-8881	Jyoto	Funabiki Clinic	62-8811	Jyoto

◆ For more information: Inuyama City Office Health Promotion Division (Shimin Kenko Kan)

☎ (0568) 63-3800

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