Nara City Information
for Residents
April 2019 Issued by Nara City Hall (No.1181)
(All events, classes and lectures are conducted in Japanese.)

Translation by Nara SGG Club (Systematized Goodwill Guide Club)
For some local government section names, the Nara SGG Club uses those decided upon by
our translation team. As the city's English website uses machine translation, some names
and terms may differ between our translation and the website. We ask for your
understanding.

Copies available on request at:
Nara City Hall Information Counter, Nara City Hall Shimin-Ka Counter,
Nara-shi Shimin Service Center (Nara Family 5F), Nara City Tourist Center,
Public Health Center (4F, Hagukumi Center), Chubu Kominkan, Seibu Kominkan,
Hokubu Kominkan, Chuo Library, Seibu Library, Kintetsu Nara Station,
Nara City Tourist Information Center (by JR Nara Station), Nara Chuo Post Office
and Nara-Nishi Post Office.

[Inquiries in English] Phone: 0742-22-5595 (9:00-17:00) E-mail: nsgghyk@gmail.com
Let’s Walk in Tomio!

Rediscover Nara City, which is a Treasure of Important Cultural Assets.

The Tomio district is known as a newly developed residential area in Nara City. But this district was a historic town which was written about in the oldest chronicle of Japan called “Nihonshoki”.

There are many shrines and temples in the Tomio district. For example, Tomio Maruyama Kofun Tumulus, which was confirmed as the largest round tumulus in Japan in 2017, and Ryosenji Temple, which houses a lot of national treasures and important cultural assets.

During the spring tourist season in April, let’s walk and find Nara City’s attractions.

North Course: Course for enjoying the cherry blossoms and nature, Half-day Sightseeing Course


(1) The cherry-tree-line path along the Tomio River is a famous place for enjoying the cherry blossoms
(2) Kitsuki Jinja Shrine: Its origin is in the 6th century.

2097, Nimyo Hirano 2-chome, Tel. 43-8647, Bus Stop – Kitsukibashi

This shrine was revered by the Ono clan who were descendants of Ono No Imoko.

(3) Oryuji Temple: Precious stone statues and rich nature remain.

1492, Nimyo 6-chome, Tel. 45-0616, Bus Stop – Asukano Minami 3-chome

This temple is believed to have been constructed by the imperial order of the Emperor Shome, and is the Buddhist temple of the Obaku Sect now.

South Course: Course for walking around Tomio Maruyama Kofun Tumulus, One-day Sightseeing Course


(1) Sono-Miagatani-Imasu Jinja Shrine: The precious Main Hall was protected for over 600 years.

5 – 8 Mitsugarasaru 3-chome Tel. 43-1428 Bus Stop – Mitsugarasaru

This shrine is described in the Engishiki Jimyocho (the register of Heian period shrines in Japan).

(2) Ryosenji Temple: A precious national treasure and rose garden

3879, Nakamachi Tel. 45-0081 Bus Stop – Ryosenji

Opening Hours – Main Hall 10:00 – 16:00, Rose Garden 8:00 – 17:00

This temple was constructed by the Abbot Gyoki by the imperial order of the Emperor Shomu in the Nara Period (8th century).

(3) Tomio Maruyama Kofun Tumulus: Largest Round Tumulus in Japan

Maruyama 1-chome, Bus Stop – Wakakusada Chiyo

This tumulus attracted public attention as the largest round tumulus in Japan in 2017 according to the air radar measurement.

(4) Tomi Jinja Shrine: The richly colored main hall was restored, and its traditional agricultural culture remains.

648-1 Ishiki-cho, Bus Stop Nara Pref. General Medical Center (Nara Pref. Sogo Iryo Center)

This shrine is described in the Engishiki Jimyocho (the register of Heian period shrines in Japan) compiled by the order of the Emperor Daigo in the 10th century.

“Heijo-kyo Tempyo Sai’ Festival

May 3 (Holiday) – 5 (Holiday) 10:00-16:30 at Heijo Palace Site (Admission is free)

Welcome to Nara in Spring, at the World Heritage Heijo Palace Site!

Suzaku’mon Hiroba Square

[Procession]

Heijo-kyo Tempyo Procession / the Empress’s Word about the Capital Transfer to Heijo-kyo

Date & Time: May 3 (Holiday) 11:00-13:00

Contents: The highlights are processions of 300 people gorgeously dressed as emperors, aristocrats, and government officials like civil and military officers from Suzaku-ōji to Suzaku’mon Hiroba Square, followed by the Empress Genmei’s Word about the “Imperial Rescript of Capital Transfer”.

2
The Emperor Shomu & The Empress Komyo Procession  
**Date & Time:** May 4 (Holiday) 11:00-12:00

**Tempyo Children’s Procession**  
**Date & Time:** May 5 (Holiday) 11:00-12:00  
**Contents:** Procession led by the child guard troop  
*Participants are being sought now.  
Please ask the Executive Committee for details. Tel. 0742-25-0707

**Tempyo Sangaku (Ancient Chinese Entertainment)**  
**Date & Time:** May 5 (Holiday) 14:00-15:00

**Falconry**  
**Date & Time:** May 4 (Holiday) 10:30-11:30, 13:30-14:30  
**Contents:** Dynamic falconry performances by Suwa School falconers

**Tempyo Tsunahiki Meet** (Tug-of-War)  
**Date & Time:** May 4 (Holiday) 13:30-16:00

**Heijyo-kyo Big Kite-flying**  
**Place:** The First Chodo’in Site  
**Date & Time:** May 3 (Holiday) 14:30-16:00 around

[Events on All Days]  
**Toh-ichi (Eastern Market) and Sai-ichi (Western Market)**  
Speciality foods from Nara will be displayed at shops like in the *Tempyo period*. Let’s enjoy the menu for a new era celebration!

**Monozukuri Hiroba (Craft Corner)** (Paid event)  
Bamboo crafts, *Tempyo* period style braiding, making rubbed copies of ancient roof tiles, etc.

**Tempyo Costume Wearing Experience (Paid event)**  
Rent aristocrats’ costumes for men and women, adults and children  
Let’s walk around Heijo Palace Site as if we were *Tempyo* people.

**Sakura Tea Ceremony (Paid event)**  
High school students, college students, and members of tea ceremony clubs in Nara will serve tea. Take a break with a Japanese sweet and a cup of green tea.

**Recreation of the Ichi (Market), where Capital residents come and go**  
Depicting Heijokyo’s daily life

**Performance of the Guard Troop**  
Re-enactment of the Gate opening and closing ceremony, and the round guard in the Heijo Palace Site by a *Tempyo*-fashioned guard troop. Photo shoots in front of *Kentoshi-sen* (Japanese envoy ship to China)

[Events Associated with A New Era]  
**Loudest Voice Contest**  
*Place:* Suzaku-mon Stage

**Calligraphy**  
*Place:* Monozukuri Hiroba (Craft Corner)

**Suzaku-mon Stage Events**  
May 3 & 5 (Holiday) Performance of *Wadaiko* (Japanese drums), Songs and Dances  
May 3 (Holiday) *Tempyo* Girls’ Collection  
May 4 (Holiday) Tai Ji Demonstration

**Other Events**  
**Street Performance by People in *Tempyo* Fashion** (as appropriate)  
**Educational Stamp Collection Rally** (paid event)

**Guided Tour of Heijo Palace Site** (paid event) is held on May 3, 4, 5 (Holidays).  
*Recruiting participants now. Please ask the executive committee for details. Tel. 0742-25-0707  
No parking lot will be available for visitors. Please use public transportation. (A free shuttle bus will run).

There may be some changes in the contents of the events.

**Inquiries:** Heijo-kyo Tempyo-Sai Festival Executive Committee Office  
Tel. 0742-25-0707
The opening ceremony will start at 8:00 at Naraden Arena.

Eligibility: Citizen amateur athletes, but athletes who work or study in Nara City are also eligible.

Application: Please fill in the application form and send or bring it to Sports Shinko-Ka (Sports Promotion Section, Tel. 0742-34-5376) no later than April 11th (Thurs.). You may send the application form by email to sports-taikai@city.nara.lg.jp, however, neither phone nor fax application will be accepted. Brochures with detailed information and application forms are available at Sports Shinko-Ka (Sports Promotion Section), Shutcho-sho, Administration Centers and Renraku-sho (Liaison Office).

You may download them from the City Office website at http://www.city.nara.lg.jp.

Inquiries: Sports Shinko-Ka (Sports Promotion Section)  Tel. 0742-34-5376

<table>
<thead>
<tr>
<th>Events</th>
<th>Track and Field</th>
<th>Rubber ball Baseball</th>
<th>Softball</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soft Tennis</td>
<td>Tennis (Doubles)</td>
<td>Table Tennis</td>
<td></td>
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<tr>
<td>Handball</td>
<td>Basketball</td>
<td>Soccer (Football)</td>
<td></td>
</tr>
<tr>
<td>Badminton</td>
<td>Judo</td>
<td>Kendo</td>
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<tr>
<td>Naginata</td>
<td>Sumo</td>
<td>Karate</td>
<td></td>
</tr>
<tr>
<td>Rifle Shooting</td>
<td>Clay Pegion Shooting</td>
<td>Weightlifting (Weightlifting and Powerlifting)</td>
<td></td>
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<tr>
<td>Volleyball</td>
<td>Kyudo (Japanese Archery)</td>
<td>Bowling</td>
<td></td>
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<tr>
<td>Rugby Football</td>
<td>Jukendo (Baynet Martial Art)</td>
<td>Gateball</td>
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<tr>
<td>Fencing</td>
<td>Recreation</td>
<td>Ground Golf (Application on the day except students)</td>
<td></td>
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<tr>
<td>Tai Chi</td>
<td>Recreation</td>
<td>Hockey (June 30, Sunday)</td>
<td></td>
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</tbody>
</table>

Business Days and Hours During Extended Golden Week from April 27 to May 6, 2019

Golden Week Holiday this year will be extended to 10 days, longer than usual. Please refer to Page 28 of "Nara Shimin Dayori" (Nara City Information) for the Business Days (opening days) for city government offices, hospitals and clinics, child rearing institutions, cultural, sports, tourism, and other institutions. If you need information on business hours, please visit the Nara City website or call 0742-36-4894 (Call Center). The information is available only in Japanese. For details, please contact the section concerned before the long holiday starts.

Tsuge Machizukuri Kyogikai (Tsuge Town Planning Association)
Looking for Participants for an Agriculture Experience Exchange!

1. Tea Leaf Picking Experience at Nara Prefectural Yamanobe High School
   Date & Time: May 25 (Sat.) during the morning. (Will be held, rain or shine)
   Place: Nara Prefectural Yamanobe High School (Tsuge Town)
   Contents: Picking tea leaves which Yamanobe high school students planted and grew. Tea leaves grown in a cool climate have a sweet, good aroma and high quality. This area's tea is very popular now.

2. Blueberry Picking Experience
   Date & Time: August 18 (Sun.) during the morning. (Will be held, rain or shine)
   Place: Kamifukawa Kanko Noen Farm (Kamifukawa)
   Contents: Picking blueberries
   Please enjoy eating the blueberries which are grown in the soft soil which is said to be the treasure of Kamifukawacho.

3. Harvest Winter Vegetables, Make Dried Persimmons and Make Shimenawa (The sacred straw ornament for New Year)
   Date & Time: November 3 (Sun., National Holiday) during the morning. (Will be held, rain or shine)
**Place:** Kamifukawa Kanko Noen Farm (Kamifukawa-cho)

**Contents:** Digging up sweet potatoes and daikon radishes, making dried persimmons, and making *Shimenawa* at Tsuge Koryu Center

**Others**

**Viewing the lily-of-the-valley flowers in the Hayama Region** (from the middle of May to early June)

The Hayama region is known as the southern limit that lilies of the valley are distributed naturally. This region’s lilies of the valley were named a natural monument in 1930.

You can enjoy viewing them here. The staff can show you the best viewing spot.

**Gathering to View Fireflies in Tsuge** (from the middle of June to early July)

You can enjoy watching *Genji* fireflies and *Heike* fireflies.

The staff can show you the best times and the best places, where fireflies dance beautifully.

**Capacity:** 80 elementary school students and over, who work and study in Nara City.

**Fee:** 1,000 yen  For all events

**Application:** Send a postcard with your name, all of the participants’ names, ages (school grade, if you are an elementary school student.), a phone number for daytime contact and e-mail address by April 22 (Mon.) to Tsuge Machizukuri Kyogikai. (1026-1, Tsuge Shiraishi-cho, 632-0292) Excess applications will be decided by lottery.

**Inquiries:** Tsuge Machizukuri Kyogikai
Tel. 0743-82-0201  Fax.0743-82-1950

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**Garbage Collection**

**Please Put Garbage Out by 7:30**

Due to traffic accidents/jams, road construction, and amount of the garbage on that day, garbage may be collected later or sooner. Please put garbage out by 7:30, however, on the morning of collection day.

**Unburnable Garbage Collection Dates and Areas in April**

<table>
<thead>
<tr>
<th>Area</th>
<th>Burnable Garbage</th>
<th>Unburnable Garbage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A F</td>
<td>Mon. &amp; Thurs.</td>
<td>10, 24 (both Wednesdays)</td>
</tr>
<tr>
<td>B E</td>
<td></td>
<td>3, 17 (both Wednesdays)</td>
</tr>
<tr>
<td>C H</td>
<td>Tues. &amp; Fri.</td>
<td></td>
</tr>
<tr>
<td>D G</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Areas A-D are covered by Nara City, while areas E-H are covered by City Seibi-Kosha & Co. Ltd. The garbage collection date may be changed in some areas, so please check on the Nara City website.*

**Garbage Collection on April 27 and May 6**

Garbage will be collection as usual except Saturdays and Sundays. Some details can be found in other pages of the Nara City Information for Residents, April issue.

**Inquiries:** Shushu-Ka (Collection Section)  Tel. 0742-71-3012
City Seibi Kosha (Public Corp.)  Tel. 0742-33-8782

**How to Discard Home Heaters using Asbestos**

For safer collection of asbestos, please contact Haikibutsu-Taisaku-Ka (Garbage Control Section) for discarding home heaters, including those mentioned below, which might have been made in the 1960s and 70s: egg-shaped briquette warming pans, electric braziers, heaters for infrared *kotatsu* foot warmers, etc.

**Note:** as for friable asbestos in electric braziers and egg-shaped briquette warming pans, please wet the asbestos parts with water, and wrap them doubly with plastic bags.

**Inquiries:** Haikibutsu-Taisaku-Ka (Garbage Control Section)  Tel. 0742-71-3001

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**To People who Keep Dogs**

**On April we will do set rabies shots.**

Details are in the *Simin-Dayori* (Nara City Information) March edition and on the Nara City website. The term of rabies shots is from April to June.
Dog walking etiquette
Let’s be careful not only to dispose of droppings properly but also in choosing a place to pee. If you train your dog to excrete at home as much as possible, it can finish the toilet easily even on days you can’t take a walk.

Inquiries: Hoken·Eisei·Ka (Health Sanitation Section) Tel. 0742-93·8395

HEALTH COLUMN

**Hagukumi Center** (13-1 Sanjo·Honmachi)
The nickname for the Public Health Center / General Education Center
Kenko·Zoshin·Ka (Health Care Section) Tel. 0742-34·5129 / Fax 0742-34·3145
Hoken·Yobo·Ka (Health Protection Section) Tel. 0742-93·8397

**Tsukigase Administrative Center** (Tsukigase Oyama) Tel. 0743·92·0480
Tsuge Health Center (Tsuge Shiraishi·cho) Tel. 0743·82·0341

**Nara City hospital** (Higashi·Kidera·cho 1·chome) Tel. 0742·24·1251

The Central Health Center is on the 2nd Floor of the Hagukumi Center Building.

Tuberculosis Examinations for Citizens
Tuberculosis is not a disease of the past. In recent years, in this city, tuberculosis in elderly people is increasing. Early detection prevents not only severe disease in yourself but also of the spread of disease. You should have a chest-X-ray examination at least once a year for yourself and those around you.

**Date & Time:** April 20 (Sat.) 9:30-10:30
**Place:** City General Examination Center (Kashiwagi·cho)
**Contents:** Chest X-ray examination
**Capacity:** 15 people who are 65 years old and over
**Application:** Call Hoken·Yobo·Ka (Health Protection Section) between April 1 (Mon.) and 19 (Tues.). Tel. 0742-93·8397

23-Valent Pneumococcal Polysaccharide Vaccine (PPSV23) for Adults
Vaccinations will be given only to those who choose to receive them and take responsibility, as it is classified as a B-category disease. Those who are between 60 and 65 and have disabilities of the heart, kidney or respiratory organs or have extreme limitations in daily life due to HIV must get approval in advance from Kenko·Zoshin·Ka (Health Care Section).

<table>
<thead>
<tr>
<th>Age</th>
<th>Those Eligible (You can vaccinate even before DOB until March 31, 2020)</th>
</tr>
</thead>
<tbody>
<tr>
<td>65 years old</td>
<td>Those born between April 2, 1954 and April 1, 1955</td>
</tr>
<tr>
<td>70 years old</td>
<td>Those born between April 2, 1949 and April 1, 1950</td>
</tr>
<tr>
<td>75 years old</td>
<td>Those born between April 2, 1944 and April 1, 1945</td>
</tr>
<tr>
<td>80 years old</td>
<td>Those born between April 2, 1939 and April 1, 1940</td>
</tr>
<tr>
<td>85 years old</td>
<td>Those born between April 2, 1934 and April 1, 1935</td>
</tr>
<tr>
<td>90 years old</td>
<td>Those born between April 2, 1929 and April 1, 1930</td>
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<tr>
<td>95 years old</td>
<td>Those born between April 2, 1924 and April 1, 1925</td>
</tr>
<tr>
<td>100 years old and over</td>
<td>Those born on or before April 1, 1920</td>
</tr>
</tbody>
</table>

*You need to be registered as a citizen of Nara City by the vaccination day.
**Vaccination:** One time at a registered clinic in Nara City.
**Fee:** Copayment of 3,000 yen
**Things to bring:** Health Insurance Card or something to confirm your name, address and date of birth.
To those who are in Public Assistance Households or family members receiving Support Benefits for Remaining Japanese in China, etc.
You are exempt from vaccination fees if you get a certificate such as “Welfare recipient” or “Support Benefits for Remaining Japanese in China”, etc. issued by Hogo·Daiikkka (First Public Assistance Section), or Hogo·Dainika (Second Public Assistance Section) of Nara City office, and bring it on the vaccination day.

*Those who have already received PPSV23 are not covered by the subsidies.

Inquiries: Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129

Cancer Examinations (May)

Applications: Please apply by phone, fax or internet through the city website to Kenko Zoshin-Ka (Health Care Section).

Period: From April 1 (Mon.) to 19 (Fri.). Internet applications will be accepted until April 10 (Wed.).

*Free of charge for those who are on social welfare or belong to households receiving residence tax exemption. Please notify us of such when you apply.

**Stomach and Lung Cancer Examinations**

<table>
<thead>
<tr>
<th>Date</th>
<th>Place</th>
<th>Reception Time</th>
<th>Capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 (Thurs.)</td>
<td>Hagukumi Center</td>
<td>8:45–9:45</td>
<td>33</td>
</tr>
<tr>
<td>14 (Tues.)</td>
<td>Shabu Toshokan</td>
<td>9:45–10:45</td>
<td>23</td>
</tr>
<tr>
<td>15 (Wed.)</td>
<td>Nara City Hall (Conference Room No. 3)</td>
<td>9:00–10:00</td>
<td>30</td>
</tr>
<tr>
<td>16 (Thurs.)</td>
<td>Coop Oshikuma</td>
<td>9:15–10:15</td>
<td>27</td>
</tr>
<tr>
<td>17 (Fri.)</td>
<td>Mio To Kominkan</td>
<td>9:15–10:15</td>
<td>27</td>
</tr>
<tr>
<td>21 (Tues.)</td>
<td>Tamigakake Kominkan</td>
<td>9:30–10:30</td>
<td>26</td>
</tr>
<tr>
<td>23 (Thurs.)</td>
<td>Hagukumi Center</td>
<td>8:45–9:45</td>
<td>33</td>
</tr>
<tr>
<td>24 (Fri.)</td>
<td>Hagukumi Center</td>
<td>8:45–9:45</td>
<td>33</td>
</tr>
<tr>
<td>27 (Mon.)</td>
<td>Hokubu Shuchosho</td>
<td>9:15–10:15</td>
<td>27</td>
</tr>
<tr>
<td>28 (Tues.)</td>
<td>Bosai Center</td>
<td>9:15–10:15</td>
<td>27</td>
</tr>
<tr>
<td>30 (Thurs.)</td>
<td>Coop Oshikuma</td>
<td>9:15–10:15</td>
<td>27</td>
</tr>
</tbody>
</table>

**Lung Cancer Examination**

<table>
<thead>
<tr>
<th>Date</th>
<th>Place</th>
<th>Reception Time</th>
<th>Capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 (Mon.)</td>
<td>Hagukumi Center</td>
<td>14:00–15:00</td>
<td>60</td>
</tr>
</tbody>
</table>

**Stomach Cancer Examination**: X-Ray involving drinking barium on that day

**Lung Cancer Examination**: Chest X-Ray

| Fee | 1,500 yen (1,000 yen for stomach cancer examination only and 500 yen for lung cancer examination only) | 600 yen may be added as an additional fee for a sputum examination based on general checkup (postage might need to be paid). |

**Those Eligible**: 40 years old and over. Pregnant women, those who had stomach, lung or intestine surgery or are in treatment; those who have barium sensitivity or had aspiration (lung cancer examination is possible); and those who had an endoscope stomach cancer check by Nara City in the last fiscal year (lung cancer examination is possible) are excluded.

**Others**: For those who are breast feeding, please notify us of such when you apply. The examination interval is once a year. There might be cases where you may not be able to take the examination depending on your health or questionnaire.

Inquiries: Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129 Fax. 0742-34-3145

**Medical Checkup for Babies and Children**

**Things to Bring**: The questionnaire which will be sent to you during the middle of April and your Mother’s and Child’s Health Handbook. People who moved to Nara City after April 1 and have not received the questionnaire by the checkup day can come to the place directly on the day without it. For 4-month and 10-month-old babies’ checkups, please contact Boshi·Hoken·Ka (Mother and Child Health Section)

Inquiries: Boshi·Hoken·Ka Tel. 0742-34-1978
### Classes for Babies

#### Paku-Paku Class for Five-month-old Babies (Baby Food Class)
- **Those Eligible:** First-born children born in December 2018 and their guardians
- **Date & Time:** May 8, 15 (Wed.) 10:00 – 11:30
- **Contents:** Talk about baby food by a dietitian and about child rearing by a health nurse
- **Things to Bring:** *Mother’s and Child’s Health Handbook*, the baby food leaflet included with the checkup questionnaire for four-month-old babies and so on.
- **Capacity:** 32 babies and parents each day

#### Ha-Pika Class for One-year-old Babies (Tooth Decay Prevention Class)
- **Those Eligible:** First born children born in May 2018 and their guardians
- **Date & Time:** May 7 (Tues.) 10:00 – 11:00
- **Contents:** How to care for babies’ new teeth and brushing practice
- **Things to Bring:** *Mother’s and Child’s Health Handbook* and some gauze for wiping the baby’s mouth
- **Capacity:** 30 babies and parents
- **Place:** Hagukumi Center (Sanjo-Honmachi)

**Application:** Please contact Boshi-Hoken-Ka (Mother-and-child Health Section) by phone or fax with the class name, your address, child’s name, the date of baby’s birth, guardian’s name, phone number, and your preferred date. Excess applications will be accepted for another day. Tel. 0742-34-1978 Fax. 0742-34-5155

### Maternal and Infant Healthcare Consultation

#### Consultation by Visiting Public Health Nurses

<table>
<thead>
<tr>
<th>Date</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 (Tues.)</td>
<td>Koto Kominkan*</td>
</tr>
<tr>
<td>17 (Wed.)</td>
<td>Heijo Nishi Kominkan</td>
</tr>
<tr>
<td>23 (Tues.)</td>
<td>Heijo Kominkan</td>
</tr>
</tbody>
</table>

**Time:** 9:30 – 11:30 (*10:00 – 12:00*)

Consultations over the phone or at the office are held on weekdays in Boshi-Hoken-Ka (Mother-and-Child Health Section) 8:30 – 17:15

#### Midwives’ Consultation

**Seibu Kaikan (2F) Consultation Room (Consultation at the Office)**
- **Date & Time:** Weekdays 10:00 – 14:00 (Reception time is until 13:30)

**Boshi-Hoken-Ka (Health Section) (Consultation over the phone or at the office)**
- **Date & Time:** Weekdays 9:00 – 15:00

**Things to bring:** *Mother’s and Child’s Health Handbook*

**Inquiries:** Boshi-Hoken-Ka (Mother-and-Child Health Section) Tel. 0742-34-1978
**Those Who Will Receive Individual Notices in April**  
(Notices were sent in late March)

**Preliminary Examination Leaflet:** Those born in February 2019. Preliminary Examination Leaflet, *Mother’s and Child’s Health Handbook* and the Health Insurance Card, etc. are needed to get vaccinations. Those who don’t have a Preliminary Examination Leaflet due to moving to Nara City should contact us. *Fill out forms with an indelible black ballpoint pen.

**Inquiries:** Kenko Zoshin-Ka (Health Care Section)  Tel. 0742-34-5129

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**Bosai Center Fire Fighting Fair**  
(Entrance is free)

**Date & Time:** May 11 (Sat.) 9:30 – 12:00  
This event will be held even in light rain. Contents might change in case of heavy rain, disaster, etc.

**Place:** Bosai Center (Hachijo 5-chome)

**Contents:**  
1. Fire operations center tour (1st time: 10:00, 2nd time: 11:00 – )  
2. Fire engine water discharge experience (10:30 – 12:00)  
3. Experience riding an ambulance and fire engine (support vehicles).  
4. Disaster prevention experience (firefighting, smoke evacuation)  
5. Big 119 Sugoroku (Japanese traditional board game)  
6. Fun corner (puzzles & quizzes, etc.)

**Inquiries:** Bosai Center (Disaster Prevention Center)  Tel. 0742-35-1106

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**Japanese Encephalitis Vaccinations for Those Born in April 2016**
Receive all three times (the first, the second and the booster) of the first term vaccination. Confirm it on the Preliminary Examination Leaflet.

**The Period of Vaccination:** Between age 3 and one day before the 7-1/2 year old birthday

**Vaccination Method:**
- **Initial Vaccination:** Two times with an interval of one to four weeks
- **Booster Vaccination:** Once, with an interval of one year after the completion of the initial vaccination

**Things to Bring:** The Preliminary Examination Leaflet, the *Mother’s and Child’s Health Handbook* and your child’s ID document, such as a Health Insurance Card, etc.

*Fill in the Preliminary Examination Leaflet with indelible black ballpoint pen.

*Those who are not registered residents of Nara City on the day of vaccination are not eligible.

**Applications:** Make an appointment at a registered clinic on the City website.

**Inquiries:** Kenko-Zoshin-Ka (Health Care Section)  Tel. 0742-34-5129

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**To Those who Have Moved to Nara City with pre-school children**
We’re asking parents of preschool aged children to submit the form “current status of vaccinations” to get an idea of the vaccination history of preschool children who have moved to Nara City. We will explain what vaccinations will be needed in the future after finding out the child’s history at their previous residence. Please see the post on the City website for further details.

**Inquiries:** Kenko-Zoshin-Ka (Health Care Section)  Tel. 0742-34-5129

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**Hello! Visiting Babies (Free of Charge)**
We are visiting all homes to see babies less than 4 months old.

**If You Have Worries about Baby-Rearing or You Need Consultation on Breast feeding**

**If Your Baby’s Birth Weight was 2,500g or Under**
Please notify us of these cases because special care under the mother-child health law will be needed, such as in living conditions and prevention of diseases.

**Application:** please phone or send the green “newborn baby” postcard attached in the *Mother’s and Child’s Health Handbook* to Boshi Hoken-ka, after filling in the information on the back side of the card. A midwife or public health nurse will visit your home.
Application:  

**Content Fee:**

- Capacity:

  - **Place & Date:**

  1. Saturday mornings at Sahogawa Elementary School starting on April 13 (Sat.) 8:30
  2. Saturday afternoons at Ukyo Elementary School starting on April 20 (Sat.) 13:00
  3. Sunday mornings at Omiya Elementary School, starting on April 14 (Sun.) 8:50

  **Capacity:** 20 elementary school students each class

  **Fee:** 20,000 yen for one year

  **Contents:** Learning the basic art of mat gymnastics, the vaulting horse and low iron bar, etc.

  **Application:** Send a return postcard with the class number 1-3, your name (with the reading in Kana), address, gender, school name, grade, phone number, and the guardian’s name, to Ms. Kimiyo Uenishi of the City Gymnastics Society (314 Tükise Tsukigase 630-2305) no later than May 30 (Fri.).
than April 6 (Sat.). Excess applications will be decided by lottery which takes priority to lower grades. One card per person. Tel. 0743-92-0405

Exercise Class for Parents and Children

**Date & Time:** Every Saturday from May 18 (Sat.) to March 21 (Sat.) 2020.
- 25 times 1.13:40-15:00 2. 15:10-16:00
You can participate in both classes.

**Place:** Sogo Fukushi Center Gymnasium (3-1, Sakyō 5-chome 631-0801)

**Contents:** Build up basic physical strength by rythmique gymnastics and move the body happily.

**Capacity:** 80 mentally handicapped children elementary school students and over with guardians

**Period:** Until May 16 (Thurs.)

**Application:** Send an application form, a return postcard or fax with class name, address, child's name (with the reading in Kana), age, phone number, fax number, and whether the child has a disability or not (if yes, its type and grade), the guardian's name (only for those who are under 20 years old) to Naraden Arena by May 16 (Thurs.). Excess applications will be decided by lottery.

*If a weather warning has been issued by Nara City two hours before starting time, the class will be cancelled.

Nara Centennial Hall

7-1 Sanjo-Miyamae-cho 630-8121 Tel. 0742-34-0100

Nara Centennial Hall Seeks Participants for Classes for Children

Chorus Class for Children

**Date & Time:** Thursdays from May 2019 to March 2020, 17:00-18:30 (about three times a month)

**Instructors:** Ms. Atsuko Yamaguchi and Ms. Setsu Takagaki

**Capacity:** Elementary school students/ Guardians need to take their children to and from the class.

**Fee:** 2,500 yen a month

**Others:** A trial lesson will be held April 18 (Thurs.) 17:00-18:30. An application is needed.

**Application:** Send a return postcard with the class name, your address, the guardian’s name, child’s name (furigana), child’s age (school grade) and phone number, to Nara Centennial Hall no later than April 20 (Sat.).

Joyful Rythmique Class (6 times, the first half period)

**Date & Time:** Thursdays from May to July
- 1.10:00-10:45 2.11:00-11:45 3. Either time is OK.

**Instructor:** Kanai Keiko-san who has an advanced rythmique teaching license

**Capacity:** children aged one or two-year-old and their guardians, about 15 pairs

**Fee:** 6,000 yen for one guardian and one child, 9,000 yen for one guardian and two children

**Application:** Send a return postcard with the class name, the desired time, your address, the guardian's name, child's name (furigana), child's age (school grade), and phone number to Nara Centennial Hall no later than April 20 (Sat.). Excess applications will be decided by lottery.

Please Follow Rules When You Put Garbage Out!

On February 12 there was a fire in a garbage collection car while collecting large-size garbage at Aono-cho 1-chome, and the car was destroyed. We have been investigating the cause of the fire.

When you dispose of a kerosene stove or a stove burner, be sure to remove batteries from them in order not to cause a fire, and defuel the tank to prevent fire spreading. Please cooperate with garbage collection by following the rules for proper disposal. For detail, please visit the website of Machi‐Bika‐Suishin‐Ka (Town Beautification Promotion Section).

**Inquiries:** Machi‐Bika‐Suishin‐Ka (Town Beautification Promotion Section)
Tel. 0745-71-3003
Please Cooperate with Recyclable Garbage Collection
When You Put Garbage Out, Check the Following.

Plastic Bottles Collection
Please tear off labels on plastic bottles and remove caps, and put them out as recyclable garbage. Please dispose of the removed caps and labels as plastic-container packaging garbage.

Beverage Carton Collection
Please dispose of beverage cartons with caps as recyclable garbage after removing caps and spouts. Cartons with caps and spouts are not collected. Please throw away caps and spouts as plastic-container packaging garbage.

Others
*Please separate empty glass bottles depending by color: transparent, brown, or other colors. Then put them in designated containers.
*Please put garbage in a container filled to 60 per cent of its capacity. Then use another container.
*When you throw away bottles in a net bag, only put them as many as you can and bind the bag. Then please use another net bag.
*Please return containers and net bags including unused ones after garbage collection on the day.

Inquiries: Recycle·Suishin·Ka (Recycle Promotion Section)  Tel. 0745-33-5380

Children’s Festival at Kids Manabi-no-Floor in the Education Center
Special Day Event on April 29 (Holiday)
1) Planetarium Show “Nijiro to Uchu Tanken” (Nijiro’s Space Expedition)
2) Experiment “Hikari to Asobo!” (Let’s Play with Light!)
3) Handcraft “Asobiya Hasshi no Chocho to Asobi” (Play for a bit with Hasshi)
4) Fun talk show on the starlit sky “Hoshi ni!” (Star-Brother)

Time: 1) 2) 3) 9:50-14:00  4) 11:00-12:00
Capacity: 1) 40 people  2) 20 people  3) 20 people  4) 190 people (adults without children may attend)

Others: It is necessary for children to be accompanied by guardians. For attendance, numbered tickets for each event will be distributed from 9:30 on the day. For 4), seating is free, hall admittance by numerical order.

Other Events on May 3 (Holiday), 4 (Holiday) and 5 (Holiday)
Golden Week movie screening
Talk show (only on May 5 (Holiday))
Golden Week planetarium show “Boku Tachi Wakusei 8 Kyodai” (We 8 Planets Are Siblings)

Planetarium Show
Date: Every Saturday and Sunday
Capacity: 40 people for each show. Children must be accompanied by guardians.
Reception starts 30 minutes prior to the show in front of the elevator. First-come-first-served basis.

Inquiries: Kyoiku·Shien·Ka (Education Support Section, Education Center)
Hagukumi·Center, 13-1 Sanjo·Honmachi 9F, 630-8122  Tel. 0742-36-0401
Closed on April 30 (Holiday), May 1 (Holiday), 2 (Holiday) and 6 (Holiday) during Golden Week
*There is a possibility that contents and schedule may change.
*For further information, please refer to the event leaflet or Nara City website (only in Japanese).