

# Nara City Information for Residents

November 2019 Issued by Nara City Hall (No. 1188)  
(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](mailto:nsgghyk@gmail.com)



# Nara City's Account Settlement and Fiscal Situation

## For the Year 2018

**The general account** for fiscal year 2018 finished 1.114 billion yen in the black. We have secure city tax and fiscal resources, and by restraining municipal bonds issued by Nara City, we want to make a plan based on prioritizing urgency and efficient work.

**The situation for general account settlement** was harsh compared to fiscal 2017, as social security related costs increased, and regional delivery tax dropped. But we have secured revenue through the increase of the city tax and the elimination of the city fund, and through more effective execution works as well as the current level of administrative services. The deduction of revenues and expenditures was in the black following 2017.

**Regarding the special account in 2018**, the special account for new housing loans was 550 million yen in the red, but the other nine special accounts were balanced or in the black.

**Regarding publicly managed company accounts, the hospital business** was 120 million yen in the red, the water supply business was 930 million yen in the black, and the sewage business was 440 million yen in the red.

**Labor costs** were reduced by the elimination of over-work hours for 8 years, but increased compared to fiscal 2017, because of the increase in the retirement allowance.

**The benefit costs** rose due to an increase in social security.

Public debt rose compared to fiscal 2017 because of the increase of the principal payment.

The budget related to construction costs for public facilities increased compared to fiscal 2017 because of the installation of air conditioning equipment in elementary and junior high schools, and the environmental development project of Yamato-Saidaiji Station.

**The balance of the city debt**, "real debt" decreases, and the ratio of the future burden improved absolutely.

**Inquires:** Zaisei-Ka (Finance Section), City Hall      Tel. 0742-34-4720

## World AIDS Day is December 1

**If you have anxiety about infection, why don't you take this opportunity to get tested?**

World AIDS Day was established by WHO (World Health Organization) to prevent the spread of AIDS and resolve prejudices against infected patients.

Enlightenment activities are carried out around the world around December 1 every year.

### One Day HIV test

**Date & Time:** The 1st and 2nd Mondays 13:30-15:00    \*The results are explained on that day.

### Venereal Diseases (HIV, syphilis, hepatitis B, hepatitis C) Test, Consultation

**Date & Time:** The 3rd Monday 13:30-15:00    \*The results will be explained at the Center after a week.

### Nighttime, One Day HIV Test

**Date & Time:** 1. November 27 (Wed.) 18:00-19:30

2. December 2 (Mon.) 18:00-19:30

**Place:** Hagukumi Center ( Sanjo-honmachi) 4th floor testing room

\*HIV testing (including Nighttime testing) and venereal diseases tests are also carried out here.

**Application:** Hoken-Hobo-Ka (Health Protection Section) \*free of charge, Anonymous  
(Tel. 0742-93-8397)

## **AIDS Exhibition (Panel display, Brochure distribution)**

**Date & Time:** November 25 (Mon.)-29 (Fri.)

**Place:** City Hall 1<sup>st</sup> floor access passage, Hagukumi Center 1<sup>st</sup> floor (Sanjo-honmachi)

**Inquiries:** Hoken-Hobo-Ka (Health Protection Section) (Tel. 0742-93-8397)

## **Applications for Daycare Centers, Certified Children Centers, and Regional Daycare Centers for April 2020**

**Those Eligible:** All guardians must live in Nara City and meet the following requirements for child-care needs.

1. they are employed (working more than 96 hours a month)
2. they are pregnant or have had a child
3. they are sick or disabled
4. they are providing nursing care for a relative living in the same home
5. they are recovering from a natural disaster
6. they are seeking employment
7. they are attending school
8. they are victims of domestic violence or abuse

**Application:** Fill in all necessary items on the form distributed at Hoikusho-Yochien-Ka (Daycare and Kindergarten Section) and submit it between Jan. 6 and Jan. 20 of 2020. (Those who want the admission to be between January and March 2020, must submit the form must be submitted before Dec. 10. When submitting the application form, you will need your personal identification card, notice of personal identification card, or residence card with a personal tax identification number and at least one photo ID issued by government institutions or two IDs without photo. You may also apply through the website (web application requires a personal identification number card, a personal computer, an ID card reader, etc.).

## **Be Careful of Infectious Gastroenteritis (Norovirus, etc.)**

Infectious gastroenteritis often goes around from late October to May

### **Features of Norovirus:**

Incubation Period (Time from Infection to Onset): 24 to 48 hours

Main Symptoms: Vomiting, nausea, diarrhea, abdominal pain and fever, etc.

### **Prevention Points:**

Please be careful to wash hands completely and prevent food poisoning, and dispose of vomit and excrement properly. Get an early medical examination when symptoms occur. Pay attention especially to dehydration due to diarrhea and suffocation due to vomiting in infants and aged people.

## **Warning about Influenza**

Influenza tends to cause severe symptoms especially for children and the elderly.

We recommend getting a flu shot earlier than usual as flu has already started this year. If you find yourself with flu-like symptoms, see a doctor as soon as possible and wear a mask, so as not to infect others.

### **Preventing Influenza in Your Daily Life**

1. Wear a mask when going out.
2. Gargle and wash your hands frequently.
3. Get enough sleep and eat a nutritionally-balanced diet.

**Inquiries:** Hoken-Yobo-Ka (Health Protection Section) for influenza and general infectious diseases

Tel. 0742-93-8397

Hoken-Eisai-Ka (Life Sanitation Section) for food poisoning and related diseases

Tel. 0742-93-8395

## Garbage Collection

### Please Don't Park near Garbage Collection Sites

Cars may get damaged or splashed by dirty water while loading garbage, and we may not be able to collect the garbage. If the sites get dirty, users must clean up the site themselves.

### Garbage Collection Dates and Areas in November

Area	Burnable Garbage	Unburnable Garbage
A F	Mon. & Thurs.	6, 20 (Wed.)
B E		
C H	Tues. & Fri.	13, 27 (Wed.)
D G		

\* Areas A-D are covered by Nara City, and areas E-H are covered by City Seibi-Kosha & Co. Ltd.  
The garbage collection date may be different in some areas, so please check at the Nara City Website.

\* Garbage will be collected as usual on Nov. 4 (Holiday).

**Inquiries:** Shushu-Ka (Collection Section) Tel. 0742-71-3012

City Seibi Kosha (Public Corp.) Tel. 0742-33-8782

## Cancer Examinations (December)

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

**Period:** From Nov. 1 (Fri.) to 20 (Wed.). Internet applications will be accepted until Nov. 10 (Sun.).

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.

\*Cancer examinations at Nara City Hall will not be conducted until further notice, while the building is being reinforced to be earthquake resistant.

### Stomach and Lung Cancer Examinations

Date	Place	Reception Time	Capacity
3 (Tue.)	Hagukumi Center	8:45-9:45	33
4 (Wed.)	Coop Oshikuma	9:15-10:15	27
6 (Fri.)	Tomio Minami Kominkan	9:15-10:15	27
11 (Wed.)	Hagukumi Center	8:45-9:45	33
12 (Thurs.)	Seibu Shogai Sports Center Club House	9:15-10:15	27
13 (Fri.)	Tomio Kominkan	9:15-10:15	27
16 (Mon.)	Hokubu Shutcho-sho	9:15-10:15	27
17 (Tue.)	Heijo kominkan	9:15-10:15	27
18 (Wed.)	Seibu Toshokan	9:45-10:45	23
19 (Thurs.)	Hagukumi Center	8:45-9:45	33
20 (Fri.)	Miato Kominkan	9:15-10:15	27
23 (Mon.)	Hokubu Shutcho-sho	9:15-10:15	27
24 (Tue.)	Tomigaoka Kominkan	9:30-10:30	26
25 (Wed.)	Bosai Center	9:15-10:15	27
26 (Thurs.)	Hagukumi Center	8:45-9:45	33

### Lung Cancer Examination

Date	Place	Reception Time	Capacity
4 (Wed.)	Hagukumi Center	14:00-15:00	60

**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 if an additional fee for a sputum test based on the general check-up

**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 previous 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

## **Flu Vaccinations for the Elderly Are Available until Dec. 28 (Sat.)**

**Vaccination Period:** Until Dec. 28 (Sat.) (excluding days clinics are closed)

\*After this period, you must pay your own expenses.

**Those Eligible:** Shown on page 5 of the October 2019 issue (English version)

**Fee:** 1,700 yen

\* The fee will not be charged to those who show their certification of welfare assistance or of economic assistance for Japanese left in China at the time of vaccination.

**Number of Vaccination Times:** Once

**How to Get the Vaccination:** Make an appointment at a designated clinic in the city (found in the list on the Nara City website).

\* Those who want to get the vaccination outside Nara City (but within Nara Prefecture) should make the necessary arrangements with Kenko-Zoshin-Ka (Health Care Section) in advance.

\* Pay your own expenses when you get the vaccination outside Nara Prefecture.

**Things to Bring:** Identification document (health insurance card, etc.)

**Inquiries:** Kenko-Zoshin-Ka (Health Care Section)

Tel. 0742-34-5129

## **Tuberculosis Examinations for Citizens**

**Date & Time:** Nov. 16 (Sat.) 9:30-10:30

**Place:** Nara 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 Nov. 1 (Fri.) and 15 (Fri.). Tel. 0742-93-8397

## **Classes for Babies and Infants**

**Paku-Paku Classes for Five-month-old Babies (Baby Food Class)**

**Those Eligible:** First-born children in July 2019 and their guardians

**Date & Time:** December 11 (Wed.) and 18 (Wed.), both 10:00-11

**Contents:** Lecture about baby food by a dietitian and lecture about child-raisin by a public health nurse

**Things to Bring:** *Mother's and Child's Health Handbook*, leaflets about baby food enclosed with the questionnaires for the 4-month-old baby's physical checkup, etc.

**Capacity:** 32 babies per day

**Ha-Pika Class for One-year-old Babies (Tooth Decay Prevention Class)**

**Those Eligible:** First-born children born in December 2018 and their guardians

**Date & Time:** December 10 (Tues.) 10:00-11:00

**Contents:** Lecture about how to take care of baby's new teeth and brushing practice

**Things to Bring:** *Mother's and Child's Health Handbook* and gauze to wipe baby's mouth

**Capacity:** 30 babies per day

**Place:** Hagukumi Center

**Application:** Please contact Boshi-Hoken-Ka (Mother and Child Health Section) by phone or fax with the class name, your address, name, phone number, baby's name, baby's birth date, and preferred date. Excess applications will be accepted for another day. Tel. 0742-34-1978 Fax. 0742-34-515

## Study Salon for New Mothers over 40 Years of Age

### Let's Talk about Childbirth with Midwives

**Those Eligible:** Women 40 years old and up, either in their first pregnancies (under 32 weeks) or nursing mothers with babies less than 1 year old

**Date & Time:** November 21 (Thurs.) 10:00-11:30

**Place:** Hagukumi Center

**Contents:** Lecture by public health nurses and midwives, followed by friendly exchange among participant mothers and individual consultation

**Things to Bring:** *Mother's and Child's Health Handbook*, baby goods if necessary

**Application:** Please contact Boshi-Hoken-Ka (Mother and Child Health Section) by phone or fax with the class name, your name, date of birth, phone number and expected delivery date by November 14 (Thurs.). Tel. 0742-34-1978 Fax. 0742-34-5155

## Japanese Encephalitis Vaccinations will start for those born in November 2016

Let's receive the first term vaccination (the first 2 times, and an additional 1 time) and confirm it on the Preliminary Examination Leaflet.

**The period of vaccination:** Between age 3 and one day before the 7 1/2 years old birthday

### Vaccination Schedule:

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 vaccinations.

**Application:** Make an appointment at a registered clinic (see the City website) and bring the Preliminary Examination Leaflet, *Mother's and Child's Health Handbook* and your child's ID document, such as a health insurance card, etc.

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

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

## Fluoride Coating for Tooth Decay Prevention

**Those eligible:** Those born in December 2017 (Until age 2 1/3 years old as of in the month of coating)

**Date & Time:** December 20 (Fri.) 9:30-11:30

**Place:** Chuo Hoken (Central Health) Center

**Contents:** Dental checkup, fluoride coating, guidance for brushing teeth

**Things to Bring:** "*Mother's and Child's Health Handbook*", a toothbrush for children, towels

**Application:** Call or fax with the class name, child's name, birthday and phone number to Boshi-Hoken-Ka (Mother and Child Health Care Section) by November 29 (Fri.)

Application may also be made via the website. Tel. 0742-34-1978 Fax. 0742-34-5155

## Medical Checkups for Babies and Children

Name	Date	Place
Checkup for 4-month-old babies born in August 2019	Within one month after 4-month birthday	Designated Medical Facilities in Nara City
Checkup for 10-month-old babies born in February 2019	Within one month after 10-month birthday	Designated Medical Facilities in Nara City
Checkup for 19-month-old babies born in April 2018	December 5, 12, 19, January 9 (Thurs.) Reception: 13:15-14:15 Waiting numbers will be distributed from 12:45	Central Health Center
Checkup for 3 1/2-year-old children born in May 2016	December 3, 10, 17, 24 (Tues.) Reception: 13:15-14:15 Waiting numbers will be distributed from 12:45	Central Health Center

**Things to Bring:** The questionnaire and “*Mother’s and Child’s Health Handbook*”. The questionnaire will be sent to you by the middle of November. People who moved to Nara City after November 1 and haven’t received the questionnaire by the checkup day should come to the place directly on the day. In the case of the checkups for 4-month-old babies and 10-month-old babies, please Contact Boshi- Hoken-Ka.

**Inquiries:** Boshi-Hoken-Ka (Mother and Child Health Care Section)      Tel. 0742-34-1978

### The questionnaire for vaccinations was sent out in late October (For those born in September 2019).

Bring the questionnaire and your *Mother’s and Child’s Health Handbook* with you in order for your child to receive the vaccination. If you have not received the questionnaire because you recently moved to Nara City, please contact Boshi-Hoken-Ka (Mother-and-Child Health Section).

\*Please fill in the questionnaire with a black indelible pen.

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

## Maternal and Infant Health Care Consultation

### Consultation by Visiting Public Health Nurse

	Date	Place
November	15 (Fri.)	Heijo-Higashi Kominkan*
	26 (Tues.)	Miato Kominkan
	27 (Wed.)	Keisei Kominkan

**Time:** 9:30-11:30 (\*13:30-15:30)

\*Consultation over the phone or at the Boshi-Hoken-Ka (Mother and Child Health Section) is available 8:30-17:15 on weekdays.

### Consultation by Midwives

**Date & Time:** 10:00-14:00 on weekdays (available until 13:30)

**Place:** Seibu-Kaikan Consultation Room (2F) (Gakuen-Minami 3-chome)

\*Consultation may be conducted by a Public Health Nurse.

**Things to Bring:** *Mother's and Child's Health Handbook*

**Inquiries:** Boshi-Hoken-Ka (Mother and Child Health Section) Tel. 0742-34-1978

### Consultation by Visiting Public Health Nurses from Tsuge Health Center

	Date	Place
November	14 (Thurs.) 9:30-11:00	Certified Child Center, Yagyu Child Center
	26 (Tues.) 10:30-12:00	Dongokaoka Community Ground (former Tahara Nursery School)
December	3 (Tues.) 10:00-12:00	Koto Kominkan

\*Consultation is available over the phone or at the room of Tsuge Health Center and Tsukigase Health Consultation Center (8:30-17:15 on weekdays).

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

**Inquiries:** Tsuge Hoken Center Tel. 0743-82-0341

### Class for Pregnant Women & Dental Checkup

#### Mother's & Father's Class

Schedule A	Schedule B	Contents (Eligibility)
Dec. 11 (Wed.)	Jan. 8 (Wed.)	Lecture and talk with experienced mothers (Women in their first pregnancy)
Dec. 14 (Sat.)	Jan. 11 (Sat.)	Bathing practice and lecture (Women in their first pregnancy and their husbands)

\***Eligibility:** Those who are in the 22nd to 31st week of pregnancy. Each class has a two-day program.

**Time:** 9:30 – 12:00

**Place:** Central Health Center (Sanjo-Honmachi)

**Capacity:** 24 expecting parents for each class

**Application:** Please contact Boshi-Hoken-Ka (Mother and Child Health Section) by phone by Dec. 4 (Wed.) for schedule A and Jan. 6 (Mon.) for schedule B. Tel. 0742-34-1978

You may also apply through the city website.

#### Maternity "Happy" Check (Dental Checkup for Pregnant Women)

**Those Eligible:** Pregnant women in stable condition, in the approx. 16th to 31st week of pregnancy

**Date & Time:** (1) Dec. 19 (Thurs.), (2) Jan. 23 (Thurs.) 9:30 - 11:30

**Place:** Central Health Center (Sanjo-Honmachi)

**Things to Bring:** *Mother's and Child's Health Handbook*, and towels

**Capacity:** 30 women

**Application:** Please contact Boshi-Hoken-Ka (Mother and Child Health Section) by phone or fax with the class name, date you want to attend, your name, date of birth, phone number, and expected delivery date by Dec. 12 (Thurs.) for schedule (1), or Jan. 16 (Thurs.) for schedule (2).

Tel. 0742-34-1978 Fax 0742-34-5155

### Family Support Center

This center was established for those who want to give and receive child-care assistance.

Membership registration is necessary.

#### Orientation Meeting

**Date & Time:** Nov. 19 (Tues.), Dec. 7 (Sat.) 10:00 - 12:00

**Things to Bring:** 2 ID photos (3 cm L. x 2.5 cm W.) and a personal seal for registration



## **Whole Exchange Meeting (For Christmas)**

**Date & Time:** Dec. 5 (Thurs.) 10:00 - 12:00

**Deadline:** Nov. 27 (Wed.)

**Place:** Hagukumi Center

**Application:** Please contact the Family Support Center by phone. Tel. 0742-34-3305

## **Seeking Tenants for Municipal Apartment Houses**

### **Available Apartment Units**

#### **For General Households**

The No. 2 Municipal Apartment House (Higashino-saka): 1 unit (an accident occurred here)

The No. 4 Municipal Apartment House (Hannyaji): 1 unit

The No. 14 Municipal Apartment House (Minami-kidera): 1 unit

The No. 20 Municipal Apartment House (Shoyo-dai): 1 unit

The No. 1 Community House (in front of JR Nara Station): 1 unit

#### **For Child-Rearing Households**

The No. 2 Municipal Apartment House (Higashino-saka): 1 unit

The No. 5 Municipal Apartment House (Daianji): 1 unit

#### **For Households Rearing Many Children**

The No. 11 Municipal Apartment House (Karamomo): 1 unit

The No. 12 Municipal Apartment House (Yokoi): 1 unit

\*Please check your eligibility according to the application guide.

**Application:** Submit an application form by mail or by hand to the Jutaku-Ka (Housing Supply Section) no later than Nov. 15 (Fri.). Application forms will be available at the Jutaku-Ka of the City Hall, Shutcho-sho (branch offices), Gyosei Center (administration centers), or Shimin Service Center between Nov. 1 (Fri.) and Nov. 15 (Fri.).

**Public Lottery:** Nov. 22 (Fri.)

**Inquiries:** Jutaku-Ka (Housing Supply Section) Tel. 0742-34-5174

## **Lecture Meeting and Health Checkup Event in Celebration of Charge-free Specific Health Checkups**

**Date & Time:** November 22 (Fri.), 14:00-16:00

**Place:** Naramachi Center (Higashi-Terabayashi-cho)

**Contents:** Body and Soul, Two Wheels for Health and Longevity: Let's Sing Songs and Do Exercises until Death

**Lecturer:** Repeat Yamanaka, singer-songwriter

**Others:** Participants in this lecture can attend health check events, such as checking skin age and blood vessel age. Consultation about medical, dental, and nursing issues, and about medicine treatments is also available between 13:00 and 14:00.

**Inquiries:** Kokuho-Nenkin-Ka (National Insurance and Pension Section), Tel. 0742-34-4736

## ***Mottainai* Pottery Market**

Unused ceramic tableware you have at home can be collected, or can be taken home for free.

### **Items Which Can't Be Collected:**

Items from other cities or used for business. Items which are not tableware like ashtrays and flower vases, etc. Tableware with food, etc. stuck to it. Unglazed dishes and earthen pots. Tableware made of glass, plastic, metal or wood. Tableware with rubber bottoms and handles (unless removed).

\*Items will be checked when donated. If they aren't accepted, please take them back home.

**Date & Place:** 1. November 13 (Wed.) at Co-op Shichijo (Shichijo-Nishimachi)  
2. November 20 (Wed.) at Hagukumi Center (Sanjo-Honmachi)  
3. December 4 (Wed.) at Co-op Oshikuma (Oshikuma-cho)

**Time:** 10:00 -13:00 Collection will be until 12:30

\*Please bring your own bags to bring items home in.

**Inquiries:** Kankyo-Seisaku-Ka (Environmental Management Division) Tel. 0742-34-4591

## Bosai Center

404-1 Hachijo 5-chome, 630-8145 Tel./Fax. 0742-35-1106

### Seminars

1. Course for adults (General lifesaving practice I)
2. Course for infants (General lifesaving practice III)

**Date & Time:** 1. November 13 (Wed.), 24 (Sun.), December 11 (Wed.), 22 (Sun.) 13:00 – 16:00  
2. November 21 (Thurs.) 9:30 – 12:30

**Contents:** Cardio-pulmonary resuscitation methods, how to use an Automatic External Defibrillator (AED), etc.

**Capacity:** 20 people each, over junior high school age

**Application:** Call the Bosai Center by the day before the class.

## Nara City Art Project

### KOTOHOGU NARA (Celebrate and Commemorate Nara) 2019-202,

“Night’s Dream in Nara” (Collaboration Drama: “A Midsummer Night’s Dream”

by Shakespeare x Nara) A drama created together with young people (Original Work: “A Midsummer Night’s Dream” by William Shakespeare)

**Date & Time:** December 21 (Sat.) 14:00 ~

**Place:** Citizen Hall at Naramachi Center (Higashi-Terabayashi-cho)

**Contents:** Junior and senior high school students will perform a new arrangement of Shakespeare’s work with professional artists.

**Application:** Send a post cards, fax or email titled “Application to view a drama created together with youths” with your address, name (with *kana* reading), age, phone number, and number of people by December 8 (Sun.) to the Nara City Art Project Executive Committee Secretariat. For groups, information about one person is enough. (Please specify the number of people in the group). Application from the official homepage is possible. Admission tickets will be sent soon after the closing date. Same-day tickets will be available if any seats remain. (Free of charge)

### Interactive Art Program “Green Mountain College”

**Date & Time:** December 21 (Sat.) 18:00-20:00

**Place:** Naramchi Center, lawn square

**Contents:** Learning about each other; Performing with another person / Talk on the theme of “Performance”, sitting around a small fire.

**Guests:** Tagami Yutaka (Dramatist, Director), Oyamada Toru (Artist, Professor at Kyoto City University of Arts and president of this college) (No application necessary, Free entry/exit, Free to join)

**Inquiries:** Nara City Art Project Executive Committee, c/o Bunka-Shinko-Ka (Cultural Promotion Section) 630-8580 1-1-1 Nijo-oji-minami Nara City Tel. 0742-34-4942 Fax. 0742-34-4728, Email: art@city.nara.lg.jp

## Seeking Participants for On-Matsuri Festival

### Children's *Daimyo Gyoretsu* (Feudal lord's procession)

**Date:** Dec. 17 (Tues.) Practices are required.

**Capacity:** 60 boys and girls who are in the 2<sup>nd</sup> grade of elementary school or older, and taller than 120 cm.

**Fee:** 4,000 yen

**Application:** Send a postcard with your name, address, age and phone number to Daimyo Gyoretsu Hozonkai (160 Kasugano-cho 630-8212 Tel. 0742-22-7788) to arrive no later than Nov. 17 (Sun.).

### *Ochigo-san* (Procession of Children in Traditional Costumes)

**Date:** Dec. 17 (Tues.) 12:00-14:30

**Eligibility:** Children between age three and the 3<sup>rd</sup> grade of elementary school

**Fee:** 5,000 yen

**Application:** Submit an application form to the Nara Sogo-Kanko Annnaisho (Nara Tourist Information Center) with the participant's fee no later than Dec. 1 (Sun.). The form is available at the Center (1082 Sanjo-Honmachi 630-8122 Tel. 0742-27-2223)

### *Oshukusho-Mode Gyoretsu* (Procession of Adults in Traditional Costumes)

**Date:** Dec. 15 (Sun.) 10:00-16:00

**Contents:** After gathering in front of Nara Shoko Kaigisho (Nara Chamber of Commerce) at Noborioji-cho A briefing session will be held and the time to change into costumes will be prepared. Participants will walk from JR Nara Station to Oshukusho (about 2.5km for 1.5 hours) and attend the ritual (*Miyutate*).

**Eligibility:** Men who are over 20 years old and are able to prepare *kimono* (traditional Japanese clothes) or *Yukata* (a cotton kimono), *juban* (undergarments) and *shiro-tabi* (white Japanese socks)

**Application:** Send a return postcard with your name, address and phone number to the Jikko-Inkai Jimukyoku (c/o Yume-Cube 2F, 12 Mochiidono-cho 630-8222) no later than Nov. 20 (Wed.). Excess application will be decided by lottery.

Jikko-Inkai Jimukyoku (Office): Tel. 0742-22-2164

**Inquiries:** Nara City Kanko-Senryaku-Ka Tel. 0742-34-5135

## World Diabetes Day: November 14

### Early Treatment Can Prevent Complications. Diabetes Is Not Someone Else's Disease!

### Nowadays One In Two Nara Citizens Who Need Treatment Is Not Treated for Diabetes.

(whose level of HbA1c is over 6.5 percent) (From the results of National Health Insurance Specific Examinations in 2018 in Nara City)

### Blue Illumination at the Former JR Nara Station Building (Nara City Information Center)

**Date & Time:** Nov. 13 (Wed.) -17 (Sun.) Sunset -22:00

**Shika-Marō-Kun (Nara's Mascot Character) will come** on Nov. 14 (Thurs.)

**Place & Time:** Nara City Hall, 12:00 & 12:45

Former JR Nara Station (Nara City Information Center), 17:00 & 17:45  
(about 15 min. each time)

### The 3<sup>rd</sup> Photo Contest Exhibition of the Prize Works on the Theme of "Blue Scenery in Towns in Nara"

**Date & Place:** Nov. 8 (Fri.)-15 (Fri.) the 1<sup>st</sup> floor of Hagukumi Center

Nov. 11 (Mon.)-15 (Fri.) the passage on the 1<sup>st</sup> floor of City Hall

Nov. 23 (Holiday)- Dec. 1 (Sun.) Irie Taikichi Memorial Museum

### Panel Exhibition

**Date & Place:** Nov. 11 (Mon.)-15 (Fri.) the passage on the 1<sup>st</sup> floor of City Hall

### Counseling for Diabetics

**Date & Time:** Nov. 11 (Mon.), 18 (Mon.), 25 (Mon.)

1. 13:00- 2. 14:00- (Approx. 60 min. per person)

**Place:** Kenko-Zoshin-Ka (the 3<sup>rd</sup> Floor of Hagukumi Center)

**Contents:** Counseling and guidance by a managerial dietitian for those who are diagnosed with high blood sugar levels, obesity, and risk of becoming diabetic. No medical examination by a doctor.

**Others:** Bring your medical checkup report if available.

**Application:** Call Kenko-Zoshin-Ka (Health Care Section) to set a date and time.

Tel. 0742-34-5129

## November is Child Abuse Prevention Month

Child Abuse is increasing year by year. Please inquire at Kosodate Sodan-Ka (Childrearing Consultation Section) if you have a concern about raising a child, for example, if you feel pain being with a child, you do not know how to interact with a child, etc. Various specialists will listen to you about your troubles and concerns at home as your child grows, think with you, and offer a suitable support for your family.

**Inquiries:** Kosodate Sodan-Ka (Childrearing Consultation Section) Tel: 0742-34-55970h

**Date:** Monday through Friday excluding holidays and end of the year and New Year holidays

**Time:** 9:00-17:00

The photograph of November issue's cover



Oh-Yagyu Taiko Odori

This dance is registered as a Nara Prefectural intangible cultural asset.

Students of Koto-kan Yagyu junior high school performed it on September 28 at Koto-kan Yagyu junior high school gym.