

Nara City Information for Residents

November 2018 Issued by Nara City Hall (No.1176)

(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



Nara City's Account Settlement and Fiscal Situation

For the Year 2017

The general Account finished 1.064 billion yen in the black.

The balance ratio for the current account has slightly improved 100.7 %, but the other financial indexes have shown continuous improvement.

The balance for city bonds (debt) showed a declining trend on the basis of overall accounts.

Total Revenues: 124.988 billion yen

Total Expenditure: 123.879 billion yen

The situation for general account settlement was harsh compared to fiscal 2016, as social security relation costs increased, etc.. We have secured revenue through the sale of land, reduction of labor costs, closer inspection of existing projects, and more effective execution of works, as well as by maintaining the current level of administrative services. The deduction of revenues and expenditures, after excluding business resources carrying over to the following fiscal year, was 1.064 billion yen, in the black following 2016.

We always promote administrative reform and fiscal soundness.

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

Seeking Participants for On-Matsuri Festival

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

Date: Dec. 17 (Mon.) Practices are required.

Capacity: 60 children who are in the 2nd grade of elementary school or older, and taller than 130 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. 18 (Sun.).

Ochigo-san (Procession of Children in Traditional Costumes)

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

Eligibility: Children between three years old and the 3rd grade of elementary school

Fee: 5,000 yen

Application: Submit an application form to the Nara Tourist Center with the participant's fee no later than Dec. 2 (Sun.). The form is available at the Center (23-4 Kami-Sanjo-cho 630-8228 Tel. 0742-22-3900)

Oshukusho-Moude Gyoretsu (Procession of Adults in Traditional Costumes)

Date: Dec. 15 (Sat.) 10:00-16:00

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)

Contents: Walking from JR Nara Station to Oshukusho in Mochiidono Shopping street for about 2.5km (1.5 hours). Following the procession, you'll attend the ritual (Oyudate-shiki). Lunch will be prepared.

Application: Send a return postcard with your name, address and phone number to the Nara City Shopping Street Promotion Association Office (302 Masaki No. 2 Building 511 Sanjo-cho 630-8244 Tel. 0742-22-1581) no later than Nov. 17 (Sat.).

Excess application will be decided by lottery.

Tobu Kogen (Eastern Highlands Area) Marché

You can buy fresh vegetables and dishes cooked with seasonal ingredients and enjoy treats made by local housewives.

*Every Marche will open from 10:00 through 14:00 and close when sold out.

Kohan-no-sato Tsukigase (4267-5 Tsukigase Momogano)

Open: 9:00-17:00 (Closed on Thursdays except if it's a holiday)

Marché: Nov. 17 (Sat.)

Treats: Miso soup with rich ingredients and Oden

Tsuge-no-hatake Kogenya (345 Hari-cho at Hari Terrace)

Open: 10:00-17:00 (9:00-17:00 on Saturdays, Sundays and Holidays. Closed on year end and New Year holidays)

Marché: Nov. 18 (Sun.)

Treats: Castella (sponge cake) rich with Yamato-kogen eggs

Sakahara Market Cosmos (818-1 Sakahara-cho)

Open: 8:00-14:00 on Saturdays and Sundays

Marché: Nov. 24 (Sat.)

Treats: Konnyaku and Kusamochi

Tsukigase Onsen Fureai Market (2681 Tsukigase Oyama)

Open: 9:00-17:00 (Closed on 1st and 3rd Tuesdays)

Marché: Nov. 25 (Sun.)

Treats: Game meat and shiitake mushrooms grilled on a charcoal fire

Tawara-Yamazato Market (764 Myoga-cho)

Open: 8:30-16:00 on Wednesdays, Saturdays and Sundays (Closed on holidays)

Marché: Dec. 1 (Sat.)

Treats: Shi-shi Jiru (Boar soup)

Ohnobashi Market Suehiro-ya (1676 Hagi-machi)

Open: 7:00-17:00 on Saturdays, Sundays and holidays

*Only stamp rally



Stamp Rally

Date: Nov. 17 (Sat.)-Dec. 24 (Holiday), except the days each market is closed.

Place: The above six markets in the Tobu (Eastern) area

Contents: Stickers will be given to those who buy a fixed amount, then you'll be eligible to win a lottery present.

*The dates and opening hours for the markets are set only for the term of this event.

Inquiries: Tobu Sub-branch Tel. 0742-93-0001

World Diabetes Day: November 14

The total number of diabetics who are under continuous treatment is 3,166,000 in Japan. This increased by more than 460,000 from the previous survey. (Based on the 2016 survey by the Ministry of Health, Labor & Welfare)

Counseling for Diabetics

Counseling and guidance by a managerial dietitian (Approx. 60 min. per person. No medical examination by a doctor)

Date & Time: Nov. 5, 12, 19 & 26 (Mondays) 1. 13:30 - 2. 15:00 -

(It will be continued on Mondays in and after December except holidays.)

Place: 3rd floor Hagukumi Center (Sanjohon-Machi)

Subjects: Those who are diagnosed with high blood sugar levels, obesity, and risk of becoming diabetic.

Things to 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

Panel Exhibition

To provide information about health including diabetes, healthy diet and exercise.

Date & Time: Nov. 12 (Mon.) - 14 (Wed.) The passage on the 1st floor of City Hall

Photo Contest Exhibition

Works of entries under the theme of "Blue Scenery in Towns in Nara" will be exhibited.

Date, Time & Place:

1. Nov. 7 (Wed.) -16 (Fri.) Except 10 (Sat.) 1st floor Hagukumi Center

2. Nov. 21 (Wed.) - Dec. 2 (Sun.) Except Nov. 26 (Mon.) Irie Taikichi Memorial Museum of Photography

Blue Illumination at the Former JR Nara Station Building

The former JR Nara Station building by the east exit of the Nara Station will be illuminated in blue, the signature color of Diabetes Day.

Date & Time: Nov. 10 (Sat.) -14 (Wed.) Sunset - 22:00

Place: The former JR Nara Station building (Nara City Tourist Information Center)

When Your Dogs and/or Cats Get Lost

On such occasions, contact the Health Center and the nearest police station. In order to identify

whose dog it is easily, your dog should have a name tag, a micro chip, a dog license and a rabies vaccination certificate. When walking the dog, please be sure to attach the leash firmly.
 Inquiries: Seikatsu Eisei-Ka (Life Sanitation Section) Tel. 0742-93-8395

Garbage Collection

Please Put Garbage Out by 7:30

Due to changes in routes, traffic accidents, road construction, traffic jams and the amount of garbage on that day, sometimes garbage will be collected later or sooner.

Please Dispose of Your Garbage in One Transparent/Semi-transparent 45-liter or Less Plastic Bag.

Please don't cover the garbage in the bag with papers, etc.; the contents should be clearly visible. Your garbage might not be collected if it is not separated properly. When you wrap broken or sharp items with paper, write what the contents are on the wrapping.

*Garbage will be collected as usual on November 23 (Holiday).

Garbage Collection Dates and Areas in November

Area	Burnable Garbage	Unburnable Garbage
A F	Mon. & Thurs.	7, 21 (Wed.)
B E		
C H	Tues. & Fri.	14, 28 (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.

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

Bringing Trash and Renewable Resources to Kankyo Seibi Waste Incineration Plant in December

Applications for December will start from November 1 (Thurs.) (This includes Dec. 29 (Sat.), 30 (Sun.) and 31 (Mon.))

Application: Call the plant for an appointment to bring in trash and renewable resources.
 Tel. 0742-71-9011

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

Information about health is mainly provided by Hagukumi Center (Health Center) (13-1 Sanjo-Honmachi 630-8122). The Central Health Center is on the 2nd Floor, Hagukumi Center building.

Tuberculosis Examination for Citizens

Date & Time: November 17 (Sat.) 9:30 -10:30

Place: Sogo Iryo Kensa Center (General Medical Examination Center) (Kashiwagi-Cho)

Contents: Chest X- ray exam

Capacity: 15 people who are 65 years old and over

Application: Call the Hoken-Yobo-Ka (Health Protection Section) from Nov. 1 (Thurs.) to Nov. 16 (Fri.). Tel. 0742-93-8397

Fluoride Coating for Tooth Decay Prevention

Those eligible: Those born in Dec. 2016 (It is possible to apply until age 28 months.)

Date & Time: Dec. 21 (Fri.) 9:30-11:30

Place: Chuo Hoken Center (Central Health Center)

Contents: Dental checkup, fluoride coating, guidance for effective toothbrushing

Things to bring: *Mother's and Child's Health Handbook*, a toothbrush for your child and towels

Application: Please contact Kenko-Zoshin-Ka (Health Care Section) by phone, fax or electronic application on the Nara City Website with the class name, child's name, the date of birth, and phone number by Nov. 30 (Fri.)

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

Medical Checkups for Babies and Children

Things to Bring: The questionnaire which will be sent to you during the middle of November, and your *Mother's and Child's Health Handbook*. People who moved to Nara City after November 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 Kenko-Zoshin-Ka (Health Care Section).

Name	Date	Place
Checkup for 4-month-old babies (Born in August, 2018)	Within one month from the 4-month birthday	Designated Medical Facilities
Checkup for 10-month-old babies (Born in Feb., 2018)	Within one month from the 10-month birthday	Designated Medical Facilities
Checkup for 19-month-old children (Born in April, 2017)	Dec. 6, 13, 20, Jan. 10 (Thursdays) Reception: 13:15-14:15 Waiting numbers will be distributed at 12:45	Chuo Hoken Center (Central Health Center)
Checkup for 3 and half-year-old children (Born in May, 2015)	Dec. 4, 11, 18, Jan. 8 (Tuesdays) Reception: 13:15-14:15 Waiting numbers will be distributed at 12:45	Chuo Hoken Center (Central Health Center)

Classes for Babies

Paku-Paku Class for Five-Month-Old Babies (Baby Food Class)

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

Date & Time: Dec. 5, 19 (Wednesdays) 10:00-11:30

Contents: talk about baby food by a dietitian and about child rearing by a public health nurse

Things to Bring: *Mother's and Child's Health Handbook*, the baby food leaflet included with the Checkup questionnaire for 4-month-old babies, etc.

Capacity: 40 babies for each

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

Those Eligible: First-born children born in December, 2017 and their guardians.

Date & Time: Dec. 4, 18 (Tuesdays), 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 for each



Place: Hagukumi Center

Application: Please contact Kenko-Zoshin-Ka (Health Care Section) by phone or fax with the class name, your name, address, and phone number, child's name and birth-date, as well as your preferred date. Excess applications will be accepted for another day.

Tel. 0742-34-5129 Fax. 0742-34-3145

Maternal and Infant Healthcare Consultation

Consultation by a Public Health Nurse

Month	Date	Place
November	7 (Wed.)	Fushimi Kominkan
	16 (Fri.)	Heijo Higashi Kominkan*
	19 (Mon.)	Tatsuichi Fureai Kaikan

	27 (Tues.)	Miato Kominkan
	28 (Wed.)	Keisei Kominkan
	29 (Thurs.)	Tawara Kominkan**
December	4 (Tues.)	Koto Kominkan***

Time: 9:30-11:30 (* 13:30-15:30, **10:30-12:00, ***11:00-12:00)

Consultation over the phone or at the office is held on weekdays between 8:30 and 17:15.

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

Others: Consultation at Tomio Kominkan on December 4 will be canceled due to building renovations.

Consultation by Midwives

Seibu Kaikan 2nd-floor Consultation Room (Office Consultation)

Time: Weekdays, 10:00-14:00 (Reception till 13:30)

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

Kenko-Zoshin-Ka (Health Care Section) (Consultation over the phone or at the office)

Time: Weekdays, 9:00-15:00

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

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

Classes and Dental Checkups for Pregnant Women

Mother's & Father's Class for Those in Their First Pregnancies

A	B	Contents
Dec. 5 (Wed.)	Jan. 9 (Wed.)	Lecture and talk with experienced mothers (*Women in their first pregnancies)
Dec. 8 (Sat.)	Jan. 12 (Sat.)	Bathing practice and lecture (*Women in their first pregnancies and their husbands)

*For those who are between 22 and 32 weeks of pregnancy and can attend both days of course A or B.

Time: 9:30-12:00

Place: Chuo Hoken Center (Central Health Center)

Capacity: 24 families per class

Application: Call, fax, or use the form on Nara City's website with the class name, course A or B, your address, name, age, phone number, the expected delivery date and whether your husband will attend or not by November 28 (Wed.) for course A and January 4 (Fri.) for course B to Kenko-Zoshin-Ka (Health Care Section). Tel. 0742-34-5129 Fax. 0742-34-3145

Maternity Happy Check (Dental Checkup for Pregnant Women)

Those Eligible: Pregnant women (between approx. 16 and 32 weeks)

Date & Time: ①December 20 (Thurs.) 9:30-11:30 ②January 24 (Thurs.) 9:30-11:30

Place: Chuo Hoken Center (Central Health Center)

Contents: Dental checkup, lecture about tooth brushing, fluoride coating (only for applicants)

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

Capacity: 30 people

Application: Call or fax with the event name, your preferred date, your name, your date of birth, phone number, and expected delivery date to Kenko-Zoshin-Ka(Health Care Section) by December 13 (Thurs.) for ①, and January 17 (Thurs.) for ②.
Tel. 0742-34-5129 Fax. 0742-34-3145

Vaccinations

Influenza Vaccinations

When it grows cold, the influenza virus begins to go around, and our physical condition is apt to deteriorate. The influenza vaccine is made based on a prediction of which type of influenza will be prevalent that year, as different types of influenza are common every year. The vaccine will be effective in preventing influenza for between about 2 weeks and 5 months after getting a flu shot, though this varies person to person. Please consult your regular doctor about when to get a flu shot as the period when influenza is epidemic changes every year.

Cancer Examinations (December)

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

Period: From November 1 (Thurs.) to November 20 (Tue.)

Internet application through the website will be accepted until November 10 (Sat.).

Free of charge for those who are on special welfare or for households receiving a residence tax exemption. Please notify us of such when you apply.

Stomach and Lung Cancer Examinations

Date	Place	Reception Hours	Capacity
12/4 (Tues.)	Seibu Toshokan (Library)	9:45 – 10:45	23
12/5 (Wed.)	Nara City Hall (Conference Room #3)	9:00 – 10:00	30
12/7 (Fri.)	Tomio-Minami Kominkan (Public Hall)	9:15 – 10:15	27
12/10 (Mon.)	Coop Oshikuma	9:15 – 10:15	27
12/12 (Wed.)	Hagukumi Center	8:45 – 9:45	33
12/13 (Thurs.)	Hagukumi Center	8:45 – 9:45	33
12/14 (Fri.)	Seibu Shogai Sports Center Club House	9:15 – 10:15	27
12/17 (Mon.)	Hokubu Shutcho-sho	9:15 – 10:15	27
12/18 (Tues.)	Tomigaoka Kominkan (Public Hall)	9:30 – 10:30	26
12/19 (Wed.)	Seibu Toshokan (Library)	9:45 – 10:45	23
12/20 (Thurs.)	Hagukumi Center	8:45 – 9:45	33
12/21 (Fri.)	Miata Kominkan (Public Hall)	9:15 – 10:15	27
12/25 (Tues)	Heijo Kominkan (Public Hall)	9:15 – 10:15	27
12/26 (Wed.)	Hagukumi Center	8:45 – 9:45	33
12/27 (Thurs.)	Bosai (Disaster Prevention) Center	9:15 – 10:15	27

Lung Cancer Examination

Date	Place	Reception Hours	Capacity
12/19 (Wed.)	Hagukumi Center	14:00 – 15:00	60

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

Lung Cancer Examination: Chest X-Ray

Fee: 1,500 yen (1,000 yen: stomach cancer examination only, 500 yen: lung cancer examination only)
An additional fee of 600 yen will be charged for a sputum test based on a general check-up for lung cancer (postage may be needed).

Those Eligible: 40 years old and over, except those who are pregnant; had stomach, lung or bowel surgery in the past or those organs are currently being treated; have barium sensitivity or have had accidental swallowing (aspiration) (for those, the lung cancer examination is possible); or had a stomach cancer examination with an endoscope in the previous year (for those, the lung cancer examination is possible).

Others: For those who are breast feeding, please notify us of such when you apply. The examination interval is once a year. You might not be able to have an examination depending on your physical condition or the results of the general check-up on the day.

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

Japanese Encephalitis Vaccinations Will Start (For Those Born in November 2015)

Please receive the first term (the first, the second and the additional vaccination!)
(Please Confirm With Your Child's Preliminary Examination Leaflet)

Period: From 3 years old to one day before turning seven and a half years old

How to Receive: Normally the second vaccination is given from one to four weeks after the first one.
The additional vaccination is given one year after the second one.

Application: Please make an appointment with a registered clinic listed on the Nara City website and bring the Preliminary Examination Leaflet, the *Mother's and Child's Health Handbook*, and an ID Card such as the Health Insurance Card. The vaccination will not be given unless your child is registered in Nara City.

*Please fill in the Preliminary Examination Leaflet with an indelible black ball-point pen.

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

Those Who Will Receive Individual Notices in November (Delivered in late October)

Preliminary Examination Leaflet: (Those born in September 2018) The Preliminary Examination Leaflet, the *Mother's and Child's Health Handbook*, and the Health Insurance Card are needed to get vaccinations. Those who have no Preliminary Examination Leaflet because of a recent move into Nara City, etc. should contact Hoken-Yobo-Ka (Health Protection Section).

Tel. 0742-93-8397

*Please fill in with an indelible black ball-point pen.

Japanese Encephalitis (the Second Term): Those born in September 2009: Information Post Cards have been mailed. Please bring your *Mother's and Child's Health Handbook* and Health Insurance Card to get the vaccination.

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

Nara Walk on the 20th

View From Wakakusayama Hill (For Good Walkers): This event is organized by volunteers from the Association to Promote to Building a Walking Habit.

Date and Time: Please gather at 9:15 AM on November 20 (Tues). The event will finish at noon. In case of rain, it will be canceled. You may call 0180-997-002 for inquiries on the day or after 6:00 PM on the previous day.

Course: Nara Park in front of Prefectural Office (Gathering Place) --- Wakakusayama *Tozando* (Trail) --- Hilltop --- Kasugayama *Yuhodo* --- Kencho-Mae (in front of Prefectural Office) (the event will finish here.) *(Walking Distance: Approx. 8.5 km)

Fees: 200 Yen.

Application: Applications will be accepted by phone, postcard, or fax: stating "Nara Walk on the 20th, your name, address, age, gender, and phone number to Kenko-Zoshin-Ka (Health Promotion Section) by Nov. 16 (Fri.). Tel. 0742-34-5129 Fax. 0742-34-5145

You may also apply through the Nara City website.

Hello! Visiting Babies

We are visiting all homes to see babies less than 4 months old.

1. If You Have Worries about Baby-Rearing or You Need Consultation on Breast Feeding-

2. If Your Baby's Birth Weight was 2,500g or Under-

Please notify us in these cases because special care 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 Kenko Zoshin-Ka, after filling in the information on the back side of the card. A midwife or public health nurse will visit your home.

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

If You Don't Have Any Particular Worries about Baby-rearing-

A city-entrusted counselor will call and visit your home when your baby is 2 or 3 months old.

Inquiries: Kosodate-Sodan-Ka (Child Consultation Section) Tel. 0742-34-4804

*This is done under the Child Welfare Act. You may get a phone call about the counselor's visit from a different phone number from the above

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, in their first pregnancies (Babies under 12 months, Pregnant women under 32 weeks)

Date & Time: November 29 (Thurs.) 10:00 – 11:30

Place: Hagukumi Center

Contents: Lecture by Public Health Nurses and Midwives

Friendly exchange among mothers and individual consultation

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

Application: Please contact Kenko-Zoshin-Ka (Health Care Section) by phone or fax with the class name, your name, date of birth, phone number and expected delivery date by November 22 (Thurs.) Tel. 0742-34-5129 Fax. 0742-34-3145

Be Careful of Infectious Gastroenteritis (Norovirus, etc.)

Infectious gastroenteritis often goes around from late November 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

- 1) Wash Hands Before and After:** Completely wash away the hands properly before cooking and eating, after coming in from outside, after using the toilet, and after disposing of vomit and excrement, etc.
- 2) Prevent Food Poisoning:** Heat bivalves like oysters, etc. sufficiently (to a temperature of 85 to 90 degrees Celsius in the center for a minimum of 90 seconds)
Disinfect cooking tools for bivalves with boiling water or chlorine bleach (an aqueous solution of sodium hypochlorite)
- 3) Proper Disposal of Vomit and Excrement:** Wear rubber gloves, face masks and aprons when disposing of vomit and excrement and cleaning toilets. Wipe with water after wiping with paper towels, using a concentration of 0.1% aqueous solution of sodium hypochlorite.

Get an Early Medical Examination When Symptoms Occur

Please especially pay attention to dehydration due to diarrhea and suffocation due to vomiting in infants and aged people.

Inquiries: Regarding infection: Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397

Regarding food poisoning: Seikatsu-Eisei-Ka (Life Sanitation Section) Tel. 0742-93-8395

Warning about Influenza

Influenza tends to cause severe general symptoms such as sudden high fever, headache, and joint and muscle pain, as well as cold-like symptoms such as coughing and a runny nose. Complications from influenza include encephalitis or brain fever in children and pneumonia in seniors, which can be fatal if serious. You should not make light of influenza, saying it's 'just a cold'. For prevention, it works well to get a flu shot before an epidemic starts.

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



See a Doctor as Soon as Possible if You Have Any Symptoms

If you find yourself with flu-like symptoms, see a doctor as soon as possible. Be sure to wear a mask at the clinic, so as not to infect others.

*The service for flu vaccinations for the elderly ends on Dec. 28 (Fri.). For details, see the October 2018 issue of Nara City Information for Residents.

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

Seeking Tenants for Municipal Apartment Houses

Available Apartment Units

For General Households

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

The No. 10 Municipal Apartment House (Furuichi): 1 unit

The No. 18 Municipal Apartment House (Gojo-yama): 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 (an accident occurred here)

For Child-Rearing Households

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

The No. 9 Municipal Apartment (Kidera): 1 unit

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

For Single-Parent Households

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

For Households Rearing Many Children

The No. 1 Community House (in front of JR Nara Station): 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 (Thurs.). 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 (Thurs.) and Nov. 15 (Thurs.).

Public Lottery: Nov. 22 (Thurs.)

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

**Seishonen Yagai Katsudo Center
(Youth Outdoor Activities Center)**

25-1 Sakahara-cho 630-1241 Tel.&Fax 0742-93-0029

1. Skogsmulle Class (Nature Experience Class)

2. Strövare Class (Observing Creatures Class)

Date & Time: November 25 (Sun.) 10:00-15:30

It will be held rain or shine, but canceled in case of inclement weather.

Capacity:

1. 20 children from age one to senior kindergarteners.

2. 30 elementary school students

Fee: 1. 2,000 yen for a pair of children and their parents.

2. 3,000 yen for each person (an insurance fee is included)

Application: Please apply through the Seishonen Yagai Katsudo Center website by 17:00 on November 17 (Sat.) Tel. 0742-93-0029

Nature School in Kurokamei-Yama

139 Sahodai-nichimachi 630-8106

Nature School in memories

Date: November 25 (Sun.)

Place: Kurokami-yama Camp Site (Narazaka-cho)

Contents: Making memorial panels, planting memorial trees, cooking baumkuchen, and a ceremony closing the school

Instructors: Leaders of the Boy Scouts, Nara Mahoroba Nature Game Club and others

Capacity: 60 elementary school students

Fee: 800 yen (insurance and food fee is included)

Application: Send a return postcard with the lecture name, lecture month, your address, child's name (with furigana), gender, grade, guardian's name and phone number to the Nature School no later than November 15 (Thurs.) Excess applications will be decided by lottery.

Brothers and sisters are allowed to apply on one postcard. You can get details on the Nara City website.

Inquiries: Shogai-Gakushu-Ka (Lifelong Education Section) Tel. 0742-34-5471

Mottainai Pottery Market

Ceramic tableware which is not used at home will be collected and can be taken for free.

Items that Can't Be Collected: Tableware used at home in other cities or used for businesses; vases or ashtrays which are not tableware; dirty tableware (food on it, etc); unglazed or earthen pots; tableware made of glass, plastic, metal, or wood; items with rubber bottoms or handles (unless removed).

Tableware brought in will be inspected, and items or packages unable to be collected will be returned.

Regular Events in November

Date & Places: Nov. 7 (Wed.) Coop Oshikuma (Oshikuma-cho)
Nov. 14 (Wed.) Coop Shichijo (Shichijo- Nishimachi)
Nov. 21 (Wed.) Hagukumi Center (Sanjo-Honmachi)

Time: 10:00-13:00 Collection will be done by 12:30.

Please bring your own bags for taking items home.

Inquiries: Kankyo-Seisaku-Ka (Environment Policy Section) Tel. 0742-34-4591

Meeting of the Day for Children Safety

In memory of an elementary school student who was kidnapped and killed on November 17th, 2004, a "Meeting of the Day for Children's Safety" will be held jointly by schools, homes, communities, and administrations in Nara City to prevent similar crimes and to pray for the repose of her soul.

Date & Time: A: Nov. 17 (Sat.) 13:30-15:50 B: 12:00-16:30

Place: Audience Hall at City Hall on the 6th Floor

Contents: A: Presentations on Children's Safety B: Exhibition of messages for life.

Others: Please come by public transport.

Inquiries: Ijime-Boshi-Seito-Shido-Ka (Bullying Prevention Student Guidance Section)
Tel. 0742-34-4863

Nara Sumo Tour in Spring

It will be held for the first time in 21 years!

Date & Time: April 2 (Tues.) 8:00-15:00

Place: Naraden Arena (Horen Sahoyama 4-chome)

Tickets Sale: From Nov. 12 (Mon.) 10:00- at ticket agencies

Prior Sale for Citizens: Nov. 9 (Fri.)-11 (Sun.) 10:00-18:00 at Naraden Arena

Types of Seats: 1 *tamari* seat (near the edge of the sumo ring) S: 14,500 yen, A: 13,000yen
2 *masu* seats (box seats) S: 23,000 yen, A:1 *masu* seat (box seat) 11,500 yen
1 *isu* seat (chair) S: 10,000 yen,
1 seat for a wheel chair with an attendant: 19,000 yen
1 *isu* seat on the 2nd floor (chair) A: 6,500 yen, B: 3,500 yen, etc.

Inquiries: Grand Sumo Tournament Office Tel. 0570-077-100



Paying Back Taxes: November and December are intensive months

----- To secure Nara City's revenue-----

Municipal taxes are an important source of revenue for the City of Nara. They are required so that the city may provide all necessary administrative services for its residents.

We have been striving to urge people who are delinquent in paying tax to pay their arrears. (The number of seizures increased by 479, compared with 2015-2017. The amount recovered was 820 million yen). In recent years municipal revenues have been declining (by 200 million yen, compared with 2015-2017) because the workforce has also been decreasing and so on.

What is "Delinquent Tax Arrangement" ?

We are working to collect back taxes properly by consulting with delinquents who did not complete tax payment by the due date, or by placing their property under seizure.

Please be sure to contact Taino-Seiri-Ka (The Delinquent Tax Arrangement Section) in the City Hall if you have difficulty paying your taxes or back taxes

Please pay your tax by the due date.

Delinquent tax is charged an annual interest rate of *8.9 percent when the tax payment is overdue (2.6 percent for a one- month delay), depending on the number of elapsed days.

*as of January 1, 2018

Every year, Municipal and Prefectural Taxes are calculated based on a person's income in the previous year.

You will receive a tax notice from the City Office. (In April for Fixed Asset Taxes, in June for Municipal and Prefectural Residence Taxes). You can choose how to pay, using either of the two sets of payments forms enclosed; a one-time form for paying the total annual amount due, or forms to pay in four quarterly installments. You are asked to pay by the end of those months.

For Light Motor Vehicle Tax: the tax notice (one-time payment for the total annual tax) will be sent you in May.

You can use direct debit payment from your bank account. Please follow the correct procedure for doing so at a financial institution.

While you are working at a company, your tax is deducted from your salary. (special levy)
But you will be asked to pay it yourself with the notice sent to you (ordinary levy) after leaving your place of employment.

If you have lost your tax notice, Nara City will reissue it.

For details, please contact Nozei-Ka (Tax Payment Section) or Taino-Seiri-Ka (Delinquent Tax Arrangement Section).

Nozei-Ka (Tax Payment Section) Tel. 0742-34-4727

Taino-Seiri-Ka (Delinquent Tax Arrangement Section) Tel. 0742-34-4965

Nara City Art Project Celebrate and Commemorate Nara 2018 – 2019 (Program for November and December)

Theatrical Program: “Nara’s Ark”, a creative drama with youth

Middle- and high-school students chosen by audition will perform the original drama, “Nara’s Ark”.

Date & Time: Dec. 23 (Holiday) 14:00

Place: Naramachi Center (Higashi-Terabayashi-cho)

Application: Send a postcard, fax or email with the number of your group's members, your address, your name, age and phone number to the office for “Nara-no-Hakobune” to arrive by Dec. 10 (Mon.). An entrance postcard will be sent to you later. In case there are remaining seats, same-day tickets will be issued.

CHOI Jeong Hwa Art Workshop and Exhibition: Blooming Matrix

This is a workshop where you can create some towers with things such as new/old tableware, kitchen tools and tables piled up.

Reception will be on the event day.

Date & Time: Nov. 17 (Sat.) 14:00 – 16:00

Place: Nara National Museum, New Bldg. North Passage (Nobori-Oji-cho)

Exhibition 1:

Date & Time: Nov. 17 (Sat.) 16:00 - Nov. 18 (Sun.) 17:00

Place: Nara National Museum, New Bldg. North Passage (Nobori-Oji-cho)

Exhibition 2:

Date & Time: Nov. 20 (Tues.) – Nov. 29 (Thurs.)

Place: Nara Centennial Hall 2F, Front Balcony (Sanjo-Miyamae-cho)

Interactive Art Program: Green Mountain College

Date: 1) Nov. 17 (Sat.) 2) Dec. 1 (Sat.) 3) Dec. 16 (Sun.)

Time: 17:00 – 20:00

Place: 1) & 2) Nara National Museum, New Bldg. West Square
3) Nara Park, Ukigumo-Enchi

Contents: 1) “A Big Dining Table” by Mr. CHOI Jeong Hwa, Artist and Mr. Toru OYAMADA, College Principal
2) “Where Am I? Ground Edition” by Mr. Shiro MATSUI and Toru OYAMADA
3) “Where Am I? Sky Edition” by Mr. Hiroaki ISOBE, Mr. Shiro MATSUI and Mr. Toru OYAMADA

*Please refer to the official website, “<https://kotohogunara.jp/>”

Inquiries: Nara City Art Project, Executive Committee Secretariat,
c/o Bunka-Shinko-Ka (Cultural Promotion Section)

Tel. 0742-34-4942 Fax. 0742-34-4728 email: art@city.nara.lg.jp