This newsletter is published for residents who are not familiar with Japanese language to introduce events designed for residents of Inzai City. Although most programs are basically conducted in Japanese, you are always welcome. Please join our events and enjoy your life in Inzai!

**Note:** The following programs are limited in principle to residents of Inzai City to participate.

### Consultation for Protecting Children and Women

**Nationwide “Women’s Human Rights Hotline” Promotion Week**

Human rights protection staff across the nation will offer consultation on various human right’s issue including violence and stalking from husbands or partners through women’s human right hotline as follows.

**Date & Time:** Monday, November 18 to Friday, November 22, 8:30am to 7:00pm  
Saturday, November 23 and Sunday, November 24, 10:00am to 5:00pm

**Program:** Chiba Women’s Human Right Hotline, *Chiba-ken Josei no Jinken Hotline*  
(Tel.0570-070-810)

*Consultations are offered by:*

- Committee members of women’s human right protection, *Josei Jinken Yogo Iin*, of Chiba Human Right Protection Committee, *Chiba-ken Jinken Yogo Iin Rengokai*
- Staff of human right protection division, *Jinken Yogo-ka*, of Chiba district legal affairs bureau, *Chiba Chiho Homu-kyoku*

**Inquiry:** Chiba Human Right Protection Committee, *Chiba-ken Jinken Yogo Iin Rengo-ka*  
(Tel. 043-247-3555) or Citizen’s Affairs Division, *Shimin-ka* (Ex.232)

### No More Violence against Women Campaign

“No more violence against women campaign” carries out every year from November 12 to November 25. Violence from husbands and partners, sexual offense, prostitution, sexual harassment and stalking behavior seriously infringe on women’s human rights and these behaviors are never accepted. They are important issues to overcome upon the formation of gender equal society. Inzai City offers consultation for women on the first and third Thursday
each month by professional female counsellors. The city also supports DV* victims financially when they escape in an emergency (consultation required). Chiba prefecture has established following consultation desks. Please contact them. You are not alone.

*DV: Domestic Violence. Act of violence which occurs between intimate partners (spouse, former partner, boyfriend, etc.)

Consultation Desks in Chiba
(For Women)

- Support Center for Women, Josei Support Center
  (Tel.043-206-8002, Telephone consultation available at any time throughout the year)

- Chiba Gender Equality Center, Chiba-ken Danjo Kyodo Sankaku Center
  (Tel.04-7140-8605)

- Inba Health and Welfare Center, Inba Kenko Fukushi Center
  (Tel.043-483-0711, DV related issues only)

(For Men)

- Chiba Gender Equality Center, Chiba-ken Danjo Kyodo Sankaku Center
  (Tel.043-285-0231)

*For more information about appointment and schedule of consultation, please contact above centers.

Inquiry: Nurturing Support Division, Kosodate Shien’ka (Ex.246)

Health

Childhood Pneumococcal Vaccine Switched from November 1
Since Friday, November 1, childhood pneumococcal vaccination, shoni haien kyukin wakuchin, has switched from 7-valents to 13-valents. New vaccine is expected to be effective against greater variety of pneumococcus. The schedule of 13-valent vaccine is the same as that of 7-valent vaccination. Please receive 13-valent vaccine on and after November 1 for your routine vaccination even if you have taken 7-valent vaccine until then. If you have already completed the routine vaccination with 7-valent vaccine, you are possible to take 13-valent if you wish. But, you have to owe the cost. For more information, please visit the home page of Ministry of Health, Labor and Welfare, Kosei Rodo-sho (http://www.mhlw.go.jp/).

Inquiry: Chuo Health Center (Tel.42-5595)
Have You Applied for Individual Cancer Screenings?
Cancer screenings conducted by Inzai City require application. The deadline of application for individual cancer screenings is Friday, November 29. If you want to take screenings but haven’t applied yet, or if you want to change the type of screenings from group to individual, please contact Chuo Health Center. Application for group screenings for this year was closed in June.

Schedule: Please refer to the chart below

Application: Mail or call Chuo Health Center with following items: your address, name, date of birth, contact number, and screenings you want to take. You can also make an application by using the electronic application service, denshi shinsei service, on the city website.

Inquiry: Chuo Health Center (Address: Ohmori 2356-3, Inzai City, 270-1327, Tel.42-5595)

<table>
<thead>
<tr>
<th>Screening</th>
<th>Eligibility</th>
<th>Type</th>
<th>Month</th>
<th>Method</th>
<th>Fee</th>
<th>Application</th>
</tr>
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<tbody>
<tr>
<td>Gastric Cancer</td>
<td>Age 40 &amp; over</td>
<td>Individual</td>
<td></td>
<td>Interview, Barium X-ray (Esophagus &amp; Stomach)</td>
<td>¥2,000</td>
<td></td>
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<tr>
<td>Cervical Cancer</td>
<td>Women aged 20 &amp; over</td>
<td>Individual</td>
<td></td>
<td>Interview, Visual inspection, Pap test</td>
<td>¥1,400</td>
<td></td>
</tr>
<tr>
<td>Breast Cancer</td>
<td>Women aged 30 to 39</td>
<td>Individual</td>
<td>June 1 to Dec 21</td>
<td>Interview, Visual inspection &amp; Palpation (mammary gland &amp; thyroid gland), Ultrasonography</td>
<td>¥1,000</td>
<td>Individual By Friday, November 29</td>
</tr>
<tr>
<td></td>
<td>Women aged 40 &amp; over</td>
<td>Individual</td>
<td></td>
<td>Interview, Visual inspection &amp; Palpation (mammary gland &amp; thyroid gland), Mammography or Ultrasonography</td>
<td>¥1,000</td>
<td></td>
</tr>
<tr>
<td>Prostate Cancer</td>
<td>Men Aged 50 &amp; over</td>
<td>Individual</td>
<td></td>
<td>Interview, PSA test (blood test)</td>
<td>¥600</td>
<td></td>
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</tbody>
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☆Individual screenings are conducted at medical institutes in the city
☆Screening fee will be waived for welfare recipients. Please contact the health center.

2013 Individual Cancer Screenings
* Age shown in the chart is as of April 1, 2014
National Health Insurance and National Pension

Certificates for Year-End Adjustment and Tax Return to Mail
Please Keep Them until Needed
(Social Insurance Premium 《National Pension》 Deduction Certificate)

When you file income and resident tax return, you can deduct full amount of national pension premiums you paid between January 1 and December 31, 2013 from your income as social insurance premium deduction, *shakai hoken ryo kojo*. To take this deduction, you are asked to attach a document to prove your payment of pension premiums.

Japan Pension Service, *Nihon Nenkin Kiko*, will mail "social insurance premium (national pension) deduction certificate, *shakai hoken ryo (kokumin nenkin) kojo shomeisho*" to residents who paid national pension premiums between January 1 and September 30, 2013 in early November. Please don’t forget to attach this certificate or the receipt of your payment along when you make year-end adjustment or file tax return.

The certificate will be sent in early February if you made the first payment of national pension premium for this year between October 1 and December 31. If you paid national pension premiums for your family members, you can add these premiums to your social insurance premium deduction. Please attach the certificate mailed to your family members. If you have question about your certificate, please contact following number, which is shown on the certificate.

**Inquiry:** Deduction Certificate Telephone Service, *Shomeisho Senyo Dial*  
(Tel. 0570-070-117, by Friday, March 14, 2014)  
*Telephone fee: local call rate applied for call from fixed-line phone  
Actual cost applied for call from mobile phone  
*For call from IP phone (Tel. 03-6700-1130, actual cost applied)*

(Payment Certificate of National Health Insurance Tax, Latter-Stage Elderly Medical Insurance Fee and Nursing Care Insurance Fee)  
Payment certificate, *oshirase*, of national health insurance tax, “*kokumin kenko hokenzei*”, latter-stage elderly medical insurance fee “*koki koreisha iryo hokenryo*”, and nursing care insurance fee, “*kaigo hokenryo*”, you paid in 2013 will be mailed in late January in the form of post card, *hagaki*. The certificate show the amount of tax and fees you paid between January and December 2013. If you need these certificates for year-end adjustment, please ask to issue at following divisions. If these tax and fees are collected from your pension, the amount of your payment will be shown on the certificate of income and withholding tax for public pensions which will be mailed in late January.
Inquiry: [National Health Insurance Tax] National Health and Pension Plan Division, Kokuho Nenkin’ka (Ex.281～284), [Latter-Stage Elderly Medical Insurance Fee] National Health and Pension Plan Division, Kokuho Nenkin’ka (Ex.288&299), [Nursing Care Insurance Fee] Nursing Care and Welfare Division, Kaigo Fukushi-ka (Ex.277)

Please Pay National Health Insurance Tax, Latter-Stage Elderly Medical Insurance Fee and Nursing Care Insurance Fee by Monday, December 2
Please remind that Monday, December 2 is due date of the fifth term of national health insurance tax, “kokumin kenko hokenzei”, latter-stage elderly medical insurance fee, “koki koreisha iryo hokenryo”, and the fourth term of nursing care insurance fee, “kaigo hokenryo”.

Please check the balance if you pay them by account transfer. If you have a problem paying these tax and fees, don’t hesitate to contact following divisions for consultation.

If you fall behind in your payment, you may not benefit fully from services these insurances have offered.

Inquiry: [National Health Insurance Tax] National Health and Pension Plan Division, Kokuho Nenkin’ka (Ex.281～284), [Latter-Stage Elderly Medical Insurance Fee] National Health and Pension Plan Division, Kokuho Nenkin’ka (Ex.288&299), [Nursing Care Insurance Fee] Nursing Care and Welfare Division, Kaigo Fukushi-ka (Ex.277)

Tax

Please Pay Individual Enterprise Tax by Monday, December 2
Please remind that Monday, December 2 is due date of the second term of individual enterprise tax, “kojin jigyo-zei”. The payment notice, nofusho, was mailed on Friday, November 8. Please pay at financial institutes and convenience stores near you. Please use account transfer for tax payment. It’s convenience.

Inquiry: Sakura Prefectural Tax Office, Sakura Kenzei Jimusho (Tel.043-483-1114)

Information

Hunting Season to Start from November 15
Hunting season will start from Friday, November 15 and will continue until Saturday, February 15. Hunters should follow the rules for safe hunting. Residents should take safety
measures to prevent accidents by wearing bright-colored clothing and carry portable radio when you hike and work in the field. Hunting map showing permitted areas for hunting is available at Agricultural Policy Division, Nosei-ka.

**What is Hunting?**

“Hunting” is defined as catching birds (29) and animals (20) permitted for hunting during the hunting season by using hunting gears (net, rope, shotgun and air gun) designated by Wildlife Protection Act, *Choju Hogo-ho* which is the law regarding balancing wildlife protection and hunting. To go hunting, you need to get a license for hunting by passing the test based on Wildlife Protection Act and register as a hunter at the municipality you want go hunting.

*After the Act was revised, steel trap, *torabasami*, was completely banned, and some kinds of wire traps, *kukuriwana*, were prohibited for use. For more details about banned wire trap, *kukuriwana*, please contact followings.*

**Inquiry:** Nature Conservation Division of Chiba Prefectural Government, *Chiba Kencho Shizen Hogo-ka* (Tel.043-223-2972) or Agricultural Policy Division, *Nosei-ka* (Ex.371 & 372)

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**Chuoekimae Chiiki Koryu-kan Matsuri**

and **Shimin Katsudo Dango Matsuri (Community Festivals)**

**Date & Time:** Saturday, November 30, 10:00am to 4:00pm
Sunday, December 1, 10:00am to 3:00pm

*Please come to the venue by public transportation*

**Come! See ! and Experience! Chuoekimae Chiiki Koryu-kan Matsuri**

Hosted by “*Konwaka*”, the annual event “the 26th Chuoekimae Chiiki Koryu-kan Matsuri” will take place for two days. Please come, see and experience performances and workshops by 42 circles belonging to Chuoekimae Chiiki Koryu-kan, senior citizen clubs in Chiba New Town area and local children.

**Place:** Chuoekimae Chiiki Koryu-kan, Building 1 & 2 (Chuo Minami)

**Program:** (Exhibition)

- Painting, Ceramic art, Japanese calligraphy, Cloisonne, Japanese flower arrangement,
- Carving calligraphy, *Tanka, Haiku*, Artwork by senior citizen clubs

**(Performance)**

- Band, Tai Chi, *Kiko* (Qigong), *Shigin* (Chinese Poem Chant), *Taisho* harp, Japanese drum, Kung Fu, Dance

**(Workshop)**

- Tea ceremony, Aerobics, Sign language, Table tennis, Badminton

**Inquiry:** Chuoekimae Chiiki Koryu-kan (Tel.46-5111)
The 9th *Shimin Katsudo Dango Matsuri*: We Can Change with Citizen’s Power

**Program:** (Saturday, November 30)
- Paper beads workshop, Puppet show, Slide & DVD show, Reading party for adults, Motivation seminar for kids, Anti-aging yoga

(Sunday, December 1)
- Pastel art workshop, Angel card reading, Healthy mah-jong, Baby massage, Maternity yoga (reservation required)

(November 30 & December 1)
- Panel exhibition, Performances, Cotton candy and dumpling sale, Consultation for adult guardianship and nursing care, Pre-need funeral planning, Workshops, Used book exchange, Stamp rally

*For more information on the event program, please visit the city website or the home page of Citizen’s Activity Support Center, *Shimin Katsudo Shien Center* (http://www.inzai-cac.org/)*

**Date & Time:** Sunday, December 1, 10:00am to 12:00noon
**Place:** Chuoekimae Chiiki Koryu-kan, Building 2 (Chuo Minami)
**Program:** ①Lecture “Change hard life to possibility, and change the society”
②Workshop “Itokosagashi”
**Lecturer:** Mr. Jo Kanchi of Tokyo Adult Development Disability Party, *Tokyo-to Seijin Hattatsu Shogai Tojisha-kai*

**Participant:** 80 people. First come, first served. No reservation.
**Inquiry:** Citizen’s Activity Support Center, *Shimin Katsudo Shien Center* (Tel.48-4500)

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**Healthy Cooking for Preventing Lifestyle Diseases**

*Satoimo no Torisoboro Ankake*
(Cooked Taro with Ground Chicken Thick Sauce)

**(Ingredients for 4 persons)**
- 10 taro roots, *satoimo*
- 100g ground chicken, *tori hikiniku*
- Small amount of *yuzu* peel, Japanese citrus

[A]
- 3 tbsp sugar
- 2 tbsp soy sauce
• 2 tbsp sake
• 2 cups soup stock, dashijiru

[B]
• 2 tbsp sugar
• 2 & 1/2 tbsp soy sauce
• 1 cup soup stock, dashijiru
• Potato starch dissolved with water, mizutoki katakuriko
  (1 tbsp potato starch, katakuriko, and 1 tbsp water)

(Directions)
1. Peel satoimo and rinse them to remove their stickiness. Steam them until soft.
2. Cook (1) with soup stock and sugar from [A] in a pan, and then add soy sauce and sake, and cook for five to six minutes until flavored.
3. Boil soup stock, sugar and soy sauce from [B] in a pan. Add ground chicken, stir continuously in order to break bigger lumps until cooked. Add mizutokikatakuriko to add thickness to the soup.
4. Place satoimo (2) on a serving dish, pour ground chicken thick sauce (3) over them, and put yuzu peel on the top.

(Nutritional Information per Serving)
Calories: 168kcal
Protein: 7.7g
Fat: 2.1g
Calcium: 17mg
Sodium: 1.1g

☆This recipe is provided by Community Health Promotion Committee