

## Gotemba Newsletter

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★The Gotemba Newsletter can be viewed on the GIA Internet site: <https://www.gia-gotemba.com>

★Copies of this Newsletter are available at the City Hall, the City Branch Offices, Library, Health Care Center and GIA

### 1. Gotemba Team Takes A Proud Third Place!

25<sup>th</sup> Annual Shizuoka Marathon Relay Race

The Gotemba city team, not only the players but also the manager, coaches, and all the other people involved, passed the sash on to the team and achieved the wonderful result of coming in third place after the two teams from Hamamatsu city!

The sight of each and every athlete running at full speed was an inspiration to many.

### 2. Announcement of Distribution for Various Examination Consultation Applications for 2024

Gotemba city is distributing cancer screening and various examination applications for 2024. Applications and notifications have mailed out to individual citizens in December.

Please choose which examination you desire to take and fill out the applications. Then mail them back by Friday, 31<sup>st</sup> of January in 2024. (No stamp required)

Inquiry: Health promotion division at (70)7765

### 3. Recruitment of Applicants for Scholarship Repayment Support Approval 2025

This is a new system that will begin providing support in 2025.

The amount of the repayment for one year that you have made in your repayment plan will be halved and a scholarship repayment slip will be issued.

Subject:

- ① Those who have a 10-year repayment plan and are within that period.
- ② Those who are listed on the city's basic resident register on the start date of support.
- ③ Those who have no outstanding city tax payment.
- ④ Those who are converting their scholarships into repayment plans without delay.
- ⑤ Those who intend to live in the city from the first year of receiving support until the completion of repayment of the scholarship.

Apply & Inquiry: Please contact to education general affairs division at (82)4520 by Monday, January 6<sup>th</sup> 2025 to Friday, February 6<sup>th</sup>.

For details, please check the city's website.



#### **4. ECOHOUSE INFORMATION / Inquiry: (88)3337**

- \* FREE ITEMS: Japanese chest of drawers, Western-style chest of drawers
  - \* CHARGED ITEMS: Children's bicycle, Hot carpet, Oil heater, Video camera
  - \* DONATIONS NEEDED: Judo uniform
  - \* WANTED: (Negotiable) Sofa, baby stroller, TV
- ✂ Fax and Telephone answering machine service are not available. (Last updated on 11/13<sup>th</sup>)
- ✂ We only introduce re-useable items. No items are stored in the office.

#### **5. Wash Your Hands Well**

Do you always wash your hands properly? Hand washing is the most important measure to prevent bacteria on your hands and fingers from entering your body, and is one of the ways to prevent winter infectious diseases. Bacteria and viruses are particularly likely to accumulate between the thumb and index finger, at the base of the fingers, and around the nails. Be sure to wash hands properly with soap when you return home from outside, before meals, and after using the toilet. To ensure that no areas is left unwashed, wash not only the palms of your hands, but also the fingertips, between your fingers, the backs of your hands, and your wrists. After washing, if it remains wet, bacteria and viruses can easily grow. So, be sure to dry it thoroughly using a clean hand towel or paper towel. Alcohol-based hand sanitizer alone can not prevent infection. Make washing your hands properly a daily habit and stay healthy this winter.

Inquiry: Health Promotion Division at (82)1111

## 6. January's Events Calendar

DATE	EVENTS/TIME	LOCATION	DATE	EVENTS/TIME	LOCATION
1 (WED)			20 (MON)	Vaccination Shots (BCG) (1:15 pm)	Health Care Center
2 (THU)			21 (TUE)	Health Checkup for Infants 18 months old (1:10 pm)	Health Care Center
3 (FRI)			22 (WED)	OYAKO OHANASHI NO KAI (10:30 am)	Library
4 (SAT)				Medical Checkup for Toddlers 3 years old (1:00 pm)	Health Care Center
5 (SUN)				BOOK Start	Health Care Center
6 (MON)	Legal Counseling (1:00 pm)	City Hall	23 (THU)	Mental Health Consultation (10:00 am)	City Hall
7 (TUE)			24 (FRI)	Hello Baby Gathering (9:30 am)	Health Care Center
8 (WED)	Ohanashi Hiroba (10:30 am)	Library			Health Consultation and Fluoride application for 2 and 6 months (1:10 pm)
	Health Checkup for Babies 6 months old (1:10 pm)	Health Care Center	25 (SAT)	Ohanashi Hiroba (2:30 pm)	Library
	BOOK Start	Health Care Center	26 (SUN)		
9 (THU)	Mother support consultation (9:30 am)	Health Care Center	27 (MON)	Health Consultation for Babies and Children (9:20 am)	Health Care Center
	Mental Health Consultation (10:00 am)	City Hall	28 (TUE)	Seminar for 4 months Babies (9:45 am)	Health Care Center
	Mother support consultation (1:30 pm)	Library	29 (WED)	Health Checkup for Toddlers 3 years old (1:00 pm)	Health Care Center
10 (FRI)	Health Consultation for Toddlers 2 years old (1:10 pm)	Health Care Center	30 (THU)	Adult Health Consultation (1:30 pm)	Health Care Center
			31 (FRI)		
11 (SAT)	Ohanashi Hiroba (2:30 pm)	Library	<b>Tax payments and due date</b> <b><u>Due date is January 31<sup>th</sup> (FRI):</u></b> <input type="radio"/> Citizens of City Tax of 4 <sup>th</sup> and Forest Environment Tax of 4 <sup>th</sup>  <input type="radio"/> 7 <sup>th</sup> National Health Insurance Tax (Kokumin Kenko Hoken) <input type="radio"/> 6 <sup>th</sup> Old Medical Care Premium (Koki Koreisha Iryo Hoken) <input type="radio"/> Water Usage and Sewer Usage for January		
12 (SUN)	Coming of Age Ceremony				
13 (MON)					
14 (TUE)	Health Checkup for Infants 18 months old (1:10 pm)	Health Care Center			
15 (WED)	Legal Counseling (10:00 am)	City Hall			
	Health Checkup for Toddlers 3 years old (1:00 pm)	Health Care Center			
16 (THU)	BOOK Start	Health Care Center			
17 (FRI)	Hello Baby Gathering (6:45 pm)	Health Care Center			
18 (SAT)	Ohanashi Hiroba (2:30pm)	Library			
19 (SUN)					

☆Translated by KH of GIA Volunteers

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