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## Become Healthy By Eating!!



Have you heard of "dietary education?"

No, not "dietary education."

It means education to learn about how your "diet" (eating) balanced meals can provide you with stamina to lead a healthy lifestyle.



①



I haven't really been paying much attention to my "diet"...

June is "Diet Education Month," so this will be a good opportunity for everyone to think about their "diet."



②

### Check 1: Are you OK? Data of concern about Utsunomiya

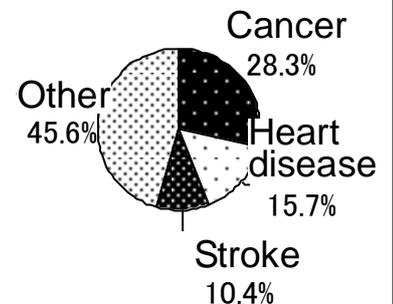
- ① More than half the people die from lifestyle-related illnesses, such as "cancer," "heart disease," and "strokes." (54.4%)
- ② Only about 1 person in 6 people is eating vegetables every day, which is very few. (17.3%)

### Check 2: In order to become healthy by eating...

- Eat breakfast every day
- Have a good nutritional balance and don't eat too much salt
- Express interest in and eat seasonal ingredients and ingredients grown in the area you live in
- Chew carefully when you eat
- Eat vegetables every day

It is also important not to waste food and to eat together with your family and friends. Enjoy eating delicious food and be healthy!

Utsunomiya Citizen Death Diseases



(2016 data)



Utsunomiya City dietary education support

character Ninja Shokumaru-kun ③



Please also don't forget to have a health exam! Please refer to page 2 of the "Oh-i!" April 2019 issue for the registration method for a municipal group health exam.

④

In Utsunomiya City various work is done to support everyone's lifestyles, including road and park maintenance, garbage processing, fire and emergency rescue services, etc. These types of work require taxes paid by everyone. Taxes are used in a manner to enable everyone to live in a comfortable manner.

It is necessary for everyone, as people supporting the society, to properly pay their taxes. In June you will receive a city and prefectural tax payment notice (paper explaining the amount of tax and when it needs to be paid by). When the notice arrives, please be sure to pay the tax amount by the deadline!

Q1. I received the tax payment notice (Nofusho) from the city hall, but don't know how to pay it.

A1. You can pay the tax at a bank or convenience store. If you lose your tax payment notice, you can get another one from the city hall or local citizen's center.



Q2. What happens if I don't pay by the deadline?

A2. If you don't pay the tax, then you will receive a reminder notice (letter asking you to promptly pay the tax), and may have to pay a late fee. If you don't pay the tax even after receiving a reminder notice, then you will no longer be able to use your assets (salary, saving, etc.). So, it's important to pay the tax by the due date.



For detailed information, please contact the Zeisei-ka (Tax Division) ☎028-632-2204

## Local welfare officers & child welfare officers in your town

There are people who can be consulted about local issues and provide assistance. They are called "local welfare officers & child welfare officers."

When you don't know what to do, please consult a local welfare officer.

### ◆ Nearby advisors

"Local welfare officers" can be consulted by people having difficulties living in the area, or having problems with living with disabilities or as an elderly person, etc. They can provide information on related institutions and professional institutions.

In addition, "local welfare officers" also have the role of "child welfare officers," and can be consulted by pregnant women or people having problems with children, etc. They can help resolve such problems.



The local welfare officers & child welfare officers maintain confidentiality of the people they are consulted by.

When a local welfare officer or child welfare officer comes to your house, please ask them to show you their "Municipal Officer & Child Welfare Certificate."

※ There are local welfare officers & child welfare officers in each area. Please consult them when you need assistance.

For detailed information, please consult the Hoken Fukushi Somu-ka (Health & Welfare Administration Division) ☎028-632-2930

Go by

## UCIA Factory Tour in Saitama



- 🕒 July 2 (Tues) 6:00AM – 6:00PM
- 😊 Enjoy Japanese traditions, technology, history, nature, etc. with Japanese, exchange students, and other foreign residents.
- ¥ Exchange students 2,500 yen, Utsunomiya City International Association (UCIA) members 3,500 yen, general public 4,000 yen
- Capacity First 40 people to sign up
- Sign up Contact UCIA by phone, fax, or e-mail, and state your name, address, telephone no., and date of birth. Please pay the participation fee by June 14 (Fri).
- @ ① Honda Sayama Factory (eat lunch in bus) ② Kawagoe Koedo Residence (walk around on your own) ③ Wataraseyuusuichi (water area)
- Precautions Anyone wearing shoes that are difficult to walk in (high heels 5cm or taller, sandals, etc.), shorts, miniskirts, tank tops, or other clothing that exposes skin will not be able to go on the tour.
- ☎ Utsunomiya City International Association 028-616-1870  
FAX 028-616-1871 ✉ ucia@ucia.or.jp

## International Exchange Salon 🎵

- 🕒 Every 4<sup>th</sup> Saturday 4:00PM - 6:00PM
- 6/22 Tanabata paper strip making
- 😊 Enjoy interacting with people from a variety of countries. Family participation is welcome!
- ¥ Free
- @ Utsunomiya International Plaza
- ☎ 028-616-1563



## Have a barbecue with family and friends!

### ◀Facility use info.▶

- ※Places where you can barbeque
- ◆Kinugawa Ryokuchi Undo Koen (2450-3 Kamikuwajima-machi)  
Facilities: Toilets, running water, parking lot  
¥ Free  
Sign up: Not necessary (First come first serve)  
Other: Be careful about the weather as it is near a river.



## Barrier Free Movie “Ai wo Tsumu Hito”

- 🕒 June 30 (Sun) 1:30PM – 3:45PM (Open 1:15PM)
- 😊 Shown with an audio guide and Japanese subtitles. Features: Koichi Sato, Kanako Higuchi
- Cap. First 50 people
- ¥ Free
- @ Kawachi Toshokan (Library) (3397 Nakaokamoto-cho)
- ☎ 028-673-6782



- ◆Mizuhono Shizen no Mori Koen (1861 Nishiosakabe-machi)  
🕒 10:00AM - 3:30PM  
Facilities: 10 BBQ spaces, toilets, running water, parking lot, iron plates & mesh for BBQ  
Cost: 1,020 yen per BBQ space (use fee)  
Sign up: Must sign up 3 months in advance. Please call Mizuhono Shizen no Mori Koen ☎028-657-5222

- ◆Shinrin Koen (1074-1 Fukuoka-machi)  
🕒 9:00AM – 4:00PM  
Closed: Tuesdays  
Equipment: 30 BBQ spaces, toilets, running water, parking lot  
¥ Free  
Sign up: Reservation necessary. Please call the park office ☎028-652-3450

**※Please be sure to take your trash with you.**

## Seasonal Event Ooharai celemony Going Through a Thatched Circle



Children going through the thatched circle

“Ooharai celemony” is an event that has been done since 701 so that people will not become sick and so that bad things will not occur, and is held on June 30 and December 31 each year. The thatched circle is made of wrapped straw stalks, in a circle shape with an approximate 2m diameter. When you go through this circle it is said that you will escape from illnesses and bad things, and be able to live a long life.

Day/time: June 30, 2019 (Sun) 3:00PM – 3:40PM (tentative)

Venue: Utsunomiya Futaarayama Shrine (1-1-1 Baba-dori, Utsunomiya City)

Inquiries: Utsunomiya Futaarayama Shrine ☎ 028-622-5271



Try going through the big circle.

### Utsunomiya International Plaza (UIP)

### Consultation for Foreign Residents



		Spanish Portuguese	Chinese	Thai	English
<b>UIP</b> ☎028-616-1564	3:00PM - 6:00PM	Mon	Tues	Wed	Fri
		4 <sup>th</sup> Sunday of month (appointment needed)			
<b>City Hall</b> ☎028-632-2834 (during office hours)	9:00AM - 12:00PM	Thurs	2 <sup>nd</sup> Thurs	—	—
	2:00PM - 5:00PM	Thurs	—	2 <sup>nd</sup> Thurs	2 <sup>nd</sup> Thurs
<b>Administrative Scrivener</b> ☎028-616-1564	3:00PM - 5:00PM	3 <sup>rd</sup> Monday (appointment needed)			

### Interpreter Volunteer Service

Go with someone needing language assistance to such places as national and prefectural facilities and the city hall, and interpret for them

- ▶ Monday – Sunday 8:30AM – 7:00PM
- ▶ 1 time (2 hours) 2,000 yen
- ▶ Please fill our application form at UIP, pay the fee, and submit the application.

“Oh-i!” is published in easy Japanese, English, Chinese, Portuguese, Thai, and Vietnamese is also available on the UCIA website. <http://www.ucia.or.jp> There, you can enjoy reading past issues of the “Oh-i!” too.