



HELLO OKAYA

OKAYA INTERNATIONAL CENTER
 4F Okaya City Hall, 8-1 Saiwai-cho, Okaya City
 TEL: (0266)24-3226 FAX: (0266)24-3229
 E-mail: oiea@oiea.jp URL: www.oiea.jp
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This newsletter is distributed four times a year by the Okaya International Center, with the aim of providing local foreign residents with information necessary for daily life, as well as insight into aspects of Japanese culture. Please feel free to contact us with your feedback or any questions you may have.

Hay Fever



- Air pollution
- Changing dietary habits (high protein diet)
- Stressful society

Hay fever is a medical condition caused by an allergic reaction when pollen grains from gymnosperm flower stems are carried by the wind and enter the nose and eyes. Pollens can be classified as either tree pollen or grass pollen and when the blooming season comes, people suffering from hay fever reacts to a particular pollen triggering symptoms such as sneezing, runny or clogged nose, itchy and watery eyes. Other symptoms like diminished ability to concentrate, sluggish and feverish feeling, malaise, restlessness may appear in some cases. Many cases of pollen allergy caused by numerous Japanese cedars can be observed from Northeastern to Western Japan from the beginning of February to March every year, continuing until the end of April. Hay Fever can also be caused by other grass and tree pollen such as Poaceae (grass weed) and Asteraceae (aster, daisy, sunflower). The increasing number of hay fever cases in recent times can be attributed to the following environmental changes:

- Increasing number of Japanese Cedar pollen
- Airtight houses

There are a number of treatment available for this condition and may include avoiding contact with allergens (antigens), medicine (drugs), hyposensitization therapy or surgery.

The symptoms can be very similar to the common cold, but as long as there is pollen floating in the air, hay fever will continue to persist. In case of the common cold, nasal discharge may become sticky after a few days, but nasal discharge during hay fever will remain watery.

Observe the following to avoid being exposed to too much pollen:

- ✿ Try to avoid going outdoors when the wind is strong on sunny days.
- ✿ Wear protective glasses/goggles, masks, scarves, hats to stop pollen getting in your eyes/nose/mouth when you are outdoors.
- ✿ Choose clothes made of smooth fabric so pollen cannot easily stick.
- ✿ Be aware not to expose your hair to pollen.
- ✿ Before entering your house, wipe off pollen from your clothes, hair and belongings.
- ✿ Upon getting home, wash your hands, face, eyes, nose and gargle.



Japanese Traditions ~One point Japanese culture~



Go-shugi



Go-shugi is money given as a gift to express congratulations or feelings of gratitude for a happy occasion. Typically, it is personally given on birthdays, the Seven-Five-Three Festival, school entrance ceremonies, graduation, weddings, or to celebrate someone's recovery from illness and other similar auspicious events. Go-shugi can also be given to someone you owe a debt of gratitude, or as an offering money for a shrine, or Shinto priest. Money to be given as go-shugi are usually new bills and it is common for the envelope to have red and white or gold and silver strings. The address and name are carefully and clearly written with bold fonts using a brush or a calligraphy pen. Using light ink, narrow fonts, ballpoint pen, fountain pen, and pencil to write can be considered a breach of manners.

Koden



Koden is a condolence money given during a funeral in lieu of incense and flowers and at the same time, a means of giving financial assistance to someone who suffered a sudden misfortune. The koden is usually brought during the wake or funeral ceremony. The writing on the paper bag where you put in the koden, and the paper bag itself may vary depending on the religion (e.g. lotus flower printed paper bags can only be used by Buddhists). If you are not sure of the religion of the one you are giving the koden to, choose an envelope with these characters printed on it: "御霊前" (lit. before the spirit of the deceased (goreizen)). These can be used for (wake and funerals of) most religions. Goreizen can be used for wake or funeral service.

Senbetsu

O-senbetsu is the monetary gift you give to someone who is resigning from work, getting transferred to a different location, or moving away as a gesture of gratitude for the time you have spent together. When deciding the amount to be given, you need to consider the closeness of your relationship, position in the organization and age. To be on the safe side, you should follow the accepted convention when giving parting gifts for persons working in the same company. For people getting transferred or moving to a new location, you can give gifts that can be used at his/her new environment. When giving money gifts, place it inside the shugi envelope, the one with red and white strings, and write "o-senbetsu" or "ohanamuke" on the envelope. You should be careful though when giving parting gifts to people who voluntarily resigned or changed jobs because the reasons for their resignation might not be too pleasant.

New Resident Registration System for Foreign Residents

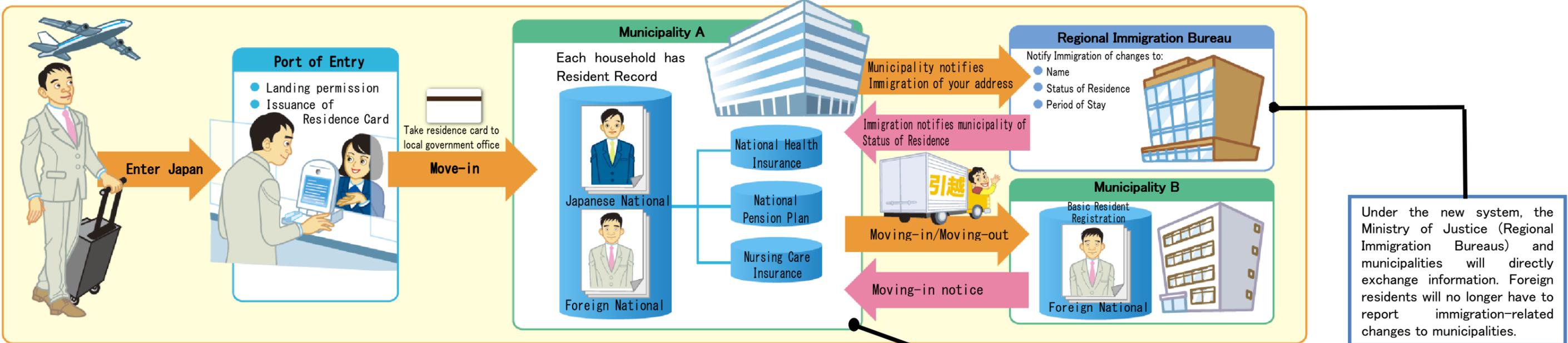
is scheduled to begin on July 2012

1. Official certificates (such as copies of the Resident Records) for households composed of both Japanese and foreign residents will now list all members regardless of nationality.

2. When notifying your municipality of a change of address, your address will automatically be changed for various government services, such as National Health Insurance, all at once.

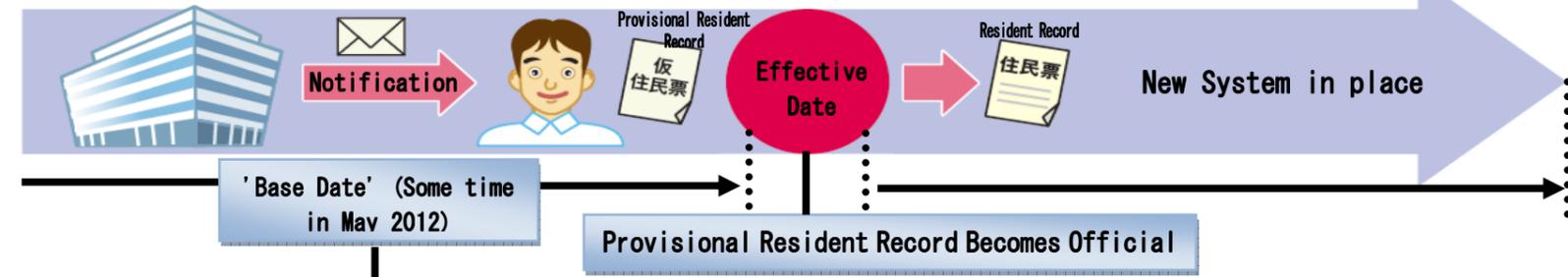
3. In the past, you had to notify both the Regional Immigration Bureau and your municipality of changes to your status of residence and period of stay. Now you will only have to report to the Regional Immigration Bureau.

How the new system will work:



Ensuring a smooth transition to the new system...

To facilitate a smooth transition from the Alien Registration system to the Resident Registration system, local governments will issue Provisional Resident Records, and notify each foreign resident of the change. When the law comes into effect, the temporary document will automatically become the official Resident Record.



- (1) Foreign residents who meet the following two criteria on the "Base Date" will be issued a Provisional Resident Record.
 - ① Those who have been issued with an Alien Registration Card by a municipality.
 - ② Those who are expected to be residing in said municipality on the date the law comes into effect.
 Your local government will notify you of what is listed on your Provisional Resident Record. These details will reflect what is written on your Alien Registration Card. If there are any errors, you will be able to notify your municipality as you would normally under the current system as governed by the Alien Registration Act.
- (2) If you newly fulfill the above two criteria on a date that falls between the 'Base Date' and the 'Effective Date', you will also be eligible for a Provisional Resident Record, which will be based upon your Alien Registration Card. Therefore, please complete your registration under the existing Alien Registration Act.

- (3) These arrangements mean if you already have an Alien Registration Certificate you will automatically be issued a Resident Record on the day the law comes into effect. There is no need for you to fill out any extra paperwork.
- Note: If for any person (e.g. you entered Japan immediately before the law came into effect, etc.) you are not issued a Resident Record on the day the law comes into effect, you must report your name and address to your local government within 14 days and apply for a Resident Record.



- The Basic Resident Registration will list all members of a single household, including Japanese and foreign nationals. Foreign residents will now be able to obtain a copy of their Resident Record.
- Up until now, households that consist of both Japanese and foreign nationals had to register under two separate systems – the Basic Resident Registration Act for Japanese nationals and the Alien Registration Act for foreign nationals. Under the new, streamlined system, the actual composition of each household will be reflected on the resident record, which will list everyone in the household regardless of nationality.
- Submitting a "notification of moving in" will automatically update your address for a range of government services, including National Health Insurance. This will reduce paperwork compared to the previous Alien Registration system.
- Authorized agents will be able to submit paperwork (such as "notification of new domicile") on your behalf under the new system.
- National and local authorities, along with companies and individuals are permitted to view a portion of the information contained in the Basic Resident Registration. If a request for access is granted, foreign residents' information, along with information about Japanese nationals, will be disclosed according to the law. A valid reason to access this information would be to conduct research at an accredited university, etc.



| Burnable garbage | | | |
|------------------|--|--|--------------------------------------|
| | Mon/Thu | Tue/Fri | Wed/Sat |
| District | Mashita Koguchi Oguchi Osachi | Shimohama Kamihama Ayarashiki Oikawa Nishibori | Imai Okaya Minato Kawagishi |

| Non-burnable garbage | | | | | |
|---|------------------------------------|-------------------|--------------------------------|-----------------------|---|
| | Mon | Tue | Wed | Thu | Fri |
| 1st week | Shimohama Koguchi Arayashiki | Mashita Oguchi | Nakaya Nakamura Yokokawa | Kamihama Nishibori | Misawa Arakura |
| 2nd week | Okaya | Imai | Higashibori | Oikawa | Osaka Hanaoka Komazawa Aizawa Hashibara |
| * No collection on the 3rd, 4th, 5th week | | | | | |

| Aluminum Cans, Tin Cans, Metals | | | | | |
|---------------------------------|------------------------------------|-------------------|--------------------------------|-----------------------|---|
| | Mon | Tue | Wed | Thu | Fri |
| 1st and 3rd week | Shimohama Koguchi Arayashiki | Mashita Oguchi | Nakaya Nakamura Yokokawa | Kamihama Nishibori | Misawa Arakura |
| 2nd and 4th week | Okaya | Imai | Higashibori | Oikawa | Osaka Hanaoka Komazawa Aizawa Hashibara |

| Glass bottles, returnable bottles | | | | | |
|-----------------------------------|------------------------------------|-------------------|--------------------------------|-----------------------|---|
| | Mon | Tue | Wed | Thu | Fri |
| 1st and 3rd week | Okaya | Imai | Higashibori | Oikawa | Osaka Hanaoka Komazawa Aizawa Hashibara |
| 2nd and 4th week | Shimohama Koguchi Arayashiki | Mashita Oguchi | Nakaya Nakamura Yokokawa | Kamihama Nishibori | Misawa Arakura |
| * No collection on the 5th week | | | | | |

| Flourescent lights/Light bulbs | | | | | |
|---|------------------------------------|-------------------|--------------------------------|-----------------------|---|
| | Mon | Tue | Wed | Thu | Fri |
| 1st week | Okaya | Imai | Higashibori | Oikawa | Osaka Hanaoka Komazawa Aizawa Hashibara |
| 2nd week | Shimohama Koguchi Arayashiki | Mashita Oguchi | Nakaya Nakamura Yokokawa | Kamihama Nishibori | Misawa Arakura |
| * No collection on the 3rd, 4th, 5th week | | | | | |

Check your Garbage Collection Schedule

Garbage collection days vary according to your district. Make sure to put out your garbage by 8:30 am on designated days.

We need your cooperation to reduce the amount of garbage.

★ Garbage will not be collected from the designated places on the following days:

- Sundays, Holidays
- August 15 to 16
- December 29 to January 3

※ However, garbage will be collected on the following holidays:

- Marine Day (3rd Monday of July) (July 16, 2012)
- Respect for the Aged Day (3rd Monday of September) (Sept. 17, 2012)
- Health and Sports Day (2nd Monday of October) (October 8, 2012)
- Coming of Age Day (2nd Monday of January) (January 14, 2013)

| Waste Paper/Used clothing | | | | | | |
|---------------------------------|------------------|--|---------------------|---------------------------------|-------------|----------------------|
| | Mon | Tue | Wed | Thu | Fri | Sat |
| 1st and 3rd week | Imai Kamihama | Misawa Yokokawa | Shimohama Oguchi | Komazawa Aizawa Hashibara | Higashibori | Koguchi Nishibori |
| 2nd and 4th week | Arakura | Osaka Hanaoka Nakaya Nakamura | Oikawa | Arayashiki | Okaya | Mashita |
| * No collection on the 5th week | | | | | | |

| Other plastics | | | | | | |
|----------------|---------------------|---|--|----------------------------|--|-------------------------------------|
| | Mon | Tue | Wed | Thu | Fri | Sat |
| District | Oikawa Nishibori | Okaya Arakura Komazawa Aizawa Hashibara | Mashita Koguchi Kamihama Arayashiki | Osaka Hanaoka Misawa | Imai Nakaya Nakamura Yokokawa | Shimohama Koguchi Higashibori |

| Food waste | | | | |
|--|--|--|--|------------------------------------|
| | Tue | Wed | Thu | Fri |
| District | Shimohama Koguchi Kamihama Arayashiki Oguchi | Osaka Hanaoka Misawa Arakura Komazawa Aizawa Hashibara | Nishibori Higashibori Nakaya Nakamura Yokokawa | Imai Mashita Okaya Oikawa |
| The city will only collect big yellow garbage bags placed on designated collection places. | | | | |

| Pet bottles | | | | |
|---------------------------------|---|--|--|---|
| Saturday | 1st Week | 2nd Week | 3rd Week | 4th Week |
| District | Higashibori Nakaya Nakamura Yokokawa | Osaka Hanaoka Misawa Arakura Komazawa Aizawa Hashibara | Shimohama Kamihama Oguchi Oikawa Nishibori | Imai Mashita Okaya Koguchi Arayashiki |
| * No collection on the 5th week | | | | |

