

Cont. from pg 1. Examples of Things to Stockpile in Case of an Influenza Pandemic
 1. Food that can be stored for a long time e.g.: rice, dry noodles, dried bread, cereals, seasonings, freeze-dried food, canned food, nutritious jelly drinks, sweets, mineral water, etc. 2. Daily necessities and clothing: disposable diapers, non-prescription medicine (painkillers, stomach medicine, prescribed drugs for chronic illness), band aid. 3. Things to counter Influenza infection: mask, rubber gloves (disposable), mouth wash, soap, thermometer, acetaminophen type painkiller, medicine for fever (avoid use of aspirin type), antiseptics, bleach (chlorine based: effective as an antiseptic), alcohol for disinfectant, water pillow or ice pillow (to cool on the side and head) . 4. Things that would be necessary in case of natural disasters or any other disasters: electric torch, batteries, radio, portable T.V., portable gas stove, gas cylinders, toilet papers, plastic bags, tissue papers, soap, detergent (clothes and dishes), candles, matches, lighter, etc.

Stock Status of Anti-Influenza Virus Drug and Vaccine			
	Anti-influenza drug (Tamiflu, Relenza)	Pre Pandemic Vaccine	Pandemic Vaccine
Characteristics	Prevents the breeding of the virus	Vaccine made using the highly pathogenic bird flu virus	Will be made with the use of the new type influenza virus if there is an outbreak.
Effects	Eases the symptom after infection.* Also used for prevention	Effects are unknown for new type influenza but expected to prevent the illness from getting worse.	Believed to be the most effective. Prevent the illness from spreading or from getting worse.
Strategy	Cure	Initial Containment of the disease	To prevent degradation of medical and social services
Intended for	Patients (within 48 hrs of infection)	People who have been in contact with an infected person.	Medical personnel and Social asset maintenance workers
Stock quantity	For 25 million people (10.5 million for the Prefectures, 4 million as circulatory stock)	For 3 million People	20 million for 2006/2007 10 million for 2008
			Produced after first infection, believed to take about 18 months. * With the development of cell growth mechanism expected to be ready in 6 months

International Student Coordinators for 2009
 Tsukuba City is recruiting International students for multicultural activities for the year 2009. This includes translating, editing and printing of the monthly foreign language newsletters, and also if needed, interpreting or translating for the services of the City Hall.
Conditions: The applicants must fulfill all of the following requirements.

1. Must be registered as a foreign resident of Tsukuba.
2. Need to be a student of a graduate school, university, or a junior college until March 31st 2010. (*Auditors do not qualify)
3. Must be interested in volunteer activities & international exchange.
4. Must be fluent in Japanese Language.
5. Must have adequate computer skills
6. Must have exceptional skills as a translator/interpreter.

Term: April 1st 2009~ March 31st 2010. **Languages:** English, Chinese, Korean, Thai, Portuguese, Spanish

Application method: Fill and submit the application form 「ryugakusei kouryuin moushikomisho」 attached with a photograph and the necessary documents to the International Relations and Culture Division, 4th floor of the Tsukuba City Hall Sakura Branch Office through post office or in person. **Application Deadline:** 5 pm, 23rd January, 2009
 *Candidates are selected through screening of the documents, will have an interview and a translation test. The test and interview will be held on the 7th of February, 2009. Only those selected will be notified about the time and location.

For more details look at the 「平成21年度留学生交流員募集要項」 (heisei nijuichi nendo ryugakusei kouryuin bosshu youkou)

The more information and the application form is available on the following website: <http://www.city.tsukuba.ibaraki.jp/218/3465/003520.html>

Contact: International Relations and Culture Division, Tsukuba City Hall. Tel: 029-836-1111 (ext 5412) *(Inquiry in Japanese only)

Criteria Changes to Acquisition of Japanese Nationality
 Due to the amendment to the Nationality Act, people who are affiliated with their father who is a Japanese national, will be granted a Japanese nationality through notification, even if the parents are not married. In the past people who were denied Japanese citizenship due to their parents unmarried status, will be granted a Japanese citizenship if they notify before December 12th 2011.

Requisite after amendment: * People who are applying for Japanese nationality should: 1. be affiliated with at least one parent. 2. be under 20 years of age. 3. have never been a Japanese national. 4. have been affiliated at birth, with a mother or father who was a Japanese citizen. * Affiliated mother or father must be a Japanese national at present (in case the parent has passed away, they must have been a Japanese national at the time of death)

Notification method: The person (a legal surrogate if the applicant is under 15 years old) should notify in writing to the Regional Legal Affairs Bureau or the District Legal Affairs Bureau if they are living in Japan, or to the Japanese embassy or Consulate if they are living outside Japan.

*** If the person fulfills the following requirements, they can obtain a Japanese nationality by notifying to the Minister of Justice by December 31st 2011.** 1. Born on or after 2nd January 1983, with your father being a Japanese national at the time of your birth, and legally acknowledged by your father before you turned 20.(the father should still be a Japanese national or in case the father has passed away, a Japanese national at the time of death) . 2. Have applied for a Japanese Nationality but did not get it due to parents not being married.

3. In case of 2, the child of a person who notified about the acquirement of nationality by 31st December 2002. However it is limited to parents who got citizenship.

For more information contact the Regional or District Legal Affairs Bureau or the Japanese Embassy or Consulate.

City Tax and Insurance Premiums Can be Paid at Convenience Stores from April 2009
 The following tax and insurance premiums can be paid at the convenience stores from April: Municipal and Prefectural tax, fixed asset tax, urban planning tax, national health insurance tax, latter-stage elderly people medical insurance premium, and premium for nursing-care insurance.
 * Yellow Plate vehicles tax can already be paid at the convenience stores now.

Caution for Paying through Convenience Stores: * **Payable case:** The tax notice should be sent after April 2009, and should have a barcode printed on the payment slip, and less than 300,000 yen amount per slip. * **Not payable case:** In the following cases pay at the City Hall or at designated banks: * There is no barcode printed on the payment slip *It exceeds 300,000yen per slip *The due date has passed.

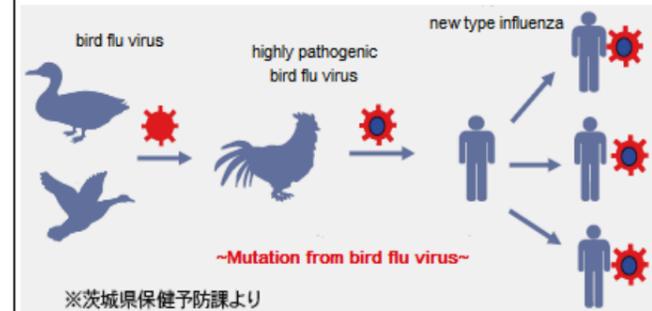
Payments can be made at the following Convenience stores: ampm, Everyone, Kurashi House, Coco, Community Store, Circle K Sunkus, Spar Hokkaido, Three F, Ministop, Seicomart, Three 8, Save on, Daily Yamazaki, Family Mart, Poplar, Yamazaki Dairy Store, 7-11, Seikatsu Seika, Lawson, other than these shops which have MMK (Multimedia Kiosk).

The Format of Payment Slip will Change: The payment slip and the payment notice for Municipal Tax and Insurance Premium which used to be jointed together will be separated, and will be sent enclosed in an envelope. Be careful not to lose the payment notice. The Yellow-plate vehicle tax payment notice, however, will remain the same with the payment notice and payment slip attached together as a postcard.

HAPPY MOO YEAR
 2009, HEISEI 21, Year of the Cow
 JANUARY 2009
TSUKUBA CITY HALL
 International Relations & Culture Division
 City Hall- Sakura Branch Office 1979
 Konda, Tsukuba, Ibaraki 305-0018
 029-836-1111 (Switchboard). If dialing within city limits, dial the last 7 digits only. For the ph. ext., dial main # and ask operator.

New Type Influenza: Facts and Countermeasures
 Recently news about the new type influenza appears frequently in the media and it is very important to have correct information on how to protect oneself from being infected.

What is the New Type Influenza?
 It is an illness that is believed to be spread by infected people after they have been infected mainly by the influenza virus from birds. Most people are not immune to this virus; hence the virus can spread rapidly and cause a major epidemic outbreak of influenza. The new type influenza epidemic can continue for at least 2 months, and the symptoms are similar to the common influenza, like fever and respiratory problems, however it can develop into a serious illness.



What Happens if it Becomes a Pandemic?
 If it becomes a pandemic, it will cause a huge number of people to rush to the hospitals, causing panic, hence schools, kindergartens, etc will be closed to prevent further infection. Even workers may get infected and will not be able to go to work, thus the water, electricity, gas and public transport may be closed which would lead to a social crisis.

Countermeasures by the National and Prefectural Government
 It is difficult to predict the outbreak of the new type influenza, however due to the outbreak of the bird flu (avian influenza) in South East Asia, it can happen anytime. The National and Prefectural Government is stockpiling the anti-influenza virus drug, and preparing a system jointly with the medical institutions to curb spread of the virus in case of an epidemic. The government is also working on a system to ensure that all public utilities and businesses work normally if there is an outbreak of the new type influenza.

- Manners for Coughing**
1. Use tissues to cover mouth and nose, when you cough or sneeze and dispose the used tissues into a garbage bin with lid.
 2. If you have symptoms of coughing etc, wear mask in public. *Non-woven mask is the best.
 3. Wash your hands before and after meals, after visiting toilet, after sneezing and coughing, and after going out.
 4. Wash your hands with soap for at least 15 seconds, then dry hands with a clean towel, or a paper towel.

Countermeasures That Can Be Done At Home.
 The new type influenza spreads the same way as the common influenza, which means it is airborne and contagious infection. Just like the countermeasures for the common influenza, people should wash hands and rinse mouth after going out, use manners while sneezing and coughing. To prevent oneself from the infection, unnecessary movement outside the house should be restricted especially to crowded places. One way to do this is by doing necessary shopping in a larger amount (i.e. 2,3 weeks of grocery shopping at once) . Furthermore, have ample rest and balanced meals while keeping regular habits so that the immune system in body becomes stronger.
*** Be alert for news regarding the new type influenza.**

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	Common Influenza	New Type Influenza
Period	Every winter	Once every 10~40 years
Virus type	Type A(H1.3), Type B and C immunization available	Believed to originate mainly from birds, type A (H5, 7, 9). A large number of people have not experienced it, hence do not have immunity.
Symptoms	Sudden fever above 38°C、sneezing, coughing, respiratory problems, joint pain, fatigue	Difficult to predict. In case of the highly pathogenic H5N1 virus, fever above 38°C, nausea, severe pneumonia, nosebleed, severe cerebritis (inflammation of brain) which may lead to death.
Incubation period	2 to 5 days	Difficult to predict
Fatality rate	Below 0.1%	1918 influenza pandemic (Spanish Flu) had 2% fatality rate. Highly pathogenic bird flu (H5N1) = 60%
Curative drug	* Tamiflu : The recommended oral dosage is one tablet twice daily for 5 days. * Relenza : The recommended dosage is inhalation twice daily for 5 days.	It is anticipated that dosage of anti-influenza virus drug Tamiflu and Relenza might prevent the illness due to the new type influenza from getting worse.
Vaccine	Vaccine for common influenza is produced every year, the inoculation of which prevents the illness from getting worse.	Produced after there is a case of infection by the new type influenza.

“Nihongo De Hanaso: Tsukuba Challenge”

The Japanese discussion contest “Nihongo De Hanaso: Tsukuba Challenge” was held on the 20th of December. This event was successfully held with the help of the Tsukuba City, Tsukuba International Association, people from the Tsukuba Gakuin University, the Japanese language groups in Tsukuba, and volunteers.

This year the competition was a little different from previous years, as this year the participants did not memorize the materials beforehand, but were split into groups of 3 to 4 members to compete by discussing regarding certain topics.

24 candidates from 12 countries competed according to their Japanese ability, ranging from beginners to medium to advanced levels. There were discussions on themes such as “What is better to use: Fork or Chopsticks”, “What one would you take to an uninhabited Island”, etc. The participants not only fluently spoke on the theme but also communicated with other candidates of the group in Japanese. The participants being from many different countries had different unique ideas which made the discussion very interesting. Among the judges were Japanese language teachers from Tsukuba Gakuin University, Ryutsu Keizai University and volunteers group Japanese language teachers.

In the past, events for foreigners were mostly in English, but this event focused on communication in Japanese, and this has a big meaning regarding international exchange. Housewives with children who participated were provided baby sitter services by the sponsors.

This event definitely, gave opportunity for the participants to practice their Japanese, but more than that, it enabled them to make friends while communicating in Japanese. This event was very educational and fun. Why don't you participate next time?

Events This Month

1. New Year Flying Party

Why not come and enjoy kite flying, stilts, Take-Tombo(bamboo toys), etc are some traditional Japanese toys. This event will also have refreshment booths other than rice cake making events. Participation is free of charge. The event will be held on the 25th of January (In case of storm, postponed to February 1) from 10 am till 3pm at the Yatabe Multipurpose Plaza (Tsukuba City, Yatabe 5210, 5 minutes walk from the City Hall Yatabe Headquarters). **Contact:** Tsukuba City Society of Commerce and Industry. Tel: 029-857-3183

2. February 3rd is “Setsubun” Day

Setsubun is the day before the beginning of spring according to the Japanese traditional calendar. Traditionally on the evening of this day, people open the doors of their houses and drive the demons (i.e. bad luck) out of their homes and gardens by throwing handfuls of beans. The throwing of beans is called “Mame Maki”. Hoping bad omens will be obstructed by the beans, and wish for a healthy and happy year. The beans are called “Fukuame” and can be bought at supermarkets and convenience stores. Most of the “Fukuame” packs have a mask or a demon. On the night of Setsubun, a family member (in most cases the father) wears the mask and play the role of a demon as other family members play with Fukuame. Also in the evening they shout “Oni wa soto, fuku wa uchi” which means bad luck out, good luck in.

Many shrines celebrate Setsubun with Mame Maki. In Tsukuba, one shrine that celebrates in a big way is the Tsukuba San Shrine on the 10th and 11th of February. This event is called “Toshi koshi sai”. People called “Toshi Otoko (men) and Toshi Onna(women)” throw good luck charms and Fukuame, it is believed that people who catch it will have one year of good luck.

The Naritasan Shinshouji is famous all over the Kantou region as famous sumo wrestlers or celebrities act as the Toshi Otoko and Toshi Onna. At the Naritasan, the Mame Maki is done 3 times per day, with 365 good luck charms thrown at each time and a total of 860 kg of beans thrown for the day. The total amount of unshelled peanuts thrown is about 400kg for the 3 times.

The Mame maki at the Naritasan Shinshouji is from 11 am~/1:30 pm~/4pm~ on the 3rd of February.

Place: Naritasan Shinshouji Temple grounds, in front of the main hall (Daihondou). 10 minutes walk from JR or Keisei Line Narita Station.

Contact: Naritasan Shinshouji Tel: 0476-22-2111 (8:00~16:00)

The Season for Filing Income Tax Return is Near!

People living in Japan, regardless of nationality are required by law to pay income tax if they earn any sort of income. (Except for those who are exempted due to the application of tax treaty between Japan and certain countries). The total Income Tax amount will be calculated based on the total income earned from January till December. Usually the amount deducted from one's pay is an estimated amount. To get the total tax amount for one year, the total income earned for the whole year should be declared. This is called “*Kakutei Shin-koku*” (Filing Income Tax Returns). However, those who had the “*Nenmatsu Chousei*”(Year-end tax Adjustment) at their place of employment do not need to declare.

The Income Tax Returns period is from 16th of February till the 16th of March this year, targeting the income for the year 2008. If the year-end adjustment is not done, those who are exempted from income tax, also need to declare income, several fees for public services, such as National Health Insurance, Tax and fee for Day Care Centre, are calculated based on the total amount income.

Normally the place for filing tax returns is at a Taxation Office in residing region, however between the above period, tax returns consultation can also be done at the following places(Weekdays 9:00~16:00, break between 12:00~13:00)

Yatabe Venue: City Hall, Yatabe Headquarters, Eastside Annex 1st floor

Sakura Venue: Sakura Gymnasium, 1st floor conference room (Inside Sakura Branch Office premises)

Toyosato Venue: Toyosato Kominkan, 2nd floor, 1,2 Training room. (Inside Toyosato Branch Office premises)

Oho Venue: Oho Kominkan, 2nd floor, Training room. (Inside Oho Branch Office premises)

Tsukuba Venue: Shimin Hall Tsukubane, 2nd floor conference room, (Beside the Tsukuba Branch Office)

Kukizaki Venue: City Hall, Kukizaki Branch Office, 2nd floor 1st conference room.

3. Tunisian Ishwiya

Sponsored by the Association of Tunisians in Tsukuba, this event introduces Tunisian culture, history, tourism, etc through presentation. Other than the presentation there will be Tunisian music, belly dance performance and fashion shows of traditional Tunisian attire. Tunisian sweets and drinks will also be available. “Ishwiya” in Tunisian language means a party in the afternoon with family and friends. The event will be held on the 25th of January from 2pm till 4:30pm, at the Nova Hall (Tsukuba City, Azuma 1-10-1). Entry fee is 1000 yen per person (no fee for children under the age of 12. Part of the earnings is used to support Tunisian students studying in Japan.) For more details, contact Association of Tunisians in Tsukuba PH: 090-6521-0201, email: contact@attjasmine.net

4. City Chat Café (International Café)

This event has been organized with aim of creating opportunity for Japanese and foreign residents in Tsukuba to meet and enjoy conversation together. There are no age or nationality restrictions, and participants can freely join the conversation in English or Japanese, while having a drink. There is no participation fee. It is held at the Lala Club in Lala Garden Tsukuba twice a month from 2pm till 4pm. The next events will be on the 18th of January, 1st and 15th of February.

Contact: icafe@sakura.cc.tsukuba.ac.jp

5. International Exchange: Brazilian Cooking Lesson

Brazilian teachers will teach Brazilian cooking (rice, bean dish, meat dish, salad) in Japanese. After cooking all participants can try the food and enjoy conversation with the teachers and other participants. Please apply in advance (25 people, 1st come first serve). Remember to bring an apron and a towel.S

Place: Kasuga Community Center (Tsukuba, Kasuga 2-36-1)

Date: 27th January, 10:00 ~ 14:00 **Fee:** 1200 yen per person.

Application at: Tsukuba International Association.

Tel: 029-869- 7675

Announcement From the Tsuchiura Taxation Office

The time for filing Income Tax Returns is nearing (Feb 16~ Mar 16); hence the Tsuchiura Taxation Office will organize orientation services in the following way.

Orientation for Income Tax Refund

Date	Time	Place	For
February 4 th (Wed)	《Morning session》 Reception 9:30 ~ 10:00 Explanation 10:00 ~	Yatabe Shimin Hall, 2nd floor, conference room No.2	Income earners who have finished with the annual adjustment and will apply for the *housing loan deductions.
February 5 th (Thur)	《Afternoon session 》 Reception 13:00 ~13:30	Kasuga Kominkan 2 nd floor, 1 st conference room	
February 6 th (Fri)	Explanation 13:30 ~	Tsukuba Center for Institutes (in Takezono), 3 rd floor, exhibition room	

*Housing loan deduction is a deduction from income tax, based on ones housing loan balance at the end of the year, applies to people who took loan for purchase, reconstruction or renovation of a house under certain conditions.

Things Required to Bring With:

1. Certification of income and social insurance fee withheld from regular pay. (Original)
2. Inkan (“Shachihata” brand name stamps or stamps with own ink cartridge are not acceptable)
3. Bank deposit account number of the applicant(in case there is a refund).
4. Official Copy of residence certificate.
5. Copy of registration certificate of the house.
6. Copy of documents showing acquisition value or cost of refurbishment of the house. (Purchase and sales contract or contract agreement etc)
7. Certificate of outstanding balance of loan at the year end.
8. If land was purchased with the house then documents showing acquisition value. (Purchase and sales contract or copy of registration.)
9. In case of reconstruction, 4~8 plus a copy of building construction certified or reconstruction certificate.

Free Consultation on Tax Returns

For wages and salary earners and recipients of a pension, who are filing for tax return. (deductions for midway resignation , medical expense , housing loan, etc.)

At the Yatabe Shimin Hall, 1st floor, small conference room 2, from February 3rd till 27th, 9:15~11:00, 13:00~15:00 (Except for Saturday, Sunday and public holidays)

Consultation for Filing on Income Tax and Consumption Tax

Filing period: Income Tax: February 16th ~March 16th

Consumption Tax: February 16th ~ March 31st.

* As for weekends and holidays it opens only on February 22nd and 1st March, but no cash payment accepted on these days. Time: 9:00~17:00 Place: Tsuchiura Taxation Office, Annex no. 3. (Tsuchiura City, Jyohoku machi 4-15) * Please park your car at the temporary parking

Contact for 1.~3. Tsuchiura Taxation Office Tel: 029-822-1100

Tsukuba City Hall, Municipal Tax Division Tel : 029-836-1111

Further Information will be available in the February Bulletin.

Clinics open on holidays: Consultation hours: 9.00am – 5.00pm (subject to unexpected changes)

- Jan 18** Hayashi Clinic , Inarimae5-6, Ph: 859-0550
Iida Iin , Numata 85, Ph: 866-0025
- Jan 25** Higashi Geka Naika Iin Higashi 2-26-16 Ph:856-7070
Iimura Iin , Houjou 4326-2 Ph: 867-0068
- Feb 1** Narushima Clinic, Tateno 363 Ph: 839-2170
Kimura Clinic , Tsukuriya 1125 , Ph:869-1211
- Feb 8** Nemoto Clinic, Onigakubo 1108, Ph: 847-0550
Oda Naika Clinic , Oda 2951, Ph: 867-2471
- Feb 11** Maeshima Ladies' Clinic , Matsushiro 4-10-12 , Ph: 859-0726
Ogura Iin , Numata 181, Ph: 866-0108
- Feb 15** Yatabe Shinryo-jo , Yatabe 6123-1, Ph:836-1606
Sakayori Iin, Kunimatsu 857, Ph: 866-0106
- Nov 22** Yokota Iin , Yatabe 2980, Ph: 836-0025
Hirose Clinic , Kunimatsu 56-1, Ph: 866-0129

International Population In Tsukuba

China	2485
Korea	1155
Brazil	594
Philippines	345
Other	2763
Total	7342

Library: Tsukuba Central Library.

TEL: (856) 4311. Open : Tue thru Fri: 9:30-19:00, Sa/Su/PH 9:30-17:00

Other than Central Library, there are library rooms at Yatabe Community hall, Tsukuba Community hall, Onogawa Community Hall and Kukizaki Community hall.

Library closed on: Jan: 19, 26, 30. Feb: 2, 9, 11, 16, 23, 24,25,26,27

When borrowing from the library...

When borrowing books and other materials from the libraries you will need a “Member’s Card”. If you are a resident in Tsukuba, you can simply apply at the central library or community center libraries after having presented some document that states your address. Even if you don’t live in Tsukuba, but work or study here, you can apply for a card, but you will also need to present a work or student ID.

Story telling

The library organizes story telling meetings in the “Story Room” at the back of the Children’s Corner. Stories are told by volunteer story tellers.

Jan 17, 31 Feb 7,14,21: 3.00 – 3.30pm

Jan 24, Feb 28: 3.00 – 3.30pm; 3.30 – 4.00pm

Medical Check-ups

Irrespective of residence area you can receive the check-ups at the Sakura Health Center or Yatabe Health Center. A notification will be sent to you in the month prior to when the check-up is supposed to be administered. For more information, please inquire at either of the health centers or the City Hall, Health Promotion Division.

Sakura Health Center: 029-857-3931.

Yatabe Health Center: 029-838-1100

Check-up at 1year and 6 months

January: babies born in June 2007

Sakura Health Center: Jan 20,21

February: babies born in July 2007

Sakura Health Center: ; Feb 24,25.

Yatabe Health Center: Feb 4,

Check up at 3years of age

January: babies born in December 2005

Sakura Health Center: Jan 22,27

Yatabe Health Center: Jan 15

February: babies born in January 2006

Sakura Health Center: Feb 10, 12

Yatabe Health Center: Feb 18

Polio Vaccination

Qualifying age: from 3 months ~ 90 months

Yatabe Health Center: Jan 19; Feb16

Sakura Health Center: Jan 26; Feb 26

Oho Health Center: Jan 16; Feb 3

Free Consultation Service For Foreigners (Ibaraki International Association)

1. Tsukuba City Consultation Centre for Foreigners

Consultation in English and Thai every Tuesdays, Chinese and Korean on Wednesdays.

(Except on national holidays) from 10.00~12.00, 13.00~16.45. Consult in person or by phone. Ph: 029-857-1870

2. International Consultation Centre

Consultation in English from Monday to Friday, Tagalog on every Thursday from 8.30~12.00,13.00~17.15. Consult in person or by phone. Ph: 029-244-3811