# HAMURA NEWS

 Published by: Hamura City
 May 15<sup>th</sup>, 2023

 Edited by: Hisho Kouhou Ka (Secretary & Public Information Section)
 5-2-1 Midorigaoka, Hamura City, Tokyo 〒205-8601 ☎042-555-1111

 Hamura City Official Website = https://www.city.hamura.tokyo.jp
 E-mail:s102000@city.hamura.tokyo.jp

#### 6月1日~7日は水道週間

# < Waterworks Promotion Week - June $1^{st} \sim 7^{th}$ Annually >

In the city, safe and delicious tap water from good quality groundwater. The Waterworks Department is along with the wide range of responsibilities and currently carrying out the earthquake-resistance improvement project for the underground pipe systems. Also, it is the regular monitoring of local water quality focusing on the detection of radio-active substances in order to maintain quality water supply. During Waterworks Promotion Week, you can tour some of the facilities to gain a better understanding of water services.

[Welcome to visit Water Tower (Water Service Office) Tours]

You can overlook the city from the roof of the water tower and the earthquake-resistance water pipes will be exhibited. If you are interested, please apply in advance.

Tour Period: June 1<sup>st</sup> (Thu) ~ 7<sup>th</sup> (Wed)

Location: The 1<sup>st</sup> Water Tower (Water Service Office)

Day/Time/Capacity: One group about 30 minutes (5 persons / per group)

Monday ~ Friday: 9AM~12:10PM (5 groups / per day)

Saturday and Sunday: 9Am~4:20PM (10 groups/ per day).

• If you want to apply 5 peoples / per group, please consulate with us while applying. How to Apply and Inquiries:

May  $16^{th}$  (Tue) ~  $26^{th}$  (Fri), please call or come to water office 2042-554-2269 directly. It may be cancelled due to bad weather status.

Inquiries: Hamura City Suidou Jimusho Waterworks Office 2042-554-2269

# June 4th ~ 10th is [Dental and Oral Health Week] <The 35<sup>th</sup> Annual Cavity Tooth Birthday Lecture ~> 第35回 ムシ歯の誕生日 について Date and Time: June 3<sup>rd</sup> (Sat) 2PM~3:30PM Location: Hoken Center \*\* Please come directly. Details: A lecture will be given as part of the Dental Hygiene Week Program. O Lecture ~ What is the story of cavities that you know but don't realize "Adult Cavities"? Lecturer: Mr. Akira Hamura (Nippon Dental University, special appointment professor).



 $\bigcirc$  Bingo game ~ many prizes including electric toothbrushes.

Sponsor: Hamura Dental Association.

<u>Supported by</u>: Nishitama Dental Association, Hamura City Medical Association. Hamura City Pharmacists Association, Tama Western Dental Technicians Association, Hamura City.

Inquires: Masuda Dental Clinic 2042-551-8686

#### 健康なんでも相談 < Health Consolation >

If you have any concerns about health, please feel free to consulate. <u>Date and Time</u>: Every month the 2<sup>nd</sup> and 4<sup>th</sup> Thursday (exclude holidays) 1:30PM~3PM. <u>Location</u>: Hoken Center <u>Inquiries</u>: Kenko Ka (in Hoken Center) **2**Ext. 626

#### 地球の未来は今日から変わる!ミニ環境展

#### <The future of the earth will change from today! ~ Mini Environmental Exhibition>

There will be an exhibition on the environment surrounding the earth, including the causes of global warming and a Green Curtain workshop.

Date and Time: June 4<sup>th</sup> (Sun) 9:30AM~3PM

Location: Primo Hall Yutorogi Reception Hall

#### [Green Curtain workshop]

Morning session: 10AM~11AM / Afternoon session: 1PM~2PM

Capacity: 30 / per session (in application order)

Participation Privileges: 15 participants will receive passion fruit saplings by lottery.

\*\* Lottery will be held on the day of the workshop.

Application and Inquiries: Apply by phone or come to Kankyo Hozen Ka TExt. 227 by June 2<sup>nd</sup> (Fri) 5PM.

#### 今年もやります!グリーンカーテンコンテスト作品募集!

#### < Green Curtain Contest $\sim$ it will be held this year again. >

Hamura City is encouraging residents and business to use green curtains at their facilities as one of the power saving efforts. If you are growing a green curtain, why not enter yours to this contest? <u>Eligibility:</u> Residents and business growing green curtains at home or workplace in Hamura City

<u>Application Period and Method</u>: July 1<sup>st</sup> (Sat) ~ September 15<sup>th</sup> (Fri), submit these along with the application form by post mail, e-mail, or come to the City Hall 2F Kankyou Hozen Ka.

Must have as below: ~

- 1 a photo including the whole image with the building of your green curtain.
- 2 a photo(s) from front side showing the current state of the whole growing green curtain.
- ③ a photo(s) from back side (indoors etc.) showing the current state of the growing green curtain.
- % Both photos need to be an A4 size or larger picture.
- ※ An application form is also available City Hall 2F Kankyou Hozen Ka or downloadable at and the city website.
- % Citizen Applicants may earn Eco Action Point 200 points.

The winners will be notified and have reward certificate.

Application and Inquiries: Kankyou Hozen Ka, @Ext. 226.

Postal to  $\pm 205-8601$  (no address needed) Hamura City, Kankyou Hozen Ka,  $\boxed{8205000@city.hamura.tokyo.jp}$ .

#### 羽村市にじいろフリーマーケット

#### <Hamura Flea Market>

This is a flea market for household goods, clothing, and other items that are lying around at home. This is your chance to find bargains. Please come and join us to help promote a recycling society.

Date and Time: June 3<sup>rd</sup> (Sat), 10AM~ Noon. (It will be held even rain.) Location: Sangyou Fukushi Center (Industrial Welfare Center) parking lot. Inquiries: Seikatsu Kangyou Ka, 🖀 Ext. 205

#### 生ごみ堆肥化講習会

#### < Composting Food Waste Using a Cardboard Box Course >

Using a cardboard box to make composter. Why don't you challenge to reduce trash. Fertilizers are made through microscopic organisms' decomposition of kitchen wastes inside this cardboard box with enriched soil.

Date/Time: Schedule June 24th (Sat) 10AM~11:30AM

Location: Community Center, the 1<sup>st</sup> Kenshou Shitsu (Training Room).

Eligibility: Hamura City residents/worker Capacity: 16 (in order of application)

- Please cooperate with the questionnaire at later date.
- After the class, the created cardboard compost and base materials will be handed.
- Application/Inquiry: Within May 16<sup>th</sup> (Tue) ~ June 20<sup>th</sup> (Tue) Call or come to Seikatsu Kankyou Ka Text.204

#### <The 1<sup>st</sup> Consumer Life Lecture in Fiscal Year 2023> 令和5年度第1回消費生活講座

美味しさの謎が解ける工場見学&手作り体験バスツアー

# ~ Sauce Factory Tour and Sauce Making Experience Bus Tour to discover the deliciousness and mystery of sauce.

You may make your own original source with fresh vegetables and plenty of spices. The finished product from the experience can be taken home as a souvenir. Enjoy your shopping!

Date and Time: June 27th (Tue) Meet: 8:45AM and Dismiss: 2:30PM.

<u>Meet at</u>: Hamura City Consumer Affairs Center (City Hall branch office)

Location: Source Forest Paul Star (Paul Star Co., Ltd., Higashimura-shi).

Eligibility: Hamura residents or workers.

Capacity: 15 people (If applicants is too many, the drawing will be held).

Fee: ¥2,000 (please pay on the event day).

% (Fee is included sauce-making experience, lunch, insurance and transportation expenses).

Application and Inquiries: May 16th (Tue) ~ 22nd (Mon), please call or email to the Consumer Affairs Center 🖀 Ext. 640, 🖾 s107000@city.haura.tokyo.jp

#### 健康

#### HEALTH AGE 30, 35 HEALTH CHECKUPS



30歳.35歳健康診査の受診

A checkup report of age 30 and 35 Health Checkups will help you gain knowledge of the current condition of your health, and will provide insight for maintaining your health in the future.

This medical examination program is carried out by medical insurance, and is free of charge.

<u>Term</u>: June  $1^{st}$  (Thu) ~ Oct  $31^{st}$  (Tue).

Eligibility: 1)Those who have Hamura resident's registration.

<sup>(2)</sup>Become Age 30 or 35 (who was born April 2<sup>nd</sup>,1993 ~ April 1<sup>st</sup>, 1994 or April 2<sup>nd</sup>,1988 ~ April 1<sup>st</sup> ,1989)

③Unable to have any others health checkup opportunity.

\*\* Pregnant woman is exclusion.

\*\* Checkup is once a year.

Checkup Method: Please bring Health Checkup coupon issued by Hoken Center to specified medical facilities.

Apply and Inquiries: From May 24<sup>th</sup> (Wed), please send application form via postal to Hoken Center.

**〒**205-0003 5-5-2 Midorigaoka, Hoken Center

\*\* Application form is available to download from city official website.

Inquiries: Kenko Ka (in Hoken Center) @Ext.626

# 大腸がん検診 <Colorectal Cancer Screening>

Term: June 1<sup>st</sup> (Thu) ~ Oct 31<sup>st</sup> (Tue)

<u>Eligibility</u>: Those who have Hamura resident's registration and age over 40 as the date of examination. <u>Testing Methods</u>: Testing stool for occult blood (for 2 days) via city participating medical facilities.

Things to bring: 1) Health insurance card

2) Medical examination ticket (if you have one)

- $\,\%\,$  The medical institution will explain the results of the medical checkup to you.
- ※ If the result of the medical checkup is positive, the city will contact you to ascertain your status of receiving a detailed examination.
- % For more information, please visit the city's official website or contact the city.

Inquiries: Kenko Ka (in Hoken Center) Text. 626

#### 乳がん検診(第1期)

# < Breast Cancer Screening Term 1 >

<u>Eligibility</u>: Those who have Hamura resident's registration with age over 40 woman as the date of examination and has not been examined last year.

<u>Medical Facilities</u>: Fussa Hospital, Taisei Hospital (Fussa City) and Shinmachi Clinic (Ome City). <u>Fee</u>: ¥1600 (exclude Welfare Recipients).

\*Please pay at the hospital on examination day.

\*Free for Welfare Recipients. Please bring the Certificate of Welfare Recipient.

Examination Details: Health interview, clinical breast examination, and mammography screening (X-ray).

\* If you wish to have a checkup at Fussa Public Hospital, please call the Health Section to make an appointment for the day of your checkup when you receive the examination form.

\* Palpation is not performed at Fussa Public Hospital.

# Please note that you will not be eligible for check-up as follows:

- Pregnant , possibility to be pregnant and breastfeeding
- Female who has been breast augmentation or operations
- Those who insert artificial objects such as VP shunts into bodies.
- Under Mammary gland disease treatment and still need to follow-up.



#### 子宮頸がん検診(第1期)

# < Cervical Cancer Screening Term 1>

<u>Eligibility</u>: Those who have Hamura resident's registration with age over 20 woman as the date of examination and has not been examined last year.

<u>Medical Facilities</u>: Yorimitsu Ladies Clinic, Hamura Himawari Clinic, Wakakusa Iin, Fussa Hospital and Taisei Hospital (Fussa City)

Details: Interview checking and Cervical Cytopathology

\*\* Please apply from Hoken Center and go to examine while receiving Screening ticket.

\*\* If you wish to receive a checkup at Fussa Public Hospital, please call the Health Section to make an appointment for the day of the checkup when you receive the examination form.

# The following are **not eligible** for a checkup:

• Those who are currently undergoing treatment for a uterine disorder or under observation.

- Those who have a chance to see a doctor at their place of work, etc.
- Those who have undergone a total hysterectomy.

#### 乳がん・子宮頸がん共通事項

# <General items for breast and cervical cancer>

<u>Period</u>: The designated dates during Jun  $1^{st}$  (Thu) ~ Sep  $30^{th}$  (Sat) (exclude Sunday and Holidays).

- <u>Application</u>: Starting from May 15<sup>th</sup> (Mon) via electronic application or send a postcard or a sealed envelope with the necessary information to the Kenko Ka.
- Send to: 〒205-0003 5-5-2 Midorigaoka, Hamura city, Hamura City Hoken Center.

Breast Cancer. Cervical Cancer Screening

<u>Required information</u>: Name of checkup. Medical facility you wish to / Address / Name (furigana)/ Date of birth and Age/ Contact phone number in daytime.

- % If you have any symptoms, please visit a medical institution and see a doctor instead of taking the medical checkup.
- ※ Breast cancer group screening is conducted in December and February at the same time as Stomach and Lung cancer screening.

Inquiries: Kenko Ka (in Hoken Center) @Ext. 626

#### 無料クーポン券送付 女性特有のがん検診

# < Free Coupons for Female-specific Cancers Screenings >

Hamura City will provide coupons (subsidy certificate) for free cancer screening for Cervical or Breast Cancer .The new coupon will be mailed to the applicable residents in late May.

- <u>Cervical cancer screening coupons</u> For those born between April 2<sup>nd</sup>, 2002 ~ April 1<sup>st</sup>, 2003.
- Breast Cancer screening coupons For those born between April 2<sup>nd</sup>, 1982 ~ April 1<sup>st</sup>, 1983.

Inquiries: Kenko Ka (in Hoken Center) @Ext.626

シリーズ環境を考える なるほど、そうだったのか 第96回 海底に炭素をためる

<Thinking about the environment series>

# <sup>~</sup> Episode 96: Storing Carbon on the Ocean Floor

Cool: I'm going to talk about stopping global warming with blue carbon in today.

Eco: Blue Carbon?

- Cool: Yes, blue means ocean. It is said that the ocean absorbs 2.5 billion tons of carbon per year.
- Eco: The Ocean absorbs carbon dioxide?
- Cool: "Sea forests" absorb carbon dioxide, produce oxygen, and take in carbon, which is stored at the bottom of the ocean. Blue carbon is carbon that is absorbed and stored in the marine environment by marine organisms.
- Eco: Are there forests in the ocean?
- Cool: A forest is a place where seaweed and algae are abundant. Carbon stored in the ocean floor is fixed, so it is very effective in preventing global warming.
- Eco: It is a little difficult to understand, but it means that marine plants are also important.
- Cool: In addition to seaweed and algae, tidal flats and wetlands are also important. There are natural cycles sustained and the carcasses of dead organisms are deposited on the seafloor to fix carbon for a long time. This is another important blue carbon.
- Eco: I have heard that wetlands are decreasing.
- Cool: That's right. They have been reclaimed and turned into farmland and residential areas and are now

less than 40% of what they were during the Meiji and Taisho eras. Thanks to the establishment of the Ramsar Convention\*, there is now a movement toward conservation. The Ministry of the Environment has announced that 524 out of 961 wetlands are deteriorating as of 2016.

Eco: I hope situations are a little better now. What we can do is to avoid picking seaweed?

Cool: No, it is fine to pick seaweed for people to eat. What is important is to secure blue carbon ecosystems such as seaweed beds, wetlands, and tidal flats with seaweed and algae.

Eco: In the other words, we have to protect the nature of the sea as well! I guess the ocean is important for the prevention of global warming and for biodiversity.

Inquiries: Kankyou Hozen Ka, @Ext. 227

#### 杏林大学共催 運動健康増進プログラム 「体カチェックと運動講座」



< Exercise Promotion Program ~ "Physical Fitness Check and Exercise Course" > Execute physical fitness measurements, explain results and advise helpful exercises. Date: June 10<sup>th</sup> (Sat), Morning Course – 10AM~Noon / Afternoon Course- 1:30PM~3:30PM

\*\* Please choose either one course.

<u>Location</u>: S&D Sports Arena Hamura (Sports Center) the 2<sup>nd</sup> Conference Room, the 3<sup>rd</sup> Hall. <u>Eligibility</u>: Hamura Resident age is from 20 to 79 till April 1<sup>st</sup>, 2023.

\*\* Those who are not having doctor stop for exercise.

\*\* Physical Fitness Check needs to be apart 6 months from previous checking.

<u>Capacity</u>: Each course 10 (in the order of application).

Things to Bring: Beverage, Towel and Writing Utensils.

• Please wear easy to move clothes and need not indoor shoes.

<u>Details</u>: \* [General items] – Measure blood pressure, Grip strength, Body composition, Long sitting body bend forward and Sitting up.

[Age 20~64] Standing long jump, repetitive horizontal jump, and steep walk (Men: 1500 m, Women; 1000 m)

[Age 65~79] One-leg standing with opened eyes, 10m obstacle walk and 6 minutes walking Lecturers: Mr. Ishii, Hiroyuki, Mr. Aihara, Keita (Physical Therapist), Ms. Kusuda, Mina (Health and Exercise Instructor)

<u>Application/Inquiries</u>: During May 16<sup>th</sup> (Tue) ~ June 7<sup>th</sup> (Wed), please call or come to Kenko Ka **2** Ext.625 or S&D Sports Arena Hamura **2**042-555-0033

メンズキッチン たんぱく質しっかり!ひと工夫ごはん

< Men's Cooking Class> ~ Take protein and Cook rice ingeniously!

Date: June 20<sup>th</sup> (Tue) 10AM ~ 12:30PM

Location: Hoken Center

Eligibility: Hamura Male Residents

<u>Capacity</u>: 12 (in order of application) <u>Fee</u>: ¥300.- for cooking practice fee

Things to Bring: Writing utensils, apron, bandana and health book (if you have).

<u>Details</u>: Health sessions and Cooking demonstration to introduce cuisines.

<u>Application and Inquiries</u>: Starts from May 16<sup>th</sup> (Tue), please call or email to Kenko Ka (in Hoken Center) ■Ext.625, 
s305000@city.hamura.tokyo.jp

\*\* If you apply via email, please have subject [Wish to participate Men's Cooking Class] with information of [①address ②name ③age ④daytime contact phone number].

# **CHILDCARE SUPPORT NEWS**

#### <Postnatal Mental Health Consultation>

~If mother is feeling unwell after childbirth, why not consult to us once?

A woman's body will be changed with pregnancy and childbirth and various effects are exerted on her mind. Specialist doctor will be available to discuss such mental issues.

Date and Time: June 28<sup>nd</sup> (Wed) ①1:30PM~ ②2PM~ ③2:30PM~ Location: Hoken Center

Eligibility: Maternity women living in Hamura and their families (less than one year after delivery)

• If you live in another municipality but would like to consult while returning hometown Hamura, childcare is available, please consulate to us.

<u>Capacity</u>: 1 person for each time (in the order of application).

Consultant Psychiatrist: Mr. Hiroshi Mitsushio (Psychiatrist, Director of Chihiro Mental Clinic)

How to Apply and Inquiries: Please call to Kosodate Sodan Ka, Boshi Kenko. Sodan Kakari (in Hoken Center) **2** Ext.693 to make appointment in advance.

もぐもぐ教室~離乳食生後7か月以降講座

< Mogumogu Class ~ Baby Food Class for after 7 months baby>

Date and Time: June 14th (Wed) 10AM~ 11:15AM

Location: Hoken Center

<u>Eligibility</u>: Baby who was born from July  $16^{th}$ , 2022 ~ November  $30^{th}$ , 2022 and guardian. Capacity: 10 (in order of application)

Details: \* Points of baby food \* Baby food cooking demonstration

\* Consultation of baby food and childcare

% When you participate, please leave your child to someone to take care as possible.

How to Apply and Inquiries: Please call to Kosodate Sodan Ka, Boshi Hoken.Sodan Kakari 2696 During 9AM~5PM.

児童館でベビーマッサージ

# <Baby Massage at Children's Center>

Enjoy parent-child skin ship by massaging the baby's whole body with gentle hands. It is fine to wear clothes during massaging.

Date & Time: May 29th (Mon), 10:30AM ~ 11:30AM

Eligibility: Babies from 2 months to 6 months and their parents/guardians

<u>Capacity</u>: 5 pairs (in order of application)

Things to bring: Bath towel

How to apply and Inquires: Starting from May 17<sup>th</sup> (Wed) 9AM ~ 5PM (exclude Tuesday), please apply by phone or come to the West Children Center **2**042-554-7578.

親子であそぼ!

# PARENTS ENJOY IN PLAYING WITH CHILD(REN)

わんわんひろば

# < WAN WAN HIROBA >

Playtime activities for small children and their parents! Sing, and have fun with other parents and their child.

Location, Date & Time:

Date	Location	Times 100M (shout 20 minutes)
June 6 <sup>th</sup> (Tue)	East Children Center	<u>Time</u> : 10AM~ (about 30 minutes) <u>Capacity</u> : First 12 groups.
June 14 <sup>th</sup> (Wed)	West Children Center	

Eligibility: 8 month old toddlers and parents Capacity: First 12 groups

こぐまひろば

# <KOGUMA HIROBA (CUB SPACE) at Children Centers

Parents and small children can learn fun activities for exercise! Join and have fun!

<u>Eligibility</u>: Parents and Children 9 months  $\sim$  2 years old.

Location, Date & Time:

Date	Location	T: 100M (   120   1 )
June 1 <sup>st</sup> (Thu)	Central Children Center	<u>Time</u> : 10AM~ (about 30 minutes) <u>Capacity</u> : First 12 groups.
June 21 <sup>st</sup> (Wed)	West Children Center	

キラキラポケット

#### KIRA KITA POCKET at Children Centers

Game creators/instructors will play with children with fun games using hands and bodies. Join and have fun!

<u>Eligibility</u>: Children from 2 years old to preschool age, and their parents. (Capacity: First 12 groups) <u>Location, Date & Time</u>:

Date	Location	
June 7 <sup>th</sup> (Wed)	West Children Center	Time: 10AM~ (about 30 minutes)
June 20 <sup>th</sup> (Tue)	East Children Center	Capacity: First 12 groups.
June 22 <sup>nd</sup> (Thu)	Central Children Center	

# < CHILDCARE SUPPORT NEWS INQUIRES >

Central Children Center	<b>ជ</b> 042-554-4552
West Children Center	<b>ជ</b> 042-554-7578
East Children Center	<b>2</b> 042-570-7751

情報アラカルト

# **MISCELLANEOUS INFORMATION**



# PRIMO HALL YUTOROGI 2042-570-0707

**<Tokyo Metropolitan Government and Hamura City Collaborative Project>** 東京都・羽村市連携企画 東京文化会館ミュージック、ワークショップ「バーバラの魔法のくすり」

~ Tokyo Bunka Kaikan Music Workshop "Barbara's Magic Medicine".

A workshop concert of music and storytelling with jazz and pop arranged version of classical music to create a magical world of stories.

Date and Time: July 30<sup>th</sup> (Sun) 2PM (door opens at 1:15PM)

Location: Primo Hall Yutorogi, Small Hall.

<u>Eligibility</u>: Preschoolers aged 6 months to 6 years old and their parents/guardians and family members.

(Up to 4 people, children under 6 months old are not allowed to enter.)

Capacity: 200 (The drawing will be held)

<u>Co-Sponsors</u>: The Hamura City Board of Education, Tokyo Metropolitan, Tokyo Bunka Kaikan, etc.

Application: May 16<sup>th</sup> (Tue) ~ June 30 (Fri). Please check city official website or Hamura News ver. May

 $15^{th}$  to get 2D code. (The drawing result will be notified on July 8 (Sat) by email).

羽村フィルハーモニー管弦楽団 第31回定期演奏会

# < Hamura Philharmonic Orchestra ~ The $31^{st}$ Concert Series ~ >

Date & Time: June 25<sup>th</sup> (Sun) 2PM (doors open at 1PM)

Location: Primo Hall Yutorogi Main Hall

<u>Capacity</u>: First 800 people (No reservation needed, free seating).

Details: Verdi Overture to Opera "Nabucco", Brahms Symphony No. 1 and etc.

(Conductor: Mr. Takeshi Kuse)

<u>Host</u>: The Hamura City Board of Education, Hamura Cultural Association and Hamura Music Federation. <u>Inquiries</u>: Hamura Philharmonic Orchestra (Kanda San) **2**080-5037-4032

#### 証明書のコンビニ交付を一時停止します

# < Certificate of Automated Registry Machine at convenience stores will stop service>

On June 8<sup>th</sup> (Thu) whole day, registration and tax certificate of the automated registry machine at convenience stores will not be provided. Please come to Hamura City Hall to apply it. We apologize for any inconvenience, and ask for your cooperation regarding this matter.

Inquiries: Tax (Tax exemption) Certificate ~ Kazei Ka, Shimin Zei Kakari, 🖀 Ext. 162

My Number Card for convenience store reception, Shimin Ka, Uketsuke Kakari, @Ext. 122

# **HEALTH INSURANCE**

介護保険料の年金引落しに変わる方へ

#### < Long-Term Care Insurance Premiums deducted from your Public Pension >

For those who will be paying Long-Term Care Insurance Premiums by special collection from late of May, a Notification of Amount of Special Collection (Premium) Letter has been sent to these applicable citizens. Based on income of 2022, the payments will be made bi-monthly in even numbered months June and August. A letter will be issued in Early July regarding amount to be deducted.

\*\* If the pension is ¥180,000 or more, the Long-Term Care insurance premium will be deducted from the pension.

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari, <a>Theta</a>Ext. 144

<chuo academic="" lecture="" meeting="" university=""></chuo>	中央大学学術講演会		
~ Privacy in the Age of AI & Big Data	AI& ビッグ・データ時代のプライバシー		
This lecture will explain the necessity and methods of protecting personal information and privacy in this			
Age of digitalization.			
Date and Time: July 2 <sup>nd</sup> (Sun) 1:30 PM ~ 3:30PM			
Location: Primo Hall Yutorogi Reception Hall			
Capacity: 60 (in order of application)			
Lecturer: Ms. Yuko Kudo (Professor, Faculty of Law, Chuo University)			
How to apply and Inquiries: From May 16 <sup>th</sup> (Tue) 9AM~8PM, please apply via electronically or come to			
Primo Hall Yutorogi 2042-570-0707.			

EVENT INFORMATION for CHILDREN こどものページ

# Central Children Center 2042-554-4552

手作り教室「七夕飾り&プラネタリウム」

Handmade Classroom <Tanabata Decoration & Planetarium> Date & Time: June 3<sup>rd</sup> (Sat), 1:30PM~2:30PM (Meet: 1:20PM) <u>Eligibility</u>: Elementary School Students ~ 18 years old <u>Capacity</u>: 12 (in order or application) <u>Things to Bring</u>: Bag for workshop to carry back, hand towel and beverage (water or tea). <u>How to Apply</u>: From May 16<sup>th</sup> (Tue), 9AM~5PM, please come or call to Central Children Center directly.

# East (Higashi) Children Center 2042-570-7751

スポーツの日☆「ドッチビーをしよう!!」

< Sports Day ~ Let's play Dodgeball game!> <u>Date and Time</u>: May 24<sup>th</sup> (Wed) 3PM~4PM <u>Location</u>: Gymnasium <u>Eligibility</u>: Elementary School and Junior High School students <u>Capacity</u>: First 15

手作り教室「発泡トレーグライダーを作って飛ばそう」

< Handmade class ~ "Let's make and fly a form tray glider."> Date and Time: June 24<sup>th</sup> (Sat) 1:30PM~2:30PM (Meet at: 1:20PM) <u>Eligibility</u>: Elementary School and Junior High School students Hamura residents <u>Capacity</u>: First 12 <u>Things to Bring</u>: Indoor shoes, beverage (water or tea) and hand towel. <u>How to Apply</u>: From May 16<sup>th</sup> (Tue) 9AM~5PM, please come or call to East Children Center directly.

# West Children Center 2042-554-7578

手作りおもちゃ教室「くるくるフライヤー」

# < Handmade toy class ~ "Kuru Kuru Flyer" >

Date and Time: June 10th (Sat) ① 10AM~Noon ② 1PM~3PMEligibility: Elementary School students or under.Capacity: First 20\*\* Need not apply in advance, please come to venue directly to participate.

# <Toy Hospital> <おもちゃ病院>

On the same day, repair and consultation for broken toys will be available. <u>Helper</u>: Toy Hospital, Nejimawashi

Primo Library 2042-554-2280

#### Story Telling おはなし会

We are having fun story telling events. Come along with your friends or parents and have fun together!

- < Panel Theater for Preschoolers > Date and Time: June 10<sup>th</sup> (Sat) 11AM~
- < Story Telling for Elementary School students> Date and Time: May 20<sup>th</sup> (Sat) 11AM~

# Primo Hall Yutorogi 2042-570-0707

# < Movies for Children > 子ども映画会

Date: June 4<sup>th</sup> (Sun), 10:30AM~11:30AM Location: Kouzashitsu (Lecture Room) 1 Capacity: First 50 Program: 3 titles Supported by: Hamura Eiga Club

