

HAMURA NEWS

June 2006

Hamura Friendly Community Development Organization

5-2-1 Midorigaoka, Hamura City 205-0003, TOKYO

Tel: 042-579-2211 / Fax: 042-579-2212 / e-mail: fureai@t-net.ne.jp

Note: Listed information is provided in Japanese by telephone

*** Events Information from Yutorogi**

How to apply for the events listed below: Write your zip code, address, name, age and phone number on a double post card and send it to the *Yutorogi* (Application for the PC lessons must be made not later than Jun. 20 (Tue)).

Yutorogi: 1-11-5 Midorigaoka, Hamura, 205-0003 (phone: 570-0707, fax: 570-6422, http:// www.hamura-tokyo.jp/)

Events	Date & Time	Place	Participants	Fee or Admission
PC Lessons for intermediate learners	Jul. 7, 14, 21, 28 (Sundays), 10:00 a.m. ~ noon	<i>Kouza-shitsu 2</i> (lesson room 2)	Up to 15 people *1)	¥1,500
Lampwork Glass Hands-on Class for Beginners	Jul. 7 (Fri), Sep. 1 (Fri), 10:00 a.m. ~ noon	<i>Sousaku-shitsu 2</i> (creative room 2)	Up to 20 people (in order of arrival)	¥1,000 (The material cost will be required separately (¥1,800).)
Prof. <i>Masa</i> 's Lecture on Pianica with His Cheerful Friends	Jun. 4 (Sun), 2:00 p.m. ~ (Doors open at 1:30 p.m.)	Small Hall	/	¥1,000 for junior high school age and under and ¥2,500 for others (free seating)
Concert: Los Indios & Alicia	Jun. 17 (Sat), 6:30 p.m. ~ (Doors open at 6:00 p.m.)	Grand Hall		¥2,500 advance, ¥2,800 at door (free seating) *2)
Concert: Tchaikovsky String Quartet	Jul. 29 (Sat), 2:00 p.m. ~	Grand Hall		¥2,500 advance, ¥3,000 at door

*1) It's preferable that the participants have been on the Beginners' WORD course or have the equal knowledge and technique and can make a general document. (If more people apply, winners will be chosen in a drawing.)

*2) Only 20 seats are left, so please purchase the ticket as soon as possible.

*** Events Information from Hamura Zoo**

<Nature Experience Program: Nature Game>

Let's learn about animals and nature at the zoo while playing games with university students.

Date & Time: Jun. 4 (Sun) 1:00 ~ 3:00 p.m. Number of Participants: Up to 30 persons

<Animal Quiz Rally>

How about taking a walk through the Zoo answering quiz questions? Those who get all answers right will receive a gift.

Date: Jun. 10 (Sat) and 11 (Sun) Time: (1)10:30 a.m. ~ noon, (2)1:30 ~ 3:30 p.m. Fee: ¥50 for children, ¥100 for adults (Admission to the zoo is required separately.)

<The awards ceremony for drawings and photos competition >

The awarding ceremony for the excellent pieces of the drawings and photos competition held in Apr. and May will be conducted. Date & time: Jun. 11 (Sun), 1:30 p.m. ~ Place: *Wakuwaku* study room

<Wool Spinning Class>

Learn how to spin wool, using sheared wool from sheep at the *Hamura Zoo*.

Date & Time: Jun. 18 (Sun) 1:00 ~ 3:00 p.m. Number of Participants: Up to 30 persons

Contact: *Hamura Zoo* (579-4041)

*** Transplanting of Rice Seedlings**

Rice is essential for our dietary life. Do you know how rice is produced? To experience in growing rice is a good opportunity for you to think about food and understand how important eating is. Don't miss this opportunity.

Date & Time: Jun. 10 (Sat), 8:30 a.m. ~ (Pulling out seedlings), Jun. 11 (Sun), 8:30 a.m. ~ (Transplanting of the seedlings into a paddy field) Place: Rice field at *Hanekami 4*

Participants: This event is aimed at Elementary and junior high school children

Fee: Free

* Wear clothes that can get dirty and come to the venue on the day.

Contact: *Yutorogi* (570-0707)

*** Hamura Museum Exhibition**

A lot of relics that center around Jomon pottery were excavated from the ground of *Hamura*. The objects are on display at the Museum. Date & Time: Jun. 4 (Sun) ~ Jul. 2 (Sun), 9:00 a.m. ~ 6:00 p.m. (The museum is closed on Monday.) Admission: Free Contact: *Hamura Museum* (558-2561)

*** Child Allowance and Child Rearing Allowance to be Paid**

Child allowance and child rearing allowance from Feb. to May will be paid in mid-Jun. Please confirm that the deposit is made into the bank account you have designated. Contact: *Kosodate-Shien-Ka*

*** Taiken-Jyuku for Children Living in Tama District and Islands**

The thirty-nine municipalities of Tokyo jointly conduct activities of the *Taiken-Jyuku* which aims at providing children of the next generation with a variety of impressive experiences. This time Mr. *Senichi Hoshino* and Mr. *Hiroshi Ikushima* are having a talk program on sports, and passionate messages about their efforts to make dreams come true will be given to the young generations.

? Part 1: Performance of the Tokyo Metropolitan Symphony Orchestra

? Part 2: Talk program by Mr. *Senichi Hoshino* and Mr. *Hiroshi Ikushima*

Date & Time: Aug. 23 (Wed), 1:30 ~ 3:30 p.m. Place: Grand Hall of the *Amyu Tachikawa*

Participants: Junior high school and high school students living or going to school in 39 municipalities of Tokyo (Guardians can come together. The admittance of preschoolers is prohibited.) Fee: Free

How to apply: Write your name, zip code, address, phone number, number of people who want to come and their names, the name of your school and grade (age) on a postcard and send it to “*Kodomo Taiken-Jyuku, Sports Taidan Gakari*”, Fuchu Asama Postal Office, 183-0001 (general delivery) not later than Jun. 30 (Fri).

* If you have special affairs such as the use of wheelchair, please write so.

* If many people apply, winners will be chosen by a drawing. Every applicant will be informed of the outcome.

Contact: *Tama-Tousho Kodomo Taiken-Jyuku* Office (phone: 042-385-3448, <http://www.taikenjuku.jp/>) *Please access the website for further information.

<Note> (1) We cannot respond to inquiries about the outcome of the drawing. (2) Your personal information you give when you apply will be used only for the notification of the outcome of the drawing.

*** Experience Seminar for Children**

A variety of valuable experiences in the seminar teach you how important and pleasurable it is to cooperate with others.

Participants: 5th and 6th grade elementary school students Number of Participants: 40 persons (selected by lot if the number of applicants exceeds the limit) Fee: ¥10,000 How to apply: Fill out the application form and submit it to *Yutorogi* by Jun.30 (Fri) 5:00 p.m. The application form is available at *Yutorogi*, libraries, each *Jidokan*, City Library, Sports Center and Swimming Center. Contact: *Yutorogi* (570-0707)

Date	Programs
Jul.27 (Thu)	Explanation meeting for parents
Jul.28 (Fri)	Opening ceremony
Aug.11 (Fri)	Making groups
Aug.19 (Sat) ~ 21 (Mon)	Stay in <i>Yatsugatake</i> in a tent, outdoor cooking, observation of stars, campfire etc.
Sep.2 (Sat)	Fishing
Sep.9 (Sat)	Making ceramics
Sep.24 (Sun)	Field golf, closing ceremony

*** Kenban-Harmonica Lessons for Children**

Date: Jun.17, Jul.7, Sep.9, Oct.14, Nov.18, Dec.16, Jan.13, Feb.10, Feb.17 and Mar.10 (All days fall on Saturdays), 10 lessons Time: 1:30 ~ 2:20 p.m. Place: *Ongaku-rensyu-shitsu* in *Yutorogi* Participants: Elementary school students Number of Participants: Up to 30 persons Fee: ¥100 for each lesson (including insurance fee) Sponsored by: *Hamura* City Board of Education How to apply: Call or fax to Network Tokyo (tel: 03-3418-2433, fax: 03-3414-7847) Contact: Network Tokyo

*** Do You Have Fire Alarms in Your House?**

On and after Oct. 1, 2004, the fire prevention ordinance obliges us to set up fire alarms in every room, kitchen and stairway to prepare against fire when you build a new house or make an alteration to your house. In addition, with the amendment of the ordinance that is scheduled for Apr., 2010, you will have to set them up in the house that you live in now. Please plan to set up alarms in your house.

? Smoke detectors are suitable to be set up in the living room or stairway.

? Heat detectors are suitable to be set up in the kitchen.

? You can set up a battery-powered alarm for home use by yourself. It notifies you of when it needs a new battery by sound or light.

Contact: *Shimin-Seikatsu-Anzen-Ka* (Community Safety Division)

*** June: The Environment Month**

Japan is required to reduce greenhouse gas emissions by 6 percent below its 1990 levels during the period between 2008 and 2012 with enforcement of the agreement called Kyoto Protocol on preventing global warming. One of the causes of global warming is our daily activity. To achieve the target established in the agreement, we have to promote energy saving and natural resources saving. What we can do now:

<In the living room>

- ? Set your heater and air conditioning at temperatures of around 20 and 28 degrees centigrade, respectively.
- ? Replace incandescent lamps to compact fluorescent lamps.
- ? Pull the cord of a TV set or an air conditioning out of the wall if you don't use them for a long period.

<In the kitchen>

- ? Don't overload your refrigerator and open and close the door efficiently.
- ? Pull out the plug of an electric pot or an electric rice-cooker if you don't use them for a long period.
- ? Set the water temperature as low as possible when you wash dishes.

<In the bathroom>

- ? Recycle your bath water when you wash clothes and do the washing infrequently as possible.
- ? Try not to leave intervals when your family members take a bath.
- ? Put down the lid of a heated toilet seat and adjust the temperature appropriately.

<In the car>

- ? Stop unnecessary idling.
- ? Don't accelerate suddenly.
- ? Keep the tire pressure appropriately.

<When you do the shopping>

- ? Bring your shopping bag to reduce the use of plastic shopping bags.
- ? Buy what you need only in the necessary quantities.
- ? Buy EcoMark- or GreenMark-certified products on your own initiative.

Contact: *Seikatsu-Kankyo-Ka*

*** PC Seminar for June and July**

Place: *Sangyo-Fukushi Center* Number of Participants: Up to 10 people for each course (in order of arrival)

Fee: See the table below. The cost of a textbook is required separately (Free rental is available).

How to apply: Come to the *Sangyo-Fukushi Center* after Jun. 7 (Wed), 9:00 a.m.~. Please pay the tuition fees when you apply. * The certification exams for the Microsoft Office Specialist are conducted every week.

Contact: *Sangyo-Fukushi Center* (579-6425, <http://www.wing-i.hamura.tokyo.jp/>)

Course	Date	Time	Fees
PC Beginners : Recommended course (2 days)	Jun.10 (Sat), 11 (Sun)	1:00 p.m. ~ 4:00 p.m.	¥3,000
	Jul. 1 (Sat), 2 (Sun)		
WORD Beginners (2 days)	Jun. 13 (Tue), 14 (Wed)	1:00 p.m. ~ 4:00 p.m.	¥3,000
	Jun. 24 (Sat), 25 (Sun)	6:00 p.m. ~ 9:00 p.m.	
	Jul. 4 (Tue), 5 (Wed)	1:00 p.m. ~ 4:00 p.m.	
	Jul. 8 (Sat), 9 (Sun)	1:00 p.m. ~ 4:00 p.m.	
WORD for Practical Use (2days)	Jul. 22 (Sat), 23 (Sun)	1:00 p.m. ~ 4:00 p.m.	¥3,000
EXCEL Beginners (2 or 3 days)	Jun. 17 (Sat), 18 (Sun)	1:00 p.m. ~ 5:00 p.m.	¥4,000
	Jun. 20 (Tue) ~ 22 (Thu)	1:00 p.m. ~ 4:00 p.m. (~ 3:00 p.m. for the last day)	
	Jul. 11 (Tue) ~ 13 (Thu)	6:00 p.m. ~ 9:00 p.m. (~ 8:00 p.m. for the last day)	
	Jul. 15 (Sat), 16 (Sun)	1:00 p.m. ~ 5:00 p.m.	
EXCEL for Practical Use (2 days)	Jul. 29 (Sat), 30 (Sun)	1:00 p.m. ~ 4:00 p.m.	¥3,000

*** Libraries are Closed Temporarily**

To inspect all the books, documents and materials, libraries in *Hamura* will be closed between Jun. 6 (Tue) and 16 (Fri). When you want to return books, drop them into the book post of the City Library or *Ozakudai* Library during the period. Please return audio-visual materials at the library counter on and after Jun. 17 (Sat).

Contact: City Library (554-2280)

*** For People Who Want to Live in Housing Owned by the Municipal Government of Hamura**

An open lottery will be held on Jun. 21 (Wed) to make a waiting list of prospective tenants so that they can move immediately to the city-provided rent house when it becomes vacant during a year after July. The order is valid until Jun. 30, 2007.

Housing for lease: *Sakae-cho Danchi* (2-28-1, *Sakae-cho*), *Tamagawa Danchi* (2-9-4,5 *Tamagawa*), *Mihara Danchi* (1-7-7, *Hanenishi*), *Masaka Danchi* (2-13-1,2 *Hanekami*), *Hanekami Danchi* (1-1-4, *Hanekami*)

Eligibility: There is income limitation.

How to get a pamphlet about the housing: The pamphlet is available between Jun. 5 (Mon) and 12 (Mon), 8:30 a.m. ~ 7:00 p.m. (~ 5:00 p.m. on Saturday and Sunday) at the *Kanri-Ka* or branch offices of City Hall. How to apply: Apply at the *Kanri-Ka* between Jun. 5 (Mon) and 12 (Mon), 8:30 a.m. ~ 7:00 p.m. (~ 5:00 p.m. on Saturday and Sunday)

*A house rent will be fixed according to the income of a household. Contact: *Kanri-Ka*

*** Training Programs at the Sports Center**

Opening hours: 9:00 a.m. ~ 10:00 p.m.

Closed: Mondays, and year-end and New Year holidays (if a Monday falls on a national holiday, it is open)

Fees for residents and workers in *Hamura*: ¥100 for adults and ¥50 for junior high school students

Fees for others: ¥150 for adults and ¥70 for junior high school students

You need to buy a ticket each time you attend programs or have voluntary training (time limit: 4 hours) *Junior high school students can use the studio or attend the programs only.

Contact: Sports Center (Tel: 555-0033)

* Available Programs

Exercises	Details	Participants
Exercise for fitness	30-minute walking or jogging, and exercise effective for stiff shoulders and backache	No limitation
Aerobics for beginners	Basic steps of aerobics and strength trainings	Up to 70 persons
Soft aerobics	Easy rhythm exercise and stretch exercise	Up to 70 persons
Aerobics	Hard steps and slightly difficult movements	Up to 70 persons
Easy steps	Easy exercise with step boxes, etc.	Up to 25 persons
Step exercise	Exercise with step boxes	Up to 25 persons
Step circuit	Exercise with step boxes and exercise with dumbbells	Up to 25 persons

*Training Programs from Jun. 2006

	Morning	Afternoon	Evening
Tue.	Aerobics for beginners, 9:45 ~ 10:45 a.m. Soft aerobics, 11:00 a.m. ~ noon		Step exercise, 7:00 ~ 8:00 p.m.
Wed.	Exercise for fitness, 10:00 ~ 11:20 a.m.	Step circuit, 2:00 ~ 3:00 p.m.	Soft aerobics, 7:00 ~ 8:00 p.m.
Thu.	Easy steps, 9:45 ~ 10:45 a.m. Step exercise, 10:00 ~ noon		
Fri.	Exercise for fitness, 10:00 ~ 11:20 a.m.	Class for fitness, 2:30 ~ 4:00 p.m.	Aerobics, 7:00 ~ 8:00 p.m.
Sat.	Aerobics for beginners, 9:45 ~ 10:45 a.m.	Soft aerobics, 2:00 ~ 3:00 p.m.	(No trainers)
Sun.	Exercise for fitness, 10:00 ~ 11:20 a.m.	Aerobics, 2:00 ~ 3:00 p.m.	(No trainers)

*** Information from the Swimming Center**

? Aquarobics (Water aerobics) - Why don't you enjoy exercising in water? Date & Time: Jun. 1 (Thu), 8 (Thu), 15 (Thu), 3:00 ~ 3:50 p.m. How to apply: Apply at the 1st floor reception desk for swimmers between 2:00 and 2:50 p.m. on the day you want to take the lesson.

? Beginners' Water Walking Lesson to Get into Better Shape – An instructor teaches you characteristics of water, a variety of walking and how to exercise including a training to tone up your muscles. Date & Time: Jun. 21 (Wed), 2:00 ~ 2:50 p.m. How to apply: Apply at the 1st floor reception desk for swimmers between 1:00 and 1:50 p.m. on the day. Participants: Up to 30 people who is sixteen years and older (in order of arrival)

Fee: ¥400 for people living or working in *Hamura* and ¥600 for others

What to bring: Swimming wear, swimming cap, towel, etc.

Contact: Swimming Center (579-3210)

*** Sports Programs for Individuals**

Fees are ¥100 for adults and ¥50 for children. Japanese archery is free. Guidance is given for each program. Please bring sportswear, indoor shoes, and birdies for badminton and ping-pong balls. See the schedule below. Contact: Sports Center (phone: 555-0033, fax: 554-9974).

Program	Time
Badminton	Fridays: 6:00 - 10:00 p.m.
Tennis	Wednesdays: 6:00 – 10:00 p.m.
Indiaka	The 2nd & 4th Tuesday: 6:00 - 10:00 p.m.
Table tennis	At all hours (Guidance is given on Saturdays from 7:00 to 10:00 p.m.)

Medical Care Available on Sundays & Holidays

Date		Hospital				Dentist	
		9:00 a.m. – 5:00 p.m.		5:00 p.m. – 10:00 p.m.		9:00 a.m. – 5:00 p.m.	
4	Sun	YOKOTA CLINIC 横田クリニック	554-8580	HAMURA-SHI HEIJITSU YAKAN 羽村市 平日 夜間 KYUKAN CENTER 急患 センター	555-9999	KUSAKA SHIKA くさか 歯科	555-7793
11	Sun	SAKAECHO 栄町 SHINRYOJO 診療所	555-8233	FUSSA-SHI HOKEN CENTER 福生市 保健センター	552-0099	TAKADA SHIKA IIN 高田 歯科 医院	555-5903
18	Sun	YAMAKAWA IIN 山川 医院	554-3111	FUSSA-SHI HOKEN CENTER 福生市 保健センター	552-0099	TSUSHIMA SHIKA IIN つしま 歯科 医院	579-1800
25	Sun	HAMURA SOUGO 羽村 相互 SHINRYOJO 診療所	554-5420	FUSSA-SHI HOKEN CENTER 福生市 保健センター	552-0099	NAKANO SHIKA IIN 中野 歯科 医院	554-7053

* A Clinic on duty is subject to change on very short notice. Please confirm the clinic of the day with City Hall or the *Hoken* Center (municipal health center).

Information Service on Jun. 9th, 23rd (1:00 p.m. – 4:00 p.m.)
ENGLISH • ESPAÑOL • KOREAN • TAGALOG (TEL: 579-2211)