

HAMURA NEWS

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Edited by: *Koho-Kocho-ka* (Publish Information and Public Opinion)

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SERVICES AT CITY HALL: OPEN ON SATURDAYS & SUNDAYS

We are open on Saturdays and Sundays for people who can't come to City Hall in weekdays because of jobs and so on.

Open Hours/ 8:30am ~ 5:15pm (except for noon ~ 1:00pm. Acceptance is up to 5:00pm)

- On Saturdays & Sundays, we're closed during noon ~ 1:00pm.
- If Saturday or Sunday falls on a national holiday, we're open. But we're closed on usual holidays and between Dec.29th ~ Jan.3rd.
- We don't offer some services on Saturdays & Sundays. Please contact each section for more information.

Open sections/ Citizen's Affairs, Taxation, Tax Payment, Pension and Insurance, Social Welfare Section, Welfare for the disabled, Senior Citizen's Welfare and Nursery Care Division, Children & Youth Section, Child Care Support, Children Welfare Section, Accounting, Education General Affairs Division.

Detail/ *Kikakuka Kikaku tanto*

BURNABLE WASTE HAS REDUCED IN FEBRUARY!!

We had "Burnable Waste Accurate Separation Month" twice in November last year and February this year. As a result of those months, the volume of burnable waste per one collection day has reduced to 37, 7 tons in February. That's very good! Please separate recyclable burnable waste as recyclable waste accurately from now on again.

Detail/ *Seikatsu Kankyoka Seikatsu Kankyo Gakari*

STOP!! MANY PEOPLE ARE ANNOYED WITH ILLIGALLY PARKED BICYCLES.

People who has disability for eyes

They can't pass streets because of bicycles left on yellow textured paving blocks.

People using a wheelchairs or strollers for babies

They are annoyed by bicycles left in no-parking zone around stations or so. Also many other people (old people, a parent with a child and shops around a station) might be annoyed because of various causes. Please use *Hamura city* designated parking zones when you want to park your bicycle inside of *Hamura*, even it's for a short while.

Parking Prohibition Districts→ within 400-meter radius from *Hamura & Ozaku* station by law.

- ※ If you park your bicycle out side of this range, that is supposed to be removed to *Jitensya Hokanjo* (*Hamura City Bicycle Depository*), and you're charged when taking them back. Please be careful.

Charge for Taking Back → Bicycle ¥2,000 Motorized two-wheeled vehicle ¥3,000

Detail/ *Seikatsu Anzenka Kotsu Bohan gakari*

Hamura City Bicycle Depository → 2-28-2 *Sakae-cho, Hamura City*

Date & Time for Taking Back/ Monday ~ Friday 9:00am ~ 4:00pm (except for national holidays & year-end & new year's holidays. Up to 7:30 pm on Mondays & Thursdays.) ☎579-4815

DISCOUNT COUPON FOR *ONSEN* (HOT SPRING) CENTER

Hamura City is distributing hot spring center discount coupons to members of National Health Insurance. Please bring National Health Insurance card surely. Please understand that members of Late-Stage Medical-Care System for the Elderly (at the age of 75 and over) aren't eligible to the coupons.

Valid Facilities / *Hinohara* hot spring center "*Kazumanoyu*" (☎598-6789), *Okutama* hot spring "*Moeginoyu*" (☎0428-82-7770), *Akigawa Keikoku* "*Seotonoyu*" (☎595-2614)

Period/ up to Mar. 31st 2010

Distribution Place & Contact/ *Hoken Nenkinka Hoken gakari*

ABOUT "*DANTAI NO HIROBA*" (INFORMATION CORNER)

We have placed the article "*Dantai no Hiroba*" (information corner on circles or clubs in *Hamura*) in the 15th edition of every month, *Koho Hamura* (*Hamura News*, Japanese version). But from May, this corner is supposed to be placed in "JOINT~助 in 人" by Citizen Activity Volunteer Center *Hamura*. (15th of every month, inserted flyers in newspapers) If you need more details, contact Citizen Activity Volunteer Center *Hamura*.

Contact/ *Koho Kochoka Koho gakari*, Citizen Activity Volunteer Center *Hamura*
(☎578-5252, Tue.~Sat. / 9:00am~7:00pm, Sun. / 9:00am~5:00pm)

YUTOROGI

Yutorogi is closed on Mondays. (If a Monday falls on a national holiday, it's open.)

Open Hour/ 9:00am ~ 5:00pm

1-11-5 *Midorigaoka, Hamura City* 〒205-0003 ☎570-0707 Fax/570-6422

<http://www.hamura-tokyo.jp/> ☒s706000@city.hamura.tokyo.jp

<The 40th *Hamura City Cultural Festival: Participants Wanted (individuals & groups)*>

Hamura City will hold the cultural festival and the explanatory meeting for the festival. If you or your group wishes to join this festival, you are required to come to the explanatory meeting.

Explanatory Meeting/ May. 29th (Fri) 7:30pm ~ at Small Hall ※ Come to the venue directly.

Cultural Festival Schedule/ Exhibitions (Oct.21st ~ Nov.8th), demonstrations (Japanese or Western-style dances, entertainments, Japanese music, chorus, instrumental music...)

<From *Yutorogi* Nursery Room "*Sakuranbo*">

Why don't you join any projects or club activities at *Yutorogi*, released from child care sometimes. Then nurses of this room will take good care of your children suitable for their ages or development.

Eligible Children/ 18 month-old children ~ preschoolers

Capacity/ 15 people (on a first-come first-served basis)

Eligible/ ● People who belong to clubs at *Yutorogi* ● People who join any concerts or classes at *Yutorogi* sponsored by *Hamura* City Board of Education and so on.

Fee/ Monday ~ Friday 9:00am ~ 6:00pm...¥500 (hours after 6:00pm, Sat, Sun & holidays ¥700)

Application/ Contact *Yutorogi* about how to apply and more details. ※ Application forms available at *Yutorogi*.

KYODO HAKUBUTSUKAN (LOCAL MUSEUM)

<Seasonal Display: "Samurai Dolls for the Boy's Festival">

We celebrate the Boy's Festival, one of Japanese annual events displaying Samurai Dolls donated by *Hamura* citizens at *Kyodo Hakubutsukan*.

Date & Time/ Apr. 26th (Sun) ~ May 10th (Sun) 9:00am ~ 6:00pm ※ May 4th (Mon) is a national holiday, so we're open. Place/ Orientation Hall, *Kyu-Shimodake Jutaku* (the former Shimodas house...up to 5:00pm) Fee/ Free Contact/ *Kyodo Hakubutsukan* (☎558-2561)

SPORT CENTER

<Japanese Archery "Kyudo" Lessons for Beginners>

Date & Time/ every Wednesday & Saturday during May 13th (Wed) ~ Jun. 3rd (Wed), 7 times in all 7:00pm ~ 9:00pm Place/ *Kyudojyo* Eligible/ Senior high school students and over Capacity/ 20 people (on a first- come first-served basis) Tuition Fee/ ¥3,000 (for 7 times) ※ Please come in an upper wear with long sleeves and no buttons. *Tabi* or socks.

Application & Contact/ Please write your address, name, age & phone number, and mail or fax it to *Kyudojyo* by Apr. 30th (Thu). (☎/FAX: 555-9255) 4-2-8 *Ozakudai, Hamura City* 〒205-0001

SWIMMING CENTER

< Special Plan on Children's Day!>

Children can use the swimming pool on Children's day for 2 hours free of charge. Free tickets will be distributed at the reception desk of Swimming Center. (You can use this ticket only on that day.)

Date & Time/ May 5th (Tue) 9:00am ~ 8:50pm Eligible/ full 3 year-old children ~ junior high school students ※ Children are needed to be accompanied with their guardians who are 16 years old and over. Up to 2 children per guardian.

<Aquabics: Aerobics in Water>

Date & Time/ every Thursday of May, 3:00pm ~ 3:50pm Eligible/ People at the age of 16 and over Capacity/ 35 people (on a first-come first-served basis) Fee/ each time ¥400 (people living or working in *Hamura*,) ¥600 (living outside of *Hamura*, premium & the entrance fee are included) ※ Please bring the swimming suit, cap & towel etc. Instructor/ a sport trainer from *Hamura* City Athlete Association of NPO corporation Application/ Please come to the reception desk during 2:00pm ~ 2:50pm on each day.

<Swimming Lessons for Elementary Schoolchildren>

Date & Time/ every Saturday during May 9th (Sat) ~ Jun. 20th (Sat) 7times in all



(A)11:00am~1:00pm 35 people (B)2:00pm~4:00pm 25 people (If there are too many applicants, it's decided by lot.) Eligible/ elementary schoolchildren Tuition Fee/ ¥4,000 for 7 times in all, the entrance fee & premium included) Content/ Beginner's Class→crawl 12,5m, Intermediate Class→crawl 25m, Advanced Class→other swimming styles

<Swimming Lessons for Adults>

Date & Time/ every Sunday of May 10th (Sun) ~ Jul. 19th (Sun) except for May 31st (Sun), 10 times in all Capacity/ 40 people (If there are too many applicants, it's decided by lot.)

Tuition Fee/ ¥8,000 (for 10 times in all, the entrance fee & premium included)

Application/ Both classes: After you fill out an application form available at Swimming Center or Sport Center, mail, fax it or come to Swimming Center directly during Apr.16th (Thu) ~ 30th (Thu).

3-19-3 Gonokami, Hamura City 〒205-0011 Fax/ 579-3212

Contact/ Swimming Center (☎579-3212)

CLASS INFORMATION*SWIMMING CENTER

▶ TRAINING ROOM / DAI 2 KAIGISHITSU		▶ POOL (only swimming one point lesson)
BASIC PILATES	SIMPLE AEROBICS	SWIMMING ONE POINT LESSON
DATE & TIME/ EVERY TUESDAY 2:00PM~3:00PM CAPACITY/ 20 PEOPLE FEE/ ¥800 APPLICATION/ RECEPTION DESK	DATE & TIME/ EVERY TUESDAY 7:00PM~7:45PM CAPACITY/ 20 PEOPLE FEE/ ¥500 APPLICATION/ RECEPTION DESK	DATE & TIME/ EVERY THURSDAY 10:00AM~11:00AM APPLICATION/ POOLSIDE
SIMPLE BOXERCISE	SHAPE BOXING	RELAX YOGA
DATE & TIME/ EVERY WEDNESDAY 2:00PM~2:45PM CAPACITY/ 25 PEOPLE FEE/ ¥500 APPLICATION/ SAUNA RECEPTION	DATE & TIME/ EVERY WEDNESDAY 7:00PM~7:45PM CAPACITY/ 20 PEOPLE FEE/ ¥500 APPLICATION/ SAUNA RECEPTION	DATE & TIME/ EVERY WEDNESDAY 11:00AM ~ NOON CAPACITY/ 20 PEOPLE FEE/ ¥800 APPLICATION/ SAUNA RECEPTION
NURSING PREVENTION CLASS	BASIC YOGA	PILATES
DATE & TIME/ EVERY THURSDAY 1:30PM~2:30PM CAPACITY/ 20 PEOPLE FEE/ ¥300 APPLICATION/ KAIGISHITSU ON THE 2 ND FLOOR	DATE & TIME/ EVERY THURSDAY 7:00PM~8:00PM, EVERY FRIDAY 11:00AM ~ NOON CAPACITY/ 20 PEOPLE FEE/ ¥800 APPLICATION/ SAUNA RECEPTION	DATE & TIME/ EVERY THURSDAY 11:00AM ~ NOON CAPACITY/ 20 PEOPLE FEE/ ¥800 APPLICATION/ SAUNA RECEPTION
		SIMPLE EXERCISE
※ All classes are on a first-come first-served basis Contact/ Swimming Center (☎ 579-3210)		DATE & TIME/ EVERY FRIDAY 2:00PM ~ 3:00PM CAPACITY/ 25 PEOPLE APPLICATION/ TRAINING ROOM

HOKEN CENTER

<PLEASE COOPERATE IN BLOOD DONATION!>

Date & Time/ May 7th (Wed) 10:00am ~ noon, 1:15pm ~ 4:00pm

Place/ Rotary in front of Hamura station (the east exit)



Content/ 200ml, 400ml blood donation Eligible/ 16 ~69 year-old people

※ Please come to the venue directly. ※ No parking-lot

※ Community bus *Hamuran* stations will change on that day. Please check the information board at the bus station.

● You can use *Tachikawa* blood donation room, too. Also register as a marrow donor please.
(☎527-1140)

<PRE-LESSONS FOR WOMEN BEFORE CHILDBIRTH>

Let's talk about pregnancy, childbirth and life with your baby.

Date & Time/ May 7th (Thu), 14th (Thu), 28th (Thu) 3 times in all 1:15pm ~ 4:00pm

Place/ Hoken Center Eligible/ Pregnant women living in *Hamura*

※ Please come to Hoken Center directly with the maternity record book & writing implements.

※ Child Care services are not available. Please refrain from taking your child with you.

※ This lesson's content is mainly for pregnant women who are 5 months pregnant and over.

<HEALTH CONSULTATION>

"My blood sugar level is getting high these days...", "What should I be careful of?" .

Consultation about your health and some advices are available. Please feel free to consult.

Date & Time/ Apr. & May→ Apr.23rd, May 14th & 28th (the 2nd & 4th Thursday of every month basically) 1:30pm ~ 3:00pm Place/ Hoken Center Fee/ free

You don't have to make any reservation. But in some situations you might need to wait for a short while. Please understand this.

HAMURA KENKO NO HI, THE HEALTH DAY IN HAMURA

We will hold a variety of events about health. Why don't you take this good chance and think about your and your family's health!

Date & Time/ May 17th (Sun) 10:00am ~ 2:00pm (It will be held even if it rains.)

Place/ Hoken Center & Hoken Center parking area ※ Please refrain from coming by car.



Content/ Showing how to cook healthy dishes & tasting them, short lectures, blood pressure & body fat measuring, blood vessel age & bone density measuring etc.

※ Please check *Koho Hamura* (May 15th issue) about details.

Sponsor/ *Hamura* City Collaborator/ *Hamura* City Health Promoters

FRESHLAND NISHITAMA

● Freshland *Nishitama* will be closed on Apr.21st (Tue) ~ 24th (Fri) temporarily because of the periodic check and repair.

● In April Hula-Dance, Yoga and Pilates classes will not be held.

Contact/ Freshland *Nishitama* (☎570-2626)

◇ Please check the website, too.

★ MEDICAL CARE SERVICES AVAILABLE ON SUNDAYS & HOLIDAYS (the second half of Apr.)

DATE		HOSPITAL				DENTIST	
		9:00am ~ 5:00pm		5:00pm ~ 10:00pm		9:00am ~ 5:00pm	
APR. 19	SUN	Izumi Clinic	555-8018	Fussa-shi Hoken center	552-0099	Kato Shika Clinic	554-8887
26	SUN	Yamaguchi Naika Clinic	570-7661	Fussa-shi Hioken Center	552-0099	Kaneko Dental Clinic	554-1503
29	WED	Yamakawa Iin	554-3111	Kurihara Iin (Mizuhimachi)	557-0100	Kusaka Shika	555-7793

★ Clinics on duty might change abruptly. So first of all, call City Hall or *Hoken* Center and make Sure which clinics is exactly on duty on that day, please.

★ Hours except for above-stated time → ☎03-5272-0303(24 hours) *Tokyoto Iryo Kikan*
Information Service "*Himawari*" Detail/ *Hoken* Center (☎555-1111, the pilot
number of City Hall)