

# HAMURA NEWS July 15<sup>th</sup>, 2009

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## THE 34<sup>th</sup> HAMURA SUMMER FESTIVAL

Date&Time / July 25<sup>th</sup> (Sat), 26<sup>th</sup> (Sun), PM3:00 ~ PM8:30 (traffic restriction PM2:00 ~ PM9:00)

Place / *Hamura Rail Station East Rotary*

\*25<sup>th</sup> (Sat) in case of rain, most of the program will be postponed to 26<sup>th</sup>.

\*26<sup>th</sup> (Sun) in case of rain, the event will be canceled.

\* Please refer to a newspaper on the 24<sup>th</sup> (Fri) for farther information.

Sponsored by / *The 34<sup>th</sup> Hamura Natsumatsuri Jikkou Iinkai*

Co-Sponsored by / *Hamura City, Hamura Shoukoukai, Hamura Kankou Kyoukai, Hamura Chounaikai Rengoukai, Hamura Shougyou Kyoudou Kumiai, Hamura Roujin-Club Rengoukai*

Inquiries / *The 34<sup>th</sup> Hamura Natsumatsuri Jikkou Iinkai* : office consists of *Sangyou Kasseika Suishinshitu* and *Hamura Shoukoukai*(*Hamura Chamber of Commerce and industry*) ☎555-6211

### ◆ Temporary Change of *Hamuran* and Other Bus Routes

*Hamuran* route will be altered due to the traffic restriction on the festival dates. Those bus stops within the event site, *Hamuraeki Higashiguchi, Hamuraeki Iriguchi, Fujimi Shougakkou Iriguchi*, will not operate on 25<sup>th</sup> (Sat), 26<sup>th</sup> (Sun) between PM2:00 ~ PM9:00.

All bus routes (*Hamuran*, public bus, company shuttle and others) will operate from *Gonokami Ichoume* bus stop. The departure schedule will be that of *Hamuraeki Higashiguchi*.

### ◆ Parking Space for the Event

There will be no car parking for the event. Please refrain from coming by personal vehicles.

Please park your bicycles in the temporary parking space – *Fujimi Elementary School* yard or the temporary bicycle parking at *Hamura Rail Station West Rotary*.

### ◆ Environmental Consideration in *Hamura Summer Festival*

· 1000kwh out of the whole electricity used to operate this event will be provided from Green Power produced by *Morigasaki Mizusaisei Center* in *Ōta-ku*, the destination area of Tama River.

· Not only the event staff but also all participants and guests are asked to cooperate in keeping the clean festival site. Please comply with the recycling rules and pick up trash left inappropriately.

Summer Festival July 25 <sup>th</sup> (Sat) Program Schedule		
<i>Mandou Gyoretsu &amp; Wadaiko</i>	PM3:00~PM3:50	Lantern march and Japanese drum collaboration performance by <i>Hamura Daiko Fukyukai &amp; Komu Ome</i>
<i>Kaikai Shiki</i>	PM3:30~PM3:40	Opening Ceremony
<i>Seishounen Parade</i>	PM3:50~PM4:20	Youth Group Parade
<i>Minyou Nagashi</i>	PM4:20~PM4:50	Japanese slow dance parade in traditional summer costume by <i>Hamura Buyou Renmei</i>
<i>Awa Odori</i>	PM5:00~PM5:30	Cheerful 'Awa' dance parade by <i>Mitaka Ren</i> and <i>Hamura East Gate Shop Owner Association</i>
<i>Ninba Odori</i>	PM5:50~PM7:50	The main program of the day. More than 1000 people from district associations, citizen groups, business associations and others will join this Japanese dance parade

Summer Festival July 26 <sup>th</sup> (Sun) Program Schedule		
<i>Wadaiko Ensou</i>	PM3:00~PM3:30	Japanese drum performance by <i>Hamura Daiko Fukyukai Children Division</i>
Samba Music Band	PM4:00~PM4:40	Live band performance featuring popular summer numbers from Southern All Stars
Samba Parade by ICU Lambs	PM4:50~PM5:20	These dancers are members of Latin American Music Fan Club in International Christian University. Winner of <i>Asakusa Samba Carnival League 1, 8<sup>th</sup> prize!</i>
Samba Parade by Bloco Barravento	PM5:30~PM6:00	Open to anyone to join this parade with registration! This group features the vibrant percussion music. Winner of <i>Asakusa Samba Carnival League 2, 1<sup>st</sup> prize!</i>
Samba Parade by Uniao Dos Amadores	PM6:10~PM6:40	Open to anyone to join with registration! This student samba union is coming back to the festival again as in its yearly custom. Winner of <i>Asakusa Samba Carnival League 1, 2<sup>nd</sup> prize!</i>
<i>Suisougaku Ensou</i>	PM7:50~PM8:20	Music performance by <i>Hamura Brass Band</i>
<i>Heikai Shiki</i>	PM8:00~PM8:10	Closing Ceremony

Other Items in Event Program		
Various Performances on the Sub-Stage	25 <sup>th</sup> &26 <sup>th</sup> PM3:00~PM8:00	Band music, drum performance, modern or traditional dance, etc.
Street Fair East Shop Owner Association	25 <sup>th</sup> &26 <sup>th</sup> PM3:00~PM8:00	Food, produce, and game booth. Japanese festival dance, flamenco, etc
Traditional Festival Music	25 <sup>th</sup> &26 <sup>th</sup> PM3:00~PM8:00	By local <i>Hayashi</i> music bands
Traditional Festival Music	26 <sup>th</sup> PM5:30~PM7:00	By <i>Azumachou Gion Bayashi Hozonkai</i>
Putting-Golf Tournament	26 <sup>th</sup> PM4:30~PM8:00	Registration required on the day

### **! Samba for Everybody !**

The samba groups Bloco Barravento and Uniao Dos Amadores will welcome everyone to join their parades as dancers or musical accompaniment players. Participants will receive gifts of head accessories and instruments. Registration required.

Registration / 26<sup>th</sup> (Sun) PM3:00~PM6:00 at *Shimin Samba Uketsuke*, next to the main stage.

### **! Variety of Booths !**

There will be almost 100 booths set up for the event. Hot meals, refreshing drinks and cold deserts from many cultures, games, local products... long list of items. Eat and play 'till you drop!!

#### **◆ Festival Scene Photo Contest**

A new award category 'Scenes from Samba Parade' will join the contest!

Specification / printed size 130mmx180mm ~ 254mmx305mm

Subscription&Inquiry / please submit your art work in person to *Hamura Shougyou Kyoudou Kumiai*(*Hamura Commerce Cooperative*), before August 21<sup>st</sup> (Fri) PM12:00 with an entry form available at Event Site Office (during the festival) or *Hamura Shougyou Kyoudou Kumiai* (*Hamura-shi Hanehigashi 1-1-8 ☎555-5421*)

### **A NEW BRIDE IN HAMURA ZOO!**

A long-awaited Bride has come all the way from the Czech Republic to *Yamato*, a male Indian Crested Porcupine, who had been lonely for some time. The bride was born in 2008 and is 4 years younger than the groom. She will be mature enough to breed in 2 to 3 years. She will have an arranged meeting with *Yamato* and then live together with the hope of having some babies in future. Can you imagine what their newborn babies' pointy body hair will feel like? Let's wait and see! Inquiries / *Hamura Zoo* ☎579-4041

### **OGA LOTUS VIEWING EVENT**

*Oga Lotus* under the morning sunshine is one of the most beautiful things to see. The Lotus flowers bloom very early in the morning, and close their petals in just a few hours. At "*Negarami Mae Suiden*", which is *Hamura's* only rice paddy field, you can enjoy the beautiful blooming of *Oga Lotus* from late July to early August. At this *Oga Lotus Viewing Event*, you can experience drinking juice or *Sake* using a Lotus leaf as cup and a stem as straw (This manner is called "*Kayouhai*"). "*Nodate*", the outdoor tea ceremony, will also be performed.

Date & Time / August 1<sup>st</sup> (Sat), 6:00AM~8:00AM (light rain or shine)

Place / *Negarami Mae Suiden* To participate, please come to the event site directly.

Sponsored by / *Hamura Nougyou Koukeisha Club* (*Hamura Agriculture Successor Club*), Supported by / *Hamura City, Hamura-shi Nougyou Iinkai* (*Hamura Agricultural Association*), *Hamura-shi Kanko Kyokai* (*Hamura Tourism Association*), *Hamura-shi Hane Yousui Kumiai* (*Hamura Hane Irrigation Association*)

Inquiries / *Sangyou Kasseika Suishinshitu Nougyou Kanko Koushin Kakari* (*Agricultural Tourism Division, Industry Promotion Group*) in *Hamura-shi Kanko Kyokai* ☎555-9667

### **YUTOROGI Information (☎570-0707)**

#### **< Brass Orchestra Concert by Kunitachi College of Music >**

A Brass Orchestra concert will be held in collaboration with *Kunitachi* College of Music Brass Orchestra. Don't miss this opportunity and enjoy some brass music!

Date & Time / September 26<sup>th</sup> (Sat), 1:30PM~ (The doors open at 1:00PM)

Place / Main Hall (Reserved Seating Only)

Admission / High School Student or Under ¥200, Adults ¥500

\*Preschoolers and younger will not be allowed entry.

Fee for Child Care Services / ¥700 per child (including child's snack fee)

\*To use this service, please visit *Yutorogi* by September 18<sup>th</sup> (Fri), 5:00PM for a reservation.

Program / Gustav Holst "Jupiter" from "The Planets", Pierre Leemans "March Of The Belgian Paratroopers", *Youichi Kamioka* "Akizorani(In Autumn Skies)", Carl Maria von Weber "Concertino fur Klarinette und Orchester", George Gershwin "Cuban Overture" and more...

Brass / *Kunitachi* College of Music Brass Orchestra

Tickets / Tickets are sold at *Yutorogi* starting July 21<sup>st</sup> (Tue), 9:00AM~, also at *Nishitama Shinbun*

Ticket Service (☎0120-61-3737) starting July 22<sup>nd</sup> (Wed)

Co-Hosts / *Ōme Satou Zaidan* Foundation, *Hamura* City Education Board

#### **<Yutorogi Live Concert "Extravagant Cello Concert">**

From Classic to Pop covers, please enjoy great Cello play!

Date & Time / October 4<sup>th</sup> (Sun) 3:00PM~ (The doors open at 2:30PM)

Place / Main Hall (Reserved Seating Only)

Admission / High School Student or Under ¥500, Advance Adult Ticket ¥1,000, On-Site ¥1,500

\*Preschoolers and below will not be allowed entry.

Players / Mr. *Yasuo Maruyama*, Ms. *Mariko Takahashi*, Ms. *Aya Nadao*, Mr. *Mikio Umino*

Fee for Child Care Services / ¥700 per child (including child's snack fee)

\*To use this service, please visit *Yutorogi* by September 26<sup>th</sup> (Sat), 5:00PM for reservation.

Ticket / Tickets are sold at *Yutorogi*, Sports Center, *Marufuji* supermarket stores (*Hamura*, *Ōme*, *Fussa*), and *Nishitama Shinbun* Ticket Service (☎0120-61-3737)

### **SWIMMING CENTER Information (☎579-3210)**

#### **<Easy Core Exercise> NEW!**

Date & Time / Every Friday, 2:00PM~2:45PM (promotional offer -free admission on August 7<sup>th</sup>)

Capacity / 20 people Fee / ¥500 (per class)

Things to bring / Indoor exercise shoes, Sportswear, Towel

Application / Please come directly to Sauna counter.

#### **<Changes>**

· Pilates class is replaced by a new class category, Core Body Care.

Date & Time / Every Thursday, 11:00AM~Noon

· The schedule for "Simple Exercise" has changed.

Date & Time / Every Saturday, 11:00AM~Noon

· Relax Yoga course has finished.

## **KYODO HAKUBUTSU KAN (FOLK MUSEUM) Information (☎558-2561)**

### **<Project Exhibition "Pigs to be seen, bought, and eaten">**

Introducing not only the good old-times of *Hamura*, back when pig farming was very active, but also get educated on the biology of pigs—including the yummy meat parts as well!

The project will present detailed observation reports about "seeing", "buying", and "eating" pigs.

Date & Time / July 19<sup>th</sup> (Sun) ~ September 13<sup>th</sup> (Sun), 9:00AM~6:00PM

\*Due to Japanese National holiday, it will be closed on July 20<sup>th</sup> (Mon).

Place / *Kikakuten* Corner Admission / free \*reservation unnecessary.

### **< Workshop "Taking photographs with a Pinhole Camera">**

This will be a great opportunity to learn the principles of photography and the basic structure of cameras. The participants will also receive a Certificate of Attendance from *Nihon Shashin Kyokai* (The Photographic Society of Japan).

Date & Time / August 8<sup>th</sup> (Sat), 1:30PM~4:00PM

Place / *Kyoudo Hakubutsu Kan* (Folk museum)

Eligibility / *Hamura* resident&workers (3<sup>rd</sup>-graders and younger must be accompanied by an adult)

Capacity / 30 people (first-come-first-served basis) Fee / 500 yen

Application / July 16<sup>th</sup> (Thu) ~ 30<sup>th</sup> (Thu) 9:00AM~6:00PM. Call or visit *Kyoudo Hakubutsu Kan*.

## **LIBRARY Information (☎554-2280)**

### **<Opening Hours Change during Summer vacation season>**

Applicable Period / July 20<sup>th</sup> (Mon) ~ August 30<sup>th</sup> (Sun)

Applicable Libraries / Main Library: 9:00AM~8:00PM, *Ozakudai* Library: 10:00AM~5:00PM

\*Main Library and *Ozakudai* Library will be closed on Mondays (The Main Library will be open on Monday, July 20<sup>th</sup>) and Tuesday, August 18<sup>th</sup> (Due to organizing the facilities) during this period.

### **<Displaying *Kadai Toshō* (Assigned Books) at Library>**

The books that are assigned for "The 55th Readings and Book Report Competition for Juveniles" will be displayed at the Library. In case those books are checked out by other customers, please use our "Request" system.

Applicable Period / July 16<sup>th</sup> (Thu) ~ August 30<sup>th</sup> (Sun) \*The library will be open on July 20<sup>th</sup> (Mon)

Location / Main Hall Display Corner

\*Due to the high volume of customers trying to check out the assigned books during this period, a maximum of 2 assigned books can be checked out per person.

### **<"*Midori no Mado – The Green Window*" Summer Edition is Available>**

Twice a year we introduce recently published books that are highly recommended for Elementary School Children in this brochure. In the summer edition, we especially posted fun books about summertime. The brochure is available at Library.

Come and learn about the great books we have!

**SHIMIN KATSUDOU (Citizen Activity) · VOLUNTEER CENTER HAMURA**  
**(☎578-5252)**

**< "Hagire" Fancy Goods Workshop >**

Create great items by adding a bit of twist to some cloth remnants. Through this class you may find an opportunity to participate in volunteer activities.

Date & Time / Every Friday in August (Total of 4 classes), 1:30PM~3:30PM

Place / *Fukushi* Center, Volunteer *Katsudou* Room

Eligibility / *Hamura* residents and workers

Capacity / 20 people (first-come-first-served basis)

Fee / ¥200 (including material fee, for all 4 classes)

Things to bring / Sewing kit, cloth remnants

Instructor / Volunteer Group "Fureai Salon"

Application / July 16<sup>th</sup> (Thu) ~ August 4<sup>th</sup> (Tue) 9:00AM~7:00PM (9:00AM ~ 5:00PM on Sundays, Except Mondays). Call or visit *Shimin Katsudou* (Citizen Activity) · Volunteer Center *Hamura*.

\*Parking space is limited. Please refrain from coming by personal vehicles.

**HAMU-SPO JIGYOU (Hamura Sports Club Project)**

**< Kids' Summer Camp! >**

Don't miss the chance to sleep in a tent, cook with a furnace, and go hiking!

You surely will make great memories and friends at this summer camp.

Dates / August 1<sup>st</sup> (Sat) ~ August 3<sup>rd</sup> (Mon) (2 nights)

Location / *Sekishita* Recreation Ground

Eligibility / Elementary School Students

Capacity / 30 kids (first-come-first-served basis)

Participation Fee / ¥8,000 for *Hamu-Spo* members, ¥10,000 for visitors

Application / July 19<sup>th</sup> (Sun) after 9:00AM. Please come to the 1<sup>st</sup> Floor Lobby of Sports Center

Inquiries / *Hamu-Spo* Head Office ☎519-5712 (Tuesdays 1:00PM~3:00PM, Thursdays and Saturdays: 10:00AM to Noon) E-mail: info@hamu-spo.org

## LONG-TERM CARE INSURANCE PREMIUM DETERMINED

Notification and Statement of Long-term Care Insurance Premium had been mailed to citizens over 65 years old. The premium collected from citizens is crucial to operate this insurance system.

### ◆ Age 40 ~ 64 years (secondary insurer)

Medical Insurance premium (National Health Insurance or other) and Care Insurance premium are collected together.

### ◆ Age 65 years and older (priority insurer)

This insurance premium is determined into 11 levels in proportion to the household's income of previous year. For detailed information on this insurance premium, please refer to the statement or contact *Kourei Fukushi Kaigoka* in city hall.

### ◆ Collection methods for priority insurer

· Special Collection – premium deducted from pension payment.

Those who receive yearly pension over ¥180,000 are subject to this collection method. The applicable pension types are retirement pension, surviving family pension, disability pension.

· Normal Collection – premium paid with statement or by bank transfer

Those who receive yearly pension less than ¥180,000, and those who receive other types of pension than that of special collection are subject to this collection method.

\*those applicable to the following conditions must pay as normal collection despite the special collection eligibility .... Those turning 65 years old, or those starting to receive pension, or those moving into *Hamura* city during this fiscal year. Those whose pension is suspended. Those repaying debt of *Nenkintanpo* Loan.

\*Normal collection premium payment can be made at some stores, if you receive a statement with a barcode. The list of registered stores is on the back of a statement.

### ❖ If you are wishing to receive Long-term Care Insurance Benefit

First thing is first! Please feel free to consult with advisors in *Chiiki Houkatsu Shien* Center or *Kourei Fukushi Kaigoka* in city hall. Long-term Care Insurance cannot be applied to services by simply showing the beneficiary's ID unlike the system of Health Insurance. An insurance beneficiary must obtain a *Youkaigo Nintei* (Care Insurance Beneficiary Certificate).

❖ A long-time premium defaulter, unless a decent reason is approved, will be subject to penalty and possible benefit reduction in accordance with the period in arrears.

If you have a difficulty with paying insurance premium, please consult with an appropriate department in city office so not to neglect the outstanding balance.

\* There is a reduction or postponement of payment offered for cases of severe property damage by fire or water disaster. Please contact for details.

Inquiries / *Kourei Fukushi Kaigoka* : about Long-term Care Insurance ... *Kaigo Hokenkakari*, about Care Service ... *Chiiki Houkatsu Shien* Center, about Care Insurance Beneficiary Certificate ... *Kaigo Ninteikakari*, consultation on premium payment ... *Nouzeika Nouzeitantou*.

## INTRODUCING SUBSIDY FOR HANDICAPPED PERSON

Subsidy Types	Assisted Amount Per Month
<i>Tokubetsu Shougai</i> (Subsidy for the Specified Disabilities)	¥26,440
<i>Shougaiji Fukushi Teate</i> (Subsidy for the Handicapped Children)	¥14,380
<i>Judo Shinshin Shougai</i> (Subsidy for Severely Psychosomatic Disordered)	¥60,000
<i>Shinshin Shougai Fukushi Teate</i> by Municipal Affairs of <i>Tokyo</i> (Subsidy for Psychosomatic Disordered)	¥15,500
<i>Shinshin Shougai Fukushi Teate</i> by <i>Hamura</i> Municipal Government (Subsidy for Psychosomatic Disordered)	¥12,000
<i>Nanbyou Kanja Fukushi Teate</i> (Subsidy for Intractable Disease Patients)	¥7,500
<i>Suidou/Gesuidou Shiyouryou Joseikin</i> (Subsidy for Water and Sewage Usage Charge)	¥915

\*Please contact *Shougai Fukushika Shougai Fukushikakari* in city hall for the details of these welfare subsidy qualifications.

## VOCATIONAL TRAINING SUPPORT PERIOD EXTENDED

### -Vocational Training for Mothers of Fatherless Household-

Vocational training grant period was formerly the late-half of academic period, and now revised to be the whole academic period.

Licenses subject to the revision / nurse, public health nurse, care worker, nursery teacher, physical therapist, occupational therapist, birthing assistant, barbers and cosmetologist.

\*the revision applicable to those who are admitted to the training before March 31<sup>st</sup> 2012.

Grant Change / inhabitant tax-exempt household: ¥103000 → ¥141000 per month. Other household: ¥51500 → ¥70500 per month.

Application, Inquiries / please visit *Kosodate Shienka Shienkakari* in city hall with a brochure of school and a proof of admission.

## LONG-TERM ELDERLY FAMILY CARE BOUNTY

If you have been caring your elderly family member who is in need of long-term care in the past one year or longer, your household might be eligible to receive Elderly Family Care Bounty of ¥100,000 per year. Please contact for the detail of applicant qualification.

Inquiries / *Koureifukushi Kaigoka Chiiki Houkatsu Shien Center*



## THE LONG-LIFE (late elderly) MEDICAL INSURANCE

Notifications and statements of The Long-life Medical Insurance had been mailed to you.

- If your insurance premium was withdrawn from April pension, you will receive a notification only.
- If your insurance premium was not withdrawn from April pension, you will receive a notification and a statement.

\*If you receive the statements only for 1<sup>st</sup> ~ 3<sup>rd</sup> installments of this year, your 4<sup>th</sup> installment will be withdrawn from your October pension.

\*Those who made the previous payments by bank transfer will not receive a statement.

\*Those who turned 75 years old or enrolled in elderly medical insurance or relocated after April 2<sup>nd</sup> 2009 are subject to special collection (withdrawal from pension) starting April 2010, therefore will receive the notification and statement.

\*The payment can be made at some stores. The list of stores is on the back of a statement.

Inquiries / *Hoken Nenkinaka Kourei-iryuu Nenkin kakari*

## RENEWAL of ID

### National Health Insurance Elderly Beneficiary Identification

National Health Insurance Elderly Beneficiary ID will be expired on July 31<sup>st</sup> (Fri).

The new ID will be mailed to those applicable before the end of July. The expiration date of the new ID is July 31<sup>st</sup> 2010. Those who will turn 70 years old after this month will receive the ID in the following month to the birth month.

\*The old ID must be returned to the city administration by mail using the enclosed envelop or brought in person to city hall.

Inquiries / *Hoken Nenkinaka Hokenkakari*

## HOW TO TAKE CARE OF YOUR PETS

Your pet is one of your precious family members. In order to promote the harmonious living together of humans and animals, please comply with proper manners and take responsible actions as a pet owner.

### Guide to having dog pets

- Use a lead on your dog(s). According to Tokyo regulation, keeping a dog unleashed is prohibited. Always keep your dog(s) leashed, and keep it short so you can take a prompt action as needed.
- Pick up and take Dog Droppings with you

When taking your dog for a walk, always carry plastic bags, pick up your dog's droppings, and take them back home for proper disposal.

### Guide to having cat pets

- Surgical castration is recommended. By this, you can prevent diseases such as Mammary Gland Tumor. In addition, it will ease-up the mating calls, cat fighting, and urine odor.
- Keeping cats indoor is recommended. To keep cats indoor comfortably, provide cats an atmosphere where they can climb vertically. Also having a cat toilet (litter box), and a scratching post is helpful.

Inquiries / *Kankyuu Hozen-ka Kankyuu Hozen-kakari*

## REPORTING WATER PIPE LEAKAGE

To report or consult about water leakage, please contact *Hamura Suidou Jimusho* (Municipal Waterworks Bureau) ☎554-2269 or *Suzuki Doken* (civil engineering contractor) ☎554-2414

## RAINWATER INFILTRATION SYSTEM

Rainwater Infiltration System has received high reputation by users. The system helps with flood control around your property as well as ground water conservation by routing the rainwater from roof to ground.

*Hamura* city is offering a grant for installation of the system (both trench and tub types).

Please feel free to contact for further details of this grant.

\*If you are already using this system – periodical cleaning is essential for maintaining the high performance of the system.

Inquiries / *Gesuidouka Koumu Kanrikakari*

## RENOVATION and REPAIR around WATER SUPPLY SYSTEM

When you need a professional for renovating or repairing the domestic water system, please contract with '*Hamurashi Shitei Kyuusui Souchi Kouji Jigyousha*', the city-designated water supply system contractors.

The monthly leakage check is recommended. Check if your water meter is being still when you are not running water.

Inquiries / *Hamura Suidou Jimusho* (Municipal Waterworks Bureau) ☎554-2269

## New Members of CITY-DESIGNED WATER SUPPLY SYSTEM CONTRACTOR

·Registration Number 152, *Musashi Setsubi, Inc.*

Address / *Saitama ken, Iruma shi, Oaza Araku 669-50* ☎0429-63-2922

·Registration Number 153, *Kawaguchi Setsubi, Inc.*

Address / *Tokyo to, Musashimurayama shi, Nakahara 2-20-11* ☎042-560-0513

Inquiries / *Hamura Suidou Jimusho* (Municipal Waterworks Bureau) ☎554-2269

## Littering cans is not just "LITTERING"...it is "ILLEGAL WASTE DISPOSAL".

When talking about an illegal waste disposal, the majority of people may imagine only oversized trash, but not small trash. The truth is, that littering empty drink cans, plastic bottles, and even cigarette butts on the street or in fields is also considered "Illegal Waste Disposal".

It not only destroys pretty sceneries, but also repulses residents.

Always remember – there is someone out there picking up and cleaning your mess.

Just think – if each person took their own trash and dispose them properly, or took it back home, nobody would have to pick up the litter and we would always have a clean environment.

Let's keep the rules and maintain our city clean.

Inquiries / *Seikatsu Kankyouka Seikatsu Kankyou Kakari*

**HOKEN(Health) CENTER (☎555-1111)**

**< Is your bone really healthy?- Bone Density Examination >**

In these days, the number of young women with low bone density has been increasing. Bone density checks are not only for those who are about to/have experienced menopause. Younger people should have a bone density check as well to determine if their bones are in good condition.

Course, Date & Time / (A) August 30<sup>th</sup> (Sun) 9:00AM~Noon, (B) August 30<sup>th</sup> (Sun) 1:30PM~4:30PM, (C) August 31<sup>st</sup> (Mon) 9:00AM~Noon, (D) August 31<sup>st</sup> (Mon) 1:30PM~4:30PM

\*The Examination is scheduled to take about 30 minutes per person.

Place / *Hoken* (Health) Center

Eligibility / Female *Hamura* residents who are 20~64 years old as of August 30<sup>th</sup> (Sun) 2009

\*Please do not apply for this examination if there is any possibility of pregnancy, or if you are already under treatment for brittle-bone disease.

Capacity / 50 people (In case of exceeding volume of applicant, the applicants will be selected based on their medical history)

Contents / Scanning bone density (X-ray on forearm bone), Returning test result sheets and instruction on how to read the results, Lecture with regard to the various exercises, diet, and living styles to prevent brittle-bone disease, Tasting suitable food for this diet, Demonstrating self-examination methods by using a breast cancer model.

Application / July 17<sup>th</sup> (Fri) ~ August 7<sup>th</sup> (Fri), after 8:30AM. Call or visit *Hoken* Center

**<Is your vaccination record updated? Immunization Information >**

Getting vaccinated is the best solution to prevent your child from any communicable disease.

Caution -- Things to remember / Some vaccines require multiple vaccinations. Depending on the type of vaccines, you may need to wait a certain length of time for the next vaccine. There are adequate and general ages set for each vaccination. If your child is older than the age specified for those vaccines, a vaccine fee will be charged (normally the fee is covered by public funds).

Plan ahead and get your vaccinations on time.

\*Contact *Hoken* Center for more details.

\*In case of a lost vaccination sheet, or if you are a new *Hamura* resident, please come to *Hoken* Center and bring your Maternal and Child Health Handbook.

**◆ Types of Vaccine and applicable ages**

- BCG vaccine / 3 months to 5 months old
- Polio / 3 months to 7 years and 5 months old
- DPT vaccine (Diphtheria, Pertussis, and Tetanus) / 3 doses of vaccine (3 months to 7 years and 5 months old). Wait 20 to 56 days between each dose of vaccine. a Booster Shot (4th dose) is given 12 to 18 months after the completion of the 3rd dose(3 months to 7 years and 5 months old)
- DT vaccine (Diphtheria and Tetanus) / 6<sup>th</sup> graders (Children of age 11 to 12 years old)
- MR vaccine (Measles, and Rubella) / 1st dose (12 months old), 2nd dose (5 to 6 years old (during the year before enrollment to elementary school))

\* As a transitional measure of vaccine regulation revision, children in 7<sup>th</sup> and 12<sup>th</sup> grade need to have booster shots. 3rd dose (12 to 13 year olds), 4th dose (17~18 year olds)

**<Submit a Health Promotion Slogan for the year 2010!>**

The best selected slogan will be used for Health Promotion and enlightenment activities.

Eligibility / *Hamura* residents

\*Limit 3 slogans per applicant, and the slogan must be the applicant's original work in Japanese.

Submit by / September 11<sup>th</sup> (Fri) (must be received by this date)

How to apply / ①Application Box: drop in a completed application form. Located at *Hoken* Center, Library, Sports Center, Swimming Center, *Yutorogi*, Community Center, *Ikoinosato*, *Fukushi* Center

②Via postal mail, Fax, or E-mail: Indicate "*Kenko Zukuri Hyougo Oubo* (Application of Health Promotion Slogan)" in subject, and include your slogan, name, address, and phone number.

Send it to : *Hoken* Center "*Kenko Zukuri Hyougo Oubo* ", 5-5-2 *Midorigaoka*, *Hamura* City, Tokyo 〒205-0003. Fax:554-4767 E-mail: s305000@city.hamura.tokyo.jp

Winner's Announcement and Commendation / at The 18<sup>th</sup> *Hamura* Health Fair Exhibition Site (October 11<sup>th</sup> (Sun), at *Fujimi* Park)

\* Applications without an applicant's name will not be accepted.

\* Application forms will not be returned.

\* All submitted slogans are copyright of *Hamura* City.

**<Guidance for Medical Care Facilities "*Himawari*">**

Medical Care Facility Guidance (24 hours) ☎03-5272-0303

\*For the web site search, type in "*Tokyo* prefecture, *Himawari*"

Guide system for hearing-impaired or speech-impaired people, Fax to: 03-5285-8080

For non-Japanese (available in English, Chinese, Hangeul, Thai, and Spanish)

☎03-5285-8181 (9:00AM~8:00PM)

**MEDICAL CARE SERVICES on SUNDAYS & HOLIDAYS (The Late Half of July)**

		Hospital				Dentist	
Date		9:00am~5:00pm		5:00pm~10:00pm		9:00am~5:00pm	
19th	Sun	<i>Wakakusa Iin</i>	579-0311	Fussa Hoken Center	552-0099	<i>Moriya</i> Dental Clinic	555-9872
20th Marine day	Mon/ Holiday	<i>Ozaki</i> Clinic	554-0188	<i>Takamizu Iin</i> ( <i>Mizuho-machi</i> )	557-0028	<i>Yano</i> Dental Clinic	555-3363
26th	Sun	<i>Izumi</i> Clinic	555-8018	Fussa Hoken Center	552-0099	<i>Watanabe</i> Dental Clinic	570-1688

※ Some clinics may have different reception hours. Please call and check beforehand.

※ Other hours- *Tokyo Iryou Kikan* Information Service "*Himawari*" ☎03-5272-0303 (24hours)

Inquiries / *Hoken* Center