

HAMURA NEWS

August 15th, 2009

Published by: *Hamura City*

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

5-2-1 *Midorigaoka, Hamura City, Tokyo* 〒205-8601 ☎042-555-1111

URL=<http://www.city.hamura.tokyo.jp> E-mail:s102000@city.hamura.tokyo.jp

Your Farther Cooperation Needed!

IMPROPERLY DISPOSED WASTE ⇒ RECYCLED RESOURCE

Recent random research on contents of combustible waste shows a fact that various recyclable materials, such as papers, plastic packaging materials and cloth materials, are still improperly disposed mixed in combustible waste (recyclable materials 15.21% out of 400kg of researched waste).

The percentage of improperly disposed recyclable material has increased than the number of 2008.

All citizens' cooperation in waste reduction and proper separation is called.

◆ Umbrellas can be put out as incombustible waste if put in a bag covering more than half of its length.

◆ Latest list of Designated Waste Bag & Waste Handling Fee Receipt Venders is available at

Hamura City Website. <http://www.city.hamura.tokyo.jp/seikatsu/kyoten.html>

Inquiries: *Seikatsu Kankyoka Seikatsu Kankyokakari*

TEMPORARY SUSPENSION of RESIDENT'S REGISTER MACHINE

· The automated registry machine in city hall for Resident's Registry and Personal Seal Registry will stop operation temporarily during the following renewal maintenance dates,

however, those documents can be obtained from *Shiminka* service window on September 19th (Sat) and 20th (Sun) 8:30AM ~ 5:00PM (except Noon ~ 1PM).

Maintenance Date / September 19th (Sat) ~ 23rd (Wed)

· After the renewal of automated registry machine, its' operation hour will be extended.

Operation Hours from September 24th (Thu): 8:30AM ~ 9:00PM everyday

· The automated registry machine in Station West Exit City Hall Branch will end its service on September 18th (Fri) due to the aging of the machine's service life and prospected difficulty for obtaining machine parts and high maintenance cost.

We apologize for your inconvenience. Your understanding and cooperation are deeply appreciated.

Inquiries / *Shiminka Uketsukekakar*

REGISTRATION and ANTI-RABIES SERUM INJECTION for Your Dog

Dog registration (ID tag issued) and annual anti-rabies serum injection (certificate tag issued) are pet dog owner's duty by law, and subject to penalty if neglect the duties.

For the detail of processes, please contact *Kankyou Hozenkakar* in city hall.

* the tags are quite helpful in case of a missing dog. Make sure the tag is on your dog(s) at all times.

Inquiries: *Kankyou Hozenkai Kankyou Hozenkakar*

SENILE DEMENTIA PREVENTION SEMINAR

A lecture on the mechanism and preventative care of senile dementia. *Same program for both dates.

Date&Time: ①September 4th (Fri) 2PM~, ②September 8th (Tue) 10AM~

Place: Community Center 3rd Floor Hall Fee: free

Eligibility: *Hamura* citizens over 65 years old

Capacity: 180 persons (first-come-first-served basis)

Lecturer: staffs of *Ninchishou Yobou* (Dementia Prevention) Support Center

Inquiries: *Kourei Fukushi Kaigoka Kourei Fukushikakari*

DEMENTIA PREVENTION GROUP ACTIVITIES

Participate in weekly group activity programs designed for dementia prevention and revitalizing brain works. 6 members per program, and you can choose the one you wish to join by each week.

Programs: ①PC works(self-provided portable PC) & Walking ②Cooking & Walking ③Trip & Walking

Date&Time: Every Wednesdays October 7th ~ February 17th 2010 (except Dec. 23rd & 30th)

9:30AM ~ 11:30AM (total of 18 sessions)

Place: Community Center, Fee: free

Eligibility: *Hamura* resident of age 65 or older who can participate in all 18 sessions.

Capacity: 6 per program per week (Senile Dementia Prevention Seminar participants have priority)

Application: September 1st (Tue) ~ 19th (Sat). Call or visit to *Kourei Fukushika* in city hall.

Inquiry: *Kourei Fukushi Kaigoka Kourei Fukushikakari*

Nominations Accepted for SOUND YOUTH DEVELOPMENT AWARD

Nominate candidates whom you recognize as an excellent Model Youth setting an example of good role model to his/her juniors, and a Youth Development Leader who had worked in the field over 5 years.

The award winners will be presented with a certificate and a gift.

*A nomination must be submitted by an organization body working in youth development.

Please contact for the details of nominee eligibility.

Nomination & Inquiries: by September 13th (Sun). *Jidou Seishounenka Seishounenkakari*

Lecture on CHILD DEVELOPMENTAL DISORDER

This lecture event welcomes adults working for or raising child(ren) with developmental disorder.

Date&Time: September 10th (Thu) 2:00PM ~ 4:30PM

Place: Fussashi Sakura Kaikan 3rd Floor Hall

Eligibility: adults working for or raising child(ren) of age 3 years ~ Youth, and seeking for information on child developmental disorders.

Capacity: 80 (first-come-first-served basis)

Application: Call or fax *Nishitama Hokenjo* by September 3rd. ☎0428-22-6141, fax 0428-23-3987

Inquiries: *Nishitama Hokenjo Hokentaisakuka Chiikihokenkakari*

HAMU-SPO JIGYOU (HAMURA SPORTS CLUB PROJECT)

<Rhythmic Play Class for Child and Parent>

The participants will be making & reading Picture Books, and singing well-known nursery rhyme music!

Date&Time: September 8th (Wed), October 6th (Tue), November 10th (Tue), 10:00AM~10:50AM.

Location: Sports Center Conference Room, Capacity: 20 pairs (first-come-first-served basis)

Eligibility: 18 months old Infants ~ about 3 years old, and parents (Grandpas, Grandmas are welcome)

Fee per Class: ¥500 for *Hamu-Spo* members, ¥1,000 for non-members.

How to apply & Inquiries: Call/Fax, E-mail or visit directly to *Hamu-Spo* Head Office, ☎519-5712,

Fax: 519-5713, E-mail: info@hamu-spo.org (Tue. 1PM~3PM, Thu. & Sat. 10AM~Noon)

"HELLO" from HAMURA ZOO (☎579-4041)

<Second Chance of Mothering>

A White-handed Gibbon named "*Satsuki*" had a new-born baby girl on June 7th (Sun).

We were concerned if *Satsuki* would be able to take care of the baby, because last year she abandoned her new-born baby 3 days after giving birth. *Satsuki* is doing okay for now, however, she holds her baby only with one hand and swings around that surely is making the staff nervous.

Well, we just have to hope this parenting would be a successful one.....

SHIMIN KATSUDOU (CITIZEN ACTIVITY) · VOLUNTEER CENTER HAMURA (☎578-5252)

< "Attentive Hearing Volunteer" Training Course >

Let's learn about Attentive Hearing and use this great skill at Nursing Homes, or even in your daily life!

Date&Time: Every Thursdays, September 10th ~ October 8th, 1:30PM~4:00PM (Total of 5 classes)

Place: *Fukushi* Center, Eligibility: *Hamura* Residents & Workers

Capacity: 25 (first-come-first-served basis), Fee for 5 classes: ¥1,000 (Handouts fee is included)

How to apply: Call or visit to *Shimin Katsudou* (Citizen Activity) · Volunteer Center *Hamura* from August 16th (Sun) thru September 5th (Sat), 9AM~7PM (Except Mondays, on Sundays until 5PM)

KYUDO(JAPANESE ARCHERY) CENTER Information (☎555-9255)

<Kyudo Workshop for Children>

A program for 5th Graders ~ Junior High Students and their parents. General public is always welcome!

Date&Time: August 22nd (Sat) 2PM~4PM, Place: *Kyudo* Center

Eligibility: 5th Grader ~ Junior High Students (Elementary students must be accompanied by a parent)

Fee: Free, Reservation: not required

SPORTS CENTER Information (☎555-0033)

<Health & Stamina Workshop>

This will be the perfect class for learning proper exercise, diet, as well as eating habits!

Date&Time: August 25th (Tue)... "Necessary Nutrition for Diet" 3:00PM~4:30PM

October 1st (Thu)... "Necessary Nutrition for Exercise" 3:00PM~4:30PM

Place: Sports Center Conference Room, Fee: Free, Instructor: *Yuko Furuta*

Application: Call or visit Sports Center directly by August 23rd (Sun).

YUTOROGI Information (☎570-0707)

< Yasuaki Sakurai Retrospective Exhibition >

Approximately 35 work pieces of the late *Yasuaki Sakurai*, one of the great photographers of *Hamura*, will be displayed in *Yutorogi* Display Corner, open to public.

Date&Time: August 26th (Wed) ~ September 6th (Sun), 10AM~5PM (on last day until 4PM)

Place: Display Corner, Admission: Free

<Staff Wanted! for Yutorogi Children's Festival>

We are currently seeking for volunteer staffs for "*Yutorogi* Children's Festival".

There is no age limit to participate.....so join us!

Application: Call *Yutorogi* (☎570-0707) in advance, then come to the staff meeting (detailed below).

□The 1st Staff Meeting schedule: September 4th (Fri), 7:30PM~, at *Kouza-shitu 2*

< "How to" Workshop on Digital Video, Photograph, and DVD >

In this class you will learn how to process moving images taped with digital camcorders, as well as how to use digital photo frames and enjoy graphic data.

Date&time: October 18th (Sun), November 22nd (Sun), and December 19th (Sat), 1:30PM~4:30PM

Fee for 3 classes: ¥2,400 (Child Care Service ¥700 per class)

Place: *Kouza-shitu 2*, Eligibility: Anyone who can handle basic PC keyboard typing

Capacity: 20 (In case of exceeding volume of applicant, will be selected by drawing.)

Instructor: *Kenji Inafune* (System Engineer)

How to apply: On Reply-paid postcard ("*Oufuku Hagaki*"), fill in the class name, your name, mailing address & zip code, phone number, also indicate if you need Child Care Service and number of your child(ren). Then mail the post card or visit directly to *Yutorogi* by October 4th (Sun).

*If coming directly to *Yutorogi* to submit, please bring one post card for reply.

< Yoshiyuki Kouzu's Music & Culture Course (Total of 3 sessions) >

■The 1st Lecture: With Russian Genius Young Musicians, October 22nd (Thu) 2PM~4PM

■The 2nd Lecture: With singers from "Mariinsky Orchestra" in Russia, November 19th (Thu) 2PM~4PM

■The 3rd Lecture: With *Youichi Sugawara* of 50 year singing career, December 16th (Wed) 2PM~4PM

Place: *Yutorogi* Main Hall (For all 3 times, unreserved seating)

Admission: ¥2,000 per lecture

*Tickets are now available at *Yutorogi*.

Capacity: 600 persons per lecture (first-come-first-served basis)

Lecturer: Mr. *Yoshiyuki Kouzu* (Composer)

Co-hosted by: *Ōme Satou Zaidan* Foundation, *Hamura* City Education Board

HOKEN (Medical&Health) CENTER Information (☎555-1111)

< Maternity and Childbirth Preparation Class >

Date&Time: September 3rd (Thu), 10th (Thu), 24th (Thu) 1:15PM~4:00PM (3 sessions)

Place: *Hoken* Center Reservation: not required

Eligibility: *Hamura* residents in pregnancy

Things to bring: *Boshi Kenkou techou* (Maternal and Child Health Book), pen & notebook

*those in later than 5th month of pregnancy are advised to participate at earliest opportunity possible.

*please refrain from participating with child(ren).

< Young Baby Food Class >

Lecture on food and recipes for babies older than 7 months. With cooking demonstrations.

Date&Time: September 8th (Tue) 10:00AM~11:30PM Place: *Hoken* Center

Eligibility: babies born between November 2008 ~ January 2009, and parents.

Capacity: 15 pairs (first-come-first-served basis)

Application: August 19th (Wed) 8:30AM~. Please call *Hoken* Center

*please refrain from participating with child(ren) who is not at eligible age stated above.

< Blood Donation Needed! >

There is a stock shortage for blood transfusion. Your volunteer cooperation will be deeply appreciated.

Date&Time: September 8th (Tue) 10:00AM~3:30PM

Place: *Ozaku* Rail Station East Rotary

Age: 16 ~ 69 Years Old (or over 65 years old with blood donation record after turning 60 years old)

Donation Blood Quantity: 200ml or 400ml

< Free Fluoride Cavity Prevention for Child Dental Health >

This prevention method is effective for healthy or cavity-treated teeth to keep them resistant to cavity.

Date&Time: September 9th (Wed) ~12th (Sat), 14th (Mon), 15th (Tue) 9:30AM~

Reception Hour: 9:15AM ~10:30AM Place: *Hoken* Center

*please note that September 12th is expected to be crowded with school children patients.

Eligibility: *Hamura* resident children of age 3 years ~ 3rd graders as of the date of treatment.

Treatment Fee: free Appointment: not required

Things to bring: towel (for slobbering), clip for rapping the towel around, application form

*application form is available at the reception. *children without guardian are not allowed treatment.

< Free Tuberculosis Examination >

Date&Time: September 11th (Fri) Eligibility: *Hamura* resident of age over 18 years

Place: *Ozaku Honchou Kaikan* 10AM ~ Noon, *Shinmeidai Kaikan* 1:30PM ~ 3:30PM

Examination Fee: free Appointment: not required

< Free Examinations for Stomach Cancer and Lung Cancer >

Date&Time: September ①16th (Wed), ②27th (Sun) 7:30AM~

Place: *Hoken* Center Eligibility: *Hamura* resident of age over 40 years

*except those who are under stomach or lung illness treatment, and who are pregnant.

Capacity: ①50 persons ②100 persons Examination Fee: free

Application: August 18th (Tue) 8:30AM~. Call or visit *Hoken* Center.

SWIMMING CENTER Information (☎579-3210)

<Aquabics (Water Aerobics) for September ~ December>

Date&Time: Thursdays, September 3rd ~ December 17th, 3:00PM~3:50PM

Place: Swimming Pool, Eligibility: Anyone 16 years old or older,

Capacity: 35 per day (first-come-first-served basis), Things to bring: Swimsuit, Swimming cap, Towel

Fee per Class: *Hamura* residents & workers ¥400, others ¥600 (insurance & admission fee included)

How to apply: Visit directly to Swimming Pool, at 2:00PM~2:50PM.

<Swimming Class>

● Swimming Class for Elementary School Students Class is separated by 3 levels.

Date&Time: Saturdays, September 12th ~ October 24th (Total 7 classes) (A)11AM~1PM (B)2PM~4PM

Place: Swimming Pool, Eligibility: Elementary School Students

Fee for 7 classes: ¥4,500 (insurance & admission fee included)

● Swimming Class for Adults Class is separated by 4 levels.

Date&Time: Sundays, September 13th ~ October 25th (Total of 7 classes), 7:00PM~8:50PM

Place: Swimming Pool, Eligibility: Anyone who is 16 years old or older

Fee: ¥6,000 (for all 7 classes, insurance & admission fee included), Capacity: 40 (by drawing lots)

How to apply: August 16th (Sun) ~ 31st (Mon). *must be received by Swimming Center before 31st.

Obtain an entry sheet at Swimming Center or Sports Center, then mail or Fax it to

Swimming Center: 319-3 *Gonokami Hamura-shi*, Tokyo 205-0011, Fax: 579-3212

<The 3rd In-water Walking Class ~learn various ways of walking exercise~ >

Date&Time: September 16th (Wed), 1:00PM~1:50PM, Place: Swimming Pool

Eligibility: Anyone who is 16 years old or older, Capacity: 30 (first-come-first-served basis)

Fee: *Hamura* residents & workers ¥400, others ¥600 (insurance & admission fee included)

Things to bring: Swimsuit, Swimming cap, Towel

Instructor: NPO *Hamura-shi Taiiku Kyoukai* Sports Trainer

How to apply: Visit directly to Swimming Pool, at 12:00PM~12:50PM.

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

Date	Hospital				Dental Clinic	
	9AM~5PM		5PM~10PM		9AM~5PM	
16 th (Sun)	<i>Yanagida Iin</i>	555-1800	<i>Fussashi Hoken</i> Center	552-0099	<i>Ikoma Shika</i> <i>Hamura Shinryoujo</i>	555-3139
23 rd (Sun)	<i>Hamura Sankei</i> <i>Byouin</i>	570-1130	<i>Fussashi Hoken</i> Center	552-0099	<i>Inagaki Shika</i>	555-6018
30 th (Sun)	<i>Matsubara</i> <i>Naika Iin</i>	554-2427	<i>Heijitsu Yakan</i> <i>Kyuukan</i> Center	555-9999	<i>Inoue Shika Iin</i>	554-7735

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

※ Hours other than the above — *Tokyo-to Iryou Kikan* Information Service "*Himawari*"

☎03-5272-0303 (24 hours)

Contact: *Hoken* Center