

HAMURA NEWS

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

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September 6th EMERGENCY DRILL DAY

Before the Drill: share with your house members of the knowledge about how to protect yourselves during the shaking at various locations in the house and time of a day. Also, agree on an evacuation route to the nearest public shelter and options of communication with family/friends in distance.

Contact your Neighborhood/District associations for information of the area's public shelters.

Drill Date & Time: September 6th (Sun) 9AM

Assumed Situation: a severe earthquake occurred in this area (actual public siren will go off), and an evacuation order is announced. The flow of drill will be as follows.

1. Practice the self-protection during the shaking - hiding under a durable table, etc....
2. After the shaking stops, as soon as you make sure it's safe to take the next action, remember to check all the risk for fire. Tightly close the main gas tap and switch off the electricity circuit breaker.
3. Evacuate to the nearest designated shelter as a group with your house members.
4. At the shelter site, various drills for putting off fire, dealing with major problems on evacuation route, spotting and providing first-aid to help-needing victims. Inquiries: *Seikatsu Anzenka Bousaikakari*

Free Give Away! FURNITURE SAFETY APPLIANCE

This appliance is designed to prevent furniture from falling. The effect was proven well in recent case of *Tokai* earthquake. One set per household is provided by Hamura city, free of charge! Limited quantity, on first-come-first-served basis. Installation assistance is available for those with physical difficulties. Inquiries: *Seikatsu Anzenka Bousaikakari*

QUAKE-RESISTANCE TEST and QUAKE-RESISTANT IMPROVEMENT

City public grant will be provided to partially support quake-resistance test and quake-resistant improvement for timber-framed resident structures in *Hamura*. Please contact for farther information.

*Hamura city office does not offer any structure text/improvement by visiting houses or phone.

Please beware of such frauds.

Inquiries: *Kenchikuka Kenchikukakari*

CHECK the CONDITION of YOUR FENCE

If you have block/concrete fences on your property, please check its condition at your earliest chance. Unrepaired block/concrete fence is a serious disaster risk, especially in an earthquake situation. The fence owners hold maintenance responsibility. *Replacing a street wall fence with a hedge may qualify for a grant. (Hedge Grant information - *Kankyuhozenka Kankyuhozenkakari*)

Inquiries: *Seikatsu Anzenka Bousaikakari, Dobokuka Dourokouenkakari*

HOT FAMILY ~ Their Real Stories ~

To raise awareness of Hot Family program where children with home problems are raised by host families without legal adoption in view. Come and meet the Hot Families' heart-touching stories....

Date&Time: September 29th (Tue) 1:30 ~ 3:30PM, Place: *Yutorogi, Kouzashitsu 1*

Admission: free, Reservation: not required, Inquiries: *Kodomo Katei Shien Center* ☎578-2882

Lecture on INFLUENZA PREVENTATIVE DIET

Date&Time: September 25th (Fri) 10AM~ *only date was changed since the previous announcement.

Place: *Shouhi Seikatsu Center*, Admission: free, Capacity: first 60 applicants

Application & Inquiries: apply by phone in advance. *Shouhi Seikatsu Center* ☎555-1111

*Child Care Service – age 1.5 year old ~ preschooler, limited to 5 children, snack fee: ¥50, apply by Sep. 17th.

PUBLIC CONSULTATIONS Schedule of September

Category	Date	Time	Place & Contact
Foreign Resident's Life [Ⓐ] (in Spanish & Korean)	11 th (Fri) 25 th (Fri)	1:30pm~4:30pm	<i>Shimin Soudanshitu</i> 555-1111
Tax [Ⓐ]	1 st (Tue)	1:30pm~4:30pm	<i>Shimin Soudanshitu</i> 555-1111
Public Administration Human Rights	17 th (Thu)	1:30pm~4:30pm	<i>Shimin Soudanshitu</i> 555-1111
Legal Advice [Ⓐ]	September 11 th (Fri) 18 th (Fri) 26 th (Sat) October 1 st (Thu) 9 th (Fri) 24 th (Sat)	2pm ~5pm Sat. 10am ~ 1pm	<i>Shimin Soudanshitu</i> 555-1111
Financial Advice [Ⓐ]	8 th (Tue)	2pm~4pm	<i>Hamurashi Shoukoukai</i> 555-6211
Health	10 th (Thu) 24 th (thu)	1:30pm~3:00pm	<i>Hoken Center</i> 555-1111
Education [Ⓐ]	Mon ~ Fri, weekend by appt.	9am ~ 6pm	<i>Kyouiku Soudanshitu</i> 554-1223
▽ Child Rearing Consultations Regularly Available ▽			
Mon ~ Fri	8:30am ~ 5:00pm	<i>KodomoKateiShien Center</i> 578-2882	
		East Nursery School 554-2154	
		West Nursery School 554-4507	
		<i>Shiraume</i> Nursery School 555-1019	
		<i>Sakura</i> Nursery School 554-2046	
		Private Nursery Schools	
Mon Wed Fri	9am ~ noon	West Children Center 554-7578	
Tue Thu Sat	9am ~ noon	Central Children Center 554-4552	
Tue Fri Sun	9am ~ noon	East Children Center 570-7751	

*an appointment is required for [Ⓐ]marked categories.

*consultations will be available in Japanese only unless otherwise noted.

RENEWAL of NATIONAL HEALTH INSURANCE BENEFICIARY'S ID

National Health Insurance Beneficiary's ID must be renewed every 2 years. Your current ID will expire on September 30th. A head of the household will receive new IDs for all house members by registered mail in mid-September. If your head of the household is currently not residing at the registered address, please have him/her contact *Hokennenkinka* in city office. Inquiries: *Hokennenkinka Hokenkakari*

Why Not Switch Your Medication to GENERIC DRUG?

Generic drugs are available at affordable price in comparison, and are considered identical to the brand name counterpart in dose, strength, route of administration, safety, efficacy, and intended use.

Switching the medication from brand name drug to generic drug, especially in long term use, may effectively reduce medical expense on patient's charge as well as National Health Insurance Program.

We enclosed "Generic Drug Request Card" with your new National Health Insurance Beneficiary's ID.

If you prefer generic drug for your prescription, present this card at a doctor's reception or a pharmacy.

Please do not hesitate to consult your doctor about any concerns in trying new drugs.

Inquiries: *Hoken Nenkinaka Hokenkakari*

RENEWAL of TOKYO SILVER PASS

Tokyo residents of age 70 years and over are eligible (by application) for Tokyo Silver Pass, a pass for free public transportations in Tokyo metropolitan area.

If you already have one that expires at the end of September, you will receive documents for the renewal application by mail. Please complete the process before September 30th (Wed).

Application Office Date&Time: September 1st (Tue) ~ 4th (Fri), 28th (Mon) ~ 30th (Wed), 10AM~4PM

Place: *Hamura* city hall 1st floor *Kaigishitsu* 101

Application on other dates: *Hamura* Silver *Jinzai* Center (first 5 weekdays of the month) or bus offices.

Inquiries: Tokyo Bus Association Silver Pass Helpline 03-5308-6950 9AM~5PM (weekdays only)

Kourei Fukushi Kaigoka Kourei Fukushikakari

RESPECT-for-the-ELDERLY DAY GALA

Hamura city will hold a celebration gala for expressing our respect to the senior people's contribution to the society in the past many decades they lived. We will have stage guests of the generation's favorite.

Invitations were mailed to *Hamura* citizens who turn(ed) 72 years old or older in 2009 fiscal year.

Date: September 21st (Mon) Place: *Yutorogi* Grand Hall *Non-reserved Seating

Time: the gala is divided in 4 sessions. Please refer to your invitation for your gala time.

Transportation: free shuttle buses will be available (details indicated on invitation). Please refrain from coming by your personal vehicle. There will be no parking space for the event.

* An invitation is required for admission. * Invitation only valid with the addressee.

Inquiries: *Kourei Fukushi Kaigoka Kourei Fukushikakari*

◆ Temporary shuttle bus stops will be set up in front of *Yutorogi* main entrance on the gala day.

Please prepare to detour in the following time periods. Your cooperation will be much appreciated.

9:00AM~9:15AM, 10:55AM~11:45AM, 1:05PM~1:55PM, 3:15PM~4:05PM, 5:25PM~6:00PM

The 62nd **HAMURA CITIZENS ATHLETIC FESTIVAL**

Recruiting Group Participants

Date&Time: October 11th (Sun) (if rain, postpone to 12th (Mon)) Place: *Fujimi Kouen*

< By-Company Team Relay > your company's great promotion opportunity to local public!

Team Structure: *Hamura* city workers, 4 runners (at least 1 female) per team, 100m-run per runner

Capacity: 15 teams (first-come-first-served basis) *Top 3 teams will receive commendations.

< Intermission Parade > join the lunch time entertainment performance!

Group Structure: no particular requirements.

Application & Inquiries: phone or visit the office of *Hamura Taiiku Kyoukai* at Sports Center 2nd floor by September 22nd (Tue). ☎555-1698

LIBRARY Information (☎554-2280)

< **Bookbinding Workshop ~ bind your original books!** >

The binding samples are on show in the lobby on Sep. 1st (Tue)~16th (Wed).

Date&Time: September 30th (Wed) 1PM~4PM, Place: Volunteer Room

Capacity: first 15 applicants, Fee: ¥500 (for binding materials, use of tools, etc)

Things to Bring: your manuscript of A4 or B5 size, pile thickness less than 2cm, vertical binding only.

Application: September 1st (Tue) 10AM~. Phone or visit Library office.

FRESHLAND NISHITAMA Information (☎570-2626)

< **Elderly's Special Admission Days** > celebrating 'Respect-for-Elderly Day'

Visitors who are older than 70 years will receive half-price admission privilege on the following dates!

*ID required for age verification. **Kaisuuken* and *Sairiyouken* will not qualify for this offer.

Offer Period: 5days, September 19th (Sat) ~ 23rd (Wed) *open on the holiday Sep. 21st (Mon)

< **Hula Dance Class** >

< **Yoga Class** >

< **Pilates Class** >

Every Wednesday 1PM ~ 2PM

Every Thursday 1:30PM ~ 2:30PM

Every Friday 1PM ~ 2PM

Fee per session (class & bath 3hr.): residents of *Hamura, Ōme, Fussa, Mizuho* ¥800, others ¥1100

YUTOROGI Information (☎570-0707)

Please join *Yutorogi Shimin no Kai* (Citizens Association for *Yutorogi*) where you can play a part in project/event planning for *Yutorogi*. Learn more about its activities at the following public orientation.

Date&Time: September 27th (Sun) 2PM ~ 4PM, Place: *Kouzashitsu 1*

TV HAMURA in SEPTEMBER

TV *Hamura* is broadcasted on "TCN" *Tama* Cable Network (analogue channel 21, digital channel 55).

30min. programs broadcasted daily (renews every Thursday): ①9:00AM~ ②5:00PM~ ③9:00PM~

*Test-broadcasting on Saturdays (analogue ch.09, digital ch.111) ①1:30PM~ ②5:00PM~ ③9:00PM~

< **This Month's Special Program ~ Hamura City Emergency Drill ~** >

The program will feature September 6th City-Wide Emergency Drill.

Scheduled Special Program to come - "Hamura City's Core Manufacturing Technology"

Inquiries: *Kouhou Kouhouka Kouhoukakari*

~ EVENT INFORMATION for CHILDREN & PARENTS ~

CENTRAL CHILDREN CENTER (☎554-4552)

< Hand-made Toy Workshop "Post Card Airplane" >

Date&Time: September 12TH (Sat), ①10:00AM~, ②1:00PM~ No Reservation Required.

Eligibility: Toddlers (must be accompanied by adults) up to 3rd graders

Fee: Free, Instructor: Volunteers from "Neji Mawashi"

< Cooking Workshop "Fresh Caramel Candy" >

Date&Time: September 20th (Sun) 10:00AM ~ 11:30AM

Eligibility: *Hamura* resident Elementary School Students ~ 18 year olds

Capacity: first 20 applicants, Fee: ¥70 (including ingredients cost)

Things to Bring: indoor shoes, apron, head cloth, towel, drink(tea)

Application: Phone or visit the office on September 3rd (Thu) ~ 13th (Sun) 9AM~5PM.

EAST CHILDREN CENTER (☎570-7751)

< Waku Waku Kids Festival >

Come and enjoy the special entertainments – snacks, hand-made crafts, lottery etc... play all day!

Date&Time: September 23rd (Wed) 10AM~Noon, 1PM~3PM

Variety-Set Ticket: ¥100 (limit of 180 sets) Sold at all children centers on Sep. 4th (Fri) ~ 18th (Fri).

*we close at 3PM on Sep. 22nd (Tue) for event preparation, and open on Sep. 23rd (Wed) for 10AM~3PM.

MAMA's CHATTING PLACE

September topic is "Awakening of Rebelliousness". Meet a group of moms to chat and share with!

Places&Dates: Central Children Center – Sep. 10th (Thu), West Children Center – Sep. 11th (Fri)

East Children Center – Sep. 15th (Tue),

No Reservation Required.

Time: 10:00AM~11:30AM for all dates

Inquiries: *Kodomo Katei Shien* Center ☎578-2882

LIBRARY (☎554-2280)

< Story Telling for Preschoolers >

Date&Time: September 12th (Sat) 11AM~, Fee: Free, No Reservation Required.

Eligibility: preschoolers (must be accompanied by an adult)

< Story Telling for Elementary School Students >

Date&Time: September 19th (Sat) 11AM~, Fee: Free, No Reservation Required.

Eligibility: Elementary School Students (parents are also welcome)

YUTOROGI (☎570-0707)

< Movies for Children >

Date&Time: September 13th (Sun), 10:30AM~11:30AM, Fee: Free, No Reservation Required.

Titles: *Sarukani Gassen, Sougen no Ko Tenguri, Urashima Tarou, Nezumisan no Ongaeshi*

Co-hosted by: *Hamura 16mm Eizou Kenkyukai*

*Titles may change

HOKEN(HEALTH) CENTER Information (☎555-1111)

< Adult Dental Checkup >

Period: September 1st (Tue) ~ October 31st (Sat) *Health Insurance Card required
 Eligibility: *Hamura* residents of age 65 years or older as of June 1st 2009, Fee: free
 Designated Dental Clinics: please contact *Hoken* Center or refer to city website for the list of clinics
 *those who are under dental treatment or who has a checkup provided by other means are not eligible.

< Enrich Your Bone-Density ~ Soybean Variety Diet >

Date&Time: September 16th (Wed) 9:30AM ~ 12:30PM, Place: *Hoken* Center
 Capacity: first 30 applicants, Eligibility: *Hamura* residents, Fee: ¥300 (for ingredient cost)
 Things to bring: apron, head cloth, pen & notebook
 Application: September 2nd (Wed) ~, phone or visit *Hoken* Center

< Enrich Your Bone-Density ~ Know about Prevention & Treatment >

Date&Time: September 17th (Thu) 1:30PM ~ 4:30PM, Place: *Hoken* Center
 Eligibility: *Hamura* residents, Capacity: first 30 applicants, Fee: free
 Things to bring: pen & notebook, towel, non-alcoholic drink, be dress for outdoor exercising
 Application: September 2nd (Wed) ~, phone or visit *Hoken* Center

< Free Female Cancer Screening >

We mailed out coupons and handbooks for free female cancer screening provided by Public Health Program to female citizens who turned the following ages in 2008 fiscal year.
 Cervical Cancer Screening: age 20, 25, 30, 35, 40 / Breast Cancer Screening: age 40, 45, 50, 55, 60
 * *Hamura* city local health program also provides cervical cancer screening (no charge) and breast cancer screening (small charge). Please refer to *Hamura* City Website or contact city office for details.

< INFLUENZA ~ Effective Prevention Measures >

- * Avoid being in a crowded space with people
- * Wear a medical mask when going to public space
- * Practice hygiene manners when coughing/sneezing (turn away from others and cover your mouth)
- * Remember to wash your hands thoroughly (use clean towel to dry) and gargle as often as possible

MEDICAL CARE SERVICES on SUNDAYS & HOLIDAYS (The Early Half of September)

Date	Hospital				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
6 th (Sun)	<i>Matsuda Iin</i>	554-0358	<i>Heijitsu Yakan Kyuukan</i> Center	555-9999	<i>Usui Shika Iin</i>	579-1199
13 th (Sun)	<i>Shiozawa Iin</i>	554-7370	<i>Fussashi Hoken</i> Center	552-0099	<i>Uno Shika Iin</i>	555-8241

*Some clinics may have different reception hours than above. Please check beforehand.

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