

HAMURA NEWS

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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

The 33rd *HAMURA* OUTDOOR FLEA MARKET

Booth Application Starts Soon

A great opportunity to find new happy owners for the unneeded goods in your home. Your trash will become someone's treasure! * This event aims to provide 'recycling opportunity' to general public.

Event Date&Time: November 21st (Sat) 9AM~Noon *It will be postponed if rain or bad ground condition

Place: *Fujimi Park C Ground*

Seller Eligibility: *Hamura* residents (individual or group) over high school student (high school students need parental permission). *Applications by professional dealers on commercial purposes will be denied.

Capacity: first 100 applications (100 booths)

Booth Fee: ¥800 per booth (space size 3mx4m)

Permitted Merchandise: Unneeded goods from home or hobby crafts that are in serviceable condition.

*Electronic devices, food, living creatures are not allowed for sale.

Application & Inquiries: October 18th (Sun) 9AM~Noon. Please come to *Shouhi Seikatsu Center*.

(Located near City Hall, *Midorigaoka* 5-1-30, ☎555-1111)

*application by phone or mail not accepted *Event orientation will be provided upon application

*please refrain from coming to apply by a personal car.

TULIP OWNERS WANTED

Join the ownership to support the famous *Hamura* Tulip Field, an irreplaceable treasure of our town.

In next spring, great joy of seeing your support bloom is waiting for you at *Negarami-mae* Paddy Field during *Hamura* Flower & Water Festival which attracts great number of tourists every year!

Share Types & Cosponsor Fee(per share): individual ¥500, group/corporative ¥10,000

Owner's Right Period: until the tulip bulbs are retrieved from ground in May 2010 (prospected).

◆No share quantity limitation for individual, group, or corporative owners!

◆Local farmers and volunteers will take care of your tulips.

◆An owner of ¥10,000 worth of share or more will receive a complimentary of one free parking lot in *Miyanoshita* Sports Ground Temporary Parking during *Hamura* Flower&Water Festival.

◆¥150,000 worth of share will qualify for one whole paddy.

◆Owner's name sign at Tulip Field is available upon request.

*Cosponsor Fee is non-refundable unless an approved special condition applies.

*this is an ownership right for tulips only, not for the paddy fields.

Inquiries: *Hamurashi Kankyō Kyōkai* (*Hamura* Tourism Association) ☎555-9667

The 40th Hamura Culture Fair

Come to see, hear and feel our culture at '*Bunkasai*'

Place: *Yutorogi*, Date & time for each event are shown below, Inquiries: *Yutorogi* ☎570-0707

Sponsored by: *Hamura* Education Board, Supervised by: *Hamura* Cultural Association

< Exhibitions >

Display Space: all public spaces in *Yutorogi* (except *Gakushu Shitsu 3*)

First Phase: Japanese style artworks October 21st (Wed) ~ 25th (Sun)

Second Phase: Japanese and foreign style artworks October 28th (Wed) ~ November 1st (Sun)

Third Phase: Foreign style artworks November 3rd (Tue) ~ 8th (Sun)

< Theater >

Place: Grand Hall & *Kouryuu Hiroba*

October 24th (Sat) Japanese Traditional Dance, Traditional Entertainment Performances

October 25th (Sun) Japanese Traditional Dance

October 31st (Sat) Japanese Traditional Music

November 1st (Sun) Western-Style Dance

November 3rd (Tue) Western-Style Dance, Traditional Entertainment Performances

November 7th (Sat) Chorus Performance

November 8th (Sun) Instrumental Music

*please contact for the program details.

< Special Events >

Film Show "Yamazakura"

The story takes place in *Shounai* (in northern prefecture *Yamagata*) of Edo period. Depicts people enduring through hardships of the time and humbly celebrate their lives. Directed by *Shuuhei Fujisawa*.

Date&Time: October 24th (Sat) 6PM~ (doors open at 5:30PM), Place: Small Hall

Capacity: 250 (first-come-first-served basis) No reservation required

Music Show "Ongaku no Hiroba"

Piano & Cello Concert, Themed Music-Talk 'Song of Rain'

Date&Time: November 3rd (Tue) 6PM~ (doors open at 5:30PM), Place: Small Hall

Capacity: 250 (first-come-first-served basis) No reservation required

< The 19th Hamura School Children's Music Festival >

Date&Time: October 17th (Sat) Noon~ (doors open at 11:45AM), Place: Grand Hall, Admission: free

*Non-reserved Seating only, except the participating students' section *standing audience will not be allowed

Participating Groups (in order of stage appearance)

Section 1 – *Shourin* Elementary School 5th Graders, *Fujimi* Elementary School 6th Graders,

Hamura Second Junior High School Music Club, *Higashi* Elementary School Orchestra

Section 2 - *Hamura* Third Junior High School Brass Orchestra, *Sakae* Elementary School Brass Band

Musashino Elementary School Brass Orchestra

Section 3 - *Nishi* Elementary School Brass Band, *Ozakudai* Elementary School Junior Band

Hamura First Junior High School Brass Orchestra

Inquiries about *Hamura* School Children's Music Festival: *Shidoushitsu Shidoukakar* ☎555-1111

PUBLIC CONSULTATIONS

Schedule of October

Category	Date	Time	Place & Phone Number
Foreign Resident's Life [Ⓐ] (in Spanish & Korean)	9 th (Fri) 23 rd (Fri)	1:30pm~4:30pm	<i>Shimin Soudanshitu</i> 555-1111
Tax [Ⓐ]	6 th (Tue)	1:30pm~4:30pm	
Public Administration Human Rights	15 th (Thu)	1:30pm~4:30pm	
Legal Advice [Ⓐ]	October 1 st (Thu) 9 th (Fri) 24 th (Sat) November 5 th (Thu) 13 th (Fri) 28 th (Sat)	Weekday 2pm ~5pm Saturday 10am ~ 1pm	
Financial Advice [Ⓐ]	13 th (Tue)	2pm~4pm	<i>Hamurashi</i> <i>Shoukoukaikan</i> 555-6211
Health	8 th (Thu) 22 nd (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.

ECOLOGICAL DRIVING

How You Can Save the Environment & Your Fuel Budget

Introduced here are some simple things you can practice when you drive a car.

Each of these acts of kindness will help prevent global warming, and save your fuel budget as well!

- **Gentle Acceleration** - By stepping on the gas gently, you can save your fuel by approximately 11%. Aim at 20km/ph in the first 5 seconds from the start, then let the speed pick up gradually.
- **Minimize Braking & Accelerating** - The more often you step on the brake and gas, the worse your fuel efficiency becomes (by approximately 2% in city area, 6% in outskirts). Also, putting the gear in the high when driving fast will help save your fuel.
- **Advantage of Engine Brake** – Engine brake functions to decelerate by stop feeding gas, therefore, helps to improve the fuel efficiency (by approximately 2%). Take full advantage of this effect when you mean to down your speed rather than stepping on the brake only.
- **Minimize Air-conditioner Use** – Relying on air-conditioner tends to eat up more fuel than you think. Try to open the window in this comfortable season, rather than turning on your car air-conditioner.
- **Idling** – approximately 130cc of gas is wasted by 10minute idling (neutral gear, air-conditioner off). Also, car exhaust is a nuisance to the neighbors. Please be considerate, and refrain from idling.
- **No More Pre-driving Warm-up** – Recently manufactured cars do not require pre-driving engine warm-up for better fuel efficiency. They are equipped with a function to warm-up the engine as you drive. 5 minute pre-driving engine warm-up consumes approximately 160cc of fuel.
- **Know Your Route** – If you spend 10 minutes out of 1-hour driving looking for a way to destination, the fuel efficiency downs by approximately 14%. Check your route by road information beforehand.
- **Tire Air Pressure** – If your tire's air pressure is lower than the tire manufacture's recommended pressure by 50kPa, the fuel efficiency downs by approximately 2% in city areas, and 4% in outskirts. Maintain proper air pressure to prolong their life, to ensure the best gas mileage and for safe handling.
- **Weight Down Your Car** – 100kg of unnecessary baggage weight can decrease the fuel efficiency by approximately 3%. Off-load unnecessary goods from your car, and drive smart.
- **Street Parking** – Inconsiderately parked cars are the major cause for traffic congestion which result in excess gas emission. When the average road traffic speed downs from 40km/ph to 20km/ph, the fuel efficiency also downs by approximately 31%.

Let's be considerate for the traffic around you in which you are also a part of when you drive.

Inquiries: *Kankyou Hozenka Kankyou Hozenkakar*

REFUND of FUREAI-CARRY COUPONS

If you have any remaining *Fureai-Carry* Coupons and wish to have them refunded, please complete the refund procedure before March 31st (Wed) 2010. It is not refundable after this date. The refund amount will be deposited into your bank account.

Please bring the refundable coupons, personal seal, and the coupon holder's bank account information.

Refund Qualification: coupons purchased before September 30th 2008 (issued by Mayor's Office)

Inquiries: *Shougai Fukushima Shougai Fukushikakar*

NEW BICYCLE RULES

Please take this chance to reflect on your bicycle-ride behavior. Are you well complying with the traffic rules? Double riding, riding under a influence of alcohol, parallel riding of multiple riders, ignoring traffic lights are all strictly prohibited by the traffic law. Turning on the bike-light in dark and coming to stop at an intersection are some of the strongly recommended safety majors.

In addition to the above well known bicycle rules, new rules had become in effect in July 2009.

- ◆ Riding with umbrella use is prohibited
- ◆ Riding while using a mobile phone is prohibited
- ◆ Riding with up to two infants(age 6 years or younger) are permitted under restricted conditions ↓
 - Driver must be over 16 years old
 - Infants must be appropriately seated on the securely installed infant seats.
 - Driver is forbidden to carry a child on one's back while having two infants on the ride
 - Driver and children are strongly recommended to ware safety helmets.

Persons on the ride	Common Bicycle	Infant Seat Equipped Bicycle
Driver + Baby on driver's back	○	○
Driver + 1 Infant	○	○
Driver + 1 Infant + Baby on driver's back	○	○
Driver + 2 Infants	×	○
Driver + 2 Infants + Baby on driver's back	×	×
Driver + Adult	×	×

HELLO FROM HAMURA ZOO! (☎579-4041)

< **Sketch Contest** > Enter your original drawing of favorite animals or plants in *Hamura Zoo!*
 Eligibility: children up to elementary school students, No Contest Fee, Various prizes are offered!
 Artwork Specification: on drawing paper of size 392x271mm, any coloring style accepted
 How to apply: by November 29th (Sun). On the back of your artwork, fill in your name, mailing address, age, gender, phone number, then mail or bring(admission charge required) it to *Hamura Zoo Office*.
 (address: *Hane 4122, Hamura-shi 〒205-0012*) *submit one unpublicized artwork per person.

TV HAMURA in OCTOBER

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 ~The 62nd Hamura Citizen's Athletic Festival~ >

Athletic Festival is one of the most favorite events of citizens, which provides a great opportunity for health promotion and community interaction. The program will report on the scenes of fierce competitions and fun games in the event.
 Inquiries: *Kouhou Kouhouka, Kouhoukakari*

Chiiki Houkatsu Shien Center (Community General Support Center)

Additional Office Will Open in October

From October 1st (Thu), we will start operating from two main offices, City Hall and *Hamura En*, and a sub-office at *Iko no Sato*. Our work is to provide support for citizens with special needs in conducting healthy and comfortable living. We have experiences in helping many different cases... applying for care services, problems with home caring by family member or professionals, trouble with nursing equipments, At-The-Door Sales frauds... to name a few. Please feel free to share your concerns with us.

Inquiries: *Kourei Fukushi Kaigoka Chiiki Houkatsu Shien Center Kakari*

City Hall Office

Weekdays 8:30AM~5:15PM (except year-end & new-year) ☎555-1111, 579-7785

This office supports the west area of *Ōme* Line Railroad track.

Hamura En Office

Weekdays 8:30AM~5:00PM (except year-end & new-year) ☎555-8815, Location: *Gonokami* 364-4.

This office supports the east area of *Ōme* Line Railroad track.

**Hamura En* - Communal Home for Senior Citizens in Special Care.

Iko no Sato Sub-Office

Weekdays & Saturdays 9:00AM~5:00PM (except year-end&new-year) ☎not available

This office welcomes citizens from any areas in *Hamura*.

MARKETING SEMINAR

~Companies That Will Survive by "Affecting Customers" Operation~

To operate companies nowadays, not only do you have to provide satisfactory service to clients/customers, but you also have to "move" them. In this seminar you will learn how to make this structural alteration, from "Ordinary Customer Satisfying Operation" to "Customer Affecting Operation".

Date&Time: October 8th (Thu), 6PM~8PM,

Place: *Sangyou Fukushi* Center 2nd Floor i-Hall, Fee: Free

Instructor: Mr. *Atsuhiko Sakamoto*

(Representative of Business Core Consulting, Small and Medium Enterprise Management Consultant)

How to apply & Inquiries: Call or Fax to *Sangyou Kasseika Suishin-shitu Shou-Kougyou Shinkou Kakari*

☎570-0040, Fax: 579-2590

EMERGENCY SPECIAL MEASURES for HOUSING ALLOWANCE

Hamura City will provide financial support for those who lost, or at risk of losing a residence within two years from the loss of job. The allowance period is 6 month. The beneficiary is required to be actively engaged in job-hunting through Hallo-Work, besides other requirements to meet the qualification.

Please contact for further details of allowance qualification and limitation.

Application & Inquiries: *Shakai Fukushika Shomukakari*

REAL ESTATE VALUE INSPECTION

If you renovated or newly built a house in 2009, please set up an appointment for the Real Estate Value Inspection. This is a necessary procedure for your tax filing. Inquiries: *Kazeika Shisanzeikakari*

Changes in CHILDBIRTH LUMP-SUM SUPPORT

This support is provided for the head of household to which a new-born baby belongs. (The head of household must have at least 6-month registered history in National Health Insurance Program)

- The support amount will increase ¥40,000 starting from October 1st 2009 until March 31st 2011.
 - From October 1st, childbirth medical expense (payable to hospital and such) will be directly paid by the insurance provider. The beneficiary will no longer need to prepare a large sum of finance for childbirth.
- *please contact for details of qualification and limitation. Inquiries: *Hoken Nenkinaka Hokenkakari*

CHILD REARING SPECIAL SUPPORT ALLOWANCE

This program is to provide financial support to family with preschool children of age 3 ~ 5 years, and the qualification will be determined based on Resident Registry as of October 1st 2009. If you are a domestic violence victim raising child(ren) and unable to renew the resident registry concerning security, please contact us before October 31st (Sat). Inquiries: *Kosodate Shienka Shienkakari*

KINDERGARTEN APPLICATION 2010

Application forms for private kindergartens in *Hamura* City will soon be available from October 15th (Thu) to 31st (Sat).

Please contact your desired kindergartens for orientation dates and other details.

Application Period: November 1st (Sun)~

Inquiries: *Hoikuka Hoikukakari*

Kindergarten: address / phone number

Ruuteru Hamura Youchien: Hanehigashi 2-19-29 / 554-6351

Murano Kobato Youchien: Ozakudai 5-23-1 / 554-1303

Hamura Zenrin Youchien: Futaba-chou 2-10-7 / 551-1675

Gonokami Youchien: Midorigaoka 1-10-10 / 554-6878

Tama Gakuin Youchien: Midorigaoka 1-15-8 / 554-6023

Sakae Youchien: Sakae-chou 1-7-3 / 555-0723

Fuji Gakuin Youchien: Shinmeidai 1-23-3 / 555-1241

MAMA's CHATTING PLACE

October topic is "Daddy's Cooperation in Child-Raising". Papas are also welcome to this chat gathering!

Places & Dates: Central Children Center – Oct. 8th (Thu), West Children Center – Oct. 9th (Fri)

East Children Center – Oct. 20th (Tue), Time: 10:00AM~11:30AM for all dates

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

*Reservation not required.

Volunteer Wanted! CHILD CARE VOLUNTEER STAFF

We volunteer mainly at Children Centers in *Hamura* —providing support by watching children during various events and Lecture Presentations. Come join us!

Eligibility: *Hamura* residents and workers, or residents of adjacent town/community who have great motivation for Child Care. *This is strictly a volunteer activity, therefore there is no compensation.

How to apply&Inquiries: Fill in the "Kosodate Volunteer Registration Form" available at *Kodomo Kazoku Shien* Center, and submit in person to *Kodomo Kazoku Shien* Center. Your ID, personal seal and photograph (with no hat/cap) required. ☎578-2882 *you will need to attend our training program.

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

< Fureai Fukushi Matsuri (Public Welfare Festival) 2009 >

There will be carnival booths, stage performance, volunteer workshop, and fancy goods sales.

Come and enjoy this festival! Date&Time: October 18th (Sun) 10AM~3PM, Place: *Fukushi Center*

Hosted by: *Fureai Fukushi Matsuri Jikkou Inkai* (Planning Committee)

*No parking provided.

Lead Office: *Hamura-shi Shakai Fukushi Kyougikai* (*Hamura Social Welfare Committee*)

SIGN UP for PC SKILL CLASSES! October & November

Place: *Sangyou Fukushi Center*, Capacity: 8 per class (first-come-first-served basis)

How to apply: Visit *Sangyou Fukushi Center* with class and book fee on following dates:

Business Owners in *Hamura* - October 2nd (Fri) 9AM~, Residents & Workers - October 3rd (Sat) 9AM~

Inquiries: *Sangyou Fukushi Center* ☎579-6425 (Closed on Mondays)

*The classes will be taught in Japanese. *Windows XP/Office 2003 will be used during class.

*We provide Microsoft Certification Test (MOS/MCAS) every week.

Class	Date	Details	Fee	Book Fee
Basic Class for Word, Office 2003 (For 2-3 days)	Oct 10 th (Sat), 11 th (Sun) 1PM~4PM	Basic class for creating Business documents. Formatting, Tables, Printing, and Inserting Colorful Graphics	¥3,000	¥2,100
	Oct 13 th (Tue) ~ 15 th (Thu) 10AM~Noon			
	Nov 10 th (Tue), 11 th (Wed) 1PM~4PM			
Advanced Class for Word, Office 2003 (For 2 days)	Nov 7 th (Sat), 8 th (Sun) 1PM~4PM	Page Settings for creating long forms, Inserting Graphics, and Address Labels	¥3,000	¥2,100
Basic Class for Excel, Office 2003 (For 2-3 days)	Oct 17 th (Sat), 18 th (Sun) 1PM~4PM	Data Input, Creating Graphs, Table Calculation, Function, Inserting Graphs	¥3,000	¥2,100
	Oct 27 th (Tue) ~ 29 th (Thu) 10AM~Noon			
	Nov 3 rd (Tue) ~ 4 th (Wed) 1PM~4PM			
Advanced Class for Excel, Office 2003 (For 2 days)	Nov 28 th (Sat), 29 th (Sun) 1PM~4PM	Various Functions, Data Analysis, Advanced usage of graphs	¥3,000	¥2,100
Basic Class for Access (For 2 days)	Oct 24 th (Sat), 31 st (Sat) 1PM~5PM	Managing Large volume of Data base. Must be able to handle Excel efficiently in order to attend this class.	¥5,000	¥2,100
Advanced Class Access (For 2 days)	Nov 14 th (Sat), 21 st (Sat) 1PM~5PM		¥5,000	¥2,310

FRESH LAND NISHITAMA (☎570-2626)

Temporary Closing We will be temporarily closed from October 6th (Tue) to 12th (Mon) due to renovation construction. The facility will reopen on October 13th (Tue).

YUTOROGI (☎570-0707)

< Youko Uchijou Botanical Art Exhibition >

Enjoy the beautiful Botanical Arts Exhibition of various plants and flowers growing in *Tama* River area.

Date&Time: October 8th (Thu) ~ 18th (Sun), 10AM~5PM (Last day closes at 4PM)

Place: Exhibition Hall Admission: Free *Appointment not required.

<Workshop Series for Parenting Mothers No.3 ~ White dish plate is my canvas ~ >

In this class you will get to decorate and make your own original plate!

Date&Time: December 4th (Fri) & 18th (Fri), 10AM~Noon (2 classes) *artworks returned on Dec. 25th (Fri).

Place: *Sousaku-shitu* No.3, Eligibility: Parenting Mothers

Fee: ¥1,500 (for 2 classes), Child Care Service: ¥500 per child

Capacity: 15 persons (if applications exceed the capacity, participants will be selected by drawing)

Things to bring: towel, painting brush (if you have any)

How to apply: On Reply-paid postcard ("*Oufuku Hagaki*"), fill in the class name, your name, mailing address & postal code, phone number, also indicate if you need Child Care Service and number of your children and age. Then mail the post card or visit directly to *Yutorogi* by November 20th (Fri).

◆ Schedule change for "Reading Time for Parenting Moms"

Starting this October, this event schedule will be shifted from every 4th Saturday to the 2nd & 4th Wednesdays. Please confirm when making a reservation.

SPORTS CENTER (☎555-0033)

< Aerobics >

Date&Time: October 27th (Tue), 10:00AM~11:30AM, Place: Sports Center Hall 2

Eligibility: Anyone who is at age 13 or older, Fee: ¥100 for *Hamura* residents and workers (¥50 for Junior High Students), ¥150 for others (¥70 for Non-*Hamura* Junior High Students)

Things to bring: Sportswear, Indoor exercise shoes, Drinks (in container with a cap), Towel

How to apply: Starting October 2nd (Fri) 9AM ~, call, fax, or e-mail to NPO *Hamura-shi Taiiku Kyoukai* Office, or visit directly to Training Room and provide the following information; Your name, (your company's name, if it's in *Hamura*), your address, phone number. ☎555-1698, Fax: 555-1699, Email: taikyou@herb.ocn.ne.jp *this program replaces the programs "Aerobics 1" & "Aerobics 2".

< The 37th Field Golf Tournament >

Date&Time: October 24th (Sat), 9:30AM~Noon (Registration: 8:30AM~9:00AM) *cancelled if it rains

Place: *Fujimi* Park Ground Eligibility: *Hamura* residents and workers Fee: ¥200 (pay at the event)

*Please participate in appropriate clothes and shoes.

Hosted by: *Hamura-shi Taiiku Shidou Iin Kyougikai* (Gymnastics Instruction Committee Conference)

How to apply: October 8th (Thu)~17th (Sat), call, fax, e-mail or visit directly to Sports Center and provide the following information; Your name, address, phone number, and your date of birth. Fax: 554-9974, Email: s705005@city.hamura.tokyo.jp

~ EVENT INFORMATION for CHILDREN & PARENTS ~

Rice Farming Workshop HARVESTING & THRASHING RICE CROP

Now is the time to harvest rice crops that were planted back in June. Everyone can participate, even if you did not get to plant the rice.....don't miss this time!

Place: *Negarami Mae Suiden*, Eligibility: Elementary & Junior High School students

Contact: *Hamura-shi Seishounen Taisaku Chiku Inukai Renraku Kyougikai* ☎579-0327 (Kimura)

Jidou Seishounen-ka Seishounen-kakari

Harvesting & Festival

Date&Time: October 10th (Sat), Gather at 8:30AM, Start harvesting at 9AM *If rained, put off to 17th (Sat)

Thrashing

Date&Time: October 24th (Sat), Gather at 11:30AM, Start thrashing at Noon *If rained, put off to 31st (Sat)

*Have lunch before coming to the rice field directly. Also, wear something you don't mind getting dirty.

EAST CHILDREN CENTER (☎570-7751)

< Hand-made Toy Workshop "Kata-Kata Kuruma" (Clitter-Clatter Car) >

Date&Time: October 10th (Sat), ①10AM~ ②1PM~, Eligibility: from Toddlers up to 3rd graders

Fee: Free, Application: Not required, Instructor: Volunteer Group "*Nejimawashi*"

WEST CHILDREN CENTER (☎554-7578)

< Hand-made Workshop "Let's make a Star-shaped Trinket Box!" >

Date&Time: October 31st (Sat), 10AM~Noon, Capacity: 20 person (first-come-first-served basis)

Fee: Free, Eligibility: from 1st graders up to 18 years old (*Hamura* residents have priority),

How to apply: From October 25th (Sun)~30th(Fri), 9:00AM~4:30PM, Call or visit the center.

LIBRARY (☎554-2280)

The following events are all admission free, and appointments are not required.

< Story Telling for Preschoolers >

Grand-sized Picture-story Show of "*Ookina Ookina Oimo*" (Big Large Potato), and reading picture books.

Date&Time: October 10th (Sat) 11AM~

< Story Telling for Elementary School Students >

Date&Time for the story-telling of "*San-mai no Ofuda*" (Three Charms): October 17th (Sat) 11AM~,

Date&Time for the story-telling of "*Ushi ga Sora wo Tobu*" (Flying Cow): October 31st (Sat) 11AM~

< Story Telling for Babies >

Date&Time for the story-telling of "*Tsumiki*" (Toy Blocks): October 21st (Wed) 11AM~

YUTOROGI (☎570-0707)

Movies for Children

Date&Time: October 4th (Sun), 10:30AM~11:30AM, Fee: Free, Program: *Donguri to Yamaneko / Sora Tobu Takarabako / Chip to Tap, Mogura wo Tsukamaero no Maki / Kin no Mimikazari* (Program may change) Co-organized by: *Hamura Eiga* (Movie) Club *Reservation not required.

< Flu Immunization for Elderly Residents >

The city will subsidize the cost of flu immunization for residents 65 or older who desire to be immunized.

Date: October 15th (Thu) 2009 ~ January 31st (Sun) 2010

Eligibility: *Hamura* residents who meet one of the following conditions ① at age 65 or older, ② at age 60 to 65 years old and have any heart, kidney or respiratory disease (must obtain Physician's Certificate or physical disability certificate)

Fee (Individual payment): ¥ 2,200 *Flu Immunization will be provided 1 time per person.

*We provide free flu immunization to Welfare Recipients. (please bring Certificate of Welfare Recipient).

*To get flu immunization, an appointment at the medical facility and Health Insurance Card are required. Contact *Hoken* Center (☎555-1111) for the detail of medical facilities.

< Stomach / Lung Cancer Screening >

Date&Time: November ①7th (Sat) or ②29th (Sun), 7:30AM~, Place: *Hoken* Center

Eligibility: *Hamura* residents 40 years of age and older, Capacity: first 100 applicants each day

*except those who are being treated for stomach or lung illness, or who are pregnant.

Examination Fee: free, Application: October 2nd (Fri) 8:30AM~. Call or visit *Hoken* Center.

Testing Methods: Abdominal X-ray (miniature or direct radiography) and Sputum Examination

< Emotional Health Seminar ~Signs from Your Deep-self "Anxiety Disorder"~ >

Have you ever "felt anxious without any reason", "not felt like doing anything", or have a headache and loss of appetite? Sometimes your "Heart" can get very exhausted without you realizing it and cause some physical symptoms. Come to learn about such symptoms and treatments.

Date&Time: November 14th (Sat) 10AM~Noon, Place: *Hoken* Center, Fee: free

Eligibility: *Hamura* residents and workers Capacity: first 40 applicants

Instructor: Dr. *Hiroshi Mitsushio* (*Chihiro* Mental Clinic Director), *No child care service provided

Application: October 7th (Wed) 8:30AM~, Call or visit *Hoken* Center. *On-the-day tickets may be available.

◆ MEDICAL CARE SERVICES on SUNDAYS & HOLIDAYS (The first half of September) ◆

Date	Hospital				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
4 th (Sun)	<i>Ozaku Ekimae Clinic</i>	578-0161	<i>Heijitsu Yakan Kyuukan</i> Center	555-9999	<i>Watanabe Shika Iin</i>	570-1688
11 th (Sun)	<i>Wakakusa Iin</i>	579-0311	<i>Fussashi Hoken</i> Center	552-0099	<i>Tsushima Shika Iin</i>	579-1800
12 th (Mon) Holiday	<i>Ozaki Clinic</i>	554-0188	<i>Takazawa Byouin</i> (in <i>Mizuho Machi</i>)	556-2311	<i>Nakano Shika Iin</i>	554-7053

*Some medical facilities may have different reception hours. Please call and check beforehand.

*Inquiries on medical facilities and medical system: Tokyo Health & Medical Information Center "*Himawari*"

☎03-5285-8181, in English, 9AM~8PM Daily <http://www.himawari.metro.tokyo.jp/qq/qq13enmnl.asp>

Let's prevent the spread of NEW TYPE INFLUENZA!

Influenza is a communicable disease – you could get the Flu by inhaling or touching the virus which is spread by coughing and sneezing. Most people are not immune to the New Type Flu.

How to prevent Flu (not to catch it, not to spread it)

- Wash your hands and gargle as soon as you arrive home each day
- Wear a mask if you are coughing or sneezing
- When coughing/sneezing, cover your mouth and nose and face away from people around you.

If you think you have the Flu...

- * Any medical facility in Tokyo will take Flu patients. To prevent severe flu symptoms, see a physician and get treated as soon as possible.
- * Expectant mothers, infants, and those with respiratory disease or diabetes have a tendency to react severely to the flu. Please consult with a physician for treatment.
- * Normally healthy persons may also have a severe reaction to the flu. If you feel ill, contacting a physician is recommended.

Recuperation at Home

Take prescribed medication and rest at home. If you still feel very ill, consult with a physician. After your temperature returns to normal, staying at home for two full days is strongly recommended. Also, in order to minimize the chance of spreading the virus, refrain from going out for 7 days from when you start running a fever or any other symptom such as coughing and sore throat.

What should family member do?

When taking care of patients, you should wear a mask and wash your hands afterwards. If possible, stay in a separate room.

Inquiries: *Hoken* Center ☎555-1111