

# HAMURA NEWS

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

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## THE 34<sup>TH</sup> CULTURE FESTIVAL

by Tokyo Metropolitan Special Needs Education School of *Hamura*

Come to this wonderful festival and enjoy the impressive presentations by the students.

Stage plays, concert, art exhibitions, and even shopping of products hand-made by the students!

Date&Time: December 11<sup>th</sup>(Fri) 9:35AM~Noon, and 12<sup>th</sup>(Sat) 9:35AM~3:00PM

Event Location&Inquiries: *Toritsu Hamura Tokubetsu Shien Gakkou* (Tokyo Metropolitan Special Needs Education School of *Hamura*) ☎554-0829

## RECITAL & EXHIBITION

by *HAMURA SPECIAL NEEDS EDUCATION CLASSES*

These cultural events will present the fantastic works by the students of Special Needs Education Classes (*Tokubetsu Shien Gakkyuu*) and Resource Rooms (*Tsuukyuu*) in *Hamura* municipal elementary and junior high schools. Anyone is welcome! Both events will be held in *Yutorogji*, free of admission.

### Stage Performance

Date,Time,Place: December 12<sup>th</sup>(Sat), 9:30AM~11:45AM (The doors open at 9:15AM), at Main Hall

### Art Exhibition

Date,Time,Place: December 11<sup>th</sup>(Fri), 12<sup>th</sup>(Sat), and 13<sup>th</sup>(Sun), 9AM~5PM,

and December 15<sup>th</sup>(Tue), 9AM~2:30PM, all dates at *Tenji Shitsu* (Exhibition Room)

Inquiry: *Hamura Daisan*(Third) Junior High School, Staff of Class-E, ☎555-5131

## HANDICAPPED CITIZENS WEEK

The week of December 3<sup>rd</sup> is a special week commemorating December 9<sup>th</sup> Handicapped Citizens Day. This campaign was appointed under the policy of Basic Act for Persons with Disability to promote and support social, economical and cultural participation of handicapped citizens in the mainstream society.



←“**HEART PLUS**” mark symbolizes a Person with Internal Handicap, who is generally difficult to be noticed from the appearance. They hold the right of access to designated priority facilities such as seating, parking space, toilet, etc...

This symbol is promoted by Not-for-profit Corporation ‘Heart Plus *no Kai*’.

Inquiries: *Shougai Fukushima Shougai Fukushikakari*

## **HIBARI-EN Opening on December 1<sup>st</sup> (Tue)!**

*Hibari-en* is a Skill Training Center For Handicapped Citizens which aims to support their employment and social welfare activities. To find out about their programs, please contact the office ☎578-0855.

## **GAKUDOU CLUB APPLICATION 2010**

*Gakudou* Club is municipally facilitated after-school child care center for 1<sup>st</sup> ~ 3<sup>rd</sup> Graders.

Application must be submitted during January 4<sup>th</sup> (Mon) ~ 18<sup>th</sup> (Mon) to enter, transfer or continue to send your child(ren) to a *Gakudou* Club from April 2010.

Application Forms Available at: *Jidou Seishounenka* (city hall 2<sup>nd</sup> floor), city hall branches, Children Centers, *Gakudou* Clubs, and also available for download at *Hamura* City Website.

Apply or Inquire to: *Jidou Seishounenka* (city hall 2<sup>nd</sup> fl.) Operating everyday (except Noon~1PM)

## **MEDICAL EXPENSE SUPPORT for SINGLE-PARENT HOUSEHOLDS**

### **Deadline for Subsidy Application is December 28<sup>th</sup> (Mon)**

Public medical program subsidizes a part of, or all of self-pay burden of medical expense of children in single-parent household or other household under qualifying financial state. The child may benefit from this subsidy program until, at latest, first March 31<sup>st</sup> after he/she turns 18 years old.

Please complete the application procedure before December 28<sup>th</sup>(Mon). Current beneficiary must immediately submit a status report, if not submitted yet.

Inquiries: *Kosodate Shienka Shienkakari*.

## **CHILD-REARING SPECIAL SUPPORT ALLOWANCE**

There was an article introducing this provisional program in *Hamura* News October 1<sup>st</sup> Issue.

This program scheme was cancelled after the recent revision for national supplementary budget. For more information, please refer to the website of Ministry of Health, Labor and Welfare. (in Japanese)

Inquiries: *Kosodate Shienka Shienkakari*.

## **TOKYO METROPOLITAN PUBLIC HOUSING**

### **"Tomin Juutaku" Available for Family Tenant**

*Tomin Juutaku* housings are owned/managed by Tokyo Metropolitan Government, *Tokyoto Juutaku Kyoukyuu Kousha* or private sector commissioned by government in purpose of providing affordable housings for citizens with low income or housing problems. Please refer to the brochure for details.

Housing Type: for family living (managed by Tokyo Metropolitan Government)

Tenant Eligibility: family household (single person is ineligible), holding resident registry of Tokyo, seeking for your own residence, current earning meets the income restriction, etc.

Application Form & Brochure: December 1<sup>st</sup> (Tue) ~ 10<sup>th</sup> (Thu). Available at *Shisetsu Keikakuka* (city hall 2<sup>nd</sup> Floor, 8:30AM~5:00PM, weekend ~5PM at 1<sup>st</sup> Floor Reception), *Hamura* Rail Station West Exit & *Ozakudai* City Hall Branch (8:30AM~7:00PM), *Mitsuya Kaikan* City Hall Branch (8:30AM~5:00PM), or download from JKK Tokyo Homepage (in Japanese).

How to Apply: there are two application capacity sectors.

- First-come-first-served registry – submit application in person to JKK Tokyo Office
- By lot drawing – mail application to JKK Tokyo *Boshuu* Center before December 14<sup>th</sup> (Mon)

Inquiries: *Shisetsu Keikakuka Kanzaikakari* in city hall / *Tokyoto Juutaku Kyoukyuu Kousha Boshuu* Center (JKK Tokyo Application Center) ☎03-3498-8894 weekdays only.

## PUBLIC CONSULTATIONS

### Schedule of December

Category	Date	Time	Place & Phone Number
Foreign Resident's Life <sup>Ⓐ</sup> (in Spanish & Korean)	11 <sup>th</sup> (Fri) 25 <sup>th</sup> (Fri)	1:30pm~4:30pm	<i>Shimin Soudanshitu</i> 555-1111
Tax <sup>Ⓐ</sup>	1 <sup>st</sup> (Tue)	1:30pm~4:30pm	
Public Administration Human Rights	17 <sup>th</sup> (Thu)	1:30pm~4:30pm	
Legal Advice <sup>Ⓐ</sup>	December 3 <sup>rd</sup> (Thu) 11 <sup>th</sup> (Fri) 19 <sup>th</sup> (Sat) January 7 <sup>th</sup> (Thu) 15 <sup>th</sup> (Fri) 23 <sup>rd</sup> (Sat)	Weekday 2pm ~5pm Saturday 10am ~ 1pm	
Financial Advice <sup>Ⓐ</sup>	8 <sup>th</sup> (Tue)	1pm~4pm	<i>Hamurashi Shoukoukaikan</i> 555-6211
Health	10 <sup>th</sup> (Thu) 24 <sup>th</sup> (Thu)	1:30pm~3:00pm	<i>Hoken Center</i> 555-1111
Education <sup>Ⓐ</sup>	Mon ~ Fri Weekend by appointment only	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 Nursery School</i> 555-1019	
		<i>Sakura Nursery School</i> 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 <sup>Ⓐ</sup>marked categories.

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

### TALK with YOUR MAYOR

Date, Time, Place: December 15<sup>th</sup>(Tue), 7PM~9PM, *Sakae Kaikan (Sakae-chou Community Hall)*

Appointment & Inquiry: *Kouhou Kouchouka Shimin Soudankakari*

\*On-the-day registration may be accepted, if there is availability in the appointment capacity.

### TV HAMURA in December

TV *Hamura* is broadcasted on "TCN" *Tama* Cable Network (analogue channel 21, digital channel 055).  
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 ~ TV *Hamura* 2009 in a Digest ~** >

Inquiries: *Kouhou Kouchouka Kouhoukakari*

**YUTOROGI (☎570-0707)**

**< The 11<sup>th</sup> Yutorogi Movie Event "Rakugo Musume" (Comic Story-teller Girl) >**

Heart-warming comedy movie about a girl who strive to become a star of *Rakugo* entertainment.

Date&Time: December 19<sup>th</sup> (Sat), 6PM~8PM (The doors open at 5:30PM), Place: Small Hall

Capacity: 250 (first-come-first-served seating), Admission: Free

**< Art Craft Class >**

**① How to use "Noshi Bukuro"**

Let's learn about *Noshi Bukuro*, a formal envelope for gratuity or congratulatory gift of money.

You will also learn how to use a writing brush. Instructed by *Mainichi* Calligraphy Association member.

Date&Time: January 21<sup>st</sup>(Thu), 28<sup>th</sup>(Thu), 10AM~Noon, Fee: ¥1,000 (including material fee)

**② The Art of Scrap-Booking**

Decorate your photos with comments and fun art! Instructed by a staff of Creative Memories.

Date&Time: February 9<sup>th</sup>(Tue), 16<sup>th</sup>(Tue), 10AM~Noon Fee: ¥1,300 (including material fee)

**Details for both (①and②) classes:**

Capacity: 25 people (selected by lot drawing), Child Care Service: ¥500 per class

How to apply: On Reply-paid postcard ("*Oufuku Hagaki*"), fill in the class name (① or ②, or both), your name, age, mailing address & zip code, phone number, also indicate if you need Child Care Service (if so, state number of children). Mail the post card or visit directly to *Yutorogi* by January 7<sup>th</sup>(Thu) for ①, and January 26<sup>th</sup>(Tue) for ②. \*If coming directly to *Yutorogi*, please bring one post card for reply.

**< Revival Screening "Bloom ~ Umaretanowa Watashi~" >**

A documentary movie about new mothers. After the show there will be a discussion on parenting.

Date&Time: February 2<sup>nd</sup> (Tue) 10AM~Noon Place: *Kouza-shitsu* 1 (Lecture Room 1)

Capacity: first 45 applicants, Admission: Free Child Care Service: ¥500 per child

How to apply: Starting December 2<sup>nd</sup> (Wed) 9AM, call or visit *Yutorogi*

**FRESHLAND NISHITAMA (☎570-2626)**

**< Coupon Ticket at 20% Off!! >**

Coupon Book of eleven 3-hour tickets will be on sale! Sale Period: December 12<sup>th</sup> (Sat) ~ 23<sup>rd</sup> (Wed)

Price: Residents of *Hamura, Ōme, Fussa, and Mizuho* - ¥4,000 for Adult, ¥2,000 for Child

Others - ¥6,400 for Adult, ¥3,200 for Child

**< Mid-winter 'Yuzu' Bath >**

Therapeutic Bath with essence & refreshing scent of Japanese citrus *Yuzu*. Date: December 22<sup>nd</sup> (Tue).

**< Christmas Event >**

A gift will be given to any child who is in elementary school or younger!

Date: December 23<sup>rd</sup> (Wed) ~ 25<sup>th</sup> (Fri)

**<Class Information>**

Class Fee (with 3-hour Bath Admission): *Hamura, Ōme, Fussa, and Mizuho* residents...¥800, Others...¥1,100

\*No class during New Year holidays. \*See our homepage for more details. (in Japanese)

**Hula Dance Class**

Every Wednesday 1PM ~ 2PM

**Yoga Class**

Every Thursday 1:30PM ~ 2:30PM

**Pilates Class**

Every Friday 1PM ~ 2PM

## SWIMMING CENTER (☎579-3210)

### < Time Recording & Swimming Lesson >

Date&Time: December 3<sup>rd</sup> (Thu), 4<sup>th</sup> (Fri), 10<sup>th</sup> (Thu), 11<sup>th</sup> (Fri), 17<sup>th</sup> (Thu), 18<sup>th</sup> (Fri), 4PM~6PM

Place: Swimming Pool, Eligibility: Elementary School students or older, Fee: ¥500 per class  
(Insurance included) \*Purchase a 2-hour pool admission ticket and come to the pool directly.

## SIGN UP for PC SKILL CLASSES

### December & January

Place: *Sangyou Fukushi* Center, Capacity: First 8 Applicants per class

How to apply: Visit *Sangyou Fukushi* Center with class and book fee. *Hamura* Business Owners ...

December 4<sup>th</sup>(Fri) 9AM~, *Hamura* residents & workers ... December 5<sup>th</sup> (Sat) 9AM~,

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

\*The classes will be taught in Japanese. \*WindowsXP/Office2003/Office2007 will be used during class.

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

Class	Date	Details	Class Fee	Book Fee
Basic Class for Word, Office 2003	Dec 8 <sup>th</sup> (Tue), 9 <sup>th</sup> (Wed) 1PM~4PM	Basic class for creating Business documents. Formatting, Tables, Printing, and Inserting Colorful Graphics	¥3,000	¥2,100
	Jan 12 <sup>th</sup> (Tue)~14 <sup>th</sup> (Thu) 10AM~Noon			
Basic Class for Word, Office 2007	Dec 19 <sup>th</sup> (Sat), 20 <sup>th</sup> (Sun) 1PM~4PM			
Advanced Class for Word, Office 2003 (For 2 days)	Jan 16 <sup>th</sup> (Sat), 17 <sup>th</sup> (Sun) 1PM~4PM	Page Settings for creating long forms, Inserting Graphics, and Address Labels	¥3,000	¥2,100
Basic Class for Excel, Office 2003	Dec 15 <sup>th</sup> (Tue), 16 <sup>th</sup> (Wed) 1PM~4PM	Data Input, Creating Graphs, Table Calculation, Function, Inserting Graphs	¥3,000	¥2,100
	Jan 19 <sup>th</sup> (Tue), ~21 <sup>st</sup> (Thu) 10:00AM~ Noon			
Basic Class for Excel, Office 2007	Dec 22 <sup>nd</sup> (Tue), 23 <sup>rd</sup> (Wed) 1PM~4PM			
Advanced Class for Excel, Office 2003 (For 2 days)	Jan 23 <sup>rd</sup> (Sat), 24 <sup>th</sup> (Sun) 1PM~4PM	Various Functions, Data Analysis, Advanced usage of graphs	¥3,000	¥2,100
Home Page V12 (For 2 days)	Dec 12 <sup>th</sup> (Sat), 13 <sup>th</sup> (Sun) 1PM~5PM	Basic method of creating homepage by using Homepage Builder 12	¥5,000	¥2,625
Picture Editing for Digital Camera	Jan 9 <sup>th</sup> (Sat) 1PM~5PM	Basic method of how to edit digital pictures	¥2,000	¥1,764

## EVENT INFORMATION for CHILDREN & PARENTS

### CENTRAL CHILDREN CENTER (☎554-4552)

#### < Winter Festival >

Date&Time: December 13<sup>th</sup> (Sun) 10AM~Noon and 1PM~3:30PM (Food Stalls 10AM~2:30PM)

Event Attractions: Food Stalls, Craft Making, Games, Magic Show, etc...

Ticket: ¥100 per person (limit of 100 persons). Sold at Central Children Center from Dec. 1<sup>st</sup> (Tue) ~

#### < Night Sky Observation with Family >

Date&Time: December 21<sup>st</sup> (Mon) 6PM~8PM, Fee: Free, Reservation: Not required

Eligibility: School children ~ 18 year olds (adult must accompany a junior high student or younger)

\* In case of unclear sky, the event will be a lecture about stars. \*Please be warmly dressed.

### EAST CHILDREN CENTER (☎570-7751)

#### < Hand-made Toy Workshop "Bow & Arrow" >

Date&Time: December 12<sup>th</sup> (Sat) ①10AM~ ②1PM~, Fee: Free, Reservation: Not required

Eligibility: Preschoolers(accompanied by a parent) ~ 2<sup>nd</sup> Graders

#### < Christmas Event! >

• For Preschoolers.... mini-concert, dance, craft making

Date&Time: December 18<sup>th</sup> (Fri) 10:30AM~

Eligibility: Preschoolers and parents, Admission: Free, Reservation: Not required

• For Elementary School Children.... craft making, games

Date&Time: December 19<sup>th</sup> (Sat) ①10:30AM~, ②1:30PM~, Admission: Free

Eligibility: Elementary school children, Capacity: First 25 persons for each time frame

Application: December 7<sup>th</sup>(Mon)~13<sup>th</sup>(Sun) 9AM~4:30PM. Applicant must call or visit the center.

#### < Inter-Generation Workshop ~Let's Make *Shimenawa* Together~ >

Date&Time: December 20<sup>th</sup> (Sun) 1:30PM~3:30PM, Fee: Free, Capacity: First 20 applicants

Eligibility: *Hamura* resident preschoolers(accompanied by a parent) ~ 18 year olds

Application: December 5<sup>th</sup>(Sat)~11<sup>th</sup>(Fri) 9AM~4:30PM. Applicant must call or visit the center.

### WEST CHILDREN CENTER (☎554-7578)

#### < Christmas Party! >

Date&Time: December 23<sup>rd</sup>(Wed) 10AM~Noon, Admission: Free

Eligibility: Elementary school children ~ 18 year olds, \*on-the-day registration will be available

Application: December 2<sup>nd</sup>(Wed)~20<sup>th</sup>(Sun) 9AM~4:30PM. Applicant must call or visit the center.

\*Please also join us for decorating a Christmas Tree starting on December 16<sup>th</sup>(Wed)~

### CHATting PLACE for PARENTS

The topic is "Night-time Crying". Come and share with other parents how to deal with the problems.

Place & Date: Central Children Center – Dec. 10<sup>th</sup> (Thu), West Children Center – Dec. 11<sup>th</sup> (Fri)

East Children Center – Dec. 15<sup>th</sup> (Tue), Time: 10:00AM~11:30AM for all dates

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

\*Reservation not required.

**YUTOROGI (☎570-0707)**

**< Movies for Children >**

Date&Time: December 13<sup>th</sup>(Sun) 10:30AM~11:30AM, Admission: Free, Reservation: Not required  
Program: 4 titles are scheduled for screening, Supported by: *Hamura Eiga* (Movie) Club

**LIBRARY (☎554-2280)**

\*Admission & Reservation are not required for the following events .

**<Story Telling for Preschoolers>**

Mega-Panel Theater "Letter from Santa Claus" and more. Date&Time: December 12<sup>th</sup>(Sat) 11AM~.

**<Story Telling for Elementary School Children>**

A story "A boy who visited North Wind" will be featured. Date&Time: December 19<sup>th</sup>(Sat) 11AM~.

**TRASH SEPARATION TIPS**

**Plan Your Waste Disposal Schedule for the Year-End Days**

Special Collection Schedule for December 29<sup>th</sup>(Tue) & 30<sup>th</sup>(Wed)

On the following dates, the collection will **not** be on the regular time. Please take the trash out by 8AM.  
29<sup>th</sup>(Tue).... Plastic Containers & Packaging Collection in entire city. Other trash will not be collected.  
30<sup>th</sup>(Wed).... Combustible Waste Collection in entire city. Other trash will not be collected.

Spot-Collection Box for Plastic Bottle, White Polystyrene Foam Tray, and Paper Container

The boxes are open until December 29<sup>th</sup>(Tue). They will be closed from the 30<sup>th</sup>(Wed) as the collection proceeds, and will be reopened on January 4<sup>th</sup>(Mon) after 8AM.

Excreta Collection

The last collection date of 2009 is December 25<sup>th</sup> (Fri). If you wish to have it collected on the 25<sup>th</sup>, please make an appointment by 3:30PM on the 24<sup>th</sup> (Thu). Any collection request made after that will be served after New Year holidays. The first excreta collection date of 2010 will be January 5<sup>th</sup> (Tue). To make a collection request, call *Shi'nyou Kumitori* Center ☎570-7733

Oversized Trash

Year-end is a highly busy time for oversized trash collection and recycling. Please make a plan without delay. Refer to *Hamura* City Trash Recycling Manual for oversized trash regulations and disposal rules.

◉ Home Collection by appointment

Collection request is accepted until December 28<sup>th</sup>(Mon), however, the work is not guaranteed to be served within 2009. \*Collection requested on 28<sup>th</sup>(Mon) will be scheduled after the New Year holidays. To make a collection request, call *Sodaigomi Uketsuke* Center ☎570-7733

◉ Carry-in Collection

Please bring the items directly to Recycle Center (☎578-1211) at your earliest convenience, or by 4PM on December 28<sup>th</sup> (Mon) at latest. The Center will reopen from January 4<sup>th</sup> (Mon) 2010.

\*Oversized trash sticker is not required for carry-in collection, but handling fee will be charged at Recycle Center (¥20 per Kg, minimum of ¥100).

Inquiries: *Seikatsu Kankyouta Seikatsu Kankyoutakari*

**HOKEN CENTER (☎555-1111)**

**< SLIM-UP CLASS ~Let's start after the New Year's Holidays!~ >**

This is a great solution to help you lose some weight after eating good food during the holidays.

This is a 4-session course of exercising and dietary lecture, including an individual counseling.

Place: *Hoken* Center, Capacity: 20 people (will be selected by lot drawing, first-timers have priority.)

Eligibility: *Hamura* residents who are 64 years or younger as of January 14<sup>th</sup>, 2010.

How to apply: Starting December 2<sup>nd</sup> (Wed) 8:30AM~, Call or visit to *Hoken* Center for application.

Date		Theme	Things to bring
①	January 14 <sup>th</sup> (Thu) 9:30AM~Noon	Easy Exercise & Determination of "My Diet Goal"	Exercise clothes, Outdoor shoes, Towel, Writing materials, Calculator
②	January 22 <sup>nd</sup> (Fri) 9:30AM~12:30PM	Lecture of Nutrient Balance & Cooking "Reset Your Lazy Diet" meal	Head cloth, Apron, Writing materials, ¥300 (ingredient fee)
③	February 4 <sup>th</sup> (Thu) 9:30AM~12:30PM	Cooking Class "Healthy & Substantial Menu"	Head cloth, Apron, Writing materials, ¥300 (ingredient fee)
Personal Counseling (between 3 <sup>rd</sup> & 4 <sup>th</sup> Classes, the date will be scheduled individually.)			
④	March 16 <sup>th</sup> (Tue) 9:30AM~ Noon	Energy Combustion Exercise & Course Summary	Exercise clothes, Outdoor shoes, Towel, Writing materials, Calculator

Comments from participants of last year:

- "I have learned a lot of things and that changed my lifestyle dramatically."
- "I got to meet people at this class and made me think I was not the only one struggling with diet."
- "Now I pay more attention to what I eat and my diet has improved a lot."

◆ **MEDICAL CARE SERVICES on SUNDAYS & HOLIDAYS (The 1st Half of December)** ◆

Date	Hospital				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
6 <sup>th</sup> (Sun)	<i>Shiozawa Iin</i>	554-7370	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Yano Shika Iin</i>	555-3363
13 <sup>th</sup> (Sun)	<i>Takiura Iin</i>	555-2655	<i>Fussashi Hoken Center</i>	552-0099	<i>Watanabe Shika Iin</i>	570-1688

\*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>