HAMURA NEWS

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Hamura City Homepage = http://www.city.hamura.tokyo.jp E-mail:s102000@city.hamura.tokyo.jp

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Let's Prevent Global Warming Together! "GREEN CURTAIN" D.I.Y KIT FREE GIVEAWAY

Let's create a natural "green curtain" with ivy plants and use it to shelter your house from summer sunlight. It will help conserve the energy for air conditioning, which will also help reducing CO2 emission. 300 sets will be given away (If there are more than 300 applicants, winners will be selected by drawing). *One set per household. *Winners will be notified by letter, and will need to pick up the kit. <u>Kit Contents</u>: Goya (balsam pear) seeds, Loofah seeds, 2 planters, 1bag fertilizer, a sheet net, and seedling set <u>How to apply & Inquiry</u>: The application form is available at *Kankyou Hozen-ka* in City Hall 2nd Fl. or you can download it from *Hamura* City Official Website. During February 1st(Tue) ~ 21st(Mon), fill in necessary information on an application form and postal mail, e-mail (s205000@city.hamura.tokyo.jp), or bring it to *Kankyou Hozen-ka Kankyou Hozen-kakari*. For postal mail, put only zip code 205-8601.

HAMURA FUREAL CHARITY BAZAAR

At this Bazaar, you will find great items donated by local residents sold at amazing sale price! Feel free to come by, have a unique and wonderful shopping experience!! Date&Time: February 27th(Sun), 10AM ~ 3PM <u>Place</u>: *Fukushi* Center <u>Inquiry</u>: *Shakai Fukushi Kyougikai* 2554-0304 office hours 9AM~4PM

< Donation wanted for the Bazaar! >

Please bring your donation items to *Shakai Fukushi Kyougikai* located in *Fukushi* Center before February 16th (Wed). Unused materials, such as miscellaneous goods, clothes, and toys will be accepted. *If you cannot bring the items on your own, we will visit and pick them up.

PLAY AND MUSIC EVENT

Performances by the students of Special Needs Education Classes

The students from 16 Special Needs Education Classes within the *Nishitama* area will perform a play, singing, instrumental music, dancing, and reading books.

<u>Date & Time</u>: February 11th(Fri), 9:15AM ~ 4PM (The doors open at 9AM) <u>Place</u>: *Yutorogi* Main Hall <u>Admission</u>: Free *No reservation needed <u>Contact</u>: *Hamura Daisan* Junior High School **2**555-5131

KYOUDO HAKUBUTSU KAN (FOLK MUSEUM) 2558-2561

< Hina-Ningyou Dolls Display for Girls' Day >

A great opportunity to learn about beautiful *Hina-Ningyou* dolls traditionally displayed for Girls' Day. <u>Date & Time</u>: February 1st(Tue) ~ March 6th(Sun), 9AM ~ 5PM (Until 4PM at the Old *Shimoda*'s House) <u>Place</u>: *Kikaku-ten* Space, *Gakushuu-shitsu*, Orientation Hall, Old *Shimoda*'s House <u>Admission</u>: Free

THE 33rd JUMP ROPE COMPETITION

<u>Date & Time</u>: February 19th(Sat), 9:30AM~Noon (Registration starts at 9:15AM) <u>Fee</u>: Free <u>Place</u>: Sports Center 2nd Hall <u>Eligibility</u>: *Hamura* Residents & Workers *No reservation required. <u>Things to bring</u>: Jump Rope, Indoor Exercise Shoes *Please make sure to be dressed for exercise. <u>Event Host / Contact</u>: *Hamura-shi Taiiku Shidou Iin Kyougi-kai*, Sports Center **2**555-0033 < Part I: Class Determination Test >

The ability classes are divided into 9 rankings. All the participants will receive certificates.

< Part II: Championship Tournament >

① Jump Double-under ② Single Jump – spinning forward ③ Single Jump – spinning backward

< Part III: Recreation Games >

All the participants will join and have some fun playing various games.

TV HAMURA in FEBRUARY

TV *Hamura* is broadcasted on "TCN" *Tama* Cable Network (analogue channel 21, digital channel 055). 30-minute program is broadcasted daily (program renews every Thursday): ①9AM~ ②5PM~ ③9PM~ *Test-broadcasting on Saturdays (analogue ch.09, digital ch.111) ①1:30PM~ ②5PM~ ③9PM~

This Month's Special Program: ~ The 45th **Ōme** Marathon on February 20th (Sun) ~

~ The 25th Hamura Fureai Tsunahiki Tug of War Competition ~

*Due to the $\overline{O}me$ Marathon special program, TV Hamura broadcasting time will be changed on February 20th (Sun) as following. ①9AM→8:30AM ②5PM→4:30PM ③9PM→11:30PM Inquiries: *Kouhou Kouchou-ka Kouhou-kakari*

TOKYO METROPOLITAN PUBLIC HOUSING

These public housings are managed by Tokyo Metropolitan Government in purpose of providing affordable housings for local residents with low income and housing problems who are currently residing in Tokyo metropolitan area.

Housings available for this application period are offered only for the following household types; [single-parent household / household of only elderly persons / household with many children / household with especially low income / handicapped persons / business proprietor whose business entity is in the legal rehabilitation procedure] *Please refer to the brochure for qualification details. Brochure & Application: Available during February 1st (Tue) ~ 10th (Thu) at the following locations.... Shisetsu Keikaku-ka (city hall 2nd floor) 8:30AM~5PM weekdays (weekend ~5PM, at 1st Floor Reception), City Hall Branches 9AM~1PM weekdays, *Hamura* City Website, JKK Tokyo Website (sites in Japanese). *Application must be delivered by mail to the JKK Tokyo Office by February 15th (Tue).

Inquiries: JKK Tokyo Application Center (*Tokyoto Juutaku Kyoukyuu Kousha, Boshuu Center*)

20570-010810 (Feb. $1^{st} \sim 10^{th}$ weekdays) 203-3498-8894 (other times)

or Shisetsu Keikakuka Kanzai-kakari

DO YOU KNOW "DATING DV" ?

DV stands for Domestic Violence, which can be defined as a pattern of abusive behavior in any intimate relationship, not restricted to marriage. It can happen to couples who are married, dating or even those who have ended a romantic relationship. In the recent years, the issue of Dating DV among the school-age couples is becoming a serious problem demanding closer attention from the public. DV is used to gain or maintain power and control over an intimate partner, taking a form of physical, sexual, verbal or emotional abuse, such as refusing to communicate or calling names at the partner, as well as refusing to use contraception.

If you suspect you or someone you know might be in an abusive relationship, please do not wait too long, consult with an experienced counselor as soon as possible.

■ Hamura City and Fussa City provide Special Consultation on Women's Affairs

Counseling will be provided upon appointment by female counselors. (in Japanese)

There is no charge for the counseling. The detail of counseling will be kept strictly confidential.

- in *Hamura* City Hall − 1st, 3rd and 5th Wednesdays, 1:30PM~4:30PM 2555-1111
- in *Fussa* City Hall 2nd and 4th Wednesdays, 9AM~1PM 2551-1568
- Other public bodies providing Consultation on Women's Affairs
- Tokyo Women's Plaza 203-5467-2455 9AM~9PM Everyday except Year End and New Year holidays
- Tokyo Metropolitan Bureau of Social Welfare and Public Health, Women's Hotline Main office 203-5261-3110 9AM~8PM weekdays only, closed on Year End and New Year holidays *Tama* Area office 2042-522-4232 9AM~4PM business days are same as that of the main office Night Time Emergency Hotline 203-5261-3911
- Metropolitan Police Department, General Consultation Hotline 203-3501-0110
 8:30AM~5:15PM weekdays only, closed on Year End and New Year holidays
- Fussa Police Station ☎042-551-0110
- For an EMERGENCY case, call Police 2110

VOCATIONAL TRAINING SUPPORT for SINGLE-MOTHERS

Do you know about public grant for single-mothers' vocational training? There is a public grant program for supporting single-mothers with job training and education expenses spent towards acquiring a professional license of the following occupations.

public health nurse

medical clerk

• tax accountant

- nurse
- home-care provider
- cook
 care worker
 - nursery teacher

- physical therapist
- occupational therapist
- birthing assistant
- barbers and cosmetologist

<u>Eligibility</u>: To apply for this grant in *Hamura* City, an applicant must be a single-mother who is raising a child(ren) of under age 20, residing in *Hamura* City, and receiving Child-rearing Allowance or her income is at the equivalent level to that of the allowance beneficiary.

<u>Application & Inquiries</u>: Consultation with a Single-mother Independence Support Counselor is required for determining whether the vocational school the applicant is planning to enroll in qualifies for this grant program. If you wish to have this consultation, or to know more about this grant program, please make an appointment with *Kosodate Shien-ka Shien-kakari*, and bring the information material of the vocational program. The consultation must take place prior to the school enrollment.

TRAFFIC CASUALTY MUTUAL INSURANCE "CHOKOTTO KYOUSAI"

This mutual insurance is operated by the partnership of 39 municipalities of Tokyo, and funded by the premium payments from the residents in those municipalities. About policy details and enrollment, contact *Seikatsu Anzen-ka Koutsuu Bouhan-kakari*, or about the subsidy for premium payments, contact *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari* or *Shougai Fukushi-ka Shougai Fukushi-kakari*. *A brochure will be distributed to your home soon.

<u>Enrollment Application</u>: at *Seikatsu Anzen-ka* in city hall 2^{nd} floor, February 1^{st} (Tue) ~ March 31^{st} (Thu) weekdays only, or March 13^{th} (Sun) and 26^{th} (Sat) 8:30AM~Noon/1PM~5PM for weekend application.

ADVERTISE YOUR BUSINESS at HAMURA CITY OFFICIAL WEBSITE

There are advertisement spaces on Hamura City Official Website which is to promote the business of local enterprises. Starting from April 2011, 10~20% advertisement fee discount will be applied to advertisement contracts of 6 months or more. For the contract which takes effect from April, please apply before February 28th. For more information, contact *Kouhou Kouchou-ka Kouhou-kakari*, or go to the information web page (in Japanese)→ http://www.city.hamura.tokyo.jp/000000725.html

ELDERLY CARE CLASS for FAMILY MEMBERS

This is a class where you can learn and talk about how to take care of your elderly family members who need special care. Come and join for sharing your questions and tips with other care takers.

<u>Date & Time</u>: February 23rd(Wed), 1:30PM ~ 3:30PM <u>Place</u>: *Fukushi* Center Volunteers Room <u>Eligibility</u>: Any person who is taking care of an elderly family member <u>Capacity</u>: First 10 <u>Fee</u>: Free <u>How to apply & Inquiry</u>: Contact with *Kourei Fukushi Kaigo-ka Chiiki Houkatsu Shien* Center in advance.

☆ HAMURA NIGIWAI SHOPPING VOUCHER ☆

Advance Sale for Elderly Residents and Handicapped Residents

Those at age 75 or older as of February 27th (Sun) 2011 or holder of *Shougaisha Techou* (Handbook for Persons with Disability) are qualified for the advance sale of up to 3 *Nigiwai* Shopping Voucher Books per person. To obtain an advance sale certificate (引換券 *Hikikae-ken*), please apply with a Reply-paid Postcard (*Oufuku Hagaki*). Mail your application to *Hamura-shi Shoukoukai* by February 10th (Thu). <u>Voucher Price</u>: You pay **¥10,000** per Voucher Book (¥500 tickets×22 = **Total Face Value of ¥11,000**)

Advance Sale Date: February 20th (Sun) ~ 24th (Thu) 8:30AM~5PM (Sunday 10AM~5PM)

At Hamura-shi Shoukoukai. *Hikikae-ken expires on February 24th.

*Please bring your *Hikikae-ken*, ID and/or *Shougaisha Techou* to purchase vouchers.

Inquiries: Hamura-shi Shoukoukai (Hamura City Society of Commerce and Industry) 2555-6211,

Sangyou Kasseika Suishin-shitsu Keizai Taisaku Tantou

Front		Back	Your Mailing Address
〒205-0002		⊤ Your Zip Code	Your Name
Hamura-shi	Do not write	Your Mailing Address	Your Date of Birth
Sakae-chou 2-28-7	on this side.	Your Name	Your Phone Number
Hamura-shi Shoukoukai			Number of voucher books
			you wish to purchase

-- How to fill in the Reply-paid Postcard -

SWIMMING CENTER 2579-3210

< Short-time Swimming Kids Class >

Date & Time: Every Wednesday between March 2nd ~ 23rd (Total of 4 classes)

Beginners Class 4PM \sim 5PM / Intermediate Class 5PM \sim 6PM

Eligibility: Elementary School Students Capacity: First 40 kids

Fee: ¥2,000 (for all 4 classes. Admission & Insurance fee are also included)

*Intermediate class students must be accompanied by a guardian who is 16 or older.

*If you already own "Hamura S. C." swimming cap, fee will be discounted by ¥100.

Class Details:

- Beginners Class...Goal is to (a) Kick pool wall and stretch for 10m, or (b) swim 12.5m free style
- \cdot Intermediate Class... Goal is to (a) swim 25m free style, or (b) swim back stroke

< Short-time Swimming Class for Elementary School Students >

Date & Time: Every Saturday between March 5th ~ 26th (Total of 4 classes),

(A) 11AM \sim 1PM $\,$ (B) 2PM \sim 4PM $\,$

Eligibility: Elementary School Students Capacity: First 100 Applicants for each class

Fee: ¥2,500 (for 4 classes, Insurance & admission included)

Classes are separated by 3 levels:

- \cdot Basic... (A)Challenge to kick off the wall and go 10meters (B)Goal is to swim 12.5meters by Crawl
- \cdot Intermediate... (A)Goal is to swim 25 meters by Crawl (B)Challenge the Backstroke
- $\boldsymbol{\cdot}$ Advanced... Goal is to swim the Breaststroke and Butterfly

< Short-time Swimming Class for Adults >

Date & Time: Every Sunday between March 6th ~ 27th (Total of 4 classes), 7PM~9PM

Eligibility: Anyone who is 16 years old or older <u>Capacity</u>: First 40 Applicants

Fee: ¥3,500 (for 4 classes, Insurance & admission fees are included)

Classes are separated by 4 levels:

- \cdot Beginner...Those who are scared of water, or cannot swim will challenge swimming 12.5m by Crawl
- \cdot Basic...Those who want to improve their breathing technique, or want to try for 25m swimming
- \cdot Intermediate...Those who can swim 25m free style and want to learn other swimming styles
- \cdot Advanced...Those who want to swim the medley; Crawl, Breaststroke, Butterfly, Backstroke

How to apply for these swimming classes listed above:

Between February 2^{nd} (Wed) ~ 20^{th} (Sun), fill in an entry sheet available at the Swimming Center or Sports Center. Then mail, fax, or bring to the Swimming Center.

Mailing address: 319-3 Gonokami Hamura-shi, Tokyo 〒205-0011 Fax: 579-3212

< The 5th In-water Walking Class>

In this class you will learn various ways to walk in the water for exercise.

Date & Time: February 26th(Sat), 10AM~10:50AM Place: Swimming Pool

Eligibility: Anyone who is 16 years or older <u>Capacity</u>: First 30 people

<u>Fee</u>: *Hamura* residents & workers ¥400, Others ¥600 (Insurance & admission fee are included) <u>Things to bring</u>: Swimsuit, Swimming cap, and Towel

Trainer: NPO Foundation Hamura-shi Taiiku Kyoukai Sports Trainer

How to Attend: Visit the Swimming Pool Front Desk between at 9AM~9:50AM. No reservation needed.

EVENT INFORMATION for CHILDREN & PARENTS

CHUUOU(Central) CHILDREN CENTER 2554-4552

< Astronomical Observation with Family >

<u>Date & Time</u>: February 14th (Mon) 6:30PM ~7:30PM *In case of bad weather, the event will be cancelled. <u>Eligibility</u>: Elementary School Students \sim 18 year olds <u>Fee</u>: free *No reservation required. *Make sure to dress warm for cold night time weather.

< Home Cooking Class ~Let's make Healthy and Yummy Meatburg!~ >

<u>Date & Time</u>: February 20th (Sat), 10AM~11:30AM <u>Capacity</u>: First 20 applicants <u>Eligibility</u>: Elementary School Students in *Hamura* up to 18 years old <u>Fee</u>: ¥90 (Ingredient cost) <u>Things to bring</u>: Indoor Shoes, Apron, Head Cloth, Hand Towel, Chopsticks, Drink (Tea), and cooked rice <u>How to apply</u>: Call or visit Central Children Center between February 5th(Sat) ~ 13th(Sun), 9AM~4PM.

EAST (Higashi) CHILDREN CENTER 留570-7751

< Hand-made Toy Workshop ~Bottle Roller~ >

<u>Date & Time</u>: February 12th(Sat) ①10AM~ ②1PM~ <u>Fee</u>: Free *No application required. <u>Eligibility</u>: Preschoolers (Must be accompanied by an Adult) up to 3rd grade Elementary School Students

NISHI(West) CHILDREN CENTER ☎554-7578

< Kids Festival "World of Fun" >

There will be a Food Court, Hand Crafting Class, and more !!

Date & Time: February 27th (Sun), 10AM ~ 3PM <u>Tickets</u>: ¥100 (Only available to first 200 kids)

*Tickets will be sold between February 5th(Sat) ~ 20th(Sun), at *Nishi Jidoukan*.

*Jidoukan will be closed at 3PM on the day before the festival.

* Jidoukan will open at 10AM on the festival day and close at 3PM due to cleaning.

LIBRARY 2554-2280

< Story Telling for Preschoolers >

Voiced Reading of large-size book "Soriasobi" and more books!

Date & Time: February 12th (Sat), 11AM~ <u>Fee</u>: Free *No reservation required.

< Story Telling for Elementary School Students >

A story "Torinomijii" will be featured.

Date & Time: February 19th (Sat), 11AM~ <u>Fee</u>: Free *No reservation required.

YUTOROGI ☎570-0707

< Movies for Children >

<u>Date & Time</u>: February 13th (Sun) 10:30AM~11:30AM <u>Admission</u>: Free <u>Supported by</u>: *Hamura* Movie Club *No reservation required.

CHATTING PLACE for PARENTS

This month's topic is "Father's Participation in Child Raring". Come and share some parenting tips! Child Care Volunteers will take care of your children during this gathering.

Place & Date: Central Children Center - Feb. 10th (Thu), West Children Center - Feb. 18th (Fri),

East Children Center – Feb. 15th (Tue)

Time: 10AM~11:30AM for all dates *No reservation required.

Inquiries: Kodomo Katei Shien Center 2578-2882

HOKEN (Public Health) CENTER 2555-1111

< Subsidy Regulation changed for Hib Vaccination >

From February 1st(Tue), *Hamura* residents will be able to receive public subsidy only for Hib Vaccination taken at medical facilities within *Hamura* City, and <u>not</u> for those taken outside of the city any longer.

- If you have taken Hib Vaccine outside of Hamura City between April 1st 2010 ~ January 31st 2011, please prepare the following documents and apply for subsidy at Hoken Center within a year after taking the vaccine. For more information please check our homepage or call *Hoken* Center.
- -- Receipt of vaccine issued by clinic/hospital
- -- Boshi Kenkou Techou (Maternal and Child Health Handbook) or original copy of certificate of vaccination
- -- Any document which can verify applicant's bank account information

< Preventing Infectious Gastroenteritis caused by Norovirus >

Infectious Gastroenteritis caused by Norovirus can be spread by droplet infection, as well as eating contaminated food. The most effective solution to prevent the spread is "washing your hands".

To prevent the infection:

- -- Use soap and wash your hands thoroughly for 30 seconds, especially after going to bathroom, changing baby diapers, or before cooking/eating.
- -- In case of cleaning vomit or stools, open windows to let the air flow and use disposable plastic gloves, a mask, and an apron to reduce the risk of getting the virus. Also using chlorine sanitizer would be more effective. After cleaning make sure to wash your hands thoroughly with soap.
- -- When cooking shellfish, like oysters, make sure to cook them completely.

	MEDICAL SERVICES on Sundays and Holidays					First Half of February	
	Hospital			Dental Clinic			
Date	9am~5pm		5pm~10pm		9am~5pm		
6 th (Sun) Yokota	<i>Yokota</i> Clinic		Heijitsu Yakan	555-9999	Fukutome	555-7064	
	YOKOLA CIINIC	554-8580	<i>Kyuukan</i> Center		Shika Clinic		
11 th (Fri)	Sakae-chou	555-8233	Nanohana Clinic	557-7995	Heizou Shika Iin	554-0066	
Holiday	Shinryoujo	333-0233	(Mizuho-machi)				
13 th (Sun)	Yamakawa Iin	554-3111	Fussa-shi	552-0099	Honda Shika Iin	554-5902	
			Hoken Center				

*Inquiries on medical facilities or medical system: Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181, in English, 9AM~8PM Daily http://www.himawari.metro.tokyo.jp/qq/qq13enmnlt.asp

PUBLIC CONSULTATIONS Schedule of FEBRUARY

	PUBLIC CONS	OLIATIONS	Schedule of FEBRU	ARY		
Category	D	ate	Time	Contact		
Foreign Residents (A) (in Spanish & Korean)	10 th (Thu), 25 th (Fri)		1:30pm~3:30pm			
Traffic Accident (A)	Feb. 2 nd (Wed), Mar. 2 nd (Wed)		1:30pm~4:30pm			
Tax (A)	Feb. 4 th (Fri), Mar. 22 nd (Tue)		1:30pm~4:30pm	Shimin Soudan-shitu		
Public Administration Human Rights	17 th (Thu)		1:30pm~4:30pm	555-1111		
Japanese Law 🕲	Feb. 3 rd (Thu), 18 th (Fri), 26 th (Sat) Mar. 3 rd (Thu), 11 th (Fri), 26 th (Sat)		Weekday 2pm~5pm Saturday 10am~1pm			
Finance	8 th (Tue)		2pm~4pm	Hamurashi Shoukoukaikan 555-6211		
Health	10 th (Thu), 24 th (Thu)		1:30pm~3pm	Hoken Center 555-1111		
Single-Mother Family A	6 th (Sun)		9AM~Noon	Kosodate Shien-ka		
Independence Support	0	(Sull)	1PM~4PM	555-1111		
Education (A)	Mon ~ Fri Weekend by appointment only		9am ~ 6pm	Kyouiku Soudan-shitu 554-1223		
Handicapped Residents	General Counseling Mon~Fri		8:30AM ~ 5:15PM	Shougaisha Chiiki Katsudou		
	Physical Handicap 26 th (Sat)		1pm~4pm	Support Center ' <i>Aoba'</i> 555-1210		
	Mental Handicap 21 st (Mon), 22 nd (Tue)		1pm~4pm	` <i>Aoba'</i> 555-1210 Tall Free Dial 0120-294-992		
	⊽ Child Re	aring Consultatio	ns Available Daily $ abla$			
		Kodomo Katei Shien Center 578-2882				
		East Nursery School 554-2154				
	8,20pm a	West Nursery School 554-4507				
Mon ~ Fri	8:30am ~ 5:00pm -	Shiraume Nursery School 555-1019				
		Sakura Nursery School 554-2046				
		Private Nursery Schools				
		Map of Nursery Schools : http://www.city.hamura.tokyo.jp/0000000466.html				
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				

* (A) = appointment required. * Consultations will be available in Japanese only unless otherwise noted.

FEBRUARY 28th (Mon) – Due Date for Some Tax Payments

Payment for the 4th installment of Property Tax and City Planning Tax, and payment for the 8th installment of National Health Insurance Tax, Long-term Care Insurance Tax and Late-elderly Medical Insurance Tax is due on February 28th (Mon). Inquiry: Nouzei-ka Nouzei-tantou