

HAMURA NEWS

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Edited by: *Kouhou Kouchou-ka* (Public Information & Public Opinion Section)

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Hamura City Official Website = <http://www.city.hamura.tokyo.jp> E-mail: s102000@city.hamura.tokyo.jp

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VOLUNTEERS WANTED for DIGGING UP TULIP BULBS

Cheerful tulips had filled the *Hamura's Negarami-mae* Paddy Field in this spring again.

After the blooming finishes, tulip bulbs need to be dug up to prepare the site for rice paddy fields.

We are seeking for some volunteers who can help with the digging works. Please join us.

Date & Time: May 12th(Thu), 13th(Fri), 15th(Sun), and 16th(Mon), 9AM~12PM

Meeting Place: *Odorikosou* Park (On the North side of *Negarami Mae* Paddy Field)

Things to Bring: Gloves *Make sure to wear something appropriate for yard works.

How to apply & Inquiries: Call or Fax to *Hamura-shi Kankou Kyoukai* and provide your name and phone number by May 9th(Mon). ☎555-9667, Fax: 555-9673

~ Together for Humanity ~

JAPANESE RED CROSS SOCIETY CAMPAIGN 2011

May is the annual promotional campaign month of Japanese Red Cross Society. Officers of your community association will visit the homes of association members to collect donation support which will be used to fund international/domestic disaster response and relief operations, medical services, education of nurses, blood program and other social welfare services.

Your support for Red Cross Society's worldwide humanitarian activities will be deeply appreciated.

Inquiries: *Shakai Fukushi-ka Shomu-kakari*

If you have a PLUMBING PROBLEM

The rain season is approaching in a month or so. If you have any plumbing problems in and around your building, we advise to take care of the problem at your earliest chance. If you need to commission a professional work, please contact one of the city-approved water works contractors.

A list of all city-approved water works contractors is available in *Hamura City* Official Website. Please go to the URL below to see the list. (divided into 4 lists, all in Japanese)

<http://www.city.hamura.tokyo.jp/0000001169.html>

Inquiries: *Suidou Jimusho* (Waterworks Department) ☎554-2269

HAMURA HEALTH DAY

It is your responsibility to establish and maintain your own health. Join this event offering various health information and exams, and find the best way for you to keep yourself at good health!

Date & Time: May 15th(Sun), 10AM ~ 2PM (The program may be changed if it rains)

Place: *Hoken Center* Contact: *Hoken Center* ☎555-1111 Hosted by: *Hamura City*

*Please refrain from coming by personal vehicle.

< Health Promotion Coordinators' Corner >

All the tips for easy & fun exercises will be introduced!

- "How to improve body movements", especially to strengthen your bones
- Introducing "My Favorite Walking Map"
- Free booklet "Guidebook of how to walk properly and exercise effectively"

< Hamura Healthy "Oyaki" Recipe ~Cooking with lots of calcium for your bone~ >

Easy recipe using cabbage and rice powder. Come and get free recipes and free tasting! (at 11AM)

< Nutrition Study Corner ~ What is "Ma Go Ta Chi Wa Ya Sa Shi I" Health Food? ~ >

You can learn about maintaining nutrition balance using MaGoTaChiWaYaSaShiI Health Method.

Ma: *Mame* (Beans), **Go:** *Goma* (Sesame), **Ta:** Tamago (Egg), **Chi:** ChiChi (Milk), **Wa:** *Wakame* (Seaweeds),
Ya: *Yasai* (Vegetables), **Sa:** *Sakana* (Fish), **Shi:** *Shiitake* (Mushrooms), **I:** *Imo* (Potatoes)

*In Japanese, '*magotachi wa yasashii*' means 'grand children are kind'.

< Helpful Information for Establishing Your Health >

- Anti-Aging Health Method ~ How to prevent yourself from getting fat and osteoporotic
- 2011 Schedule for Health Check-ups provided by *Hamura City*
- Healthy Sweets! ~ Introducing great recipes with reduced calories and more calcium!
- Relaxing Yoga ~ Let's try Yoga exercises that improves metabolism and helps stress relief

< Quick Health Seminars >

10:15AM ~ 10:40AM : Anti-Aging Health Method ~Stay young and beautiful~

10:50AM ~ 11:20AM : Easy Exercise to keep your bone healthy

11:30AM ~ 11:45AM : Healing music time Part1 presented by *Daiichi* Junior High School Brass Band

12:00PM ~ 12:15PM : Introducing "*Hamusupo*", also cute cheerleading performance!

12:20PM ~ 12:50PM : "Ma Go Ta Chi Wa Ya Sa Shi I" health keeping method. Recipes and tasting

01:00PM ~ 01:30PM : Healing music time Part2 presented by *Daiichi* Junior High School Brass Band

< Physical Check-up Booth ~*Hokenshitsu*~ >

You can have the following health conditions checked: Blood Pressure, Weight, Body Fat, BMI (Body-mass index), Visceral Fat, Basal Metabolism, Skeletal Muscle Rate, and Physical Age.

There also will be a briefing based on the test result. Check-up Registration will close at 1PM.

< Bone Density Test >

Let's check your Bone Density and prevent Osteoporosis (Brittle-bone Disease).

Eligibility: *Hamura* Resident of age 18 years or older Capacity: First 200 people

*Starting 9:45AM, numbered tickets will be given at the front door of *Hoken Center*.

< Tuberculosis Check-up >

Tuberculosis is not a disease of old time. Why not take this chance for an X-ray examination.

Testing Methods: Chest X-ray Eligibility: *Hamura* Resident of age 18 years or older

< **Shoubu Yu (Iris Bath)** >

Date: May 5th(Thu)

< **Kirie (Paper Cut-out Art) Exhibition** >

Date: May 10th(Thu) ~ 22nd(Sun)

< **Opening Hours during Golden Week (The First Week of May)** >

We will be open between May 1st(Sun) ~ 5th(Thu) and 6th(Fri) will be closed.

For more details please access to our homepage.

SPORTS CENTER ☎555-0033

< **The 40th Field Golf Tournament** >

Date & Time: May 21st (Sat), 9:30AM~Noon (Registration: 8:30AM~9AM, cancelled in case of rain)

Place: *Miyanoshita Sports Ground* Eligibility: *Hamura residents and workers* Fee: ¥200 (pay at site)

Hosted by: *Hamura-shi Taiiku Shidou Iin Kyougikai (Council of Athletic Education)*

How to apply: May 6th (Fri)~15th (Sun), call, fax, e-mail or visit the 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

*Please wear appropriate clothes and shoes for the event *Please bring your own drinks (non-alcohol).

KYUUDOU (Japanese Archery) CENTER ☎555-9255

< **Japanese Archery Class for Beginners** >

Date & Time: Every Wednesday & Saturday between May 25th(Wed) ~ June 15th(Wed), 7PM~9PM

Place: *Kyuudou Field* (course consists of 7 sessions)

Eligibility: High School Students or older Capacity: First 15 people Fee: ¥3,000

Dress Code: Exercise Clothes (Must be long-sleeve shirt with no buttons), Socks or *Tabi Socks*

How to apply: Fill in your name, age, mailing address, and phone number, then mail or fax to *Kyudo Center* by May 22nd(Sun); *Ozakudai 4-2-8, Hamura-shi, Tokyo 205-0001*, Fax: 555-9255

CULTURE CLASSES and VOLUNTEER COURSE

Tokyo Metropolitan Special Needs Education School Of Hamura

< **Classes for Handicapped Students** >

Date & Time:

July 9th(Sat) 9AM~12:15PM / September 10th(Sat) 9AM~12:15PM / October 15th(Sat) 9AM~12:30PM

Place: Tokyo Metropolitan Special Needs Education School of *Hamura*

Class of: Please choose one of the following 2 courses: "Percussion" or "Hand-made *Udon* noodle"

< **Volunteer Course** >

Date & Time: July 2nd(Sat) 9AM ~ 12:30PM / July 9th(Sat) 9AM ~ 12:45PM /

September 10th(Sat) 9AM ~ 12:45PM / October 15th(Sat) 9AM ~ 1PM

Place: Tokyo Metropolitan Special Needs Education School of *Hamura*

Details: ① Lecture about Volunteers' activities ② Attend the Students' classes listed above (both categories) and experience sharing activities with handicapped students

Contact: Tokyo Metropolitan Special Needs Education School of *Hamura* ☎554-0829

BRIEFING for THE 42nd HAMURA CULTURE FESTIVAL

If you/your organization plan to participate in this year's Culture Festival, please attend to this briefing.

Date & Time: May 14th(Sat), 10AM~ Place: Yutorogi Small Hall Contact: Yutorogi ☎570-0707

< **Schedule for 2011 Culture Festival (waiting for approval)** >

Exhibitions

- Term I (Both Japanese/Non-Japanese Style): October 18th(Tue) ~ 23rd(Sun)
- Term II (Japanese Style): October 25th(Tue) ~ 30th(Sun)
- Term III (Non-Japanese Style): November 1st(Tue) ~ 6thSun)

Performances

- October 15th(Sat): Music Festival for Elementary & Junior High School Students
- October 16th(Sun): Music Category (Instrumental)
- October 22nd (Sat): Dancing & Performing Art Category
- October 23rd(Sun): Dancing Category (Japanese Style)
- October 29th(Sat): Music Category (Japanese Music)
- October 30th(Sun): Performing Art Category (at Small Hall)
- November 3rd(Thu): Music Category (Chorus)
- November 5th(Sat): Dancing Category (Foreign Style)
- November 6th(Sun): Dancing Category (Foreign Style)

SUBSIDY for HEDGE INSTALLATION

Hamura City offers a subsidy to resident who plans to install a hedge or replace block/concrete fence with a hedge. This program is to promote the risk reduction of fence collapse caused by earthquake for instance, as well as to gain green landscape in our community.

For details, please contact *Kankyuhozen-ka Kankyuhozen-kakari*.

Subsidy Amount: Half of the actual construction cost (Maximum limit is ¥200,000. However, if the construction includes block fence demolition, the limit of subsidy goes up to ¥270,000.)

* Not applicable if the construction is already started/completed, or the construction is done by a real estate dealer. * There is a regulation of width of the road facing a hedge, and height of trees.

GRANT for SOLAR POWER GENERATOR

This public grant program is established for promoting the alternative energy source, and for the effort to reduce CO2 emission. The grant will be provided for the installation of Domestic Photovoltaic (solar) Power Generation System. For more information about the device qualification and application procedure, please contact *Kankyou Hozen-ka Kankyou Hozen-kakari*.

Grant Amount: ¥50,000 for each installation *One grant chance per household.

Eligibility: Hamura Residents who ①have been living in Hamura for more than 1 year, ②have no delinquent city tax, ③install a qualifying device to their residence, or those who purchase a residence with a qualifying device installed

Application Period Chart		
Term	Date which your system was installed	Application Period
Period 1	January 1 st (Sat) ~ June 30 th (Thu)	Jun. 1 st (Wed) ~ Aug. 22 nd (Mon)
Period 2	July 1 st (Fri) ~ December 31 st (Sat)	Nov. 1 st (Tue) ~ Jan. 20 th (Fri) 2012

COMMISSIONED WELFARE VOLUNTEERS and CHILD WELFARE VOLUNTEERS

May 12th is the national observance day of Welfare Volunteers and Child Welfare Volunteers.

Welfare Volunteers (*Minsei Iin*) and Child Welfare Volunteers (*Jidou Iin*) are authorized private volunteers working for your local community's welfare. They are commissioned by the Minister for Health, Labor and Welfare to conduct private voluntary welfare activities including;

- Cooperating with administrative organizations such as municipal welfare offices for public assistance-related administrative work.
- Working in coordination with facilities and public organizations.
- Conducting investigation and providing reports when requested by public administrative offices in respect to the certification of social insurance and public assistance, etc.
 - *The permitted field of investigation is restricted for privacy protection purposes.
- Friendly visits for counseling/guidance to elderly people living alone and residents who have concerns.
- Participation in various local meetings and events

If you would like to find out more about their work, or about the (child)welfare volunteer of your district, please contact *Shakai Fukushi-ka Shomu-kakari*.

CHILD REARING SUPPORT NEWS

~ Home Visit to Families with Newborn Baby ~

Hamura City conducts a home-visit program as a part of child rearing support. A city staff will contact homes of newborn babies to make appointment for a visit. Upon a visit, an experienced staff will provide guidance on child rearing, counseling on the mother's body and mental health condition, body weight measurement of the baby. They also offer various information on child rearing support.

Hoken Center staff will visit the homes of first-born baby, and Child and Family Support Center staff will visit the homes of other newborn baby.

*Home-visit program for non-first born babies has started from April 2011.

Inquiries: *Hoken* (Public Health) Center ☎

Kodomo Katei Shien (Child and Family Support) Center ☎578-2882

CLASS for NURSING CARE of FAMILY MEMBER

~ How to care a person with symptoms of Dementia ~

If you are seeking for advice on nursing care of a family member suffering from dementia, this is a great chance to talk with experienced people as well as others in the similar situation.

Date & Time: May 25th(Wed), 1:30PM~3:30PM

Place: *Fukushi* Center 2nd floor Volunteer *Katsudou-shitsu*

Eligibility: *Hamura* residents taking care of elderly family member(s)

Capacity: about first 10 persons

Application & Inquiries: Call *Chiiki Houkatsu Shien* Center ☎555-1111

EVENT INFORMATION for CHILDREN & PARENTS

HAMURA ZOO ☎579-4041

< National Children's Day - Admission Free for Kids! >

There will be a lot of giant *Koinobori* (carp decoration) swimming above the garden!

Date & Time: May 5th(Thu), 9AM~4:30PM (Admission is until 4PM) Eligibility: Kids up to 15 years old

SWIMMING CENTER ☎579-3210

< National Children's Day Special >

Free 2-hour admission for Junior High School Students and younger! Obtain Free Tickets at Front Desk.

Date & Time: May 5th (Thu), 9AM~8:50PM (Entrance is until 8:30PM)

*Children from 3 years old to 3rd grade must be accompanied by a guardian of age 16 or older (up to 2 children to one guardian).

CENTRAL CHILDREN CENTER (*Chuuou Jidoukan*) ☎554-4552

< Hand-made Toy Workshop ~Paper Dragonfly~ >

Date & Time: May 14th (Sat) ①10AM~ ②1PM~ Fee: Free *No reservation required.

Eligibility: Toddlers (Toddlers must be accompanied by an adult) up to the 3rd graders

Instructor: Volunteer from "Neji Mawashi"

LIBRARY ☎554-2280

< Story Telling for Preschoolers >

Large-size Picture Card Show "Daruma-chan to Tengu-chan" and more books!

Date & Time: May 14th (Sat), 11AM~ Fee: Free *No reservation required.

< Story Telling for Elementary School Students >

A story "Nanawa no Karasu" will be featured.

Date & Time: May 21st (Sat), 11AM~ Fee: Free *No reservation required.

YUTOROGI ☎570-0707

< Movies for Children >

Date&Time: May 8th (Sun) 10:30AM~11:30AM Admission: Free Programmed: 4 titles scheduled.

Supported by: Hamura 16mm Film Club *No reservation required.

CHATting PLACE for PARENTS

This month's topic is "Refreshment for Moms".

Any child-raising parents are welcome. Come and share some ideas and concerns of child-raising!

Child Care Volunteers will take care of your children during the gathering.

Place & Date: Central Children Center – May 12th (Thu), West Children Center – May 27th (Fri),

East Children Center – May 24th (Tue)

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

Inquiries: Kodomo Katei Shien Center ☎578-2882

*No reservation required.

DIOXINS LEVEL in AIR of HAMURA

The result of the Dioxins level investigation conducted in *Hamura* City in February was released as shown in the chart below. Dioxins level in air was not found to be over the environmental safety standard.

*Next testing is scheduled in August. If you would like to observe the testing site, please contact us.

Dioxins Level in Air(1 m ³) of Hamura			
Date Tested	Testing Location	Dioxins Concentration	Environmental Standard
February 2011 2 nd (Wed) ~ 9 th (Wed)	Roof of City Hall	0.033 picograms/m ³	0.6 picograms/m ³
	Roof of <i>Hamura Daini</i> Junior High School	0.032 picograms/m ³	

Inquiry: *Kankyou Hozen-ka Kankyou Hozen-kakari*

HOKEN (Public Health) CENTER ☎555-1111

< Childbirth Preparation Class for Mothers >

This is a class about pregnancy, giving birth, and after childbirth. Held at *Hoken* Center

Date & Time: May 12th (Thu), 19th (Thu), and June 2nd(Thu) (course consists of 3 sessions), 1:15PM~4PM

Eligibility: Expectant mothers living in *Hamura* *No reservation required.

Things to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook), writing materials

*Make sure to participate in this class at your earliest chance when you are in a good condition.

*If bringing your child(ren), please contact *Hoken* Center in advance.

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
1 st (Sun)	<i>Takiura Iin</i>	555-2655	<i>Heijitsu Yakan</i> <i>Kyuukan Center</i>	555-9999	<i>Okikura Shika</i>	555-4331
3 rd (Tue) Holiday	<i>Nishitama</i> <i>Byouin</i>	554-0838	<i>Fussa-shi</i> <i>Hoken Center</i>	552-0099	<i>Kusaka Shika</i>	555-7793
4 th (Wed) Holiday	<i>Yamaguchi</i> <i>Naika Clinic</i>	570-7661	<i>Maruno Iin</i> <i>(Mizuho-machi)</i>	556-5280	<i>Kaneko</i> Dental Clinic	554-1503
5 th (Thu) Holiday	<i>Izumi Clinic</i>	555-8018	<i>Kurihara Iin</i> <i>(Mizuho-machi)</i>	557-0100	<i>Katou Shika Clinic</i>	554-8887
8 th (Sun)	<i>Yokota Clinic</i>	554-8580	<i>Fussa-shi</i> <i>Hoken Center</i>	552-0099	<i>Ozawa Shika Clinic</i>	579-1500
15 th (Sun)	<i>Sakae-chou</i> <i>Shinryoujo</i>	555-8233	<i>Fussa-shi</i> <i>Hoken Center</i>	552-0099	<i>Watanabe Shika Iin</i>	570-1688

*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/qq13enmnlit.asp>

TV HAMURA in MAY

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: ~ **Hamura City Municipality 20th Anniversary - History of TV *Hamura*** ~

Inquiries: *Kouhou Kouchou-ka Kouhou-kakari*

PUBLIC CONSULTATIONS Schedule of MAY

Category	Date	Time	Contact
Foreign Residents ㉠ (in Spanish & Korean)	13 th (Fri), 27 th (Fri)	1:30pm~3:30pm	<i>Shimin Soudan-shitu</i> 555-1111
Traffic Accident ㉠	May. 11 th (Wed), Jun. 1 st (Wed)	1:30pm~4:30pm	
Japanese Law ㉠	May. 13 th (Fri), 20 th (Fri), 28 th (Sat) Jun. 2 nd (Thu), 10 th (Fri), 25 th (Sat)	Mon-Fri 1:30~5pm Sat. 9:30am~1pm	
Public Administration Human Rights	19 th (Thu)	1:30pm~4:30pm	
Tax ㉠	May. 10 th (Tue), Jun. 7 th (Tue)	1:30pm~4:30pm	
Finance ㉠	10 th (Tue)	2pm~4pm	<i>Shoukoukaikan</i> 555-6211
Health	12 th (Thu), 26 th (Thu)	1:30pm~3pm	<i>Hoken Center</i> 555-1111
Single-Parent Family Independence Support	Mon ~ Fri	8:30AM~5PM	<i>Kosodate Shien-ka</i> 555-1111
Single-Mother Family Job Consultation ㉠	1 st (Sun)	9am~Noon 1pm~4pm	
Women's Affairs ㉠	in Hamura City 18 th (Wed)	1:30pm~4:30pm	<i>Fukushi Jimusho</i> 555-1111
	in Fussa City 11 th (Wed), 25 th (Wed)	9am~1pm	<i>Fussa City Hall</i> 551-1568
Education ㉠	Mon ~ Fri Weekend by appointment only	9am~6pm	<i>Kyouiku Soudan-shitu</i> 554-1223
Handicapped Residents	General Counseling Mon~Fri	8:30AM~5:15PM	<i>Shougaisha Chiiki Katsudou</i>
	Physical Handicap 28 th (Sat)	1pm~4pm	Support Center 'Aoba' 555-1210
	Mental Handicap 24 th (Tue)	1pm~4pm	'Aoba' 555-1210 Toll Free Dial 0120-294-992
▽ Child Rearing Consultations Available Daily ▽			
Mon ~ Fri	8:30am ~ 5:00pm	At City Hall	<i>Kodomo Katei Shien Center</i> 578-2882
		At Nursery Schools	<i>Higashi Hoikuen</i> 554-2154, <i>Sakura Hoikuen</i> 554-2046, <i>Nishi Hoikuen</i> 554-4507, <i>Shiraume Hoikuen</i> 555-1019, and Private Nursery Schools <u>Web Map</u> : http://www.city.hamura.tokyo.jp/0000000466.html
Mon Wed Fri	9am ~ Noon	At	<i>Nishi Jidoukan</i> 554-7578
Tue Thu Sat		Children	<i>Chuuou Jidoukan</i> 554-4552
Tue Fri Sun		Centers	<i>Higashi Jidoukan</i> 570-7751

*㉠=appointment required. *Consultations will be available in Japanese only unless otherwise noted.