

# HAMURA NEWS

Published by: *Hamura City*

June 1<sup>st</sup>, 2011

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*Hamura News* Back Numbers = <http://www.city.hamura.tokyo.jp/category/2-4-1-7-1.html>

## **HOTARU (FIREFLY) WATCHING**

~ **Let's Enjoy Fireflies of *Hamura*** ~

*Hamura Hotaru Kenkyuukai* (*Hamura* Firefly Study Group) is breeding fireflies every year at Firefly Nursing Field upon *Hamura City*'s request. In the end of June, you can observe the fireflies flying around Tama river bank. Let's enjoy the fantastic view of beautiful firefly lights!

Date & Time: June 25<sup>th</sup> (Sat), 7:30PM~    Meeting Place: In front of "*Iko-no Sato*"

Guided by: *Hamura Hotaru Kenkyuukai*    Contact: *Kankyou Hozen-ka Kankyou Hozen-kakari*

\*No parking space available. Please come by walking or bicycle.

\*Please refrain from catching the fireflies at this site.

## **RICE FARMING WORKSHOP**

~ **Picking Rice Seedlings & Rice Planting** ~

This is a great opportunity to experience rice farming – Everyone is welcome. Please join us!!

Date & Time: June 11<sup>th</sup> (Sat) 8:30AM~ for Picking Seedlings,

June 12<sup>th</sup> (Sun) 8:30AM ~ for Rice Planting

\*The event will be held in rain or shine.

Place: *Hanenaka 4 Choume, Negarami Mae Suiden*    Fee: Free    \*No reservation required.

Eligibility: Elementary & Junior High School students

\*Parking spaces are limited. Please come by walking or bicycle.

\*Please wear something you don't mind getting dirty.

\*We are planning on harvesting and thrashing rice crops in October.

Hosted by: *Hamura-shi Seishounen Taisaku Chiku Iinkai Renraku Kyougikai*

Contact: *Jidou Seishounen-ka Seishounen-kakari*

## **LIBRARY ☎554-2280**

< **Wanted: Gardening Volunteer Members At *Hamura* Library** >

How about growing herbs at the rooftop garden in *Hamura* Library? You can learn much about gardening growing various plants as a volunteer member. You can experience one-day gardening, too. Feel free to contact.

Activity Date: Every Tuesday & Wednesday 10AM ~ 11AM    How to Apply: Call or visit Library

## WATERWORKS PROMOTION WEEK

The week of June 1<sup>st</sup> ~ 7<sup>th</sup> is Waterworks Promotion Week. During this week, the Waterworks Department would like to welcome visitors to *Haisuitou*(Standpipe) and *Jousuijou*(Filtration Plant). These major facilities will be open to the public to promote the understanding of the water system with which the local citizens rely for safe water distribution. Visitors will receive a gift of bottled *Hamura* natural water, "*Mizuhamura*". Also, child visitors (up to elementary students) will get free balloons!

**Haisuitou(Standpipe)**: June 1<sup>st</sup> (Wed) ~ 7<sup>th</sup> (Tue) 9AM ~ 4PM. From the top of tower, you can enjoy the grand view of *Hamura* city landscape! Please stop by the office first.

**Jousuijou(Filtration Plant)**: June 4<sup>th</sup> (Sat), and 5<sup>th</sup> (Sun), 9AM~4PM. This facility is one of the largest water filtration plants in Japan.

Inquiries: *Suidou Jimusho* (Waterworks Department) ☎554-2269 \*No Fee/Reservation required.

## NEWLY OPEN! HAMURA CITIZENS' PATROL CENTER in HAMURA STATION WEST ENTRANCE

A new patrol center opened on May 21<sup>st</sup> (Sat) by *Hamura* Rail Station West Entrance. As well as the other center which opened in May 2010 by *Ozaku* Rail Station East Entrance, this center will be used as a patrolling post. Feel free to stop by! Your registration as a "patrol volunteer" is welcome any time!

Inquiry: Call or visit Patrol Center ☎555-8101, or contact *Seikatsu Anzen-ka Koutsuu / Bouhan-kakari*

## SENIOR CITIZEN'S LIGHT-SPORTS EVENT

This is a great event for senior residents to make friends and stay healthy! Come join the games and light sports activities! \*Please bring indoor shoes and be dressed for sports.

Date & Time: June 17<sup>th</sup> (Fri), 1:20PM~4:30PM Place: Sports Center Hall 1 \*No reservation required

Eligibility: *Hamura* Residents of age 60 or older \*Non-club members are also welcome!

Inquiries: *Kourei Fukushi Kaigo-ka, Kourei Fukushi-kakari*

## LUNCH PARTY for SENIOR CITIZEN FRIENDS

A casual lunch party will be held for an opportunity to make new friends among the senior generation. Anyone who is over 65 years old living alone or with another person also over 65 years old are welcome. Please join in and share a wonderful time for lunch and fun entertainment performed by volunteers.

Date&Time: June 29th (Wed) 11:15AM~1:30PM Place: *Fukushi Center Dai-kaigishitsu*

Capacity: first 50 applicants Admission: ¥500 (for lunch & drinks)

Application: please call or visit *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari* and provide your name, address and contact number before June 15<sup>th</sup> (Wed). \*Event Transportation will not be provided.

## SHIZEN KYUUKAMURA (Hamura Municipal Resort Lodging Facility)

Before the rain season, we have most beautiful and colorful time in *Kiyosato*.

< **Special Bath in June** > You can now enjoy "Lemon Grass Bath" with very fresh scent.

< **Event in June** > On Saturdays we have Camp Fire! Everyone is welcome!

Date & Time: Every Saturday, 7:30PM~ Place: Camping Square Fee: Free

## FRESHLAND NISHITAMA ☎570-2626

< **Exhibition of Origami Flowers** > June 7<sup>th</sup>(Tue) ~ July 10<sup>th</sup>(Sun)

< **Photo Exhibition** > June 7<sup>th</sup>(Tue) ~ June 19<sup>th</sup>(Sun)

## HAMURA SPORTS FESTIVAL 2011

For Athletes Application and program details, please contact *Hamura-shi Taiiku Kyoukai* or refer to its Website. Tel: 555-1698 Fax: 555- 1699 Email: hamura-taikyo@npo-jp.net

Event	Event Date	Place
Soft-ball Baseball	~ October 30 <sup>th</sup> (Sun)	<i>Musashino Park</i>
Junior High Student Soft-ball Baseball	August 2011 & March 2012	Relevant Junior High Schools
Elementary Kids Soft-ball Baseball	September 11 <sup>th</sup> (Sun) ~ October 10 <sup>th</sup> (Mon)	<i>Miyanoshita Sports Ground, Musashino Park, Asahi Park</i>
Track and Field	September 23 <sup>rd</sup> (Fri)	<i>Fujimi Park</i>
Junior Ekiden	October 22 <sup>nd</sup> (Sat)	<i>Miyanoshita Sports Ground ~ Sakura Zutsumi Water Gate</i>
Kendo	September 11 <sup>th</sup> (Sun)	Sports Center
Judo	September 18 <sup>th</sup> (Sun)	Sports Center
Table Tennis	November 6 <sup>th</sup> (Sun)	Sports Center
Skiing	January 15 <sup>th</sup> (Sun), 2012	<i>Sugadaira Kougen Ski Field</i>
Soft Tennis	October 16 <sup>th</sup> (Sun)	<i>Fujimi Park</i>
Volleyball	September 11 <sup>th</sup> (Sun), 25 <sup>th</sup> (Sun)	Sports Center, relevant Schools
Softball	August 28 <sup>th</sup> (Sun) ~ September 25 <sup>th</sup> (Sun)	<i>Fujimi Park, Asahi Park</i>
Tennis	November 20 <sup>th</sup> (Sun)	<i>Fujimi Park, Hamura High School</i>
Stretching Exercise With Radio Music	August 14 <sup>th</sup> (Sun) ~ 20 <sup>th</sup> (Sat)	<i>Fujimi Park</i>
Badminton	October 2 <sup>nd</sup> (Sun)	Sports Center
Canoe	September 10 <sup>th</sup> (Sat), 11 <sup>th</sup> (Sun)	<i>Suijou Park Pool</i>
Swimming	August 7 <sup>th</sup> (Sun)	Swimming Center
<i>Kyuudou</i> (Japanese Archery)	September 25 <sup>th</sup> (Sun)	<i>Kyuudou Field</i>
Gate Ball	October 6 <sup>th</sup> (Thu)	<i>Fujimi Park</i>
Soccer	September 3 <sup>rd</sup> (Sat) ~ January 2012	Relevant Schools, <i>Miyanoshita Sports Ground, Fujimi Park</i>
Basketball	August 21 <sup>st</sup> (Sun) ~ September 23 <sup>rd</sup> (Fri)	Sports Center
Dancing Sports	November 13 <sup>th</sup> (Sun)	Sports Center
Golf	July 8 <sup>th</sup> (Fri)	<i>Oume Golf Club</i>
<i>Naginata</i> (Long-handled Sword)	October 30 <sup>th</sup> (Sun)	Sports Center
Indiaca	December 18 <sup>th</sup> (Sun)	Sports Center
Aikido	October 30 <sup>th</sup> (Sun)	<i>Freshland Nishitama</i>

< **Short-Term Easy Swim & Healthy Walking Class** >

Date & Time: Every Tuesday between July 5<sup>th</sup> ~ 26<sup>th</sup>, 1PM ~ 2PM (Total of 4 classes)

Eligibility: Anyone who is 40 years old or older    Capacity: First 20 applicants    Fee: ¥2,000

< **Short-Term Swimming Class for Adults** >

Date & Time: Every Sunday between July 3<sup>rd</sup> ~ 24<sup>th</sup>, 7PM~9PM (Total of 4 classes)

Eligibility: Anyone who is 13 years old or older    Capacity: First 40 Applicants    Fee: ¥3,500

\*Due to the class ending time, junior high students must be brought and picked up by someone over age 16

< **Short-Term Swimming Class for Pre-Schoolers** >

Date & Time: Every Thursday between July 7<sup>th</sup> ~ 28<sup>th</sup>, 3PM ~ 4PM (Total of 4 classes)

Eligibility: Kids who are 3 to 6 years old    Capacity: First 20 applicants    Fee: ¥2,000

< **Children's Short-Term Swimming Class ~ Wednesday Class**>

Date: Every Wednesday between July 6<sup>th</sup>(Wed) ~ 27<sup>th</sup>(Wed) (Total of 4 classes),

Time: Beginner 4PM~5PM, Intermediate 5PM~6PM

Capacity: First 40 applicants per class    Fee: ¥2,000    Eligibility: Elementary School Students

\*Due to the class ending time, Intermediate class students must be picked up by someone over age 16

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

< **Children's Short-Term Swimming Class ~ Friday Class** >

Date: Every Friday between July 1<sup>st</sup>(Fri) ~ 22<sup>nd</sup>(Fri) (Total of 4 classes),

Time: Beginner & Intermediate 5PM~6PM, Advanced 6PM~7PM

Capacity: First 40 applicants per class    Fee: ¥2,000    Eligibility: Elementary School Students

\*Due to the class ending time, students must be brought and picked up by someone over age 16

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

< **Children's Short-Term Swimming Class ~ Saturday Class** >

Date & Time: Every Saturday between July 2<sup>nd</sup> ~ 23<sup>rd</sup> (Total of 4 classes), (A)11AM~1PM, (B)2PM~4PM

Capacity: First 100 applicants per class    Fee: ¥2,500    Eligibility: Elementary School Students

< **Children's Short-Term Swimming Class ~ Sunday Class** \*Beginners & Intermediates >

Date & Time: Every Sunday between July 3<sup>rd</sup> ~ 24<sup>th</sup>, 11AM~1PM (Total of 4 classes)

Capacity: First 20 applicants per class    Fee: ¥2,500    Eligibility: Elementary School Students

◆ **How to apply for the swimming classes listed above:**

Between June 11<sup>th</sup>(Sat) ~ 25<sup>th</sup> (Sat), 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

\*Fee is the total amount for all classes and includes admission and insurance, unless otherwise noted.

### < Skill-Up Lesson for Adults and Children >

Date: Every Thursday between June 2<sup>nd</sup> ~ July 28<sup>th</sup> (except national holidays) Fee: ¥500 per class

Time: Adult Class 4PM ~ 5PM, Kids Class 5PM ~ 6PM Application: Not required Capacity: First 20

Eligibility: Adult Class... age 16 or older, Kids Class... Elementary & Junior High School Students

\*Due to the class ending time, elementary school students must be picked up by someone over age 16

### < The 2nd In-water Walking Exercise Class>

Date & Time: June 29<sup>th</sup>(Wed), 1PM~1:50PM Place: Swimming Pool

Eligibility: Anyone who is 16 years or older Capacity: First 30 people \*No reservation needed.

Fee: *Hamura* residents & workers ¥400, Others ¥600 (Insurance & admission fee are included)

Things to bring: 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 11:50AM ~ 12:50PM.

## KIDS' WORK-STUDY SUMMER CAMP in OSHIMA ISLAND

At this event, we depart from *Takeshiba* Port of Tokyo Bay by ship as we enjoy seeing Tokyo's night view and observe the sunrise the next morning. Once we are in *Izu-Ohshima* Island, we will climb Mt. *Mihara*, swim in the ocean, and experience all sorts of nature activities and country lifestyle. These activities will be a great chance for the children to learn about the importance of cooperation in a social setting.

- Opening Ceremony & Make-Friends Gathering ... July 24<sup>th</sup>(Sun)
- Trip ... August 5<sup>th</sup>(Fri) ~ 9<sup>th</sup>(Tue) (Total of 5 days & 4 nights, including one night on board)
- After-Event Meeting ... August 19<sup>th</sup>(Fri)

\*The briefing for parents will be held in July. \*Please pay the fee at the Briefing for Parents.

**Eligibility**: 5 ~ 9<sup>th</sup> graders in *Hamura*, who are able to attend to all the scheduled events & willing to become leaders within local area activities in future.

**Capacity**: Total of 70 kids (35 boys & 35 girls) \*If there are too many applicants, selections will be made by application form information & interviews. Interviews will be held on June 28<sup>th</sup>(Tue), 6PM ~

**Fee**: ¥10,000 (In case of staying extra days due to bad weather, this fee may increase)

**How to Apply**: Fill in the application form and turn in at *Jidou Seishounen-ka* by June 21<sup>st</sup> (Tue).

The application form (for children or leaders) is available at Elementary Schools and Junior High Schools, *Jidou Seishounen-ka* at City Hall 2nd Floor, and at *Hamura* City Official Website for download.

## PAPER TRASH & CLOTH WASTE on RAINY COLLECTION DAY

● **Paper Trash** (newspaper, commercial bill, magazine, cardboard, book, miscellaneous paper, etc.)

Wet paper trash can also be recycled. No need for placing it under the eaves. Please put it out for collection at the usual spot, so the collection workers can easily find it. It is best to use a pulp twine to tie up the paper trash for the processing efficiency.

● **Cloth Waste** (used clothing, old linen, etc.)

Wet cloth kind materials can not be recycled. Bagged cloth waste might get wet during the collection work. If it rains on the designated collection day, do not try to dispose of cloth kind waste, just put it out on the next designated collection day. Shoes, bags, and other items made with combination of cloth fabric and metal/rubber/leather parts, must be disposed as burnable trash.

\* Used underwear, sock and heavily soiled cloth can not be recycled → Burnable Trash.

For Inquiries about Waste Disposal & Recycle Policy: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari*

## **HAMURA CITY PUBLIC HOUSING**

This year's general applications for *Hamura City Public Housing (Shiei Juutaku)* will be postponed in order to ensure the housing priority for the evacuees of Great East Japan Earthquake who are currently living in *Hamura City*. As the availability opens to the general public, it will be officially notified.

Inquiries: *Kenchiku-ka Ijikanri-kakari*

### **2011 RESIDENTS TAX PAYMENT will start in JUNE**

FY2011 Residents Tax Notification (市民税・都民税 納税通知書) will be mailed to the tax payers of ordinary collection method in early June. For the tax payers of special collection method, the tax detail will be notified by the employer.

\* Residents Tax amount is calculated based on the income of preceding calendar year. It must be paid in four installments through a year with Ordinary Collection, or six installments with Special Collection.

#### ◎ Ordinary Collection ◎

If your Resident Tax is not deducted from your salary/wage, or if you are self-employed, you will receive a Resident Tax Notification from the city office in early June. In this method you must pay Resident Tax in four installments (June, August, October and January). Please confirm your tax notification details, and make sure that your tax payments are not delayed.

With the payment slips enclosed in the notification, you can pay your Residents Tax at city hall, banks, post offices and designated convenience stores (listed on the notification) or by bank transfers.

If your slips are lost, please have them reissued at *Kazei-ka Shiminzei-kakari* in city hall.

\*A payment over ¥300,000 and a payment slip without barcode are not accepted at convenience stores.

#### ◎ Special Collection ◎

If you are employed, Residents Tax is usually withheld every month from your salary/wage by your employer, beginning in June and ending in May of the succeeding year. The monthly withholding amount of your Residents Tax is to be notified by your employer before the withholding starts.

\* with payment method of Special Collection From Public Pension, the tax will be deducted in 6 installments.

\* For those under 65 years old (as of January 1st, 2011) who have income from both employment and public pension, Residents Tax is, in principal, deducted from the employment earning as Special Collection method.

Inquiries regarding Residents Tax: *Kazei-ka Shiminzei-kakari*

### **LONG-TERM CARE INSURANCE (Kaigo Hoken) NOTIFICATIONS**

◆ A notification (介護保険料特別徴収額のお知らせ) will be mailed to some of the Long-Term Care Insurance subscribers which notifies of amount change of June and August installments. The applicable subscribers are those whose premium payments are deducted from pension, and the payment amount difference between June and August installments and rest of the installments of this year is great. This amount change is a measure taken to reduce the payer's burden of dealing with a sudden great increase in premium payments.

◆ A notification (介護保険料特別徴収開始のお知らせ) will be mailed to some of the Long-Term Care Insurance subscribers to inform of the beginning of new premium payment method. This will be sent to those who previously paid the premiums in method other than the deduction from pension, and starting from June installment, the method will change to the deduction from pension.

\* Each installment amount for October onward will be notified to all Long-Term Care Insurance subscribers in July.

Inquiries: *Kourei Fukushi Kaigo-ka Kaigo Hoken-kakari*

## **JUNE 30<sup>th</sup> (Thu) – Due Date for Residents Tax Payment**

The 1<sup>st</sup> installment of Residents Tax Payment is due on June 30<sup>th</sup>(Thu). Inquiry: *Nouzei-ka Nouzei-tantou*

### **PROPERTY TAX**

If any of the following cases apply to you, please file a report of change of property condition. For details regarding filing procedures, please contact *Kazei-ka Shisanzei-kakari*.

#### **Real Estate Value Inspection**

If you newly built a residence or expanded the existing property in FY2011, you need to have your taxable residence value (re)evaluated for the taxation purpose. Please contact *Kazei-ka Shisanzei-kakari* and set up an appointment for *Kaoku Chousa* (Real Estate Value Inspection).

#### **Report of Demolished Property**

If you have a registered property demolished within the year of 2010, please file a Lost Property Registration (*Messhitsu Touki*). In a case of demolishing an unregistered property, please also file a report. Without the report, property tax will continue to be levied.

#### **Residential Land Property**

If you have any of the following cases regarding your land property, please file a required report.

- Shifted the use purpose (residential/commercial) of land property due to building a new house
- Had existing house demolished, and changed the use purpose of land property.
- Built a business property within the (former) residential land property
- Changed a residential property to a commercial space

#### **Property Tax Reduction**

For details regarding the following tax reduction systems, please contact *Kazei-ka Shisanzei-kakari*.

- Property Tax Reduction for Certified Quality Housing
- Property Tax Reduction for Energy-Saving Renovation
- Property Tax Reduction for Barrier-Free Renovation
- Property Tax Reduction for Quake-Resistance Improvement

### **CURRENT STATE REPORT for CHILD SUPPORT ALLOWANCE**

Recipients of Child Support Allowance (*Jidou Ikusei Teate*) are required to fill out a Current State Report (現況届) and submit it in June as an annual procedure. In mid June, Current State Report Form will be mailed to the recipient households. Please make sure to hand-in the report to *Kosodate Shien-ka Shien-kakari* during the designated reporting period in order to maintain a qualified status.

Reporting Period: June 10<sup>th</sup>(Fri) ~ 20<sup>th</sup>(Mon), in city hall 2<sup>nd</sup> floor

Open on everyday during this period, 8:30AM~Noon & 1PM~5PM

\*Current State Report for Child Allowance (*Kodomo Teate*) is not required in June.

### **COUNSELING for SCHOOL ENROLLMENT of HANDICAPPED CHILDREN**

Counseling is available regarding the school enrollment and academic planning of children with diagnosis or just with indication of mental or physical handicap. Arrangement for school visits and experimental temporary schooling is also available. This counseling is available to the parents who are considering the Special Needs Education for their children at age for elementary or junior high school enrollment in 2012. Please feel free to visit our office or consult over the phone. Office Hours: Weekdays 8:30AM~5PM

Inquiries: *Kyouiku Soudan-shitsu Tokubetsu Shien Kyouiku-tantou*

## 【 SPECIFIED HEALTH CHECKUPS 2011 】

### < Specified Health Checkups (特定健康診査) >

A checkup report of Specified Health Checkups will help you establish your personal health guideline. This medical examination program with a particular focus on the detection and treatment of lifestyle diseases, especially metabolic syndrome, is provided by medical insurance providers to the subscribers and their dependents who turn age 40 or older between April 2011 ~ March 2012.

Specific Health Checkups Notification and Tickets (健康診査受診券) were mailed out by *Hamura City* to National Health Insurance subscribers and Late-Elderly Medical Insurance subscribers in the late May. Individuals who are subscribed to Welfare Annuity, Mutual Aid Association or company health insurance union should receive the tickets from their health insurance provider or employer.

Checkup Ticket Validity: June 1<sup>st</sup> (Wed) ~ October 31<sup>st</sup> (Mon)

Please Bring: Specific Health Checkups Ticket, Medical Insurance Certificate(Card)

\*High volume of appointment request is expected later in the ticket validity period. Please try to have a checkup at your earliest convenience.

\*Those at age 65 or older and not certified as Needed Long-Term Care/Support Patient, please bring a Long-Term Care Insurance Certificate. It is needed for receiving a geriatric assessment.

### \*Metabolic Syndrome\*

This syndrome is identified as the presence of two or more of the metabolism risk factors such as high blood-sugar, high blood-pressure, dyslipidemia (blood fat disorders) and etc, in addition to abdominal obesity. This condition may lead to health complications with high risk of cardiac or cerebral infarction.

### < Healthcare Guidance >

As part of this medical examination program targeting lifestyle diseases, Post-Checkup Counseling is provided for individuals concerned to be "at risk" of lifestyle disease. Certified Nurse and Dietitian will provide advises on resolving the existing risk-making lifestyle, with a particular focus on avoiding the Metabolic Syndrome. The counseling is free of charge.

### < "Health-up" Additional Check-ups >

6 additional medical-check items are available free of charge at the medical facilities listed below.

If you are subscribed to National Health Insurance or

Name of Medical Facility	☎	Name of Medical Facility	☎
<i>Izumi Clinic</i>	555-8018	<i>Futaba Clinic</i>	570-1588
<i>Ozaki Clinic</i>	554-0188	<i>Matsuda Iin</i>	554-0358
<i>Ozaku Ekimae Clinic</i>	578-0161	<i>Matsubara Naika Iin</i>	554-2427
<i>Sakae-chou Shinryoujo</i>	555-8223	<i>Yanagida Iin</i>	555-1800
<i>Shiozawa Iin</i>	554-7370	<i>Yamakawa Iin</i>	554-3111
<i>Takiura Iin</i>	555-2655	<i>Yamaguchi Naika Clinic</i>	570-7661
<i>Nishitama Byouin</i>	554-0838	<i>Yokota Clinic</i>	554-8580
<i>Hamura Sankei Byouin</i>	570-1130	<i>Wakakusa Iin</i>	579-0311
<i>Hamura Orthopedic&amp;Rheumatic Clinic</i>	570-1170	<i>Manabe Ophthalmological Clinic</i>	554-6511
<i>Hamura Sougo Shinryoujo</i>	554-5420	<i>Shin'ai Ophthalmological Clinic</i>	554-7019



### < Geriatric Medical Assessment >

For a purpose of long-term care prevention, this medical assessment will be provided for those over 65 years old. To those whose assessment report indicates the need of special effort for improving physical and mental conditions, *Chiiki Houkatsu Shien Center* (Community General Support Center) will provide information on community programs designed for the prevention of long-term nursing care needs.

\* This assessment is available to those who are not certified as Needed Long-Term Care/Support Patient

**For more Information**, please contact the respective offices in city hall ☎555-1111

Specified Health Checkups・Healthcare Guidance: *Hoken Nenkin-ka Hoken-kakari*

Health-up Additional Checkups: *Hoken Center*

Geriatric Medical Assessment: *Kourei Fukushi Kaigo-ka Chiiki Houkatsu Shien Center*

### **HOKEN (Public Health) CENTER ☎555-1111**

< **Japanese Encephalitis Vaccine**> (日本脳炎予防接種のお知らせ).

Japanese Government will resume encouraging the Japanese Encephalitis vaccine for young children due to adopting the new type vaccine with reduced risk of side effects. Parents of a child who turns (ed) following ages in FY2011 will receive a Notification of Japanese Encephalitis Vaccination

**For 3 year olds:** 3 years old in FY2011 will receive a Notification of Japanese Encephalitis Vaccination along with the regular 3-year health check-up notification.

**For 9 & 10 years olds:** 9 and 10 years old in FY2011 will receive the Notification in his/her birth month. If your child has already taken same vaccine, he/she does not have to retake it.

\*If you wish to have your child take this vaccine and if your child is not 3, 9, or 10 years old, please visit Hoken Center and bring his/her *Boshi Kenkou Techou*. The vaccination coupon will be issued.

### < **Adult Dental Checkup** >

Date: June 1<sup>st</sup> (Wed) ~ July 31<sup>st</sup> (Sun) Fee: free

Eligibility: *Hamura* residents of age 40 years up to 64 years old as of June 1<sup>st</sup> 2011

How to apply: Please make an appointment at a designated dental clinic.

\*Dental check-up for those who is 65 or older will be held in September and October.

\*those who are under dental treatment or who has a checkup provided by other means are not eligible.

### < **Hepatitis Virus Screening** >

Date: June 1<sup>st</sup>(Wed) ~ October 31<sup>st</sup>(Mon) Fee: Free Testing Method: Blood Test

\*Please bring your Health Insurance Card

Eligibility: those who fall in one of the following conditions... ①*Hamura* citizens who are 40 years old as of the date of screening ②*Hamura* citizens who are older than 41 years old as of the date of screening, and have never taken the hepatitis virus screening before. ③Those who took health check-up this year and hepatic function rate turned out abnormal.

\*Those without any of above conditions may take the screening in other medical facilities.

### < **Colon Cancer Screening** >

Date: June 1<sup>st</sup>(Wed) ~ October 31<sup>st</sup>(Sun) Fee: Free Testing Methods: Testing Stool for Occult Blood (For 2 days) Eligibility: *Hamura* residents who are 40 years or older as of the examination date

How & Where: Go to any Medical Facilities in *Hamura City* (Please bring your Health Insurance Card).

\*To find out about Medical Facilities, please see our Homepage or contact *Hoken Center*.

## EVENT INFORMATION for CHILDREN & PARENTS

### EAST CHILDREN CENTER (*Higashi Jidoukan*) ☎570-7751

#### < Hand-made Toy Workshop ~Ring Plain~ >

Date & Time: June 11<sup>th</sup>(Sat), ①10AM~, ②1PM~ Fee: Free \*No application required.

Eligibility: Preschoolers (Must be accompanied by an Adult) up to 3<sup>rd</sup> grade Elementary School Students

#### < Home Cooking Class ~Sandwich Festival~ >

Date & Time: June 19<sup>th</sup> (Sun), 10AM~12PM Fee: ¥80 (Ingredient fee) Capacity: First 20 people

Eligibility: Elementary School Students

Things to bring: Indoor Shoes, Apron, Head cloth, Hand towel, Drink (Tea), chop sticks

How to Apply: June 8<sup>th</sup>(Wed) ~ 15<sup>th</sup> (Wed), 9AM ~ 4:30PM, Call or visit the center.

### LIBRARY ☎554-2280

#### < Story Telling for Preschoolers >

Date & Time: June 11<sup>th</sup> (Sat), 11AM~ Fee: Free Reservation: not required

#### < Story Telling for Elementary School Students >

Date & Time: June 18<sup>th</sup> (Sat), 11:00AM~ Fee: Free Reservation: not required

### YUTOROGI ☎570-0707

#### < Movies for Children >

Date & Time: June 12<sup>th</sup> (Sun) 10:30AM~11:30AM Admission: Free Reservation: not required

Program: "Itazura Neko to Soujiki", "Ikkyuu san", "Urikko Hime to Amanjaku", "Urashima Tarou"

Supported by: Hamura Eiga Club

### CHATTING PLACE for PARENTS

This month's topic is "Children's Meal". Any child-raising parents are welcome. Come and share some ideas and concerns of child-raising! Child Care Volunteers will attend your children during the gathering.

Place & Date: Central Children Center – June 9<sup>th</sup> (Thu), West Children Center – June 10<sup>th</sup> (Fri),  
East Children Center – June 14<sup>th</sup> (Tue) Time: 10:30AM~11:30AM for all dates

Inquiries: Kodomo Katei Shien Center ☎578-2882 \*No reservation required.

### HAMURA ZOO ☎579-4041

#### < Fairly Tales Animals made out of twigs >

At Hamura Zoo, we are currently displaying various animals made out of twigs and photos. They are made by Hamura citizens and we would love everyone to enjoy this great art figures!

Date & Time: Until June 30th (Thu), 9AM ~ 4:30PM Place: Hamura Zoo Study Room

### TV HAMURA in JUNE

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: ~ **Series "Hamura's Agriculture Network"** ~

Inquiries: Kouhou Kouchou-ka Kouhou-kakari

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital				Dental Clinic	
JUNE	9am~5pm		5pm~10pm		9am~5pm	
5 <sup>th</sup> (Sun)	<i>Ozaku Ekimae</i> Clinic	578-0161	<i>Heijitsu Yakan</i> <i>Kyuukan Center</i>	555-9999	<i>Watanabe</i> <i>Shika Iin</i>	570-1688
12 <sup>th</sup> (Sun)	<i>Wakakusa Iin</i>	579-0311	<i>Fussa-shi</i> <i>Hoken Center</i>	552-0099	<i>Tsushima</i> <i>Shika Iin</i>	579-1800

\*Inquiries for 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/qq13enmnl.asp>

**PUBLIC CONSULTATIONS Schedule of JUNE**

Category	Date	Time	Contact
Foreign Residents ㉠ (in Spanish & Korean)	10 <sup>th</sup> (Fri), 24 <sup>th</sup> (Fri)	1:30pm~3:30pm	<i>Shimin Soudan-shitu</i> 555-1111
Traffic Accident ㉠	Jun. 1 <sup>st</sup> (Wed), Jul. 6 <sup>th</sup> (Wed)	1:30pm~4:30pm	
Japanese Law ㉠	Jun. 2 <sup>nd</sup> (Thu), 10 <sup>th</sup> (Fri), 25 <sup>th</sup> (Sat) Jul. 7 <sup>th</sup> (Thu), 15 <sup>th</sup> (Fri), 23 <sup>rd</sup> (Sat)	Mon-Fri 1:30~5pm Sat. 9:30am~1pm	
Public Administration Human Rights	16 <sup>th</sup> (Thu)	1:30pm~4:30pm	
Tax ㉠	Jun. 7 <sup>th</sup> (Tue), Jul. 5 <sup>th</sup> (Tue)	1:30pm~4:30pm	
Finance ㉠	14 <sup>th</sup> (Tue)	2pm~4pm	<i>Shoukoukaikan</i> 555-6211
Health	9 <sup>th</sup> (Thu), 23 <sup>rd</sup> (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 Counseling ㉠	5 <sup>th</sup> (Sun)	9am~Noon 1pm~4pm	
Women's Affairs ㉠	in Hamura City 1 <sup>st</sup> (Wed), 15 <sup>th</sup> (Wed), 29 <sup>th</sup> (Wed)	1:30pm~4:30pm	<i>Fukushi Jimusho</i> 555-1111
	in Fussa City 8 <sup>th</sup> (Wed), 22 <sup>nd</sup> (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> Support Center 'Aoba' 555-1210 Toll Free Dial 0120-294-992 or 'Aoba' 555-1210
	Physical Handicap 25 <sup>th</sup> (Sat)	1pm~4pm	
	Mental Handicap 28 <sup>th</sup> (Tue)		
▽ 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> : <a href="http://www.city.hamura.tokyo.jp/0000000466.html">http://www.city.hamura.tokyo.jp/0000000466.html</a>
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.