

# 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](mailto:s102000@city.hamura.tokyo.jp)

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

## **ELECTRIC POWER SAVING ! Your Cooperation Needed !**

Serious electric power supply shortage is expected towards the summer owing to the Great East Japan Earthquake. As a counter measure to the situation, Japanese government is asking all households and businesses within the power supply area of Tokyo Electric Power Company and Tohoku Electric Power Company to reduce the power usage by 15% less than the seasonal average usage. Power saving efforts should not be a temporary practice. It is the first step to the prevention of Global Warming. Through this season's power saving efforts, we can try to reform our highly energy-consuming lifestyle.

### Suggested Power Saving Measures in Business Entity

Setting a strict power usage limitation, adjusting service/production hours and days, etc.

### Power Saving Tips for Your Home

Setting Air-Conditioned temperature higher than usual, using only necessary lightings/appliances, etc.

Inquiries: *Kankyō Hozen-ka Kankyō Hozen-kakari*

## **FREE GOYA (Bitter Gourd) SEED GIVE-AWAY for CREATING "GREEN CURTAINS"**

Growing Green Curtains outside of the windows will prevent having direct sunshine into your rooms and helps to keep room temperature cooler than outdoor by 2 ~ 3°C. Especially serious power shortage is concerned during this summer. Let's conserve electric power with the help of green curtains!

Place to pick up seeds: *Kankyō Hozen-ka* at *Hamura City Hall*, 2nd floor \*400 bags of seeds available.

## **MARKET of MORNING GLORY & CHINESE LANTERN PLANT**

Watching *Asagao* (Morning Glory) and *Houzuki* (Chinese Lantern Plant) gain their beautiful colors is one of the traditional charms of summer in Japanese Culture. At the market, there also will be many stalls offering fresh local vegetables, flowers, fruits, sweets, fresh *Wasabi* and various local products!

Date & Time: July 2<sup>nd</sup> (Sat) & 3<sup>rd</sup> (Sun), 9:30AM~5:30PM Place: *Nousanbutsu Chokubaijo* Parking

Inquiries: *Hamurashi Shougyou Kyoudou Kumiai* ☎555-5421,

*Sangyou Kasseika Suishinshitsu Shoukougyou Shinkoukakari*

**LIBRARY ☎554-2280**

### **< Enjoy the Herbs at Library Roof Garden! >**

This is the best season for Lavender and many other herbs. Let's enjoy beautiful herbs and Herb Tea!

Date&Time: July 2<sup>nd</sup>(Sat), 11AM~3PM Place: Roof of Library Fee: Free \*No reservation required.

## INTERESTED IN GROWING VEGETABLES & FRUITS?

### NEW FARM AREA! ☆ AGRICULTURAL FARMING for **HAMURA RESIDENTS**

*Hamura* City leases Agricultural Farm plots to any local residents who desires to grow crops. Thanks to the cooperation of local farmers, in addition to the current plots now we will have one more new farm!

New Farm for Lease: The 8<sup>th</sup> *Shimin Nouen* (Farm Location: 1-14-9 *Sakae-chou*) \*No parking space

Eligibility: *Hamura* Residents      Lease Period: July 1<sup>st</sup>, 2011 ~ January 31, 2013

Number of Plots for lease: 35 plots      Contribution Fee: ¥3,000 for entire lease period

\* If the number of applications exceeds the available plots, applicants will be selected by drawing. The drawing will be held on June 24<sup>th</sup> (Fri), 9AM, at No.2 Meeting Room at City Hall *Nishi Bunshitsu*.

Application & Inquiry: On Reply-paid postcard (*Oufuku Hagaki*), fill in the information as below and mail or bring it to *Sangyou Kasseika Suishin-shitsu Nougyou Kankou Shinkou-kakari* (at *Nishi Bunshitsu* in city hall complex) by June 23<sup>rd</sup>(Thu). \*The result will be notified to all the applicants.

\*One application chance per household. If any of your family members is already renting *Shimin Nouen* farms, you are not eligible to apply.

- How to fill in the Reply-paid postcard -

Front		Back	
〒205-8601		〒Put your Zip Code	The 8 <sup>th</sup> <i>Shimin Nouen</i>
To: <i>Sangyou Kasseika</i>	Do not write	Your Mailing Address	Your Mailing Address
<i>Suishin-shitsu</i>	on this side.	Your Name	Your Name
<i>Nougyou Kankou</i>			Your Phone Number
<i>Shinkou-kakari</i>			

## TOKYO METROPOLITAN SPECIAL NEEDS EDUCATION HAMURA SCHOOL

### OPEN-SCHOOL DAY

To promote the public understanding and support for Special Needs Education Program, the *Hamura* School will be open for everyone to visit and see how its students are learning in classes and activities. Counseling for school entrance and academic planning will also be available on this open-school day.

Date & Time: June 30<sup>th</sup> (Thu) 9:15AM ~ 13PM

Place: Tokyo Metropolitan Special Needs Education *Hamura* School (*Toritu Hamura Tokubetsu Shien Gakkou*)

Visitor Application & Inquiry:

Please contact the school office by Phone or Fax before June 22<sup>nd</sup> (Wed). ☎554-0829 / Fax555-3853

### THE 31<sup>st</sup> FRIENDLY SPORTS DAY for PHYSICALLY-CHALLENGED PEOPLE and EVERYONE

Various sporting recreational programs will be shared by all participants.

Anyone with or without disability can participate. Let's have a great time together!

Date & Time: June 26<sup>th</sup>(Sun), 10AM ~ Noon      Place: Sports Center Hall 1      \*No reservation required.

\*Please make sure to wear something suitable for sports and bring indoor shoes.

The Program for this year's Event:

- *Dekapan* Relay (Big Baggy Pants Race)      -- Folks Dance
- Let's sing along with Sign Language      -- Performance by Brass Band
- *Yosakoi Souran* Dance      -- *Pan Kui Kyouso* (Pick the Sweet Bun Race)
- *Tamaire* (Tossing Red and White Ball Race)      \*The program may be changed due to various reasons.

Inquiries: *Shougai Fukushi-ka Shougai Fukushi-kakari*

< The 42nd *Hamura* City Athletic Tournament ~ Opening Ceremony >

July 2<sup>nd</sup>(Sat), 7PM~ at Sports Center Hall No.1 \*no reservation needed. \*please bring indoor shoes.

**WELCOME! 2011 SUMMER VOLUNTEERS!!**

Date & Time: July 15<sup>th</sup>(Fri) ~ September 15<sup>th</sup>(Thu) \*Work period varies depending on the project

Eligibility: 4<sup>th</sup> Grader or older who is living, studying or working in Tokyo,  
and able to participate at least 3 days during the project period.

How to Apply: Call or visit the office of *Shakai Fukushi Kyougikai* during June 15<sup>th</sup>(Wed) ~ July 8<sup>th</sup>(Fri)

**THE 36th HAMURA SUMMER FESTIVAL PARTICIPANTS WANTED**

Date&Time: July 30<sup>th</sup>(Sat) & 31<sup>st</sup>(Sun), 3PM~8:30PM Place: JR *Hamura* Station East Rotary area

\* The event will be cancelled or rescheduled in case of adverse weather.

Hosted by: The 36th *Hamura* Summer Festival Executive Committee

< "**Nimba Odori**" Dance Participants wanted! >

Put on matching *Yukata* and *Hanten* vest and dance all together! Date: July 30<sup>th</sup> (Sat)

Eligibility: Group of 5 people or more. The group needs to be authorized by Summer Festival Executive Committee. \*There is no dress code for this event.

< **Performers wanted for Sub-Stage** >

A Stage Truck will be set at Festival. Dancers, musicians, and other entertainers are welcome!

Eligibility: individual or group who are authorized by Summer Festival Executive Committee and willing to perform with no compensation. \*If number of applicants exceeds capacity, it will be selected by drawing.

< **Volunteer Staff Wanted** >

Feel free to participate for any number of days you can. Let's make our Festival together!

Eligibility: Anyone who wish to volunteer Detail: Cleaning event site, supporting various events, etc.

**How to apply for all the events/staff listed above:**

You may obtain the application form at *Sangyou Kassei-ka Suishin-shitsu* (at *Nishi Bunshitsu* in city hall complex) 2nd floor, or download at *Hamura* City Home page. Fill in the application form and e-mail or bring it to *Sangyou Kassei-ka Suishin-shitsu* by June 30<sup>th</sup>(Thu) 5PM

< **Sales Booth Registration** >

We are seeking participants for the Food and Product sales booth.

Eligibility: Members of *Hamurashi Shoukougai*, or public organizations that have been locally operating various activities. \*Some public organizations may be required to turn in a form of operation history.

How to Register: Submit a registration form (available at *Shoukougai*), requested documents and fee to *Shoukougai* (☎555-6211) in person by June 24<sup>th</sup> (Fri), 5PM.

\* You will receive a guideline handbook along with an application form. Please read carefully before registration.

\* Based on Public Health Center Guideline, food sellers must clarify their food supplier information on a Temporary Business Registration Form. Scheduled food sales product must be approved by the *Hokenjo* in advance.

For more details: The 36th *Hamura* Summer Festival Executive Committee Office

-- *Sangyou Kassei-ka Suishin-shitsu* e-mail: s206000@city.hamura.tokyo.jp

-- *Hamura-shi Shoukougai* ☎555-6211

**KYODO HAKUBUTSU KAN (FOLK MUSEUM) ☎558-2561**

**< Seasonal Exhibition ~Tanabata Decoration~ >**

July 7<sup>th</sup> is "Tanabata". According to a Japanese folklore, it is the day lovers separated by the Milky Way, *Orihime* (Vega) and *Hikoboshi* (Altair), meet once a year. In the tradition of *Tanabata*, we write down our wishes on *Tanzaku* paper and hang it on bamboo tree, wishing that those will come true.

Let's decorate *Tanabata* Bamboo Trees with our wishes!

Date & Time: June 25<sup>th</sup> (Sat) ~ July 7<sup>th</sup> (Thu), 9AM~6PM (Until 5PM at the Old *Shimoda's* House)

Place: Orientation Hall, *Kyuu Shimoda-ke* Housing Fee: Free

**< New! ~The 25th edition of *Hamura-shi Kyodo Hakubutsukan* (Folk Museum) Bulletin~ >**

Various discussions and articles about *Hamura* City's development, such as pig farming in *Hamura* are included. This bulletin is printed in Japanese. Price: ¥400

Booklet Size: A5 Size, 103 pages Sold at: Folk Museum, and Information Corner at City Hall 1st floor

\*If you wish to have it delivered by postal mail, please contact Folk Museum by phone call. ☎558-2561

**SENIOR CITIZEN HUMAN RESOURCE CENTER ☎554-5131**

**< Handcraft Workshop ~ Tie-reformed Pouch ~ >**

Join to learn how to easily reform a Tie into a nice Pouch that can be transformed into a Shoulder-bag.

Date & Time: July 6<sup>th</sup> (Wed) 10AM ~ 3PM Capacity: First 20 applicants Fee: ¥700 (material cost)

Place: Silver *Jinzai* Center (Senior Citizen Human Resource Center)

How to apply & Inquiries: Starting June 16<sup>th</sup> (Thu), call or visit Silver *Jinzai* Center. ☎554-5131

**CITIZENS HEALTH STUDY LECTURE**

**"How To Prevent Diabetes, And If You Become Diabetes"**

Date&Time: June 25<sup>th</sup> (Sat), 2PM~4PM Fee: Free \*No Fee/Reservation required.

Place: Auditorium on the 3rd floor at South Side of *Oume Shiritsu Sougou Byouin* (Ōme Hospital)

Inquiry: *Nishitama Ishikai* ☎0428-23-2171

**MEN'S COOKING & EXERCISE COURSE "OTOKO JUKU"!**

This is a cooking and light exercising class for men – the theme is "Easy, Tasty, and Healthy!" Beginner Cooks are more than welcome! If you have difficulty arranging your schedule for all three classes, just join in one or two of the classes.

	<b>Day 1</b> (Cooking Class)	<b>Day 2</b> (Exercising Class)	<b>Day 3</b> (Cooking Class)
<b>Theme</b>	Easy & low calorie cooking with varieties of vegetables!	Sports <i>Fukiya</i> (Blow Dart) and easy exercise	Making delicious Hand-made <i>Udon</i> Noodle!
<b>Date &amp; Time</b>	July 13 <sup>th</sup> (Wed) 9:30AM ~ 12:30PM	July 19 <sup>th</sup> (Tue) 2PM ~ 4PM	July 20 <sup>th</sup> (Wed) 1:30PM ~ 4:30PM
<b>Fee</b>	¥300 (Ingredient fee)	Free	¥300 (Ingredient fee)
<b>Things to bring</b>	Head Cloth (Bandana), Apron, Writing Materials	Exercise Outfit, Outdoor Shoes, and Towel	Head Cloth (Bandana), Apron, Writing Materials

Place: *Hoken* Center Eligibility: Male *Hamura* resident Capacity: First 20 people

How to apply: Call or visit *Hoken* Center, starting June 16<sup>th</sup>(Thu), 8:30AM~

\* Those who wish to measure the salt content of their home made *miso* soup may bring 50ml of it on Day 1 or Day3.

## LET'S GET READY for DIGITAL TERRESTRIAL TELEVISION (DTV)

In Japan, all analog TV broadcasting transmissions will be terminated by July 24, 2011. Please take action for digitalizing your TV environment at your earliest chance as high volume of inquiries and installation work requests are expected toward the termination of analog TV broadcasting.

### [ Free Consultation about DTV at city hall ]

If you are uncertain about what to do in getting ready for DTV, please feel free to consult an expert staff of DTV Support Center accepting questions at *Hamura* city hall Lobby. \*Reservation not required

Date&Time: Weekdays during June 15<sup>th</sup> (Wed) ~ August 26<sup>th</sup> (Fri), and Everyday during July, 9AM~5PM

### [ Online information & Call Centers for DTV related inquiries ]

Detailed information is available in English on the DTV Support Center Official Website.

<http://www.digisuppo.jp/uploads/pamphlet/71c9de1c2ca3e992c2beeac61775d9fcf709a4bb.pdf>

Ministry of Internal Affairs and Communications 'DTV Call Center' (in Japanese)

☎0570-07-0101 Weekdays 9AM~9PM, Weekend & Public Holiday 9AM~6PM

☎03-4334-1111 if you have trouble connecting to above number (calling from IP phone, etc.)

Ministry of Internal Affairs and Communications 'Tokyo West Area DTV Support Center' (in Japanese)

☎042-716-2525, Weekdays 9AM~9PM, Weekend & Public Holiday 9AM~6PM

## HELLO WORK *ŌME* - Special Job Counseling For Great East Japan Earthquake Victims

Date & Time: Weekdays 8:30AM ~ 5:15PM Place: HelloWork *Ōme* Office ☎0428-24-8609

Eligibility for Special Counseling: Those who meet any of the following conditions.

- Victims of Great East Japan Earthquake and Tsunami
- Evacuees of Fukushima Nuclear Power Plant Crisis currently living in this area
- Those who received great damage on his/her business property caused by the earthquake or tsunami
- Those who lost a job offer from a business located in the disaster-stricken area owing to the disaster

## HAMURA CITY TAP WATER ANALYSIS

The results of local tap water analysis conducted in a period of FY2010 confirmed that *Hamura* city tap water qualifies to the National Safety Standard in all contents categories examined. In addition to the statutory water analysis, *Hamura* City independently practices water analysis with the test categories annually revised based on the research of locally used agricultural chemicals. Analysis of radioactive substance in water will also be added starting in this fiscal year.

For the details of test results and test schedule for FY2011, please refer to *Hamura* City Official Website.

<http://www.city.hamura.tokyo.jp/0000003763.html>

Inquiries: *Suidou Jimusho* ☎554-2269

## NISHITAMA SANITARY ASSOCIATION ENVIRONMENT MANAGEMENT CENTER

### FY2010 DIOXINS ANALYSIS for AIR and FLUE GAS

Dioxins analysis for flue gas output from *Nishitama* Sanitary Association Environment Management Center (our local waste management facility) and for the air of the facility's neighborhood were conducted in series of 6 times during FY2010.

The analysis results showed that dioxins levels in the tested flue gas and air are at safety standard level regulated by The Environmental Air-Quality Standard, and The National Regulation for Dioxins and The Pollution Control Agreement Regulation.

Inquiries: *Nishitama Eisei Kumiai Kanri-ka* ☎554-2409

### 3 NIGHTS & 4 DAYS ~ ENVIRONMENTAL STUDY TOUR in *HACHIJOU-JIMA* ISLAND!

#### Kids Participants Application Starts

Let's learn about nature through this great experiential study tour held in *Hachijou-jima* Island!

Eligibility: 5th or 6th graders living in Tokyo who meet the following requirement

- ① Healthy kids who can participate in outdoor activities
- ② Those who can attend all the events in this program
- ③ Those who are willing to apply the experience and knowledge learned in the tour to future activities

Capacity: 40 kids     Fee: ¥7,000

Main Programs: Experiencing wind power (green energy), Seeing marine sanctuary by diving & snorkeling, Pre-training class (Environmental Study & Orienteering), and Post-study class

How to Apply & Inquiry: Between June 15<sup>th</sup>(Wed) ~ July 14<sup>th</sup>(Thu), fill in the prepared application form and attach your photo, then postal mail or bring to the following: *Kankyou Hozen-ka Kankyou Hozen-kakari*, 〒205-8601 (Address indication is not needed)

- \* Application form is available at *Kankyou Hozen-ka* in city hall and *Hamura* City Official Website.
- \* In case applicants exceed capacity, participants will be selected by drawing on July 15<sup>th</sup>(Fri) 10AM~.
- \* Participants and their parents will be **interviewed** on an appointed day (July 21<sup>st</sup> ~ 23<sup>rd</sup>, 6PM~8PM)
- \* Participants are required to turn in an **essay in Japanese**. The theme is "My Local Environment (Trees, animals, and various facilities, etc)". The essay volume should be about 1 page of 400-character manuscript paper.
- \* This project is supported by "Green Tokyo Global Warming Prevention Project" of All Tokyo Cities Joint Program.

Trip Schedule and All Programs	
Date	Detail
July 21 <sup>st</sup> (Thu) ~ 23 <sup>rd</sup> (Sat)	6PM~ Interviewing
August 13 <sup>th</sup> (Sat)	10AM~ Pre-training class (Environmental Study & Orienteering)
September 22 <sup>nd</sup> (Thu)	-- Meeting Time: 7:30AM (Large-size buss will pick up kids at multiple stops and go to <i>Takeshiba Sanbashi</i> ) -- Ship leaves <i>Takeshiba Sanbashi</i> around 10:20PM
September 23 <sup>rd</sup> (Fri)	-- AM... Orienteering -- PM... marine sanctuary experience1: snorkeling, and going to hot spring ( <i>Sueyoshi Hot Spring, Miharashi-no Yu</i> )
September 24 <sup>th</sup> (Sat)	-- AM... marine sanctuary experience2: Diving with professional divers -- PM... Visiting a wind power plant & geothermal heat facility, observing luminous plants
September 25 <sup>th</sup> (Sun)	-- AM... Leaving the island by Ship (Lunch on board) -- 9PM... Arriving at <i>Takeshiba Sanbashi</i> around 9PM -- 10:30PM... Back to <i>Hamura</i> (Large-size buss will drop off kids at multiple stops)
October 22 <sup>nd</sup> (Sat)	Post-study class (Starting time to be determined)

- \* This schedule may be changed due to the weather.
- \* For more detail, please contact *Kankyou Hozen-ka Kankyou Hozen-kakari*.

## The National Campaign Week for CHILDREN'S HUMAN RIGHTS PROTECTION

If you need a professional help for a trouble case about a child's human rights such as Child Abuse, Bullying or any other act of human rights violation, please do not hesitate to give us a call!

Campaign Date & Time: June 27<sup>th</sup>(Mon) ~ July 3<sup>rd</sup>(Sun), weekdays 8:30AM~7PM, weekends 10AM~5PM

Toll Free Dial for Phone Consultation: ☎0120-007-110

\*Phone consultation is available throughout the year. The regular office hour is 8:30AM~5:15PM.

For Other Inquiries: *Toukyou Houmu-kyoku Jinken Yougo-bu Daini-ka* ☎03-5213-1234

(Tokyo Legal Affairs Bureau Human Rights Protection Department Second Section)

### ☆ DAY-TRIP to TOKYO DISNEYLAND ☆ for Children and Parents of Single Parent Family

Date & Time: August 21<sup>st</sup> (Sun) meet at 7AM in front of *Fukushi Center* Capacity: 90 persons

\* First-time applicants have priority. The rest of participants will be selected by drawing.

Fee: Adult ¥3,800, Junior High Student ¥2,200, Elementary Student & Preschooler ¥1,100, Age 3 and under ¥Free

Application: Please call/mail/bring a completed application form to *Shakai Fukushi Kyougai-kai Soumu-ka Chiiki Fukushi-kakari* during June 16<sup>th</sup> (Thu) ~ July 8<sup>th</sup> (Fri) 9AM~5PM, weekdays only.

\*Application form is available at the office of *Shakai Fukushi Kyougai-kai*. If applying by postcard, indicate name of parent and child(ren), child's age, address and phone number, then post it by July 8<sup>th</sup> (Fri).

〒205-0002 *Hamura-shi Fukushi Center* 2-18-1 *Sakae-chou Hamura-shi* ☎554-0304

### **NISHI JIDOUKAN (West Children Center) ☎554-7578**

#### < Home Cooking Class ~ **Onigiri (Rice Ball)** ~ >

Date & Time: July 9<sup>th</sup> (Sat), 10AM~12PM Capacity: First 20 people Fee: ¥70

Eligibility: Elementary School Students up to 18 years old (*Hamura* Citizens have priority)

Things to bring: Indoor Shoes, Apron, Head cloth, and hand towel

How to Apply: Between July 1<sup>st</sup> (Fri) ~ 8<sup>th</sup> (Fri), 9AM ~ 5PM, Call or visit the center.

### **CANDLES & BREAD HAND-MAKING WORKSHOP at SHOPPING ARCADE**

Date: July 3<sup>rd</sup>(Sun) Place: Mommy Shopping Center and *Fujimidaira Kaikan*

Event: ① Candle Making class... Starting at 11AM, 1PM, and 3PM

② Baking Animal-shaped Bread class... Starting at 10AM, Noon, 2PM, and 4PM

Meeting point: Be at each event site by 5 minutes before starting time.

Eligibility: From 1st grade up to 6th graders Capacity: ① 20 kids each ② 12 kids each

Things to bring: ① Fee (¥500), ② Fee (¥500) and apron

How to apply: ① No appointment required. ② Call "*Toriichi*" store by June 30<sup>th</sup> (Thu) ☎554-7789, or apply through Mommy Shopping Center Homepage ( <http://mamisc.com/> ).

\*There will be special sale items and more at the event site!

Inquiry: *Sangyou Kasseika Suishin-shitsu Shoukougyou Shinkou-kakari*

### **GOLDEN (50th) WEDDING ANNIVERSARY GIFT from HAMURA CITY**

On an occasion of Respect-for-Senior-Citizen Day 2011, *Hamura City* will give a Golden (50th) Wedding Anniversary (*Kinkon-shiki*) Gift to resident couples who were officially married in year 1961.

For receiving the gift (congratulatory letter and a gold *sake* cup), please apply by phone or visit the office of *Shakai Fukushi Kyougikai Soumu-kakari* before July 8<sup>th</sup> (Fri).

## BE AWARE OF "PHOTOCHEMICAL SMOG WARNING"

In the presence of Photochemical Smog, some people may experience eye and nose irritation as well as respiratory problems. Photochemical Smog is an air pollution derived from sunlight-induced chemical reaction of elements contained in vehicular emission and industrial fumes in the atmosphere. It occurs during a high temperature season, on a day of sunny /hazy weather combined with minimum air current. *Hamura* City issues Photochemical Smog Warning as needed. During a period under the warning, a signboard "光化学スモッグ注意報発令中" will be posted at some of the city public facilities. Please try to stay indoors during a warning period, or whenever you feel irritation of eye or nose, or breathing difficulty on a high-risk day as described above. Inquiries: *Kankyō Hozen-ka Kankyō Hozen-kakari*

▶ Hourly updated online information of Photochemical Smog Warning is available from Tokyo Bureau of Environment. (in Japanese) - <http://www.ox.kankyo.metro.tokyo.jp/ku6.htm>

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

#### < Childbirth Preparation Class for Mothers >

This is a class about pregnancy, giving birth, and after childbirth.

Date & Time: July 7<sup>th</sup> (Thu), 14<sup>th</sup> (Thu), 28<sup>th</sup> (Thu) (course consists of 3 sessions), 1:15PM~4PM

Place: *Hoken* Center, Eligibility: Expectant mothers living in *Hamura* \*No reservation required.

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

\*Please 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.

#### < New-born Baby Care Class for Mothers and Fathers >

Date & Time: July 24<sup>th</sup>(Sun) ①10AM ~ Noon, ②2PM ~ 4PM Place: *Hoken* Center

Eligibility: Expectant Mothers living in *Hamura*, and her family

Class Detail: How to bathe your baby, changing diapers, how to make formula, and more

Things to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook), Father's Handbook, *Kosodate Ouen* Handbook (These handbooks are included within "*Haha to Kono Hoken* Bag")

Capacity: First 15 pairs (in each class) How to apply: Call or visit *Hoken* Center.

#### < Blood Donation & Bone-marrow Donor Registry Needed! >

Date & Time: July 8<sup>th</sup> (Fri), 10AM ~ Noon, 1:15PM ~ 3:45PM Place: In front of City Hall

- **Blood Donation**: Eligibility: Those who are Age 16 ~ 69 years old (Age 65 or older without a blood donation record in past 5 years are not eligible), Detail: Blood donation of either 400ml or 200ml
- **Bone-marrow Donor Registry**: Eligibility: Those who are Age 18 ~ 54 years old, Detail: Explaining how to register, taking blood sample (about 2ml)...approximately total of 20 minutes

### ◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital				Dental Clinic	
JUNE	9am~5pm		5pm~10pm		9am~5pm	
19 <sup>th</sup> (Sun)	<i>Ozaki</i> Clinic	554-0188	<i>Fussa-shi</i> <i>Hoken</i> Center	552-0099	<i>Nakano</i> <i>Shika Iin</i>	554-7053
26 <sup>th</sup> (Sun)	<i>Yanagida Iin</i>	555-1800	<i>Fussa-shi</i> <i>Hoken</i> Center	552-0099	<i>Nozaki</i> <i>Shika</i> Clinic	555-3316

\*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/qq13enmnl.asp>