

HAMURA NEWS

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ELECTRIC POWER SAVING for SUMMER 2011

~ Easy Tips We All Can Start Doing in the Work Places ~

Some power saving ideas for home appliance usage were introduced in the last issue of *Hamura News*. In this issue, let's learn some more power saving ideas we can practice at our indoor work places!

Lighting	Reduce the number of light fixtures in use to half
	Make a strict policy of keeping the lights in unoccupied rooms
	Turn off all unnecessary lightings during a break time
	Replace the regular light bulbs to more power-efficient light bulbs
Air Conditioning	Set the air-conditioner's cooling temperature at 28°C
	Turn off the air-conditioning for unoccupied rooms
	Keep Air-conditioner filter clean (cleaning twice a month)
	For shielding direct sunlight and reflected heat, use window blind or window film
Freezer Cooler	Keep it clear around the vent opening of cooler showcase
	Keep the vent filter of freezer/cooler clean
	Apply clear plastic curtain on the front of vertical cooler showcase
	Reconsider the appropriate temperature setting for commercial freezer/cooler
Power Saving Awareness	Designate a person in charge of patrolling for the office's power saving efforts
	Set a target of power saving percentage and list up practical measures
	Encourage taking vacation in summer, longer vacation, and help coordinating among workers with taking vacation at unafflicting timing to each other's jobs
	Promote the importance of home power saving and tips among the workers

In order to secure stable power supply and to avoid a mass area black out in this summer, everyone's power saving cooperation is essential, especially between 9AM and 8PM. Inquiries: *Kankyou Hozen-ka*

LED LIGHTING POPULARIZATION PROJECT

Hamura City will exchange used incandescent light bulbs to brand-new LED light bulbs! (E26base)
For exchanging your light bulb, please come to the city hall front entrance on July 23rd(Sat) 1PM~5PM.
Limit of one light bulb per household/business entity. 500 light bulbs will be available.

Eligibility: Residents and businesses registered in *Hamura City* Handling Fee: ¥200

If there are any LED bulbs remained after the 23rd, those will be available at *Kankyou Hozen-ka* during regular office hours between July 25th(Mon) ~ 27th(Wed). Inquiries: *Kankyou Hozen-ka*

THE 36th HAMURA SUMMER FESTIVAL

Date & Time: July 30th(Sat) & 31st(Sun), 3PM~8:30PM

Place: JR Hamura Station East Rotary and Around

- * July 30th (Sat): In case of rain, some of the programs will be postponed to the next day.
- * July 31st (Sun): In case of rain, the events will be cancelled.
- * Traffic Restriction: 2PM ~ 9PM, Please refer to the map in *Hamura News* 7/15 Japanese Edition.
- * For more details, please refer to an event brochure (in Japanese) in the July 29th newspaper, or you can obtain one at the festival site.

- ☆ Let's support *Touhoku* Recovery from Disaster by shopping at *Touhoku* local products booth!
- ☆ Electricity power conservation ideas will be demonstrated! (i.e. using LED light bulbs).
- ☆ Free Japanese fans (*Uchiwa*) will be distributed at the festival site!

< *Minyou Nagashi* (Japanese Folk Dance strolling) by *Hamura-shi Buyou Renmei* >

Dancers dressed in matching *Yukata* will parade toward *Hamura* Station.

< *Awa Odori* by Dancers of *Mitaka-ren* & *Hamura-ren* >

Dancers in bright white costume will be dancing *Awa Odori*.

< Samba Dancing >

In this year's festival, three teams will perform Samba dancing at station rotary.

< *Mandou Gyouretsu* (Japanese lantern March) and *Ninba Odori* (*Hamura's* Original Dance) >

It is the main event of this festival with over 1,000 participants. Also enjoy colorful lanterns.

< Other Events >

- Performances at Sub-stage
- *Matsuri Bayashi* (Traditional Festival Music)
- Putt-putt Golf
- *Gion Bayashi* (Traditional Festival Music of *Gion* area)
- *Hamura Higashiguchi* Store Association Summer Festival... 3PM ~ 8PM
- *Honchou Nishiguchi* Store Association Summer Festival... 3PM ~ 8:30PM

< Temporary Route Change of *Hamuran* Shuttle Bus >

Due to the traffic restriction for the event, the buses will not enter into the event site area between 2PM~9PM. *Hamuran* will depart from / arrive at *Gonokami 1-choume* bus stop, and will be operated by *Hamura Eki Higashiguchi* bus stop schedule.

< Free Shuttle Bus to the Festival Site 2PM~9:30PM >

Bus Courses: ① *Sakaechou* & *Ozaku* Course, ② *Shinmeidai* & *Fujimidaira* Course,
③ *Hanenaka*, *Hamura Seki*, *Kawasaki* & *Seiryuu* Course, ④ *Ozakusakashita* & *Hanekami* Course
* For details about bus stop location and time schedule, please see our web site or event brochure.

Please Note:

- During the festival, the taxi and bus stops in the rotary area will be temporarily moved.
- There is no car parking for the event. Please refrain from coming by personal cars.
- Event visitors, please park your bicycles at *Fujimi* Elementary School Ground during the festival.

~ Let's Keep a Clean Festival Site! ~

During the festival, the event staff will patrol the festival area and pick-up rubbish to keep the area nice and clean. We would appreciate if all participants and guests comply with recycling rules and also pick up the trash left inappropriately. Thank you very much for your cooperation.

THE 36th HAMURA SUMMER FESTIVAL
EVENT SCHEDULE

July 30th (Sat)		
Events	Place	Time
Opening Attraction -- Brass Band Performance by <i>Hamura Daiichi Junior High School Brass Band</i>	JR Hamura Station East Rotary & Main Stage	3:00PM ~ 3:30PM
Opening Ceremony	JR Hamura Station East Rotary	3:10PM ~ 3:20PM
<i>Seishounen Parade</i>	Main Street in front of JR Station	3:50PM ~ 4:20PM
<i>Minyou Nagashi</i>	Main Street in front of JR Station	4:20PM ~ 4:50PM
<i>Awa Odori</i>	& JR Hamura Station East Rotary	5:00PM ~ 5:30PM
<i>Mandou Gyouretsu</i>	On the street	5:30PM ~ 5:50PM
<i>Ninba Odori</i>		5:50PM ~ 6:30PM
<i>Mandou Gyouretsu (Mandou) & Ninba Odori</i>		6:30PM ~ 7:10PM
<i>Mandou Gyouretsu (Tourou) & Ninba Odori</i>		7:10PM ~ 7:50PM
Sub Stage Performances		Rest Station at <i>Hamura Dome Parking</i>
<i>Matsuri Bayashi</i> performed by <i>Hamura local musicians</i>	On the street	
Festival Booths	On the street	3PM ~ 8:30PM

July 31st (Sun)		
Events	Place	Time
<i>Wadaiko</i> (Japanese Drums) by <i>Hamura Taiko Fukyuu-kai</i>	JR Hamura Station East Rotary	3PM ~ 3:30PM
Samba Parade performed by Tokyo University of Foreign Studies Brazilian Culture Club	Main Street in front of JR Station & JR Hamura Station East Rotary	4PM ~ 4:45PM
Samba Parade performed by ICU Lambs		4:55PM ~ 5:40PM
Samba Parade performed by Uniao Dos Amadores		5:50PM ~ 6:35
<i>Gion Bayashi</i> performed by <i>Azuma-chou Gion Bayashi Hozon-kai</i>	On the street	5:30PM ~ 7PM
Putt-putt Golf		4:30PM ~ 8PM
Closing Ceremony	Main Stage	8PM ~ 8:10PM
Sub Stage Performances	Rest Station at <i>Hamura Dome Parking</i>	3PM ~ 8PM
<i>Hamura Matsuri Bayashi</i>	On the street	
Festival Booths	On the street	3PM ~ 8:30PM

*Traffic Restriction: 9AM ~ 2PM on both festival dates

HAMURA CITY AIRBORNE RADIATION MONITORING

Hamura City has started regular monitoring of airborne radiation dose in the city since July 6th.

The monitoring will continue to take place every Monday, Wednesday and Friday, at 9AM in *Fujimi* Park. The measurements are taken 5 times at each height, 5cm, 50cm and 1m above ground, and the mean value of each measurement height are published as the monitoring results.

The monitoring results are informed (in Japanese) to public through *Hamura* City Official Website, *Hamura* News Japanese Edition, notices at major city public facilities and at JR stations within the city.

* The future results will not be reported in English. Please use the translated chart below for your future reference.

* Dose rate below 0.24 μ sv/h is considered not harmful to human health (including children).

Monitoring Results of Airborne Radiation Dose (<i>Fujimi</i> Park)						
Date	Day of Week	Time	Weather	Air Dose Rates		
				Unit: μ sv/h (micro sievert per hour)		
				at 5cm	at 50cm	at 1m
July 8 th	Friday	9AM	Cloudy	0.087	0.091	0.089
July 6 th	Wednesday	9AM	Sunny	0.086	0.085	0.083

◆ Safety of Outdoor Swimming Pools in City Public Facilities ◆

The water used for the swimming pools of city public elementary and junior high schools, nursery schools and the water park is safe and satisfies the quality standard as drinking water.

Tokyo metropolitan government regularly conducts radiation monitoring for fallout (dust, rain, etc.), the results of which show extremely low dose rate, far below the level for causing any human health damage as in airborne state or in pool water.

◆ Radiation Measurements of Children's Facilities ◆

In mid July, *Hamura* City will conduct radiation measurements at city public elementary and junior high schools, nursery schools and *Gakudou* Clubs. This will be an one-time measurement. Radiation measurement for these facilities will be conducted again when a great increase of dose rate is detected from the regular radiation monitoring, or when instructed from the National Government.

◆ Radiation Measurements of Local Agricultural Products ◆

Tokyo Metropolitan Government and Japan Agricultural Cooperatives of Tokyo are in joint operation for the monitoring of effects from radiation on agricultural products. The monitoring results are open to public. *Hamura* City will conduct a radiation measurement on local agricultural products in mid July.

Inquiries: about radiation measurement... *Kankyō Hozen-ka Kankyō Hozen-kakari*

about radiation-related health damage... *Nishitama Hokenjo* ☎0428-22-6141

HAMURA CITY HAS SENT RELIEF AID MONEY

As of June 29th, the donated relief money for Great East Japan Earthquake Victims entrusted with *Hamura* City has totaled to ¥25,117,491. The city has previously sent ¥5,000,000 to each prefectural offices of *Iwate*, *Miyagi* and *Fukushima* in April. This time, on June 16th, the city has sent ¥1,000,000 to each prefectural offices of *Aomori*, *Tochigi*, *Ibaraki*, and *Chiba*.

Thank you very much for all your contributions. *Hamura* City will continue accepting donations.

Inquiries: *Kikaku-ka Kikaku-tantou*

TALK with *HAMURA* MAYOR at TOWN MEETING

This is a town meeting where you get to talk directly with our Mayor. Come join us!

Date, Place, Time: July 27th (Wed) at *Yutorogi*, October 3rd (Mon) at *Sakae Kaikan*,
and January 17th (Tue) 2012 at *Shinmeidai Kaikan*. 7PM~9PM for all dates.

How to Apply: Call or visit *Kouhou Kouchou-ka Shimin Soudan-kakari* at City Hall.

- * On-the-day registration may become available without notice. Registration will close at 8:30PM.
- * Each participant will have about 15 minutes to talk with the Mayor.
- * Please participate as an individual, not as a representative of a group.
- * Depending on your question to the Mayor, the reply/answer may be delivered later.
- * We will protect the confidentiality of personal information.

ARE YOU READY for DIGITAL TERRESTRIAL TELEVISION (DTV) ?

In Japan, all analog TV broadcasting transmissions will be terminated by July 24, 2011.

[**Free Consultation about DTV at Hamura city hall**]

DTV Support Center's expert staff will answer your questions about DTV at *Hamura* city hall Lobby.

Date&Time: Everyday (except holidays) until August 26th (Fri), 9AM~Noon and 1PM~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 'Tokyo West Area DTV Support Center' (in Japanese)
☎042-716-2525, Weekdays 9AM~9PM, Weekend & Public Holiday 9AM~6PM
- 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.)

If you have a PLUMBING PROBLEM

If you need to commission a professional plumbing 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

ADVERTISE YOUR BUSINESS on *KOUHOU HAMURA*

There are advertisement spaces on *Kouhou Hamura* (city public relations brochure Japanese edition). *Kouhou Hamura* is distributed to all households and business entities in *Hamura* City.

With an advertisement contract of 3 months or more, the same advertisement can also be published on *Hamura* City Official Website for free of charge. In addition, Advertisement rate discount is applied to a contract of 6 months or more. *Application is required for the free web advertisement right.

For more information, please contact *Kouhou Kouchou-ka Kouhou-kakari*, or see the web information
→ <http://www.city.hamura.tokyo.jp/0000000725.html> (in Japanese)

RECYCLED GOODS SALES at RECYCLING CENTER

As a part of public efforts for waste reduction and recycling promotion, many great furniture items are repaired and refurbished for resale by the staff of Senior Citizen Human Resource Center. Those items were originally collected as unneeded furniture from local residents, and now sold at the Recycling Center in great condition and at economical price!

Place: Recycling Center 1st Floor Craft Work/Exhibition Room

Days & Hours: Monday ~ Friday and First Sunday of the month, 10AM~Noon and 1PM~4PM
(except National Holidays and Year-end to New-year Holidays)

Inquiry: Senior Citizen Human Resource Center, Recycled Goods Sales Section ☎555-3524

PUBLIC FACILITY RESERVATION SYSTEM - Temporary Closure

The reservation system will be closed due to both *Yutorogi* and Sports Center closure on the same date (Monday, August 1st). The closing hours are as follows:

Reservations cannot be made... August 1st(Mon), 0AM ~ August 2nd(Tue), 9AM

Reservation status cannot be browsed... July 31st(Sun), 5PM ~ August 2nd(Tue), 8:40AM

For more information, please call *Yutorogi* ☎570-0707

NATIONAL HEALTH INSURANCE HIGH MEDICAL EXPENSE BENEFIT

If the patient-borne medical expenses paid within the same month are high and the designated requirements are met, the amount that exceeds the patient-borne expense ceiling (determined based on one's age and household income, etc) can be reimbursed later for outpatient visits expenses, or the hospitalization fee can be restricted to the ceiling at the time of payment at a medical facility.

To use this benefit system, you must obtain a certificate (国民健康保険限度額適用認定証 *Gendogaku Tekiyou Ninteishou*) in advance. The certificate is valid from the month in which the application is filed.

◆ Medical expense for the holders of National Health Insurance Elderly Member Card (issued to NHI members of age 70~74) is automatically restricted to the ceiling amount. The elderly members who are Resident Tax exempt can file an application for the lower patient-borne expense ceiling amount.

* Please note that delinquent insurance premium may affect the eligibility for this benefit.

* The current certificate will expire on July 31st (Sun). Certificate renewal notification was mailed to the current certificate holders. Please file the renewal application if necessary.

Inquiries: *Hoken Nenkin-ka Hoken-kakari*

RENEWAL of NATIONAL HEALTH INSURANCE ELDERLY MEMBER CARD

The current National Health Insurance Elderly Member Card (国民健康保険高齢受給者証, issued to NHI members of age 70~74) will expire on July 31st (Sun). The new card will be mailed to the current card holders before the end of July. The validity of the new card is from August 1st 2011 through July 31st 2012. Those who will turn 70 years old after July will receive the card by the end of birth month. The validity takes effect in the following month. (If birth date is the 1st, the card validity takes effect in birth month)

* The expired card must be returned to the city office by mail using the envelop enclosed with the new card, or please return it in person to city hall.

Inquiries: *Hoken Nenkin-ka Hoken-kakari*

HAMURA ZOO

< Baby Boom at Hamura Zoo! >

At our zoo there are a lot of babies right now! American beaver born in May, 8 Humboldt Penguin babies hatched in April, May, and June, and a Japanese Monkey born in June! Come and meet the cute babies!

SENIOR CITIZEN HUMAN RESOURCE CENTER ☎554-5131

< Computer Class Student Registrations Welcome! >

Date & Time: Weekly, Mon...10AM ~ Noon, or Wed, Thu, and Fri...10AM ~ Noon & 1PM ~ 3PM

Fee: ¥1,000 (for 2 hours) How to apply & Inquiries: call or visit the center.

Class Detail: Word & Excel / Internet / E-mails / Operating & Editing Digital Camera, etc.

PUBLIC LECTURE PRESENTATION

~ Nursing Care Prevention ~

Hamura City is promoting Long-term Care Prevention Project to support our senior residents to stay young and healthy. At this lecture event, importance and future vision of care prevention will be featured

Date&Time: August 9th(Tue), 2PM ~ 4PM Place: Community Center 3rd Fl. Hall

Eligibility: Hamura residents *No reservation required

Inquiry: Kourei Fukushi Kaigo-ka Kourei Fukushi Kakari

Hand-making Workshop ~ SOLAR BATTERY-OPERATED TOY ~

Date & Time: August 6th(Sat), 9AM ~ Noon Place: Seikatsu Shouhi Center 2nd Floor Activity Room

Eligibility: Elementary School Students (Those who are 3rd grade or under must be accompanied by an adult)

Capacity: First 30 kids Fee: ¥300 (Material fee & Insurance)

Toys to be made: F-1 cars, Rope-walking monkeys, and Toy Frogs

How to Apply & Inquiry: Starting July 20th(Wed) 9AM, call or visit Shouhi Seikatsu Center ☎555-1111.

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

< Workshop ~ Let's make a spintop that doesn't fall ~ >

This workshop will be a great help for kid's Summer Holiday Research Project (*Jiyuu Kenkyuu*) !

Date & Time: August 7th(Sun), 10AM ~ 11:30AM Eligibility: Hamura Elementary School Students

Capacity: First 20 kids Fee: Free Things to Bring: Indoor shoes

How to apply: During July 16th(Sat) ~ 31st(Sun), 9AM ~ 5PM, call or visit center.

LIBRARY ☎554-2280

< Displaying *Kadai Toshu* (Summer Holiday Assigned Books) >

The books assigned for "The 57th Readings and Book Report Youth Contest" will be displayed at the Library. In case your desired titles are checked out by someone, please use our "Request" system.

Period: July 16th (Sat) ~ August 31st (Wed) Display Location: Main Hall Display Corner

*The library will be open on a Holiday of July 18th(Mon).

*As the number of customers increase trying to check out assigned books during this period, please be informed that only up to 2 assigned books can be checked out per person.

< Cervical Cancer Vaccine for High School Girls >

The vaccine supply shortage has been recovered and the vaccination will restart from July 10th (Sun) for female residents of High School 1st Grade or those at the equivalent age. The vaccination for junior high school girls is scheduled to resume soon. The starting date will be announced on *Hamura News*.

This vaccination is administered 3 times over a period of 6 months.

This vaccination is provided with public health subsidy. The patient-borne cost on each dose is ¥1590.

* If your regular doctor is located out side of *Hamura City*, please consult with *Hoken Center*.

* For information about remedy in case of health damage/side effects, please refer to *Hamura News*

April 15th English Edition.

Medical Facilities providing Cervical Cancer Vaccination	Phone
小崎クリニック (Ozaki Clinic)	042-554-0188
小作駅前クリニック (Ozaku Ekimae Clinic)	042-578-0161
滝浦医院 (Takiura Iin)	042-555-2655
羽村相互診療所 (Hamura Sougo Shinryoujo)	042-554-5420
松田医院 (Matsuda Iin)	042-554-0358
松原内科医院 (Matsubara Naika Iin)	042-554-2427
柳田医院 (Yanagida Iin)	042-555-1800
山川医院 (Yamakawa Iin)	042-554-3111
横田クリニック (Yokota Clinic)	042-554-8580
わかくさ医院 (Wakakusa Iin)	042-579-0311
山口内科クリニック (Yamaguchi Naika Clinic)	042-570-7661
いずみクリニック (Izumi Clinic)	042-555-8018
尾形産婦人科クリニック (Ogata Gynecology Clinic)	042-579-0341
よりみつレディースクリニック (Yorimitsu Ladies' Clinic)	042-570-5130

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
17 th (Sun)	<i>Izumi Clinic</i>	555-8018	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Fukutome Shika Clinic</i>	555-7064
18 th (Mon) Holiday	<i>Futaba Clinic</i>	570-1588	<i>Takasawa Byouin (Mizuho-machi)</i>	556-2311	<i>Heizou Shika Iin</i>	554-0066
24 th (Sun)	<i>Matsubara Naika Iin</i>	554-2427	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Honda Shika Iin</i>	554-5902
31 st (Sun)	<i>Matsuda Iin</i>	554-0358	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Masuda Shika Iin</i>	551-8686

*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>