

HAMURA NEWS

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

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

【 September 4th 2011 HAMURA CITY EMERGENCY DRILL 】

Details on Page 2 →

ELECTRIC POWER SAVING for 2011

~ Turn off when not using ~

You can reduce power consumption by turning off electrical appliances when you are not using them. Not only that, please pull the plug out if you are not using it for a long time period.

The Expected Reduction Ratio If Used One Hour Shorter Per Day				
Category	Product Type	Reduction Ratio (Annual)		
		Electricity Quantity (kw/h)	Electricity Bill (Yen)	CO2 Emission (kg)
AC	With 28°C setting	18.8	430	7.2
PC	Desktop	31.6	720	12.1
	Laptop	5.5	130	2.1
TV	Braun Tube (32 inch)	45.7	1,040	17.5
	Liquid crystal display (37 inch)	40.4	920	15.4
	Plasma (37 inch)	47.1	1,080	18.0
Light	incandescent (54w)	19.7	450	7.5
	fluorescent (12w)	4.4	100	1.7

Inquiries: *Kankyou Hozen-ka Kankyou Hozen-kakari*

TV HAMURA in SEPTEMBER

TV *Hamura* is broadcasted on "TCN" *Tama* Cable Network (digital channel 055).

30-minute program is broadcasted daily (program renews every Thursday): ①9AM~ ②5PM~ ③9PM~

*Test-broadcasting on Saturdays (digital ch.111) ①1:30PM~ ②5PM~ ③9PM~

*July 30th(Sat) 5PM program will be moved up to 12:30PM as a special program "*Hamura* Summer Festival 2011".

This Month's Special Program: ~ ***Hamura City* Emergency Drill** ~

Inquiries: *Kouhou Kouchou-ka Kouhou-kakari*

BLOOD DONATION NEEDED!

Citizen's cooperation for blood donations is needed to ensure a continuous supply of transfusions. You can donate 400ml or 200ml of blood at the Mobile Blood Donation Center in this chance.

Date & Time: September 13th(Tue) 10AM ~ 3:30PM Place: East Exit Rotary by JR *Ozaku* Train Station

Eligibility: Age 16~69 (Those over age 65/older without a donation record in past 5 years are ineligible)

HAMURA CITY EMERGENCY DRILL September 4th (Sun) 2011

The City Wide Emergency Drill is conducted annually to practice and improve the well-coordinated emergency response, as well as to promote the readiness for disaster risks and emergency situations. Repeated practice fosters preparedness for emergency response with practical knowledge.

Not only the adults, but also young residents, because they are all recognized as community members, should participate. Please make sure that your young family members join the Emergency Drill.

Emergency Drill Date & Time: September 4th (Sun) 9AM Inquiries: *Seikatsu Anzen-ka Bousai-kakari*

*In case of cancellation due to bad weather, it will be announced at 7:30AM through outdoor public address system.

Assumed Situation for the Drill: a severe earthquake of level 6-strong occurred in this area and the evacuation order is announced. At 9:00am, actual public siren will go off, and Disaster Occurrence Notice will be distributed through *Hamura* Information Email Service.

Flow of the Drill:

- ① Practice self-protection action during the (imaginary) shaking – securing evacuation route to an exit with caution to falling objects and toppled furniture, hiding under a durable table, etc.
Practicing under various assumed situations in a house and time of a day is recommended.
- ② After the shaking stops and you make sure it is safe to take the next action, first important thing is to check all the risk sources for fire. Tightly close the main gas tap and switch off the electricity circuit
- ③ Evacuate to the nearest public shelter as a group with your house members or neighbors. If you are not certain of your nearest public shelter, contact your neighborhood/district association.
- ④ On the drill day, various drills will be practiced on neighborhood association bases at each public shelter site - Putting off fire, dealing with major problems on evacuation routes, spotting and providing first-aid to injured persons, etc.
- ⑤ If public transportation is shutdown due to disaster, you may not be able to return home from work or school on a same day. Walking a distance of more than 20km in a disaster situation is very difficult. In prior to the drill day, discuss about the evacuation route between work place or school and home or the nearest public shelter, and also know about the means of emergency communication with family/friends, such as Disaster Emergency Message Dial #171 (災害用伝言ダイヤル). For details of this voice messaging system, please refer to → http://www.ntt-east.co.jp/saigai_e/voice171/

Free Give Away! FURNITURE-TOPPLING PREVENTION APPLIANCE

These safety appliances are designed to minimize the risk of furniture toppling in a case of an earthquake or by a human-cause (especially by children). The effect was proven well in previous earthquake cases. One set per household is provided by *Hamura* city, free of charge!

Installation assistance is available for the households of elderly or handicapped persons.

*One application chance per household. Households that have received these devices from the city previously are not eligible / Limited quantities on stock / Distribution is on first-come-first-served basis / An *Inkan* (personal seal) is required / If you prefer a device of stretching pole model, please have the measurement between the furniture top and ceiling before filing application.

Inquiries / How to apply: please come to *Seikatsu Anzen-ka* on weekdays.

CHECK the CONDITION of YOUR FENCE

If you have a heavy-weight fence (brick/concrete construction) on your property, please check its condition at your earliest opportunity. Unrepaired heavy-weight fences are a serious disaster risk, especially in a case of an earthquake. Fence owners have the maintenance responsibility.

*Replacing a heavy-weight fence bordering a street with a hedge may qualify for a grant support.

For details about Hedge Grant information, please contact *Kankyuhozen-ka Kankyuhozen-kakari*.

Inquiries: *Seikatsu Anzen-ka Bousai-kakari, Doboku-ka Dourokanri-kakari*

HAMURA INFORMATION EMAIL SERVICE

Hamura City provides a service which distributes local information by email to your mobile phone or PC. Emergency information is sent to all subscribers. You can receive information on local affairs in various categories as listed below upon your request. There is no fee charged for subscription.

Subscription instruction and email contents are available only in Japanese at the moment.

*Mobile internet access fee may apply for receiving the emails from this system.

Information Categories:

- | | |
|--|------------------------------|
| ① Emergency, Fire, Natural Disaster 災害情報 | ② Public Security 防犯情報 |
| ③ Public Administration 行政情報 | ④ Event, Tourism イベント・観光情報 |
| ⑤ Child Raising Support 子育て支援情報 | ⑥ Board of Education 教育委員会から |
| ⑦ Yutorogi, Library, Sports Center, Folk Museum 施設から | |

How to subscribe:

(1) First, Set up your email account able to receive emails from mail@city.hamura.tokyo.jp.

Then send a blank email (no title/message) to hamura@entry.mail-dpt.jp.

(2) You will receive an email titled “本登録のお願い”. Open the message, and click on the URL which links to the Site Policy page (in Japanese only).

You must complete the registration within 30 minutes from the time you open the page.

(3) After you indicate that you agree with the terms and conditions (click on 同意する), choose your desired information categories, click on the icon “確認”. Then on the next page, click on “登録”

(4) If successfully registered, you will receive a confirmation email with title containing “本登録完了”.

Inquiries: Kouhou Kouchou-ka Kouhou-kakari

HAMURA CITY HAS SENT RELIEF AID MONEY

As of August 15th(Mon), the relief money donation for Great East Japan Earthquake Victims entrusted with Hamura City has totaled to ¥26,560,824. The city has made the first remittance of aid money from this donation fund, ¥5,000,000 to each prefectural office of *Iwate, Miyagi and Fukushima* in April, and with the second remittance in June, ¥1,000,000 was sent to each prefectural office of *Aomori, Tochigi, Ibaraki, and Chiba*. This time, we would like to report that our third remittance was sent to *Iwate, Miyagi and Fukushima* prefectural offices with ¥2,000,000 each. Thank you very much for your contributions. Hamura City will continue accepting donations. Please make donations by using one of the Donation Boxes in city hall main/branch offices, *Yutorogi, Library and Sports Center*, or by bank transfer to an officially designated account at *Nishitama Agriculture Cooperative Association (Nishitama Noukyou)*; Account Title: 羽村市東北関東大震災義援金 / Branch: 西多摩農業協同組合本店 / Account#: 普通0076220

*If you make a bank transfer payment for donation purpose at a teller service of any *Nishitama Noukyou* branches within Tokyo, the transfer fee will be exempt. (Fee will be charged through an ATM procedure)

Inquiries: Kikaku-ka Kikaku-tantou

RENEWAL of NATIONAL HEALTH INSURANCE CARD

National Health Insurance Card (国民健康保険被保険者証) is renewed every 2 years. Your current card will expire on September 30th(Fri). The renewal form will be mailed by Registered Mail in mid-September to the heads of household who are insured by National Health Insurance. If you are to receive the renewal form but currently not residing at the address registered in the insurance policy, please contact city hall *Hoken Nenkin-ka Hoken-kakari* as soon as possible.

SEPTEMBER 30th (Fri) – Due Date for Some Tax Payments

Payments for the 3rd installment of National Health Insurance Tax (国民健康保険税), Long-term Care Insurance Tax (介護保険料) and Late-elderly Medical Insurance Tax (後期高齢者医療保険料) are due on September 30th (Fri).

Inquiry: *Nouzei-ka Nouzei-tantou*

BE-KIND-TO-ANIMALS WEEK - SEPTEMBER 20th ~ 26th

This special campaign week was originally established to promote humane relationship with animals and proper care of animals, based on "Act on Welfare and Management of Animals".

< Animal *Fureai* Festival ~ Be Prepared for Emergency Situation >

Date & Time: September 17th (Sat), 11AM ~ 4PM *No reservation required.

Place: *Ueno Onshi* Park (*Shinobazu* Pond, Outdoor stage, and *Ueno* Zoo)

Detail: Dog obedience training demonstration, and panel exhibition related to a disaster situation

*You may attend the class with your dog(s), however, you cannot exercise the obedience method to your dog right at that spot.

< Be-kind-to-animals Symposium >

Date & Time: September 23rd(Fri), 1PM ~ 4:30PM

Place: Tokyo *Kokuritsu* Museum *Heisei* Auditorium Capacity: 390 people

How to Apply: Call *Nihon Doubutsu Fukushi Kyoukai* before September 22nd (Thu)

Inquiry: *Nihon Fukushi Doubutsu Kyoukai* ☎03-5740-8856

Tokyo *Fukushi Hokenkyoku Kenkou, Anzen-bu Kankyou Eisei-ka* ☎03-5320-4412

■ Love your pet and keep him/her in family through a lifetime

Every pet owner has a responsibility to take care of pet for its entire life as well as fully understand the pet's habits and nature.

■ Sterilization/Castration of your Pet

If you are not planning on having baby-pets, Sterilization/Castration is highly recommended.

Not only will your pet calm down, but it also prevents reproductive system diseases.

■ Keep your Cat indoors

When having a cat as pet in densely populated residential neighborhood, having them stay indoor is ideal in order to avoid traffic accidents and troubles with neighbors.

Providing a Litter box and Nail Sand in your house is highly recommended. Arrange your furniture so that your cat can get some indoor exercise.

■ Keep the Rules when taking your Dog for a walk

When taking your dog for a walk, keep your dog leashed. If your dog potties, wash the area with water. Also take the dog's "deposit" back to your home and dispose of it properly.

■ ID Tags for your Pet

There are many animals that get lost and unable to find their way home by itself.

Please make sure to put an ID Tag on your pet.

■ In case of a disaster

When a disaster occurs, please do not forget that human lives come first. If the pet owner is hurt, they may not be able to care for their pet. When evacuating, bring your pet with you.

It is important to train your pet to not be afraid of other animals and people, in case it has to evacuate with some strangers and other animals during an emergency situation.

Also, make sure to have an emergency supply kit for your pet at all times with at least 3 days of pet food and water.

Inquiries: *Kankyou Hozen-ka Kankyou Hozen-kakari*

TOKYO SUICIDE PREVENTION CAMPAIGN

* SPECIAL COUSELING HOTLINES *

Motivation for suicide attempts may come from complicated problems related to health, job, financial debt or many others. Challenge of finding the solution for such deep problems can be overwhelming on one's hand, but by trying with the help of others and social support, it can greatly alleviate psychological stress at least, if not finding the way out of the problem. If you are holding a great anxiety over a problem, do not hesitate to seek for a consultation. *Hamura* City is providing consultations on various subjects. About psychological health problem, you can consult *Hoken* Center for various ways of help.

< Tokyo Suicide Prevention Campaign "Kokoro to Inochi no Hotline" >

September 5th(Mon) Midnight ~ 10th(Sat) Midnight ☎0570-087478

< Suicide Prevention Hotline "Inochi-no Denwa" >

September 10th(Sat) 8AM ~ 11th(Sun) 8AM ☎0120-738-556 (Toll Free) *On the 10th every month

< 48 Hour Special Counseling Help-Line by Tokyo Suicide Prevention Center >

September 10th(Sat) 6AM ~ 12th(Mon) 6AM ☎03-5286-9090

< Telephone Counseling for Suicide-Bereaved Family >

① September 5th(Mon) ~ 7th(Wed), 10AM~10PM ☎03-5988-7778 (Suicide-BereavedFamilySupportCenter)

② September 8th(Thu) ~ 11th(Sun), 10AM~10PM ☎03-3796-5453 (Grief Care and Support Plaza)

< Counseling for Problems with Multiple Consumer Loans >

September 5th(Mon) and 6th(Tue), 9AM~4PM ☎03-3235-1155 (Tokyo Consumer Life Center)

< Counseling for Problems Related to Labor Conditions >

September 7th(Wed) and 8th(Thu), 9:30AM~5PM ☎0570-00-6110 (Tokyo Labor Consultation Center)

FREE LEGAL CONSULTATION by TAMA PABURIKKU LAW OFFICE

For the commemoration of its' third foundation anniversary, the professional attorneys from *Tama Paburikku* Law Office will provide free legal consultations. *Consultation will be available in Japanese.

Date & Time: September 24th (Sat) 10AM~3PM Place: *Akishima* City *Hoken Fukushi* Center

Capacity / Application / Inquiry: First 24 applicants. Application starts from September 5th (Mon). Please call or visit the law office. ☎042-548-2450 Office Hours 9:30AM~7PM weekdays only

SEPTEMBER is "BURNABLE WASTE ACCURATE SEPARATION MONTH"

September is designated as "Burnable Waste Accurate Separation Month." This campaign's goal is to reduce the amount of our burnable waste by separating the recyclable materials more accurately.

Cooperation from every resident is essential for the reduction of waste!

Tips for Accurate Separation of Reusable Resource

● Place 3 types of trash containers in each room

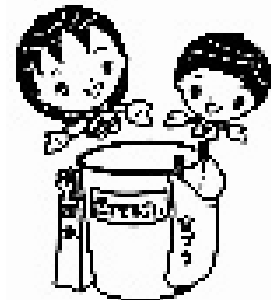
One for paper waste, one for plastic containers & packaging (i.e. wrappings of candies or snacks) and one for other burnable waste.

● Thoroughly separate paper waste

Very small paper trash such as toilet paper tubes, product tags and even the crumbs from a hole punch can be collected as Recyclable Resource "A". When disposing of them, please put them in a paper bag or insert them between magazine pages.

● Thoroughly separate plastic containers

Please do not throw away plastic containers as burnable waste. If the plastic container is dirty, wipe it off or wash it, then dispose of it as recyclable waste "B".



SPECIAL GALA for RESPECT-FOR-SENIOR-CITIZEN DAY

Date: September 19th(Mon/holiday) Place: *Yutorogi*

Time Schedule

The gala is divided into 4 sessions. Please refer to your invitation card for your gala time.

Event Detail

- Opening Ceremony (for Time 1 only)
- Performances by Mr. *Masao Sen* (Singer) and Ms. *Mineko Nishikawa* (Singer), and *Petako Hayashiya*

Thank you for your cooperation

Temporary shuttle bus stops will be set up in the street block in front of *Yutorogi* main entrance on the gala day. Please prepare to detour in the following time periods. Your cooperation will be appreciated.

< 9:00AM~9:15AM, 10:55AM~11:45AM, 1:05PM~1:55PM, 3:15PM~4:05PM, 5:25PM~6:00PM >

Please be informed...

- Free shuttle buses will be available. For detail please check the invitation.
- We apologize that the shuttle bus cannot accommodate wheelchairs.
- An invitation card is required for admission. At the entrance, a gift will be given to all guests in exchange for the invitation card.
- In case of absence, please stop by *Kourei Fukushi Kaigo-ka* at City Hall to pick up your gift between September 20th(Tue) ~ 30th(Fri) (except weekend and National Holiday), 8:30AM ~ 5:15PM.
- Please refrain from coming by your personal vehicle. There is no parking available for the gala guests.

Inquiry: *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari*

RENEWAL of TOKYO SILVER PASS

Tokyo residents of age 70 and over are eligible for Tokyo Silver Pass, a pass for fare exemption of buses running within Tokyo metropolitan area, and of Tokyo Metro subways.

Those who have the pass expiring at the end of September will receive the Renewal Application Form mailed by Tokyo Bus (東京バス協会). Please complete the application procedure by September 30th (Fri).

City Hall Application Desk: September 1st(Thu), 2nd(Fri), 26th(Mon) ~ 30th(Fri), 10AM~4PM

Place: *Hamura* city hall 1st floor *Kaigishitsu* 101

*After September 30th, applications will be handled at the Tokyo Bus offices.

Inquiries: Tokyo Bus - Silver Pass Helpline 03-5308-6950 9AM~5PM (weekdays only)

Or *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari* in city hall

HUMAN RIGHTS COUNSELING for SENIOR CITIZENS and HANDICAPPED PEOPLE

Phone Counseling (in Japanese) ☎0570-003-110

Date & Time: September 5th(Mon) ~ 11th(Sun), 8:30AM~7PM (10AM~5PM on Weekend)

Inquiries: Tokyo Legal Affairs Bureau Human Rights Protection Department ☎03-5213-1234

ELDERLY FAMILY CARE BONUS

If your household is *Hamura* City Resident Tax Exempt and you have been providing in-home care to an elderly family member who is certified Care-need Level 4~5, you may be eligible for the Elderly Family Care Bonus. The bonus amount is ¥100,000 for a qualified household each year. For details of the qualification requirements, please contact *Koureifukushi Kaigo-ka Chiiki Houkatsu Shien Center-kakari*.

< The 20th Silver Hamura Fureai Festival >

There will be an exhibition of Calligraphy, Drawings, Photographs, Flower Arrangements, Sales of Hand Crafted Goods and Recycled Goods, PC Class, and more!

Date & Time: September 10th(Sat) & 11th(Sun), 10AM ~ 3PM (Until 2PM on 11th)

- Health Counseling... 10th(Sat) 10AM ~ Noon
- Silver Age Counseling... 10th(Sat) 10AM ~ 3PM
- Bazaar... 11th(Sun) 11AM~

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

FRESHLAND NISHITAMA ☎570-2626

< Special event for Respect-for-the-Aged Day >

The fee for the bath facility is 50% off for those who are 70 years or older! *ID will be required.

*Coupon tickets and Re-entry tickets cannot be used during this period.

Period: September 17th(Sat) ~ 23rd(Fri) (Except 20th(Tue))

Special Admission Fee: Hamura, Ome, Fussa, and Mizuho Citizens...¥250 for 3 hours, ¥350 for all day
Others... ¥400 for 3 hours, ¥600 for all day

< Newspaper Art Exhibition >

Pictures created with newspapers will be displayed. Date: September 13th(Tue) ~ October 10th(Mon)

< Clay Flower Exhibition >

Enjoy looking at beautiful artificial flowers made out of marzipan clay!

Period: September 13th (Tue) ~ October 10th (Mon)

LIBRARY ☎554-2280

< Bookbinding Workshop >

Here's a chance to bind your own books – Personal History, Poetry books, or Recipe books!
Book samples will be displayed at Lobby starting on September 1st (Thu).

Date & Time: September 29th (Thu), 1PM ~ 4PM Place: Library Volunteer Room

Capacity: First 15 people Fee: ¥500 (Material fee included)

Things to Bring: Manuscript note (Total thickness of 1 ~ 2cm, A4 or B5 size)

How to Apply: Between September 1st(Thu) ~ 24th(Sat), 10AM ~ 8PM, call or visit Library.

YUTOROGI ☎570-0707

< The Irish Dance ~ Ragus ~ >

Date & Time: December 9th(Fri), 6:30PM ~ (The doors open at 6PM) Place: Yutorogi Main Hall

Admission: Adult... ¥3,000 (¥3,500 for same day purchase),

Child up to High School student... ¥1,500 (¥2,000 for same day purchase)

Tickets Sale: Starting September 9th(Fri), 9AM ~ at Yutorogi and other places

Hosted by: Hamura City, Hamura-shi Kyouiku Iinkai, Tokyo Zaidan Jichi Sougou Center

*Tickets are discounted thanks to a grant from the Japan Lottery Association.

*Preschoolers or younger cannot be admitted to this event.

【Baby Sitting Service is available】 For 18 month olds up to preschoolers Fee: ¥700

How to apply: Contact Yutorogi by December 1st(Thu) Capacity: First 15 applicants

HEALTH & MEDICAL LECTURE

~ SLE (Systemic Lupus Erythematosus) ~

Date&Time: October 6th(Thu) 2PM~4PM Place: Yutorogi Reception Hall Capacity: First 30 applicants
Lecture Presented by: Dr. *Susumu Nishinarita* (Deputy Director, *Akiru* Municipal Medical Center)
Application/Inquiry: Call or Fax to *Nishitama Hokenjo* before September 30th(Fri).
☎0428-22-6141, Fax 0428-23-3987

THE 64th HAMURA CITIZEN'S SPORTS FESTIVAL

- Participants Wanted! -

Date: October 9th(Sun) (In case of rain postponed to 10th) Place: *Fujimi* Park Field

< Company Relay Teams Wanted! >

This is a great opportunity to promote your company! A team must have 4 runners (at least 1 female) and each runner runs 100m. Eligibility: anyone who works in *Hamura* Capacity: First 18 teams

< Groups Wanted to Participate in the Intermission Parade >

Join to the lunch time entertainment parade! No requirements regarding the group structure.

Application / Inquiry: To participate in these events, please turn in an application to *Hamura-shi Taiiku Kyoukai Jimukyoku* (2nd Floor at Sports Center) before September 21st (Wed), 5PM. ☎555-1698

SPORTS CENTER ☎555-0033

< Free Physical Check-up >

Date & Time: September 23rd(Fri) Place: Sports Center Hall 2 *Preliminary Registration is required

Fee: ¥100 Eligibility: *Hamura* Residents or Workers who are 20 ~ 79 years old

Things to bring: Indoor Shoes, Non-alcoholic Drink, and Towel

How to Apply & Inquiry: Between September 2nd (Fri) 9AM ~ 22nd (Thu) 4PM, fill in your name, age, mailing address and phone number then fax, email, call or directly bring it to "NPO *Houjin Hamura-shi Taiiku Kyoukai*", located at the Training Room, 2nd floor in Sports Center.

☎555-1698, Fax 555-1699, email: taikyou@herb.ocn.ne.jp,

For those 65 ~ 79 years old: 10AM~Noon

Testing Category: Measuring hand grip strength, Trunk Strength, Sit and Reach, Balancing on one leg, Walking 10m Obstacle Course, and Walking for 6 minutes

For those 20 ~ 64 years old: 2PM~4PM

Testing Category: Measuring hand grip strength, Trunk Strength, Sit and Reach, Side Step Jump, 20m Shuttle Run, and Standing Long Jump

< "Challenge Pack" Special Offer from Training Room >

This package offer of classes is designed for beginners. *Preliminary Registration is required

Date & Time: Every Thursday between October 6th(Thu) ~ 27th(Thu) (Total of 4 classes), 7PM ~ 8PM

Place: Sports Center Training Room Studio Capacity: First 30 people

Eligibility: Junior High School Student or older (Junior High School Student must be accompanied by an adult)

Fee: *Hamura* residents and workers (Adult) ... ¥400, Others (Adult)... ¥600, *Hamura* Junior High Students... ¥200, Other Junior High Students... ¥280 Things to bring: Indoor shoes, Drink, and towel

Class Detail: Aerobics, Steps, Tubes, Dumbbell, Muscle training, and Stretch exercise

Instructor: NPO *Houjin Hamura-shi Taiiku Kyoukai* Sports Trainer

How to apply & Inquiry: Between September 2nd(Fri) 9AM ~ 30th(Fri) 4PM, fill in your name, home address, age, and phone number and call, fax, e-mail or bring it to Sports Center 2nd floor training room.

☎555-1698, Fax: 555-1699, e-mail: taikyou@herb.ocn.ne.jp

EVENT INFORMATION for CHILDREN & PARENTS

WEST CHILDREN CENTER (*Nishi Jidoukan*) ☎554-7578

< Hand-made Craft Workshop ~Misanga~ >

Date&Time: September 19th(Sat), 10AM~Noon Capacity: First 20 people Fee: ¥20 (for material)

Eligibility: 1st graders up to 18 years old (*Hamura* citizens have priority) Things to bring: Indoor shoes

How to apply: Call or visit the center between September 1st(Thu) ~ 9th(Fri), 9AM ~ 5PM.

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

< *Wakuwaku* Kids Festival >

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

Date & Time: September 11th (Sun), 10AM ~ Noon and 1PM ~ 3PM

Tickets: Will be sold until September 9th (Fri)

*The center will be closed at 3PM on the day before the festival and festival day due to preparation/cleaning.

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

< Hand-made Toy Workshop ~ *Yubinori Tonbo* (Dragonfly) ~ >

Date & Time: September 10th(Sat), ①10AM~, ②1PM~ Fee: Free *No application required.

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

Instructor: Volunteer Group "*Nejimawashi*"

< Day-time Moon Observation >

Date & Time: September 7th(Wed), 4PM ~4:30PM Fee: Free *No application required.

Eligibility: Elementary School Students ~ 18 year olds

< Astronomical Observation with Family >

Date & Time: September 12th(Mon), 7:30PM ~8:30PM Fee: free *No reservation required.

Eligibility: Elementary School Students ~ 18 year olds

*Junior High School students or younger children must be accompanied by an adult

*In case of adverse weather, the event will be cancelled.

LIBRARY ☎554-2280

< Story Telling for Preschoolers >

Voiced Reading of Large-size picture card "*Unchi Shitanowa Dareyo*" and more books!

Date & Time: September 10th (Sat), 11AM~ Fee: Free *No reservation required.

< Story Telling for Elementary School Students >

A story "Marsha and a bear" will be featured.

Date & Time: September 17th (Sat), 11AM~ Fee: Free *No reservation required.

YUTOROGI ☎570-0707

< Movies for Children >

Date & Time: September 11th (Sun) 10:30AM~11:30AM Admission: Free *No reservation required.

CHATTING PLACE for PARENTS

This month's topic is "Daily Life Rhythm". Child Care Volunteers will attend your children during meeting.

Place & Date: Central Children Center – Sep. 8th (Thu), West Children Center – Sep. 9th (Fri),

East Children Center – Sep. 13th (Tue) Time: 10:30AM~11:30AM for all dates

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

ROAD AND TRAFFIC IMPROVEMENT WORK for HAMURA STATION WEST EXIT ROTARY

As of October 1st (Sat), a new road will open that feeds into JR Hamura Station West Exit Rotary area.

- Traffic direction of the new road will be as indicated with arrows in the map below.
- Please note that the old route (running along the railway) will be closed to motor vehicles.
- Pedestrian-only Walkway will be established connecting the station, rotary and bicycle parking.
- Hamuran Bus Stop location will change.
- Hamura West Exit Police Box (Kouban) location will change.



Hamura City will take all possible measures to ensure safety in road and traffic improvement project for Hamura Station West Exit Rotary area during the work period. We apologize for the inconvenience you may experience due to the road work, and will appreciate your understanding and cooperation towards this public project.

Inquiry: Kukaku Seiri Jigyuu-ka Jigyuu-kakari ☎570-7474

MONITORING of RADIOACTIVE MATERIAL LEVEL in HAMURA CITY TAP WATER

Hamura City is conducting regular monitoring of radioactive material level in local tap water.

The analysis is done twice a week, and the results are published through Hamura News Japanese Edition and Hamura City Official Website → <http://www.city.hamura.tokyo.jp/0000003554.html>

* Up-coming analysis results will not be reported in Hamura News English Edition. Please use the translated chart below for your reference.

採水日 (午前9時) Sampling Date (9AM)	放射性ヨウ素131 Radioiodine-131	放射性セシウム134 Radioactive Cesium-134	放射性セシウム137 Radioactive Cesium-137
August 29 th (Mon)	不検出 Not Detected 検出限界値 (7.1 Bq/kg) Lower Detection Limit	不検出 Not Detected 検出限界値 (10 Bq/kg) Lower Detection Limit	不検出 Not Detected 検出限界値 (8.3 Bq/kg) Lower Detection Limit
(*1) The maximum contaminant limits in tap water for adult	300 Bq/L	200 Bq/L	200 Bq/L
(*2) The maximum contaminant limits in tap water for infants	100 Bq/L	----	----

(*1): Provisional regulation values relating to limits of iodine and cesium on food and drink ingestion indicated by the Nuclear Safety Commission of Japan. (原子力安全委員会が定めた飲食物摂取制限に関する指標値)

(*2): Provisional regulation values relating to drinking-intake limit for infant established by the Food Sanitation Act. (食品衛生法に基づく乳児の飲用に関する暫定的な指標値)

Inquiry: Suidou Jimusho Suidou-ka ☎042-554-2269

< Free Examination Coupons for Cervical and Breast Cancer >

Free Examination Coupons for Cervical and Breast Cancer were mailed out along with Examination Booklets at the end of May to eligible female residents. Please note that the coupon expires on December 28th(Wed). Please make sure to be examined before the expiration date.

*If you lost your coupon, it can be reissued at *Hoken Center*.

< Breast Cancer Screening (2nd Season) >

Date: By appointment between October 3rd(Mon) ~ December 28th(Wed), except Weekends/Holidays

Time: 8:20AM~ (Examination takes approximately for 1.5 hours) Place: *Fussa Hospital*

Eligibility: Female *Hamura* resident at age 40 or older (as of examination day) who did not take this exam last year Capacity: First 200 people (2~5 people per day)

Fee: ¥1,600 *Please pay at Hospital on examination day.

***No fee to Welfare Recipient. Please bring your Certificate of Welfare Recipient.**

*If you are a pace-maker user, please notify before exam.

Examination Detail: Health Interview, clinical breast examination, and mammography screening (X-ray)

How to apply: Call or visit *Hoken Center*, starting September 2nd(Fri).

< Uterine Cancer Screening (2nd Season) >

Date: Between October 1st(Sat) ~ December 28th(Wed) Eligibility: Female *Hamura* resident at age 20 or older who did not take this exam last year Capacity: First 400 people Fee: Free

Place (Name of Clinics): *Mie Sanfujinka Clinic*, *Ogata Sanfujinka Clinic*, and *Yorimitsu Ladies Clinic*

How to apply: Call or visit *Hoken Center*, starting September 2nd(Fri).

Note regarding Breast Cancer & Uterus Cancer Exams:

*The exam results may take up to 1 month. In case you are already having symptoms, please go on your own.

*If you are making an appointment at *Hoken Center*, a medical interview sheet will be given to you.

< Information about "Fuiku-shou" (Habitual Abortion) >

The term "Habitual Abortion" is not yet commonly known. It is the frequent occurrence of pregnancies that end in miscarriage of the fetus. Normally about 10 ~ 15% of pregnancies end up as a natural abortion, however, most of those cases are caused by the fetus rather than mother, and those mothers deliver babies with no problem in the next pregnancy. If natural abortion occurs to you repeatedly, please see a doctor for an examination to help identify the cause. There are non-profit associations available as well to answer questions regarding the issue

→ Non-profit Corporation *Fuikushou Tomono Kai*, Heart Beat Club.

< Polio Immunization >

Date: Sep. 27th(Tue), Oct. 14th(Fri), 31st(Mon), Nov. 11th(Fri), Nov. 15th(Tue) (Total of 5 days)

Hours: 1:10PM ~ 2PM Place: *Hoken Center* Eligibility: 3 months up to 7 years and 5 months olds

* If your child is due both for Polio and BCG, please take priority for BCG.

* No appointment is required. *Next immunization will be after April 2012.

▶ Anyone with the following conditions cannot be immunized:

- Anyone who has had either BCG, Measles, Rubella, or MR vaccine within the past 27 days
- Anyone who has had DPT vaccine within the past 6 days
- Anyone who has just recovered from any type of communicable disease, or having conditions such as high fever, vomiting or diarrhea.

< Adult Dental Checkup >

Date: September 1st (Thu) ~ October 31st (Mon) Eligibility: *Hamura* residents of age 65 years or older

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

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

*Please bring your health insurance card. *For more detail please check *Hamura* city website.

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital				Dental Clinic	
September	9am~5pm		5pm~10pm		9am~5pm	
4 th (Sun)	<i>Yamakawa Iin</i>	554-3111	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Honda Dental Clinic</i>	554-4184
11 th (Sun)	<i>Hamura Sougo Shinryoujo</i>	554-5420	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Ikoma Shika Hamura Shinryoujo</i>	555-3139

*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 SEPTEMBER

Category	Date	Time	Contact
Foreign Residents ① (in Spanish & Korean)	9 th (Fri), 22 nd (Fri)	1:30pm~3:30pm	<i>Shimin Soudan-shitu</i> 555-1111
Traffic Accident ①	Sep. 7 th (Wed), Oct. 5 th (Wed)	1:30pm~4:30pm	
Japanese Law ①	Sep. 2 nd (Fri), 9 th (Fri), 24 th (Sat) Oct. 6 th (Thu), 14 th (Fri), 22 nd (Sat)	Thu or Fri 1:30~5pm Sat. 9:30am~1pm	
Public Administration Human Rights	15 th (Thu)	1:30pm~4:30pm	
Tax ①	Sep. 6 th (Tue), Oct. 4 th (Tue)	1:30pm~4:30pm	
Finance ①	13 th (Tue)	2pm~4pm	<i>Shoukoukaikan</i> 555-6211
Health	8 th (Thu), 22 nd (Thu)	1:30pm~3pm	<i>Hoken Center</i> 555-1111
Consumer's Affairs	Mon ~ Fri	9am~Noon 1pm~4pm	<i>Shouhi Seikatsu Center</i> 555-1111
Women's Affairs ①	in Hamura City 7 th (Wed), 21 st (Wed)	1:30pm~4:30pm	<i>Hamura City Hall</i> 555-1111 <i>Shimin Soudan-kakari</i>
	in Fussa City 14 th (Wed), 28 th (Wed)	9am~1pm	<i>Fussa City Hall</i> 551-1529 <i>Kouhou Kouchou-kakari</i>
Single-Parent Family Independence Support	Mon ~ Fri	8:30AM~5PM	<i>Kosodate Shien-ka</i> 555-1111
Education ①	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 24 th (Sat)	1pm~4pm	
	Mental Handicap 27 th (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> : http://www.city.hamura.tokyo.jp/0000000466.html
Mon Wed Fri	9am ~ Noon	At Children Centers	<i>Nishi Jidoukan</i> 554-7578
Tue Thu Sat			<i>Chuuou Jidoukan</i> 554-4552
Tue Fri Sun			<i>Higashi Jidoukan</i> 570-7751

*①=appointment required. *Consultations will be available in Japanese only unless otherwise noted.