

HAMURA NEWS

Published by: *Hamura City*

October 1st, 2011

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

5-2-1 *Midorigaoka, Hamura City, Tokyo* 〒205-8601 ☎042-555-1111

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

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

【 THE 64th HAMURA CITIZEN'S SPORTS FESTIVAL 】

【 THE 42nd HAMURA CULTURE FAIR 】

Details on Page 2 ~ 4

THE 21ST HAMURA ELEMENTARY & JUNIOR HIGH SCHOOL MUSIC FESTIVAL

Date & Time: October 15th (Sat) Noon~ (doors open at 11:45AM) Place: *Yutorogi Main Hall*

Inquiries: *Gakkou Kyouiku-ka Shidou Kakari* *Visitor's seats are Non-reserved Seating only

Participating Groups (listed in order of stage appearance):

Section 1 – *Shourin Elementary School 5th Graders, Fujimi Elementary School Brass Band, Hamura Third Junior High School Brass Orchestra, Musashino Elementary School Brass Orchestra*

Section 2 - *Sakae Elementary School Brass Band, Hamura Second Junior High School Music Club, Ozakudai Elementary School Junior Band*

Section 3 - *Hamura Higashi Junior Orchestra, Hamura Nishi Elementary School Brass Band, Hamura First Junior High School Brass Orchestra*

THE 26th FUREAI FUKUSHI MATSURI

This is a great opportunity to understand more about *Fukushi* - public welfares. There will be carnival booths, stage performance, volunteer workshop, and fancy goods sales. Come and enjoy this festival!

Date & Time: October 16th (Sun) (Light rain or shine), 10AM ~ 3PM Place: *Fukushi Center*

Contact: *Shakai Fukushi Kyougikai (Hamura Social Welfare Committee)* ☎554-0304

FREE LEGAL CONSULTATION by HOU-TERASU LAW OFFICE

Date & Time: November 4th (Fri), 1:30PM ~ 4:40PM (Approximately 30 minutes per client)

Place: City hall 1st Floor *Shimin Soudan-Shitsu* Capacity: First 5 applicants

Application/Inquiry: Starting October 4th (Tue), call or visit *Kouhou Kouchou-ka Shimin Soudan-kakari*.

HAND CRAFTING WORKSHOP ~ Fancy Goods Making Using Cloth Remnants ~

You can create great items by adding a bit of twist to some remnants of cloth. Through this class you may find an opportunity to participate in volunteer activities too.

Date & Time: Every Friday between November 11th (Fri) ~ 25th (Fri) (Total of 3 classes), 1:30PM ~ 3:30PM

Place: *Fukushi Center, Volunteer Katsudo Room* Capacity: First 25 people Fee: ¥200

Eligibility: *Hamura residents and workers* Instructor: Volunteer Group "Fureai Salon"

How to apply & Inquiries: Visit or call *Shakai Fukushi Kyougikai* between October 3rd (Mon) ~ November 2nd (Wed) (except weekend and national holiday), 8:30AM ~ 5PM. ☎554-0304

THE 64th HAMURA CITIZEN'S SPORTS FESTIVAL

October 9th (Sun) at *Fujimi Park*

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

Time: Opening Ceremony... 8:45AM, the first sport event starts at 9:30AM, Closing Ceremony... 3:30PM

Main Host: The 64th *Hamura Sports Festival Executive Committee*

Co-hosted by: *Hamura City, Hamura City Board of Education, Hamura City Federation of Community Associations, Hamura City Sports Association, Hamura City Association for Traffic Safety Promotion, Fussa Police Department, Fussa Fire Department*

Supported by: *Tokyo Coca-Cola Bottling Co.,Ltd. Hamura Branch, Meiji Co.,Ltd., Hamura Nyuugyou Ltd., Japan Beverage Co.,Ltd. Tachikawa Branch*

Inquiry: *Hamura City Sports Association* ☎042-555-1698 Fax 042-555-1699

**Hamura News* October 1st Issue will provide more details of this event.

◆ How to Participate in the Sports Events ◆

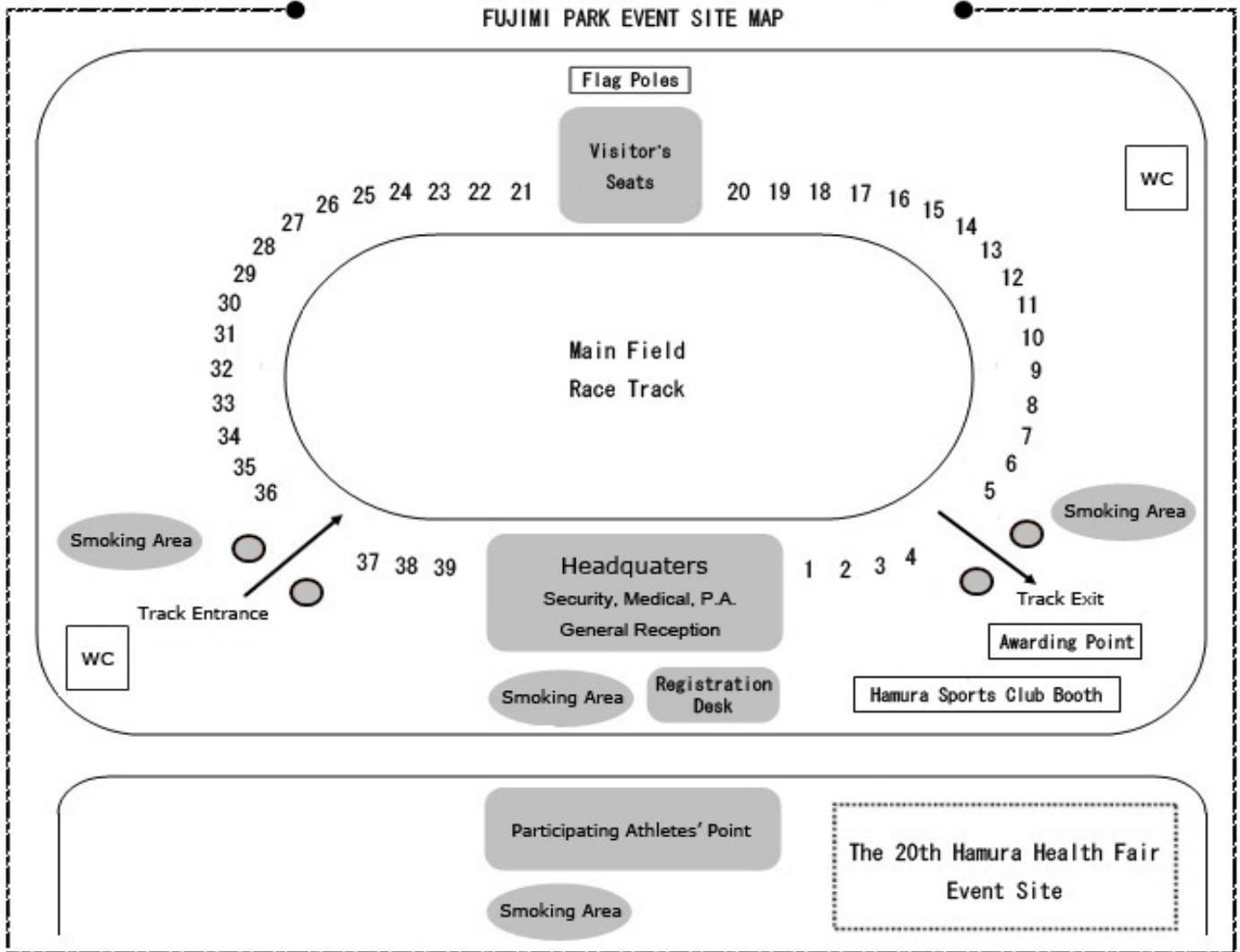
Those who wish to participate in any of the events listed above (except No.7, 8, 10 and 18), please come to the designated gathering point (◎= Track Entrance 入場門, ☆= Athletes Point 召集, ◇= Registration Desk 受付) at the meeting time. The number of participants is limited for each event, and the participants are selected on the first-come first-served basis.

Sports Festival 2011 Program Schedule				
Events		【Participants' Meeting Time & Place】		Participants Eligibility
1	50m 競走	50 Meter Track Race	【9:10☆】	Elementary school students or older
2	パン食い競走	Pick-A-Bread-Bun Race	【9:20◎】	Anyone over 60 years old
3	二人三脚	Three-Legged Race	【9:20☆】	Community association teams (8each)
4	400m リレー	400 Meter Track Relay	【9:20◇】	Anyone 4 th grader or older (team of 4)
5	1000m 競走	1000 Meter Track Race	【9:55◇】	Junior school students or older
6	むかで競走	Centipede-People Group Race	【10:30☆】	Community association teams (5each)
7	職場対抗リレー	Company Team Relay	【10:55☆】	Preliminary registration required
8	小・中学校対抗リレー	Elementary & Junior School Relay	【11:05☆】	Preliminary registration required
9	紅白玉入れ	Tossing Red and White Ball Game	【11:30◎】	Preschoolers
10	パレード	Intermission Parade	【11:30☆】	Preliminary registration required
11	表彰	Award Ceremony	【12:35】	- - -
12	障害物競走	Obstacle-Course Race	【12:45☆】	Elementary school students or older
13	親子のきずな	Parent-Child Pair Race	【13:10◎】	Preschoolers and their parents
14	大玉みこし	Giant Ball-Carry Race	【13:20◎】	Anyone over 60 years old
15	はむらラリー	<i>Hamura Challenge Rally</i>	【13:25☆】	Community association teams (7each)
16	紅白くすだま割り	Break-A-Kusudama Game	【14:05◎】	Elementary 1 st ~ 3 rd graders
17	エイトターン	8shape-turn Group Race	【14:05☆】	Anyone 4 th grader or older (team of 5)
18	市民総カリレー	Community Associations Relay	【14:15☆】	Preliminary registration required

- * Please refrain from coming to the event by personal car. Large bicycle parking will be temporarily established.
- * Smoking while walking is strictly prohibited in *Fujimi Park*. Please smoke at the designated smoking area.
- * Please take all of your trash home. There will be no trash bins in the event site.
- * Sport event participants must be dressed in sporting wear. No spiked shoes or sandals, please.
- * Please make sure to accompany your child at all times. Many children got lost during this event in previous years.
- * First aid care can be given at the event site, however, the event host cannot be held responsible for the further medical care in case of an injury occurred during this event.

THE 64th HAMURA CITIZEN'S SPORTS FESTIVAL

FUJIMI PARK EVENT SITE MAP



List of Community Associations with the Tent Numbers

1	神明台住宅	<i>Sinmeidai Juutaku</i>	21	東第二	<i>Azuma Dai-ni</i>
2	小作台西	<i>Ozakudai Nishi</i>	22	本町第三	<i>Honchou Dai-san</i>
3	田ノ上第三	<i>Tanoue Dai-san</i>	23	栄町第一	<i>Sakaechou Dai-ichi</i>
4	東台	<i>Azumadai</i>	24	上水通り	<i>Jousui Doori</i>
5	川崎東	<i>Kawasaki Higashi</i>	25	奈賀一	<i>Naka Ichi</i>
6	都営神明台	<i>Toei Shinmeidai</i>	26	緑ヶ丘第二	<i>Midorigaoka Dai-ni</i>
7	東第一	<i>Azuma Dai-ichi</i>	27	小作台東	<i>Ozakudai Higashi</i>
8	五ノ神中	<i>Gonokami Naka</i>	28	美原	<i>Mihara</i>
9	清流	<i>Seiryuu</i>	29	田ノ上第二	<i>Tanoue Dai-ni</i>
10	神明台	<i>Sinmeidai</i>	30	五ノ神東	<i>Gonokami Higashi</i>
11	緑ヶ丘三丁目	<i>Midorigaoka San-choume</i>	31	奈賀二	<i>Naka Ni</i>
12	富士見平第一	<i>Fujimi Daira Dai-ichi</i>	32	間坂第二	<i>Mazaka Dai-ni</i>
13	本町第二	<i>Honchou Dai-ni</i>	33	間坂第一	<i>Mazaka Dai-ichi</i>
14	神明台上	<i>Shinmeidai Kami</i>	34	小作本町	<i>Ozaku Honchou</i>
15	本町第一	<i>Honchou Dai-ichi</i>	35	双葉町松原	<i>Futabachou Matsubara</i>
16	羽村団地	<i>Hamura Danchi</i>	36	旭ヶ丘	<i>Asahigaoka</i>
17	緑ヶ丘西	<i>Midorigaoka Nishi</i>	37	宮地	<i>Miyaji</i>
18	栄町第二	<i>Sakaechou Dai-ni</i>	38	双葉富士見	<i>Futaba Fujimi</i>
19	川崎西	<i>Kawasaki Nishi</i>	39	緑ヶ丘第一	<i>Midorigaoka Dai-ichi</i>
20	田ノ上第一	<i>Tanoue Dai-ichi</i>			

THE 42nd HAMURA CULTURE FAIR

~ Ganbarou Japan! ~

Come to see, listen and join in our culture

Place: Yutorogi Admission: Free Inquiries: Yutorogi ☎570-0707

< EXHIBITIONS >

- First Phase: Japanese and Foreign style artwork October 18th (Tue) ~ 23rd (Sun)
- Second Phase: Japanese style artwork October 25th (Tue) ~ 30th (Sun)
- Third Phase: Foreign style artwork November 1st (Tue) ~ 6th (Sun)

Time: 10AM ~ 5PM Exhibition Space: All public spaces in Yutorogi (except Gakushuu-shitsu No.3)

< THEATER >

- October 15th (Sat) The 21st Hamura Elementary & Junior High School Music Festival
- October 16th (Sun) Instrumental Music
- October 22nd (Sat) Western-Style Dance & Geinou (Japanese Traditional Performance)
- October 23rd (Sun) Nichibu (Japanese Traditional Dance)
- October 29th (Sat) Hougaku (Japanese Traditional Music)
- October 30th (Sun) Music & Geinou (Japanese Traditional Performance)
- November 3rd (Thu) Chorus Performance
- November 5th (Sat) & 6th (Sun) Western-Style Dance

Place: Grand Hall, Small Hall & Kouryuu Hiroba (outdoor theater space)

< SPECIAL EVENTS >

- **Cultural Lecture Presentation "My Town, Hamura"**

Date & Time: October 22nd (Sat), 2PM ~ Place: Small Hall Presenter: Mr. Yasujiro Hamura

- **Exhibition "My Town, Hamura"**

Date: October 18th (Tue) ~ 23rd (Sun)

- **Music Show "Hoshi no Uta (Star Songs)"**

Date & Time: October 29th (Sat) 6:30PM~ Place: Small Hall Performers: Singing & Talk...

Mr. Munehiko Ichino, Piano... Ms. Amiko Yoshimura, Violin... Ms. Mayumi Sugimoto

- **Film Show "Saga no Gabai Baachan"**

Date & Time: October 30th (Sun) 6:30PM~ Place: Small Hall Capacity: First 250 people Story

by: Youshichi Shimada Starring: Kazuko Yoshiyuki, Miyoko Asada and more

< Experience Activity & Workshops >

More exciting activities presented by... Snake Junior, Shinsou Club (Hand crafting), Knitting Salon, Hamura Renzuru no Kai (Origami crane making), Oshibana Group "Shiki no Hana" (Pressed flowers), Hamura Kadou Kai (flower arrangement), Taishou Koto Ouseiryuu (Japanese Harp), Seigin Kai (Poetry)

* Hamura News October 15th Issue will list the detailed program schedule. The same information is obtainable at Yutorogi as well.

GUIDED TOUR "TAMA MEGURI 30"

~ History of *Hamura* Explored Through Waterworks Development ~

Let's have fun on this tour visiting historical and modern water facilities in *Hamura* such as the *Maimaizu* Well, *Hamura-zeki*, *Tamagawa Jousui*, *Tamagawa Shrine*. Get to know more about *Hamura's* history!

Date: October 15th (Sat) Capacity: First 40 people Fee: ¥1,000 (includes pamphlet and insurance)

Time: 9:30AM... meet at JR *Hamura* Station East Exit / 3PM... Tour ends at JR *Hamura* station West Exit.

Eligibility: Anyone (Grade school students and younger have to be accompanied by an adult)

Tour Guides: Mr. *Kazutoshi Shimoda* (*Hamura* Folk Museum staff)

& Mr. *Tadao Watanabe* (*Tama-Musashino* Specialist Certification 2nd degree holder)

How to apply & Inquiries: Fill in your name, home address, age, phone number, then fax or e-mail to *Tama-Musashino Kentei* Office. ☎042-548-3588 Fax: 042-540-4725 E-mail: tamaken@nw-tama.jp

FRESHLAND NISHITAMA ☎570-2626

* Due to the periodical system inspection, *Freshland Nishitama* will be closed on October 4th (Tue).

< The 10th Anniversary Event >

Date & Time: October 16th (Sun) 10AM ~ 3PM *All visitors (school children and older) will receive a gift!

Place: *Freshland Nishitama* (In case of rain, the event will be held in the gym and *Fureai-kan*)

Details: Flea Market, Sales Booths, Street Performances (①11AM~, ②Noon~, ③1PM~), Amateur Bands Performances (①11:30AM~, ②2:30PM~) *Performance and time may be rescheduled.

** **Flea Market Participants wanted!** **

Application Period: October 1st (Sat) ~ 8th (Sat), 10AM ~ 9PM Place: *Freshland Nishitama* Front Desk

Eligibility: Residents of *Hamura*, *Ōme*, *Fussa* and *Mizuho* who are high school students or older

Fee: ¥700 per block (pay on the event day) Block Availability: Total of 50 blocks (2m x 3m per block)

< Special Facial Esthetic Treatment! >

Date & Time: October 23rd (Sun) & 30th (Sun), 10AM ~ 9:15PM Place: *Freshland Nishitama*

Capacity: First 26 people per day Fee: ¥1,000 for 45 minutes

How to apply: Visit Front desk starting October 1st (Sat).

< Washi Paper-bits Collage Class & Exhibition >

Let's make a picture of dragon (next year's Oriental Zodiac) using *washi* paper-bits!

Class... Date&Time: October 19th(Wed), 10AM~Noon Place: *Freshland Nishitama Fureai Kan*

Capacity: First 20 Fee: ¥1,000 (material) Application: visit our Front Desk during October 1st ~ 18th.

Exhibition... Date: October 12th (Wed) ~ November 6th (Sun)

< **Hula Dance Class** > Every Wednesday, 1PM ~ 2PM

< **Yoga Class** > Every Thursday, 1:30PM ~ 2:30PM

Hula or Yoga Class Fee (1 session): *Hamura*, *Ōme*, *Fussa*, and *Mizuho* residents...¥800, Others...¥1,100

*3-hour Bath Admission is included in class fee

TV HAMURA in OCTOBER

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~

This Month's Special Program: ~ **The 64th *Hamura* Citizen's Sports Festival** ~

Inquiries: *Kouhou Kouchou-ka Kouhou-kakari*

TULIP OWNERS WANTED for *HAMURA* TULIP FIELD

Hamura Tulip Field is one of the largest scale tulip fields in *Kantou* region, and also an irreplaceable treasure of our city. Let's become a Tulip Owner and share the great joy of seeing your tulips blossom and enjoyed by visitors during *Hamura* Flower & Water Festival, which attracts many tourists every year! Planting work and maintenance will be handled by farmers and volunteers. Of course, owners can join the work in May and November too!

Cosponsor Fee (per share): ¥500 *a corporation or a citizen group can become an owner as well

Apply to: *Hamurashi Kankou Kyoukai* (*Hamura* Tourism Association ☎555-9667) before Nov. 4th (Fri).

*You can also apply for ownership at *Hamura* Industry Festival on November 5th (Sat) and 6th (Sun).

*This is an ownership right for tulips planted for 2012 only, not for the land title of the paddy fields.

THE 37th *HAMURA* OUTDOOR FLEA MARKET

– Vendor Booth Application –

Booth Application will start on October 16th (Sun). This event aims to provide 'recycling opportunity' to the general public. Applications by professional dealers for commercial purposes will not be accepted.

Eligibility: *Hamura* residents (individual or group) at age of high school student or older

*high school students need parental permission.

Booth Fee: ¥800 per booth (space size 3mx4m) Capacity: first 100 applications (100 booths)

Permitted Merchandise: Goods from home or Recycle-Crafts that are in serviceable condition.

*Electronic devices, food, living creatures are not permitted for sale.

Application / Inquiries: October 16th (Sun) 9AM~Noon. Please come to *Shouhi Seikatsu Center*.

(*Shouhi Seikatsu Center* is located near City Hall, *Midorigaoka* 5-1-30, ☎555-1111)

*Application by phone or mail will not be accepted. *Please pay for the fee with exact change.

*Parking space is limited. Please refrain from coming by a personal car.

*Vendor's Orientation will be provided after the application is filed.

The 37th *Hamura* Outdoor Flea Market: November 19th (Sat), 9AM~Noon, at *Fujimi* Park C Field

HAMURA CITY PUBLIC HOUSING (*Shiei Juutaku*)

Availability Information

The advertisement/application brochures for the current offer term will be available from October 3rd (Mon) to 12th (Wed), 8:30AM~5PM at *Kenchiku-ka* in city hall 2nd floor and at city hall branch offices (9AM~1PM weekdays only), or at city hall Main Reception on the weekend. For details regarding applicant qualification and application procedure, please refer to the brochure or consult *Kenchiku-ka Ijikanri-kakari*.

① One availability - *Mihara Danchi* Apartment Complex (address: *Hanenishi* 1-7-7), 3DK, 1st Floor

② One availability - *Mazaka Danchi* Apartment Complex (address: *Hanekami* 2-13-2), 3DK, 3rd Floor

Rent: will be determined according to the tenant's household income level

Applicant Eligibility: applicant's household must be of 3 persons or more, and applicant him/herself has been residing in *Hamura* City for the past 2 years or longer. Income restriction will also apply.

How to Apply: Please come to *Kenchiku-ka* in city hall 2nd floor during October 3rd (Mon) ~ 12th (Wed), 8:30AM~5PM on weekdays. *The tenants will be selected by open drawing on October 19th (Wed).

OCTOBER 31st (Mon) – Due Date for Some Tax Payments

Payments for the 3rd installment of Resident Tax (市・都民税), and 4th 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 October 31st (Mon).

Inquiry: *Nouzei-ka Nouzei-tantou*

REAL ESTATE VALUE INSPECTION

If you newly built or expanded your residence in 2011, your resident property needs to be (re)evaluated for Resident Property Taxation purpose. Please contact city hall and set up an appointment for *Kaoku Chousa* (Real Estate Value Inspection).
Inquiries: *Kazei-ka Shisanzei-kakari*

TEMPORARY SUSPENSION of Some City Hall Services

On the National Holiday of October 10th (Mon), between 8:30AM ~ 3PM, *Hamura* city hall will be closed. Also, the service of automated registry machine for Resident's Registry and Personal Seal Registry, *Hamura* City Official Website, *Hamura* Information E-mail Service and e-mail communication with city office will be temporarily suspended due to the electrical system inspection in the city hall building.

We apologize for the inconvenience it may cause, and appreciate your understanding.

Inquiry: Electrical System Inspection...*Keiyaku Kanzai-ka Kanzai-kakari* / Automated Registry Machine...*Shimin-ka Uketsuke-kakari* / city website and e-mailing with the city offices...*Jouhou Shisutemu-ka Jouhouka Suishin-kakari* / *Hamura* Information E-mail Service...*Kouhou Kouchou-ka Kouhou-kakari*

EMERGENCY EMPLOYMENT MEASURE

Temporary Staff Wanted for Light Office Work or Facility Cleaning

Hamura City has created employment opportunity as a measure towards the increasing unemployment rate owing to the economical damage from the Great East Japan Earthquake. Those who wish to apply to this job offer are required to obtain a letter of referral from Hello-Work Ōme ☎0428-24-8609.

Period of Employment: November 1st ~ March 30th 2012 Number of Positions: a few

Work Days and Hours: Monday ~ Friday, except national holidays, 8:30AM~5PM

Job Description: ① Light office work ② Cleaning of public park facilities

Inquiries: *Sangyou Kasseika Suishin-Shitsu Keizai Taisaku-tantou*

KINDERGARTEN APPLICATION 2012

2012 Entrance Application Forms for private kindergartens in *Hamura* City will be available from October 15th (Sat) to 31st (Mon).

Please contact your desired kindergartens for orientation dates and other details.

Inquiries: *Hoiku-ka Hoiku-kakari*

Application Filing Starts: November 1st (Tue)

Kindergarten Name: address / phone number

Ruuteru Hamura Youchien: Hanehigashi 2-19-29 / 554-6351

Murano Kobato Youchien: Ozakudai 5-23-1 / 554-1303

Gonokami Youchien: Midorigaoka 1-10-10 / 554-6878

Tama Gakuin Youchien: Midorigaoka 1-15-8 / 554-6023

Hamura Zenrin Youchien: Futaba-chou 2-10-7 / 551-1675

Sakae Youchien: Sakae-chou 1-7-3 / 555-0723

Fuji Gakuin Youchien: Shinmeidai 1-23-3 / 555-1241

< Autumn Sketch Contest >

Enter your original drawing of your favorite animals, plants or scenery in *Hamura Zoo*! On November 6th (Sun) 10AM ~ 3PM, drawing papers and rental crayons will be available for free use in the zoo.

Eligibility: Elementary school students or younger *Prize will be given to some entrants with excellent work.

How to Enter: During October 1st (Sat) ~ November 30th (Wed), fill in your name, age, name of your school/nursery/ kindergarten on the back of an artwork, then send or bring it to the zoo.

Mailing Address: 4122 *Hane, Hamura-shi* 〒205-0012.

CHILD REARING SEMINAR for PARENTS ~ No Parents Are Perfect ~

Parents raising small children commonly have a sense of uncertainty and worries accumulating from the daily tasks and responsibility towards child rearing. This seminar gathering will offer an opportunity for the participants to work with each other in discussion lead by an organizer. Join in this chance and find a help or solution to your child care concerns, and gain knowledge and confidence towards parenting.

Date & Time: Every Thursday during November 10th (Thu) ~ December 15th (Thu), 10AM~Noon

Place: *Yutorogi Kouza-shitsu2* Capacity: First 10 applicants Fee: ¥300 (drink¥50 x 6 sessions)

Eligibility: Parents who are raising 18 months old ~ preschool children, and able to attend 6 sessions

Child Care Service: 18 month old ~ preschooler, up to 10 kids, fee ¥300 (snack¥50 x 6 sessions)

Application/Inquiry: October 3rd(Mon) 9AM~, call *Kodomo Katei Shien Center* ☎578-2882 (Mon.~Fri.)

SPORTS CENTER ☎555-0033

< Aerobics Carnival >

Date & Time: October 25th (Tue), 10AM ~ 11:30AM Place: Sports Center Hall No.2

Eligibility: Persons 16 years old or older Fee: *Hamura* residents and workers ¥100, others ¥150

Things to bring: Exercise Wear, Indoor Shoes, Drink, and Towel

*Please show up in hall No.2 after purchasing your ticket and changing into exercise wear.

*"Aerobics for Beginners" or "Aerobics 2" classes are cancelled on this day.

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

How to Apply & Inquiry: Between October 2nd (Sun) ~ 23rd (Sun), 9AM ~ 4PM, call, fax, e-mail, or visit the Training Room in the Sports Center and provide the following information; Your name, mailing address, phone number. ☎555-1698, Fax: 555-1699, E-mail: taikyou@herb.ocn.ne.jp

< The 41st Field Golf Tournament >

Date & Time: October 22nd (Sat), 9:30AM ~ Noon (Registration: 8:30AM~9AM, cancelled in case of rain)

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

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

How to apply: October 6th (Thu)~15th (Sat), call, fax, e-mail or visit the Sports Center and provide the following information; Your name, mailing address, phone number, and your date of birth.

Fax: 554-9974, Email: s705005@city.hamura.tokyo.jp

< **Easy Swim & Healthy Walking Class** >

Date & Time: Every Tuesday between November 1st ~ December 20th, 1PM ~ 2PM (Total of 8 classes)

Eligibility: Persons at age 40 or older Capacity: First 20 applicants Fee: ¥3,500

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

①Wednesday Class: Every Wednesday between November 2nd ~ December 21st,

②Thursday Class: Every Thursday between November 3rd ~ December 22nd, and

③Friday Class: Every Friday between November 4th ~ December 23rd,

Time: 3PM~4PM Capacity: First 20 applicants Fee: ¥5,000 *Total of 8 times for all classes

Eligibility: ① & ③ Children who are 4 to 6 years old, ② Children who are 3 to 6 years old

< **'Swimming Kids' 1 ~ Wednesday Class** >

Date: Every Wednesday between November 2nd ~ December 21st (Total of 8 classes) Fee: ¥4,500

Time: Beginner... 4PM ~ 5PM, Intermediate... 5PM~6PM Capacity: First 40 applicants

Eligibility: Elementary School Students

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

< **'Swimming Kids' 2 ~ Friday Class** >

Date: Every Friday between November 4th ~ December 23rd (Total of 8 classes) Fee: ¥4,500

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

Eligibility: Elementary School Students Capacity: First 20 applicants

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

< **Swimming Class for Children ~ Saturday Class** >

Date: Every Saturday between November 5th ~ December 24th (Total of 8 classes) Fee: ¥6,500

Time: (A)11AM~1PM, (B)2PM~4PM Eligibility: Elementary School Students

Capacity: First 100 applicants

< **Swimming Class for Children ~ Sunday Class for Beginners & Intermediates** >

Date & Time: Every Sunday between November 6th ~ December 18th, 11AM~1PM (Total of 8 classes)

Eligibility: Elementary School Students Capacity: First 20 applicants Fee: ¥6,500

< **Swimming Class for Adults** >

Date & Time: Every Sunday between November 6th ~ December 18th, 7PM~9PM (Total of 8 classes)

Eligibility: Persons at age 13 or older Capacity: First 40 Applicants Fee: ¥6,500

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

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

Between October 15th (Sat) 9AM ~ 23rd (Sun) 10PM, fill in an entry sheet available at the Swimming Center or Sports Center and bring it to the Swimming Center.

*Class fees listed above are for the entire course period, and include admission and insurance fees.

*For more information, please contact Swimming Center or check its' website (in Japanese).

< Medical Information and Counseling >

✦ Tokyo Medical Care Facility Guide Service "*Himawari*" ひまわり

Foreign language assistance available in English, Chinese, Hangul, Thai, and Spanish

☎03-5285-8181 (9AM~8PM)

Medical Care Facility Guide in Japanese ☎03-5272-0303 (24 hours)

Guide system for hearing-impaired or speech-impaired people, Fax to: 03-5285-8080

✦ Tokyo Fire Department Emergency Counseling Center

When you are not sure whether you should call for an ambulance, call this number for an advise from doctors and nurses. In case of an emergency, they will call for an ambulance for you.

24 Hour Service. ☎#7119 (for cell phone, PHS, push phones) ☎042-521-2323 (dial phones)

✦ Health Counseling for Mothers and Children (Emergency Counseling for Children)

In case of an emergency regarding your child's medical condition, a doctor will answer your inquiries.

☎#8000 (for cell phone, PHS, push phones) ☎03-5285-8898 (dial phones)

Hours: Monday ~ Friday... 5PM~10PM / Saturday, Sunday & National Holidays... 9AM~5PM

✦ Tokyo Pharmacy Information System "T-Info"

This is an internet-based service for searching pharmacies within Tokyo. (in Japanese only)

Top Page → <http://www.t-yakkyokuinfo.jp/>

Pharmacies open during night time → http://www.t-yakkyokuinfo.jp/night_list_search.php

Pharmacies open on weekends and holidays → http://www.t-yakkyokuinfo.jp/holiday_list_search.php

✦ "*Kanja no Koe*" Medical Counseling

This is a telephone medical counseling organization for *Nishitama* area residents.

Call *Nishitama Hokenjo Iryou Anzen Shien* Center ☎0428-20-2113

< General Health Counseling at *Hoken* Center >

Anyone's inquiry is welcome! You can receive counseling about anything related to your body & mental health. *No reservation required.

Opening Hours: The 2nd & 4th Thursdays, 1:30PM ~ 3PM Place: *Hoken* Center Fee: Free

< Cervical Cancer Vaccination for 7th ~ 10th Grade Girls >

In addition to "Cervarix", "Gardasil" is now available. Both vaccines are known as effective to prevent cervical cancer. You can choose either one, however, please note that we have more supply of Cervarix. Please also note that the same type of vaccine must be administered for all 3 times.

*The vaccinations taken by March 31st 2012 can be subsidized by the city.

< Slim-up Dietary Lecture for Men ~ The secret of weight control~ >

Let's start this fun diet method and become fit! Date & Time: November 12th (Sat), 2PM ~ 4PM

Place: *Hoken* Center Eligibility: Male *Hamura* residents Capacity: First 30 applicants Fee: Free

Class Details: Lecture and tasting of diet foods Things to bring: Writing materials

How to apply: Starting October 4th (Tue) 8:30AM, call or visit *Hoken* Center.

< October is Breast Cancer Prevention Awareness Month >

It is said that one out of 16 females gets breast cancer. It is highly recommended to get a regular screening once every other year. According to a data, many *Hamura* female residents who are 50 years or older are not having this screening. Please note that currently *Hamura* is providing subsidy for Breast & Uterus Cancer check-ups until December 28th (Wed).

EVENT INFORMATION for CHILDREN & PARENTS

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

< Day-time Moon Observation >

Date & Time: October 5th (Wed), 4PM ~4:30PM Fee: Free *No application required.

Eligibility: Elementary School Students ~ 18 year olds

< Astronomical Observation with Family >

Date & Time: October 5th (Wed), 7PM ~8PM Fee: free *No reservation required.

Eligibility: Elementary School Students ~ 18 year olds

*Elementary and Junior High School students must be accompanied by an adult

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

< Home Cooking Class ~ Pork Dumpling ~ >

Date & Time: October 16th (Sun), 10AM~11:30AM Capacity: First 20 people Fee: ¥80

Eligibility: *Hamura* resident Elementary School Students up to 18 years old

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

How to Apply: Between October 2nd (Sun) ~ 9th (Sun), 9AM ~ 4:30PM, Call or visit the center.

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

< Hand-made Toy Workshop ~ Yajirobei (Balancing Toy) ~ > 手作りやじろべえ

Date & Time: October 8th (Sat), ①10AM~ ②1PM~ Fee: Free *No application required

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

Instructor: Volunteer from "*Neji Mawashi*"

LIBRARY ☎554-2280

Admission and reservation are not necessary for the following events.

< **Story Telling for Babies** > Date&Time: October 19th (Wed), 11AM~

Voiced Reading of Large-size picture card "*Wan Wan Wan* (Woof!)" and more!

< **Story Telling for Preschoolers** > Date&Time: October 8th (Sat), 11AM~

Voiced Reading of Large-size picture card "*Omusubi Kororin*" and some books!

< **Story Telling for Elementary School Students** > Date&Time: October 15th (Sat), 11AM~

A story "a Goat and a Cricket" will be featured.

CHATTING PLACE for PARENTS

This month's topic is "Crying Habit". Child Care Volunteers will attend your children during the gathering.

Place & Date: West Children Center – Oct. 7th (Fri), East Children Center – Oct. 11th (Tue)

Central Children Center – Oct. 13th (Thu), Time: 10:30AM~11:30AM for all dates

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

CHILD REARING CONSULTATION at CHILDREN CENTERS

Clinical Psychologists assigned from *Hamura* City Child And Family Support Center (*Kodomo Katei Shien* Center) will be available for consultation at Central Children Center on October 4th (Tue), 10AM~Noon.

Please feel free to visit to talk about your child's mental development, parent's psychological stress and etc.

*Reservation is not necessary.

Inquiries: *Kodomo Katei Shien* Center ☎578-2882

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital				Dental Clinic	
October	9am~5pm		5pm~10pm		9am~5pm	
2 nd (Sun)	<i>Yamaguchi Naika Clinic</i>	570-7661	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Uno Shika Iin</i>	555-8241
9 th (Sun)	<i>Nishitama Byouin</i>	554-0838	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Okikura Shika</i>	555-4331
10 th (Mon) Holiday	<i>Yanagida Iin</i>	555-1800	<i>Arai Clinic (Mizuho-machi)</i>	557-0018	<i>Ozawa Shika Clinic</i>	579-1500

PUBLIC CONSULTATIONS Schedule of OCTOBER

Category	Date	Time	Contact
Foreign Residents ① (in Spanish & Korean)	14 th (Fri), 28 th (Fri)	1:30pm~3:30pm	<i>Shimin Soudan-shitu</i> 555-1111
Traffic Accident ①	Oct. 5 th (Wed), Nov. 2 nd (Wed)	1:30pm~4:30pm	
Japanese Law ①	Oct. 6 th (Thu), 14 th (Fri), 22 nd (Sat) Nov. 11 th (Fri), 18 th (Fri), 26 th (Sat)	Thu or Fri 1:30~5pm Sat. 9:30am~1pm	
Public Administration Human Rights	20 th (Thu)	1:30pm~4:30pm	
Tax ①	Oct. 4 th (Tue), Nov. 1 st (Tue)	1:30pm~4:30pm	
Finance ①	11 th (Tue)	2pm~4pm	<i>Shoukoukaikan</i> 555-6211
Health	13 th (Thu), 27 th (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 <i>Hamura City</i> 5 th (Wed), 19 th (Wed)	1:30pm~4:30pm	<i>Hamura City Hall</i> 555-1111 <i>Shimin Soudan-kakari</i>
	in <i>Fussa City</i> 12 th (Wed), 26 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>Shougaiha Chiiki Katsudou Support Center</i> 'Aoba' 555-1210 Toll Free Dial 0120-294-992 or 'Aoba' 555-1210
	Physical Handicap 22 nd (Sat)	1pm~4pm	
	Mental Handicap 25 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.