

# HAMURA NEWS

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! CHECK OUT INSIDE !

**HAMURA CITY PUBLIC FACILITY YEAR-END & NEW-YEAR SCHEDULE**

Pages 2~3 ⇒

## THE 26<sup>TH</sup> HAMURA FUREAI TSUNAHIKI

### Championship for the Chairman Cup of Tokyo Tug of War Federation

Date & Time: January 22<sup>nd</sup>(Sun), Opening ceremony starts at 12:30PM, The competition starts at 1PM

Place: Sports Center Hall1 Eligibility: 8 people per team (Up to 10 people can be registered on one team)

Categories (and Eligibility):

- Males team of *Chounai-kai*, and *Jichikai*: Male *Hamura* residents, age of junior high students or older
- Males team General: Male *Hamura* residents, workers, or students, age of junior high students or older
- Females team: Female *Hamura* residents, workers, or students, age of junior high students or older
- Co-gender team: Any *Hamura* residents, workers, or students, age of junior high students or older
- Elementary School Students team: Male and female elementary school 4<sup>th</sup>~6<sup>th</sup> graders.

\*There is no weight restriction for team members.

\*For the co-gender competition, a team can register no more than 4 males.

\*For Elementary school students teams & junior high students teams that participate in co-gender category, there is no restriction for the number of members and gender ratio.

◆ Drawing for Pairings / Head Coach Meeting:

Date & Time: January 13<sup>th</sup>(Fri), 7:15PM~ Place: Sports Center Conference Room No.2

How to apply & Inquiries: Fill in the application form and bring it to: NPO *Houjin Hamura-shi Taiiku Kyoukai* (2<sup>nd</sup> Floor in Sports Center) by January 8<sup>th</sup>(Sun), 5PM. ☎555-1698

\*The application form is available at the office mentioned above and on their website for download.

## KYODOU HAKUBUTSUKAN (FOLK MUSEUM) ☎558-2561

< **New Year Culture Event "Let's make *Mayudama Dango*"!** >

When silk cultivation was a thriving industry in *Hamura*, people used to make a new year's decoration called "*Mayudama Kazari*", made with *mochi* balls imitating silk cocoons, to pray for a good harvest and good health in the coming year. You will get to experience making *Mayudama Kazari* in this workshop.

Date & Time: January 7<sup>th</sup> (Sat), 1:30PM~3:30PM Place: Folk Museum Fee: Free

Capacity: First 30 people Things to Bring: Apron, Head Cloth, and Towel

\*4<sup>th</sup> grader and younger children will be required to be accompanied by a guardian.

How to apply & Inquiry: Call or visit Folk Museum starting December 17<sup>th</sup> (Sat), 9AM~.

**PUBLIC SERVICE SCHEDULE CHANGES during YEAR-END & NEW-YEAR HOLIDAYS**

**< Community Bus "Hamuran" will be running during New Year Holidays >**

From December 29<sup>th</sup> (Tue) to January 3<sup>rd</sup> (Tue), *Hamuran* buses will operate on Holiday schedule. Please note that there will not be any round-trip route to/from *Fussa Hospital (Hamura Higashi Course)* during this period. Inquiry: *Seikatsu Anzen-ka Koutsuu·Bouhan-kakari*

**< Temporary Closure of the Public Facility Reservation System >**

Reservation system will not be available on: January 1<sup>st</sup> (Sun) Midnight ~ January 4<sup>th</sup> (Wed) 9AM  
 Reservation status can not be browsed on: December 31<sup>st</sup> (Sat) 5PM ~ January 4<sup>th</sup> (Wed) 8:40AM  
 Lot Drawing Results for the reservations will be announced on: January 4<sup>th</sup> (Wed) 8:40AM  
 Inquiries: *Yutorogi* ☎570-0707

**< Library ☎554-2280 – Change of Lending Period >**

The book lending period will be changed due to the Year-End & New-Year Holidays. Please be aware that the Book Post will not be available during the library closing days. \*The magazines for holiday lending will be available from December 23<sup>rd</sup> (Fri).

**< Temporary Suspension of Automated Registry Machine at City Hall >**

The service of automated registry machine for Resident's Registry and Personal Seal Registry will not be available during December 29<sup>th</sup>(Thu) ~ January 3<sup>rd</sup>(Tue). Inquiry: *Shimin-ka Uketsuke-kakari*

**PUBLIC FACILITIES YEAR-END & NEW-YEAR HOLIDAY SCHEDULE**

Facility	Closed Period	Special Notes
<i>Hamura City Hall, City Hall Branch Offices, Hoken Center, Waterworks Bureau, Sports Center, Swimming Center, Kyuudou Center, Library, Yutorogi, Folk Museum, Fukushima Center, Sangyou Fukushi Center, Community Center, Ikoi no Sato Shimin Katsudou Center, Kyouiku Soudan-shitsu, Heijitsu Yakan Kyuukan Center</i>	Dec 29 <sup>th</sup> (Thu) ~ Jan 3 <sup>rd</sup> (Tue)	* City Hall: Procedures related to Family Register will be handled at the Guard's Room located at the West Entrance (B1 floor). * Swimming Center: Swimming Pool and Sauna will be open until December 24 <sup>th</sup> . * Heijitsu Yakan Kyuukan Center will accept emergency out-patients on Dec. 29 <sup>th</sup> ~31 <sup>st</sup> during 5PM~10PM only.
Municipal Nursery Schools	Dec 29 <sup>th</sup> (Thu) ~ Jan 3 <sup>rd</sup> (Tue)	Reduced students capacity on Dec. 29 <sup>th</sup> &30 <sup>th</sup> .
Children Centers, Gakudou Clubs	Dec 29 <sup>th</sup> (Thu) ~ Jan 3 <sup>rd</sup> (Tue)	-----
<i>Hamura Zoo</i>	January 1 <sup>st</sup> (Sun)	Open everyday except on Jan. 1 <sup>st</sup> .
<i>Nousanbutsu Chokubaijo</i>	Dec 31 <sup>st</sup> (Sat) ~ Jan 5 <sup>th</sup> (Thu)	-----
<i>Fujimi Park Club House</i>	Jan 1 <sup>st</sup> (Sun) ~ Jan 3 <sup>rd</sup> (Tue)	The house will close at 6PM on Dec. 31 <sup>st</sup> . Only the Same-day Reservation can be made during Dec. 29 <sup>th</sup> ~ 31 <sup>st</sup> .
Fresh Land <i>Nishitama</i> ☎570-2626	Dec 30 <sup>th</sup> (Fri) ~ Jan 1 <sup>st</sup> (Sun) and Jan 4 <sup>th</sup> (Wed)	Bath facility will be open on January 2 <sup>nd</sup> from Noon~10PM (entrance close at 9PM). Gym and Hall will be open from Jan. 5 <sup>th</sup> .
(Funeral Halls) <i>Fujimi Saijou</i> ☎555-6269 <i>Mizuho Saijou</i> ☎557-0064	Jan 1 <sup>st</sup> (Sun) and 2 <sup>nd</sup> (Tue) * Ceremony reservation can be made over the phone.	Funeral service is available until Dec. 31 <sup>st</sup> . Resume from <i>Tsuya</i> service on Jan. 3 <sup>rd</sup> . Cremation will be available from Jan. 4 <sup>th</sup> .

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

DECEMBER 18<sup>th</sup> (Sun) ~ JANURARY 3<sup>rd</sup> (Tue)

Date	Hospital				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
18 <sup>th</sup> (Sun)	Ozaki Clinic	554-0188	Fussa-shi Hoken Center	552-0099	Honda Shika Iin	554-5902
23 <sup>rd</sup> (Fri) Holiday	Izumi Clinic	555-8018	Ishihata Shinryoujo (Mizuho-machi)	557-0072	Masuda Shika Iin	551-8686
25 <sup>th</sup> (Sun)	Yamaguchi Naika Clinic	570-7661	Fussa-shi Hoken Center	552-0099	Minagawa Shika Clinic	555-8219
29 <sup>th</sup> (Thu)	Futaba Clinic	570-1588	Heijitsu Yakan Kyuukan Center	555-9999	Usui Shika Iin	579-1199
30 <sup>th</sup> (Fri)	Matsubara Naika Iin	554-2427	Heijitsu Yakan Kyuukan Center	555-9999	Uno Shika Iin	555-8241
31 <sup>st</sup> (Sat)	Matsuda Iin	554-0358	Heijitsu Yakan Kyuukan Center	555-9999	Okikura Shika	555-4331
1 <sup>st</sup> (Sun)	Hamura Sougo Shinryoujo	554-5420	Yamaguchi Geka Iin (Fussa-shi)	553-1177	Ozawa Shika Clinic	579-1500
2 <sup>nd</sup> (Mon)	Ozaku Ekimae Clinic	578-0161	Watanabe Iin (Fussa-shi)	553-0815	Katou Shika Clinic	554-8887
3 <sup>rd</sup> (Tue)	Yanagida Iin	555-1800	Taisei Byouin (Fussa-shi)	551-1311	Kaneko Dental Clinic	554-1503

\*Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181, in English, 9AM~8PM Daily

NEW YEAR'S FIRST WASTE COLLECTION DAY

Districts	Recyclables A	Recyclables B	Hard Plastics & PET Bottles	Metals & Non- Burnable	Hazardous Waste	Burnable
Kawasaki, Seiryuu Tamagawa	4 <sup>th</sup> (Wed)	10 <sup>th</sup> (Tue)	13 <sup>th</sup> (Fri)	6 <sup>th</sup> (Fri)	20 <sup>th</sup> (Fri)	5 <sup>th</sup> (Thu)
Hane Higashi	4 <sup>th</sup> (Wed)	6 <sup>th</sup> (Fri)	17 <sup>th</sup> (Tue)	24 <sup>th</sup> (Tue)	10 <sup>th</sup> (Tue)	
Hane Naka	10 <sup>th</sup> (Tue)	6 <sup>th</sup> (Fri)	4 <sup>th</sup> (Wed)	25 <sup>th</sup> (Wed)	11 <sup>th</sup> (Wed)	
Hane kami, Hane Nishi	4 <sup>th</sup> (Wed)	10 <sup>th</sup> (Tue)	13 <sup>th</sup> (Fri)	20 <sup>th</sup> (Fri)	6 <sup>th</sup> (Fri)	
Ozakudai	10 <sup>th</sup> (Tue)	6 <sup>th</sup> (Fri)	4 <sup>th</sup> (Wed)	11 <sup>th</sup> (Wed)	25 <sup>th</sup> (Wed)	
Shinmeidai 1 & 2	6 <sup>th</sup> (Fri)	4 <sup>th</sup> (Wed)	10 <sup>th</sup> (Tue)	10 <sup>th</sup> (Tue)	17 <sup>th</sup> (Tue)	
Shinmeidai 3 & 4	9 <sup>th</sup> (Mon)	4 <sup>th</sup> (Wed)	5 <sup>th</sup> (Thu)	26 <sup>th</sup> (Thu)	12 <sup>th</sup> (Thu)	
Futabachou, Midorigaoka 3 Hane Musashino Gonokami Musashino Kawasaki Musashino	4 <sup>th</sup> (Wed)	9 <sup>th</sup> (Mon)	12 <sup>th</sup> (Thu)	5 <sup>th</sup> (Thu)	19 <sup>th</sup> (Thu)	6 <sup>th</sup> (Fri)
Fujimidaira	5 <sup>th</sup> (Thu)	4 <sup>th</sup> (Wed)	16 <sup>th</sup> (Mon)	23 <sup>rd</sup> (Mon)	9 <sup>th</sup> (Mon)	
Gonokami	4 <sup>th</sup> (Wed)	5 <sup>th</sup> (Thu)	16 <sup>th</sup> (Mon)	9 <sup>th</sup> (Mon)	23 <sup>rd</sup> (Mon)	
Midorigaoka1,2,4,5	9 <sup>th</sup> (Mon)	5 <sup>th</sup> (Thu)	11 <sup>th</sup> (Wed)	4 <sup>th</sup> (Wed)	18 <sup>th</sup> (Wed)	
Sakaechou	5 <sup>th</sup> (Thu)	9 <sup>th</sup> (Mon)	11 <sup>th</sup> (Wed)	18 <sup>th</sup> (Wed)	4 <sup>th</sup> (Wed)	

\*About oversized trash disposal and year-end & new-year collection schedule for spot-collection and excreta collection, please refer to Hamura News December 1<sup>st</sup> issue.

Inquiry: Seikatsu Kankyou-ka Seikatsu Kankyou-kakari

## TALK with HAMURA MAYOR at COMMUNITY MEETING

This is a community meeting where you get to talk directly with a Mayor of *Hamura* City. Come join us!

Date, Place, Time: January 24<sup>th</sup> (Tue) 7PM~9PM at *Shinmeidai Kaikan*

\*previously announced schedule (January 17<sup>th</sup>) was cancelled.

Advance Registration: Required    Eligibility: *Hamura* resident or worker

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

\* Same-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 in privacy.

\* 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 on later date.

\* Confidentiality of personal information will be strictly protected.

## SWIMMING CENTER ☎579-3210

### < Aquabics (In-Water Aerobics) January ~ March Schedule >

Can't swim? Don't worry. Let's have fun exercising in the water!

Date & Time: Every Thursday 3PM~3:50PM, between January 5<sup>th</sup> and March 22<sup>nd</sup>

Place: Swimming Pool    Eligibility: Anyone who is 16 years old and older    Capacity: First 35 people

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

Things to bring: Swimsuit, Swimming Cap, and Towel

How to attend: Simply visit Swimming Pool Front Desk between 1:50PM ~ 2:50PM.

## 2011 TRAINING CLASSES for SPORTS LEADERS

Anyone who is interested in becoming a Sports Leader, join this class!

After completing all the classes, you will be an authorized *Hamura* City Sports Leader.

Place: ① *Yutorogi*, ②&③ Sports Center    Eligibility: Anyone who is 20 years or older

Capacity: First 80 people    Fee: Free    Things to bring: Writing materials

How to apply & Inquiry: Fill in the application form (available at Sports Center) then fax, e-mail, or bring to Sports Center by January 8<sup>th</sup>(Sun), ☎555-0033, Fax: 554-9974, Email: s705005@city.hamura.tokyo.jp

Date	Class Details	Instructor
① January 15 <sup>th</sup> (Sun)	New Sports Basic Rules and <i>Hamura's</i> Sports Promotion (1:40PM ~ 2:40PM)	Mr. <i>Hideki Horimatsu</i>
	Sports Coaching in Local Areas (3:10PM ~ 4:40PM)	Ms. <i>Taeko Kawamukai</i>
② February 5 <sup>th</sup> (Sun)	Legal Liability in case of accidents and the responsibility as a Leader (1:30PM ~ 3PM)	Mr. <i>Kazuo Hino</i>
	Theory and Method of teaching – Warming-up & Cooling down (3:30PM ~ 5PM)	Ms. <i>Yuuko Akita</i>
③ February 11 <sup>th</sup> (Sat)	Sports Activities and Diet (1:30PM ~ 3PM)	Ms. <i>Yuuko Furuta</i>
	Learning CPR (Including AED) (3:30PM ~ 5PM)	Mr. <i>Hideharu Tanaka</i>

## CHANGES TO THE FOREIGN REGISTRATION SYSTEM

Laws that apply to foreigners, such as the Immigration Control Act, were amended in 2009; accordingly, there will be changes in the application procedures and places for procedures for foreign residents living in Japan. The new system is scheduled to start around July 2012. Inquiry: *Shimin-ka Koseki-kakari*

◆ For questions about Status of Residence and Residence Card, please refer to the website of Immigration Bureau of Japan, or call ☎0570-013904.

[http://www.immi-moj.go.jp/newimmiact\\_1/en/index.html](http://www.immi-moj.go.jp/newimmiact_1/en/index.html) (in English)

◆ For questions about residence records, please refer to the website of Ministry of Internal Affairs and Communication, or call ☎0570-066630.

[http://www.soumu.go.jp/main\\_sosiki/jichi\\_gyousei/c-gyousei/zairyu\\_english.html](http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/zairyu_english.html) (in English)

## WATER PIPE MAINTENANCE TIPS for WINTER SEASON

### < Water Leakage >

It is highly recommended to periodically inspect for the water leakage by the residents themselves. If the meter keeps running when you are not using water, or the surrounding area of the water meter is always wet, please contact the Waterworks Department or the registered plumbers.

### < Pipe & Water Meter Protection Measures >

During the mid-winter time, water pipes and water meters may get damaged from severe coldness. In order to prevent such damages, it is strongly recommended to take measures such as wrapping the parts of your water pipes where you can with pieces of old blanket, and putting some insulation material like styrene foam in the meter box.

Inquiries: *Suidou Jimusho* (Waterworks Department) ☎554-2269

## BEWARE OF BOGUS TAX ACCOUNTANTS / CONSULTANTS !!

Japanese Tax Law prohibits any persons without a tax accountant certificate to provide services on tax consultation or tax filing preparation. Before you work with a tax consultants or tax accountants, please make sure that they are certified by government and authorized to provide tax related services.

Inquiry: Tokyo *Zeirishi-kai* (Tokyo Certified Public Tax Accountants' Association) ☎03-3356-4461

## RENEWAL of SINGLE-PARENT MEDICAL SUPPORT CERTIFICATE

New 親 Single-Parent Medical Support Certificate (lavender color) will take effect from January 1<sup>st</sup> 2012. The new card will be mailed to applicable households in the late December. Please return the old certificate (peach color) to *Kosodate Shien-ka* by mail or in person. If there is any change in your registered status as in cases listed below, please report immediately. If you delay to report the change which may affect the beneficiary eligibility, the office will demand the return of subsidy provided after the status change.

① Change of the household member and/or house address.

② Change with the medical insurance detail

③ Subsidy beneficiary\* is admitted to a care institution \*Child(ren) in single-parent family.

④ Subsidy beneficiary\* is issued with a Medical Support Certificate for Handicapped Person

⑤ Subsidy beneficiary's\* parent is in state of common-law marriage (de facto marriage)

\*If any of case③,④,or⑤ applies, the beneficiary is no longer eligible to this medical support program.

\*Current beneficiaries who still have not completed the status report must submit the report immediately.

Inquiries: *Kosodate Shien-ka Shien-kakari*

## PUBLIC MEDICAL LECTURE

### ~ What is "Higher Brain Dysfunction"? ~

"Lately, I easily get mad", "cannot do what I used to be able to do", or "cannot memorize new things..."  
If these conditions arose after suffering from cerebral stroke or being in a traffic accident, it may be associated with Higher Brain Dysfunction. Anyone who wants to learn about the general symptoms and brief mechanism of this disorder is welcome to this public lecture.

Date & Time: January 27<sup>th</sup>(Fri), 7:30PM ~ 9PM    Place: *Fukushi* Center 1F Main Meeting Hall

Admission: Free    Capacity: First 50 people \*No reservation required

Instructor: Ms. *Yuuko Ootsuka* (Tokyo Welfare Center for Physically and Mentally Disabled, Higher Brain Dysfunction Section officer / Occupational therapist)

Supported by: *Nishitama Kouji Nou Kinou Shougai Shien* Center

Inquiry: *Shougai Fukushi-ka Shougaisha Shien-kakari*

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

### < Health Seminar ~ Depression and New Type Depression ~ >

Depression can cause various problems such as reduced motivation or not being able to sleep. Currently there are new types of depression too. This is a good opportunity to learn and understand about depression.

Date & Time: February 9<sup>th</sup>(Thu), 2PM~4PM    Place: *Yutorogi* Lecture Room 1    Capacity: First 70 people

Eligibility: *Hamura* Residents or workers    Instructor: Dr. *Hiroki Ueda* (Director of *Akigawa* Hospital)

How to apply: Starting December 16<sup>th</sup>(Fri) call or visit *Hoken* Center.

### < Health Forum ~ Healthy Life you can earn by Health Knowledge and Walking ~ >

Date & Time: January 14<sup>th</sup>(Sat), 1:30PM ~ 4:30PM    Place: *Yutorogi* Small Hall

Admission: Free    Capacity: First 200 people    \*No reservation required.

Topics: "Healthy life you can earn by health knowledge and walking", "Becoming healthy in your neighborhood", "Health making at clinic facility", "Becoming healthy at Sports Center & Swimming Center", and "Becoming healthy at *Hoken* Center"    Co-hosted by: *Hamura* City, *Hamura-shi* *Kyouiku* *Inkai*

### < "Measurement-Only" Diet Method (3 months course) >

All you have to do on this diet method is to weigh yourself 3 times a day and record in a graph!

	Date	Time	Class Details
①	January 13 <sup>th</sup> (Fri)	9:30AM ~ 12:30PM	Cooking healthy lunch (Cooking class)
②	February 2 <sup>nd</sup> (Thu)	1:30PM ~ 4PM	Walking off your weight (exercise class)
③	February 28 <sup>th</sup> (Tue)	9:30AM ~ 12:30PM	How to make 500kcal menu (cooking class)
④	March 26 <sup>th</sup> (Mon)	1:30PM ~ 4PM	Slow muscle training (exercise class)

Place: *Hoken* Center    Eligibility: Anyone who is 64 years or younger as of January 13<sup>th</sup> 2012

Capacity: First 20 people    Fee: ①③... ¥300, For ②④... Free

Please bring: For①③... Apron, head cloth, writing materials, For②④...exercise outfit, towel, pen & notepad

How to apply: Starting December 16<sup>th</sup>(Fri), 8:30AM ~ call or visit *Hoken* Center.

### < Childbirth Preparation Class for Parents >

Date & Time: January 15<sup>th</sup> (Sun), ①10AM ~ Noon, ②2PM ~ 4PM    Place: *Hoken* Center

Eligibility: Expectant mothers living in *Hamura* (and family member)    Capacity: First 15 pairs

Class Detail: How to bathe a baby, change diapers, make formula and etc.

Things to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook), Father's Handbook, *Kosodate Ouen* Handbook (These are included in "Haha to Kono Hoken Bag"母と子の保健バッグ)

How to apply: Call or visit *Hoken* Center.

< **Screening for Stomach Cancer & Respiratory (Lung Cancer and Tuberculosis)** >

Date & Time: February 10<sup>th</sup>(Fri), 12<sup>th</sup>(Sun), 14<sup>th</sup>(Tue), and 18<sup>th</sup>(Sat), 7:30AM ~ Noon

Place: *Hoken Center*    Fee: Free    Eligibility: *Hamura* residents 40 years of age and older

\*You are not eligible to take this exam if any of the following conditions apply:

- ① Pregnant, or possibility of pregnancy
- ② Currently being treated for stomach or lung illness
- ③ Those who have the same cancer screening opportunity provided by their employer

Capacity: 100 people each day (If there are too many applicants, selection will be done by drawing and winners will be notified by receiving a screening coupon around January 16<sup>th</sup>(Mon)).

Testing Methods: Abdominal X-ray for Stomach Cancer Exam, and Chest X-ray for Respiratory Exam

How to apply: Between December 15<sup>th</sup>(Thu) ~ January 6<sup>th</sup>(Fri), ① fill in an application form (available at *Hoken Center*, city hall 1st floor, city hall branch offices or City Website) then turn it in at *Hoken Center* on weekdays, or ② fill in an application post card as instructed below, then mail it to *Hoken Center*.

\*This is the 2nd season of screening. The next season will be announced in December.

**– How to fill in an application postcard –**

Front	Back
〒205-0003 To: <i>Hamurashi, Hoken Center</i> Cancer Screening Office 5-5-2 <i>Midorigaoka</i> <i>Hamura City</i>	·Your name, date of birth, mailing address, and phone number ·Your desired screening date -- First choice date: -- Second choice date: ·Screening/exam you desire: ·Whether you wish to have sputum examination: Yes or No *If yes, please state the reason:

**Notes:**

- You may apply for all the screening/exams conducted on the same date.
- We provide sputum examination only for people with the following conditions:
  - ① Those who had bloody sputum within past 6 months.
  - ② Smoker who has smoked (number of cigarettes per day) x (total smoking years) = 400 or more.

**NATIONAL HEALTH INSURANCE MEDICAL EXPENSE REPORT**

If you have received medical service in September and/or received physical therapy from a judo healing practitioner in October, and the total medical fee in those months was more than ¥3000, you will receive National Health Insurance (NHI) Medical Expense Report (国民健康保険医療費通知) by mail.

It is a letter from municipal government to NHI insured persons which notifies his/her record of received medical services in September and/or in October (only those applicable to NHI coverage), with the list of original medical service fees at 100% (amount before the insurance coverage was applied).

This report is issued in purpose of promoting the understanding of NHI coverage system as well as the awareness of health management importance.

There is no required procedure to be done concerning this report.

Inquiries: *Hoken Nenkin-ka Hoken-kakari*

## HAMURA CITY RADIATION LEVEL MONITORING

Hamura City has been independently conducting airborne radiation monitoring at public parks, elementary and junior high schools, municipal nursery schools and *Gakudou* facilities, as well as the monitoring of radioactive material level of the city tap water.

The results are updated regularly on the *Hamura City Official Website* in Japanese.

\*Dose rate below 0.23µsv/h is considered to cause no health risk to human body (including children).

\*For a help with how to read Japanese in the charts, please refer to the translated sample charts below.

Inquiries about airborne radiation monitoring: *Kankyuhozen-ka Kankyou Hozen-kakari*

Inquiries about tap water analysis: *Suidou Jimusho* (Bureau of Water Works) ☎554-2269

### ◆Airborne Radiation Level General Monitoring (measured at *Fujimi park* 富士見公園):

<http://www.city.hamura.tokyo.jp/0000003852.html>

Radiation measurements are taken 5 times at each height, at 5cm, 50cm and 1m from ground surface, then the average value of each height is published as the final results. \*Unit: µsv/h (micro sievert per hour)

測定日 Date	曜日 Day of Week	時間 Time	天候 Weather	測定高さ Measurement Heights		
				5cm	50cm	1m

### ◆Monitoring of Airborne Radiation Level at School Grounds (小学校・中学校), Public Parks (公園) and Municipal Childcare Facilities (保育園・学童クラブ).

\*Unit: µsv/h (micro sievert per hour)

<http://www.city.hamura.tokyo.jp/0000004132.html>

\*this URL will be changed monthly.

The measurement method is the same as that of the general monitoring at *Fujimi Park*.

測定場所 Place	測定日 Date	曜日 Day of Week	天候 Weather	校庭・園庭 School Ground	砂場 Sandpit	側溝・集水桝 Gutter	学校農園 Farm Garden
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### ◆Monitoring of Radioactive Material Level in Hamura City Tap Water

<http://www.city.hamura.tokyo.jp/0000003554.html>

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

The city commissions an external laboratory agency (日本環境調査研究所) for tap water analysis with focus on the detection of radioactive substances. The analysis is currently conducted twice a month.

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
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- 不検出 - Not Detected      ●検出限界値 - Lower Detection Limit      \*Unit: becquerel per kilogram
- 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 - Provisional regulation values relating to limits of iodine and cesium on food and drink ingestion indicated by the Nuclear Safety Commission of Japan.
- 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 - Provisional regulation values relating to drinking-intake limit for infant established by the Food Sanitation Act.

### DECONTAMINATION WORK DONE at ELEMENTARY & JUNIOR HIGH SCHOOLS

Hamura city has conducted radiation level readings at child care facilities, schools and public parks with particular focus on the ground points where radioactive materials are expected to concentrate, such as the exhaust ports of rainwater drainage system, gutters and piled fallen leaves.

The results showed that the radiation level was above the safety standard (0.23µsv/h) at five places, all in schools, out of all measured ground points. Decontamination actions were taken immediately at those five places, and the readings taken after the decontamination works indicated that the radiation level lowered below the safety standard level.

Inquiry: *Kankyou Hozen-ka Kankyou Hozen-kakari*