

# 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>

## HAMURA FLOWERS & WATER FESTIVAL 2012

Inquiry: *Hamura-shi Kankou Kyokai* (Hamura City Tourism Association) ☎555-9667,

*Sangyou-ka ShoukouKankou-kakari* (Hamura City Commerce, Industry and Tourism Division) ☎555-1111

\*For event details and transportation information, please see *Hamura News* March 15<sup>th</sup> Issue.

### ◀ SAKURA FESTIVAL ▶

Date: Everyday until April 10<sup>th</sup> (Tue) Time: 10AM~8:30PM \*Night Illumination is 6PM~8:30PM

Place: from The *Hamura* Sluice to *Sakura* tree-lined promenade along the *Tamagawa Jousui* canal.

### ◀ TULIP FESTIVAL ▶

Date & Time: April 6<sup>th</sup> (Fri) ~ 29<sup>th</sup> (Sun), 10AM~5PM Tulips: about 400,000 flowers, 23 varieties

Place: *Negarami Mae Suiden* (the site turns to a rice paddy field after the tulip season)

❖ **Come to the traditional "Matsuri" festival scenes... Shrines, Mikoshi and Dashi** ❖

From early evening of April 7<sup>th</sup>(Sat), you will find traditional festival scenes around the town. *Dashi* (festival floats) of community groups will parade, Night Fair at shrines will attract the locals and visitors...

And on the 8<sup>th</sup> (Sun), don't miss the dynamic event of *Mikoshi* River-Crossing being carried by local men!

## THE 38<sup>th</sup> HAMURA OUTDOOR FLEA MARKET

### – Vendor Booth Application –

This event aims to provide a 'recycling opportunity' to the general public. Applications by professional dealers for commercial purposes will not be accepted.

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

\*high school students need parental permission.

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

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

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

Application / Inquiries: April 22<sup>nd</sup> (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.

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

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

**The 38<sup>th</sup> Hamura Outdoor Flea Market:**

Date Time: May 12<sup>th</sup> (Sat), 9AM~Noon (Cancelled when rains or the field is in bad condition)

## TIME CHANGE for CITY CHIME

From April 1<sup>st</sup> (Sun), the time for City Chime will be shifted to 5:30PM.

The city runs the chime everyday to make sure the Citywide Public Address System is functioning normally.

City Chime Time: 5:30PM in April ~ September, 4:30PM in October ~ March

Inquiries: *Bousai Anzen-ka Bousai-kakari*

## RABIES SHOT for YOUR DOG

Dog Registration and Rabies Vaccination for pet dogs are obligated to dog owners by law. Owners must register their dog(s) to their resident municipality and ensure their dog(s) receive Rabies Shots annually. This year's Rabies Vaccination Form (狂犬病予防注射済票交付申請書, pale-blue paper) was mailed to registered dog owners in March. Please be sure to bring the form when coming to the vaccination site.

- Please make sure to arrive at the vaccination site on time.
- If your dog is ill or pregnant, please consult with a veterinarian before getting a rabies shot.
- If your dog is under 3 months old, or has bitten anyone within 2 weeks, it is not eligible for the shot.
- Dogs must be brought to the sites by adults who are able to control them well.
- To prevent troubles, please make sure that dog's collar is secure and tighten the leash at the shot sites.
- Please make sure your dog is clean. Also do not forget to take your dog's droppings home!

Fees: Registered dog... ¥3,550 (¥3,000 for shot, ¥550 for shot certificate tag).

Non-registered dog... ¥6,550 (¥3,000 for registration, ¥3,000 for shot, ¥550 for shot certificate tag)

### Registration and Rabies Vaccination:

- Dog Registration must be done within 30 days after you obtain a dog, or in the case of new-born puppies, register them within 90 days from the date of birth.
- Dogs must receive rabies shot between April and June every year.
- The first year you own a dog that is older than 91 days, the shot must be given within 30 days.

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

<b>Vaccine Schedule (Rain or shine)</b>			
Date	Place	Address	Hours
April 18 <sup>th</sup> (Wed)	東会館 <i>Azuma Kaikan</i>	<i>Hanehigashi 3-11-32</i>	9:30AM ~ 10:10AM
	中央館 <i>Chuuoukan</i>	<i>Hanenaka 3-6-4</i>	10:20AM ~ 11AM
	美原会館 <i>Mihara Kaikan</i>	<i>Hanenishi 1-20-6</i>	11:10AM ~ 11:50AM
	西部地域備蓄倉庫 <i>Seibu Chiiki Bichiku Souko</i>	<i>Ozakudai 5-19-4</i>	1:10PM ~ 1:40PM
	栄会館 <i>Sakae Kaikan</i>	<i>Sakaechou 1-14-14</i>	2PM ~ 2:50PM
April 19 <sup>th</sup> (Thu)	三矢会館 <i>Mitsuya Kaikan</i>	<i>Shinmeidai 4-4-9</i>	9:30AM ~ 10:20AM
	神明台会館 <i>Shinmeidai Kaikan</i>	<i>Shinmeidai 1-17-4</i>	10:30AM ~ 11:10AM
	川崎会館 <i>Kawasaki Kaikan</i>	<i>Kawasaki 3-7-13</i>	11:20AM ~ 11:50AM
	緑ヶ丘会館 <i>Midorigaoka Daini Kaikan</i>	<i>Midorigaoka 2-18-2</i>	1:10PM ~ 1:40PM
	羽村市役所 <i>Hamura City Hall</i>	<i>Midorigaoka 5-2-1</i>	1:50PM ~ 3PM

## **SHIZEN KYUUKAMURA**

### **- Hamura Municipal Resort Lodging Facility -**

*Shizen Kyuukamura* (自然休暇村) is a lodging facility managed by *Hamura City* in *Kiyosato* mountain resort, *Yamanashi-ken*. A variety of cultural events for kids and adults are scheduled every month!

Hotel accommodation, private lodges and camping sites are available at reasonable charge to cater for each guest's travel style. Come to visit *Kiyosato* for Flowers, Spring Greens, Mint Bath (April) and more!

For more details visit our website (in Japanese) → <http://hamura-kyukason.jp/>

Inquiries: *Shizen Kyuukamura* ☎0120-47-4017 (toll free from area code 042), ☎0551-48-4017

#### < April ~ Morin Khuur Concert >

Morin Khuur, or Matouqin, is a Mongolian origin stringed musical instrument. Come and enjoy the music of rare-to-hear timbre, along with the voiced-reading of poems. Admission: Free

#### < May ~ Children's Holiday Fair >

Enjoy the festival stalls and hand-catching live fish!! It's a fun time for everyone of your family!

Date: May 4<sup>th</sup> (Fri) Fee: ¥300 (\*provisional)

## ~ Let's Think About What Is Important About Having Pets ~

Based on the Act on Welfare and Management of Animals, the following rules are stated:

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

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

### ■ Sterilization/Castration of your Pet

If you do not wish for your pets to have babies, Sterilization/Castration is highly recommended. Not only will your pet's personality calm down, but it also prevents reproductive system diseases.

### ■ ID Tags for your Pet

There are many pet animals that get lost and are unable to find their way home by itself. Please make sure to put an ID Tag on your pet, along with the immunization certificate tag.

### ■ Use a leash when taking your dog for a walk

When taking your dog for a walk, keep your dog leashed.

### ■ Be responsible of your dog's "Deposits"

When taking your dog for a walk and your dog potties, wash the area with water.

Also take the dog's "deposit" back to your home and dispose of it properly. As of July 1<sup>st</sup>(Sun), doing so will be the owner's obligation (As of October 1<sup>st</sup>(Mon), there will be a fine of no more than ¥5,000).

### ■ Penalties

For those who did not have your dog get a rabies shot, or not having a Dog Registration/Rabies Shot Tag attached to the dog, the owner will be fined up to ¥200,000. Getting fined by not obeying the regulation is a crime. Depending on the situation, in addition to the fine, you may be arrested.

## FREE PHYSICAL CHECK-UP

Date: April 30<sup>th</sup>(Mon) Place: Sports Center Hall 2 Items to bring: Indoor Shoes, Drink, and Towel

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

**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

Instructor: NPO Hamura-shi Taiiku Kyoukai Sports Trainer

How to Apply & Inquiry: Between April 3<sup>rd</sup>(Tue) 9AM ~ 29<sup>th</sup>(Sun) 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 \*Preliminary Registration is required

## FRESHLAND NISHITAMA ☎570-2626

### < Boy's Day Doll Exhibition >

May 5<sup>th</sup> is the Boy's Day in Japan. Miniature full *samurai* armor or a doll depicting young strong boy is traditionally displayed at homes of young to adolescent boy for the occasion.

Come to see our *Gogatsu Ningyou*, Boy's Day decoration on display. April 10<sup>th</sup> (Tue) ~ May 6<sup>th</sup> (Sun).

### < Temporary Closure >

Due to the facility inspection and maintenance work, we will be closed from April 16<sup>th</sup> (Mon) to 20<sup>th</sup> (Fri).

## TEMPORARY SUSPENSION of SOME CITY HALL SERVICES

On April 30<sup>th</sup>(Mon), between 9AM ~ 4PM (end time may change), *Hamura* city hall's main server maintenance will be carried out. During the maintenance work, *Hamura* City Official Website and e-mail communication with city office will be unavailable. We apologize for the inconvenience it may cause.

Inquiry: *Jouhou Kanri-ka Jouhou Kanri-kakari*

## COMMUNITY CENTER ☎554-8584

### < Closing dates for fiscal year of 2012 >

**All-day Closing** (All Mondays): April 16<sup>th</sup>, May 21<sup>st</sup>, June 18<sup>th</sup>, July 9<sup>th</sup>, August 20<sup>th</sup>, September 10<sup>th</sup>, October 15<sup>th</sup>, November 19<sup>th</sup>, December 17<sup>th</sup>, (2013) January 21<sup>st</sup>, February 18<sup>th</sup>, March 18<sup>th</sup>.

\*These closing dates may be changed.

\*During November 17<sup>th</sup>(Sat) ~ 21<sup>st</sup>(Wed), the bath facility will be closed for boiler inspection.

\*December 29<sup>th</sup>(Sat) ~ January 3<sup>rd</sup>(Thu) will be closed for New Year's holiday.

## CHANGE of NATIONAL PENSION PREMIUM AMOUNT

For the fiscal year of 2012 (April ~ March), the monthly premium amount of National Pension (国民年金保険料) will be lowered by ¥40. Starting with the premium of April, the monthly premium will be ¥14,980.

The Japan Pension Service (日本年金機構) has mailed the packet of payment slips of this year to the National Pension premium payers. Please check the payment due dates, and be sure to pay without delay.

National Pension premiums can be paid at financial institutions, post offices and convenience stores, or by bank transfer. (\*special discount is applied to payments made by bank transfer)

Inquiries: *Nenkin Dial* ☎0570-05-1165 / *Ōme Nenkin Jimusho* ☎0428-30-3410 / *Kourei Iryou Nenkin-kakari*

## CHILD-REARING ALLOWANCE and SPECIAL CHILD-RAISING ALLOWANCE ALLOWANCE AMOUNT WILL CHANGE

Please be informed that starting with the payout of April, the allowance amount for Child-Rearing Allowance (児童扶養手当) and Special Child-Raising Allowance (特別児童扶養手当) will increase as listed below.

### Child-Rearing Allowance

Full Allowance ¥41,550 ¥41,430 / Partial Allowance ¥41,540 ~ ¥9,810 ¥41,420 ~ ¥9,780

### Special Child-Raising Allowance

Disability Level 1 ¥50,550 ¥50,400 / Disability Level 2 ¥33,670 ¥33,570

Inquiries: *Kosodate Shien-ka Shien-kakari*

## ADVERTISE YOUR BUSINESS on HAMURA CITY-DESIGNATED WASTE BAG

Printed design of *Hamura* City-designated Burnable Waste Bags (blue plastic) will newly incorporate a space for business advertisement. It can be a great medium to effectively promote your business to local residents.

To know more details, please contact *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari*.

Listing Period: Starting from July 2012 for 1 year (provisional)

Special Offer (optional): Free banner advertisement on *Hamura* City Official Website for 3 months.

Application: Please submit the draft data and completed contract form before April 25<sup>th</sup> (Wed).

Listing Fee: Differs depending on the bag size and quantity.

Waste Bags - ¥70,000~¥150,000 / Bulk Package Wrapping - ¥40,000~¥45,000

## THE 32<sup>nd</sup> CONSUMERS' DAY EVENT

~ Make Food Scraps back into Soil ⇒ Let's Grow Vegetables in Planters ~

Date & Time: April 14<sup>th</sup>(Sat) 10AM ~ Noon    Place: *Shouhi Seikatsu* Center Activity Room

Capacity: First 40 people    Detail: How to grow vegetables and healthy people / How to make good soil

Instructor: Mr. *Toshimichi Yoshida* (NPO "*Daichi to Inochi no Kai*")

How to Apply: Starting April 2<sup>nd</sup>(Mon), call *Shouhi Seikatsu* Center. ☎555-1111

### SUBSIDY for FOOD WASTE COMPOST BUCKET

As a public program to promote Food Waste Reduction, *Hamura* City will provide partial subsidy for purchasing a food waste decomposing container available at general market for domestic use.

Applicant Eligibility: *Hamura* residents who purchased a qualifying item after April 1<sup>st</sup> for use at home.

Equipment Qualification: a container which is designed to use no electricity that holds food waste being decomposed in it by micro-organism activity.

Subsidy Amount: 50% of the purchase price, or ¥10,000 maximum. \*¥100 and less is rounded-down.

How to Apply: Please come to *Seikatsu Kankyou-kakari* at city hall 2<sup>nd</sup> floor with a document certifying the purchase of qualifying item and your *Inkan* (if you have), within 1 month from the date of purchase.

Inquiry: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari*

### INDIVIDUAL SALE of CITY-DESIGNATED WASTE BAG

Starting from April 1<sup>st</sup> (Sun), you can buy *Hamura* City-designated waste bags by piece at some of the shops registered as city-designated waste bag sellers (listed below).

Price by piece: Mini(5 ㊦) ¥7, Small(10 ㊦) ¥15, Medium(20 ㊦) ¥30, Large(40 ㊦) ¥60

District	Place	Address
小作台 <i>Ozakudai</i>	レディースショップ・モア Lady's Shop MOA	<i>Ozakudai</i> 1-2-15
	セブンイレブン小作台 2 丁目店 Seven Eleven	<i>Ozakudai</i> 2-18-1
川崎 <i>Kawasaki</i>	総合衣料もとはし <i>Sougou Iryou Motohashi</i>	<i>Kawasaki</i> 1-2-3
	セブンイレブン川崎 1 丁目店 Seven Eleven	<i>Kawasaki</i> 1-8-6
	(有)秋山商店 <i>Akiyama Shouten</i>	<i>Kawasaki</i> 4-4-5
五ノ神 <i>Gonokami</i>	(有)ときわ堂 <i>Tokiwadou</i>	<i>Gonokami</i> 1-12-10
栄町 <i>Sakae-chou</i>	三河屋酒店 <i>Mikawayu Sakaten</i>	<i>Sakae-chou</i> 2-8-19
神明台 <i>Shinmeidai</i>	セブンイレブン神明台 3 丁目店 Seven Eleven	<i>Shinmeidai</i> 3-6-4
羽 <i>Hane</i>	梅田商店 <i>Umeda Shouten</i>	<i>Hane</i> 690-83
羽加美 <i>Hanekami</i>	(株)魚八水産 <i>Uohachi Suisan</i>	<i>Hanekami</i> 3-13-3
羽西 <i>Hanenishi</i>	(有)総合衣料しもだ <i>Sougou Iryou Shimoda</i>	<i>Hanenishi</i> 2-5-13
	(有)橋本園 <i>Hashimotoen</i>	<i>Hanenishi</i> 2-10-23
羽東 <i>Hanehigashi</i>	羽村市商業協同組合 <i>Hamura-shi Shougyou Kyoudou Kumiai</i>	<i>Hanehigashi</i> 1-1-8
	(有)東食糧 <i>Azuma Shokuryou</i>	<i>Hanehigashi</i> 1-6-7
	(有)清水商店 <i>Shimizu Shouten</i>	<i>Hanehigashi</i> 1-10-1
	中村販売所(中村商店) <i>Nakamura Shouten</i>	<i>Hanehigashi</i> 1-11-5
	梶屋商店 <i>Masuya Shouten</i>	<i>Hanehigashi</i> 3-4-12
	(有)カナバ島田商店 <i>Kanaba Shimada Shouten</i>	<i>Hanehigashi</i> 3-10-31
	北浦酒店 <i>Kitaura Saketen</i>	<i>Hanehigashi</i> 3-16-21
双葉町 <i>Futaba-chou</i>	ヤマザキンショップ榎本 <i>Yamazaki Shop Enomoto</i>	<i>Futaba-chou</i> 2-4-1
緑ヶ丘 <i>Midorigaoka</i>	佐野電気商会 <i>Sano Denki Shoukai</i>	<i>Modorigaoka</i> 1-24-2
	お茶処 CoCo <i>Ochadokoro Koko</i>	<i>Midorigaoka</i> 3-22-9

Inquiry: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari*

## EVENT INFORMATION for CHILDREN & PARENTS

### ALL CHILDREN CENTERS

#### < Application for "KiraKira Hiroba" starts soon >

*KiraKira Hiroba* is a children's activity group for infants under preschool/kindergarten age.

Activity Period: May ~ February 2013 (Approximately total of 19 Times)

Place & Schedule: East (*Higashi*) Children Center... Every Tuesday, 10:30AM ~ 11:30AM

Central (*Chuuou*) Children Center... Every Tuesday, 10:30AM ~ 11:30AM

West (*Nishi*) Children Center... Every Friday, 10:30AM ~ 11:30AM

Eligibility: Children 2 years old up to before preschool/kindergarten and Parents (first day only)

Capacity: 20 pairs (will be selected by open drawing) Fee: ¥5,000 (Annual)

Application & Brochure: Visit your desired Children Center during April 1<sup>st</sup>(Sun) ~ 11<sup>th</sup>(Wed), 9AM ~ 5PM

\*Apply to only one center. \*Application is not accepted by phone.

Schedule for Open Drawing & Briefing:

Central Children Center and East Children Center ...April 17<sup>th</sup>(Tue) / West Children Center...April 20<sup>th</sup>(Fri)

\*The drawing starts at 10:30AM. \*You can also sign up on the waiting list.

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

#### < Hand-made Toy Workshop ~ Spinning Board ~ >

Date & Time: April 14<sup>th</sup> (Sat) ①10AM~ ②1PM~ Fee: Free \*No reservation required.

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

### LIBRARY ☎554-2280

Admission and reservations are not necessary for the story telling events.

#### < Story Telling for Preschoolers >

Date & Time: April 14<sup>th</sup> (Sat), 11AM~ Panel Theater "*Haketayo Haketayo*" and some books!

#### < Story Telling for Babies >

Date & Time: April 18<sup>th</sup> (Wed), 11AM~ Voiced Reading of Large-size picture card "*Pyoon!*" and more!

#### < Story Telling for Elementary School Students >

Date & Time: April 21<sup>st</sup> (Sat), 11AM~ A story Telling "*Neko no Ie ni Itta Onnanoko*" will be featured.

### YUTOROGI ☎570-0707

#### < Movie Exhibition for Children >

Date & Time: April 15<sup>th</sup> (Sun), 10:30AM~11:30AM Admission: Free \*No reservation required.

Program: "*Koutsuu Anzen Dayo! Doraemon*", and "*Hare Tokidoki Buta*" (The program may be changed)

### CHATTING PLACE for PARENTS

This month's topic is "Let's play with children". Feel free to join, no reservation is needed!

Place & Date: Central Children Center – Apr. 12<sup>th</sup> (Thu), West Children Center – Apr. 13<sup>th</sup> (Fri)

East Children Center – Apr. 17<sup>th</sup> (Tue), Time: 10:30AM~11:30AM for all dates

\*Child Care Volunteers will attend your children. Inquiries: *Kodomo Katei Shien* Center ☎578-2882

### CHILD REARING CONSULTATION at CHILDREN CENTER

Clinical Psychologists assigned from *Hamura* City Child And Family Support Center (*Kodomo Katei Shien* Center) will be available for consultation at East Children Center on April 24<sup>th</sup> (Tue), 10AM~Noon.

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

\*Fee/Reservation not required.

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

**SWIMMING CENTER ☎579-3210**

**< In-Water Walking Exercise Class >**

Date & Time: April 25<sup>th</sup> (Wed), 1PM ~ 1:50PM      Eligibility: Anyone who is 16 years or older  
Fee: Hamura residents & workers ¥400, Others ¥600 (Insurance & admission fee are included)  
Capacity: First 30 people      Things to bring: Swimsuit, Swimming cap, and Towel  
How to Apply: Visit the Swimming Pool Front Desk between at 11:50AM ~ 12:50PM.

**< Fitness Programs >**

No reservation is required. To participate, simply show up at the Sauna front desk on 2nd floor.

**Slow Yoga** ~ Date & Time: Every Wednesday, 11AM ~ Noon      Place: Meeting Room

Capacity: First 20 people      Fee: ¥800 per class

**Core Body Care** ~ Let's train your inner muscles! Date & Time: Every Thursday, 11AM ~ Noon

Place: Meeting Room      Capacity: First 20 people      Fee: ¥800 per class

**SWIMMING CENTER CLASS GUIDE**

Class Name	Eligibility	Date & Time	Capacity	Fee
Easy Swim & Healthy Walking Class *No reservation required	20 years or older	Every Tuesday between May 1 <sup>st</sup> ~ June 19 <sup>th</sup> (8 times) 1PM ~ 1:50PM	25	¥3,500
Swimming Class for Pre-Schoolers (Wednesday Class)	4 ~ 6 years old	Every Wednesday between May 2 <sup>nd</sup> ~ June 20 <sup>th</sup> (8 times) 3PM ~ 3:50PM	20	¥5,000
Swimming Class for Children (Wednesday Class)	Elementary School Students (※)	Every Wednesday between May 2 <sup>nd</sup> ~ June 22 <sup>nd</sup> (8 times) Beginners class... 4PM ~ 4:50PM Intermediate class... 5PM ~ 5:50PM	40 per class	¥4,500
Swimming Class for Pre-Schoolers (Thursday Class)	3 ~ 6 years old	Every Thursday between May 3 <sup>rd</sup> ~ June 21 <sup>st</sup> (8 times) 3PM ~ 3:50PM	20	¥5,000
Swimming Class for Pre-Schoolers (Friday Class)	4 ~ 6 years old	Every Friday between May 4 <sup>th</sup> ~ June 22 <sup>nd</sup> (8 times) 4PM ~ 4:50PM	20	¥5,000
Swimming Class for Children (Friday Class)	Elementary School Students (※)	Every Friday between May 4 <sup>th</sup> ~ June 22 <sup>nd</sup> (8 times) Beginners & Intermediate...5PM~5:50PM Intermediate & Advanced...6PM ~ 6:50PM	20 per class	¥4,500
Swimming Class for Children (Saturday Class)	Elementary School Students	Every Saturday between May 5 <sup>th</sup> ~ June 23 <sup>rd</sup> (8 times) A... 11AM ~ 12:50PM / B... 2PM ~ 3:50PM	100 per class	¥6,500
Swimming Class for Children (Sunday Class) [Beginners/Intermediate Class]	Elementary School Students	Every Sunday between May 6 <sup>th</sup> ~ June 24 <sup>th</sup> (8 times) Both classes 11AM ~ 12:50PM	20 per class	¥6,500
Swimming Class for Adults	Junior high school student or older (※)	Every Sunday between May 6 <sup>th</sup> ~ June 24 <sup>th</sup> (8 times) 7PM ~ 8:50M	40	¥6,500

※Students attending the Intermediate Class must be accompanied by an adult over 16 years old.

**How to apply:** Between April 7<sup>th</sup>(Sat) 9AM ~ 15<sup>th</sup>(Sun) 10AM, fill in an entry sheet available at the Swimming Center or Sports Center, and submit in person to Swimming Center.

\*Class fee is for all 8 times including admission and insurance, unless otherwise noted.

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

< **Soukenbi Body Exercise Class** >

Date & Time: Every Friday between May 11<sup>th</sup>(Fri) ~ July 27<sup>th</sup>(Fri) (Total of 12 classes), 2PM ~ 3PM

Place: Training Room Studio    Eligibility: Those who are 16 years or older    Capacity: First 25 people

Fee (For all 12 classes): *Hamura* residents or workers...¥1,200, Others...¥1,800

Things to bring: Indoor shoes, drink, and towel    Exercise Methods: Balance Ball, Bamboo Exercise, etc...

How to Apply: April 3<sup>rd</sup>(Tue) ~ 29<sup>th</sup>(Sun), fill in your home address, name, phone number and age and call/fax/e-mail or bring directly to Sports Center 2F Training Room (NPO *Hamura-shi Taiiku Kyoukai*)

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

< **Chokotto Stretch & Heat Exhaustion Prevention** >

Date & Time: April 14<sup>th</sup>(Sat), 9:30AM ~ 11:30AM    Place: *Yutorogi* Small Hall    Fee: Free

Detail: · *Chokotto* Stretch (20 minutes) \*Make sure to be dressed for light exercise.

· Heat Exhaustion Prevention Class (60 minutes) \*No reservation is required.

## LIBRARY ☎554-2280

< **Change of Library Collection Request System** >

As of April 1<sup>st</sup>(Sun), the request limit for books and magazines will be changed from 10 items per day to 30 items total per person. This limit also applies to the requests made via internet.

Those who have more than 30 requests put in prior to April 1<sup>st</sup> may keep all existing requests, however, they may not make additional requests until the number of requests gets fewer than 30. Those who have over-due items borrowed from library collection may not make any new requests until the over-due item is returned.

\*Request limits are...up to 2 items for CDs and cassettes, 1 for Videos and DVD, and 1 for comic books.

< **Renewing User's Card** >

Library user cards need to be renewed once every 2 years. If you have not renewed your card in over 2 years, all the data will be deleted and you will have to re-register.

To register, please bring ID, such as your driver's license or health insurance card.

## TV HAMURA in APRIL

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: ~ **Hamura Flowers and Water Festival 2012** ~

Inquiries: *Kouhou Kouhou-ka Kouhou-kakari*

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

Date	Hospital				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
1 <sup>st</sup> (Sun)	<i>Takiura Iin</i>	555-2655	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Takada Shika Iin</i>	555-5903
8 <sup>th</sup> (Sun)	<i>Yokota Clinic</i>	554-8580	<i>Fussashi Hoken Center</i>	552-0099	<i>Tsushima Shika Iin</i>	579-1800
15 <sup>th</sup> (Sun)	<i>Sakae-chou Shinryoujo</i>	555-8233	<i>Fussashi Hoken Center</i>	552-0099	<i>Nakano Shika Iin</i>	554-7053

\*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>



< Japanese Encephalitis Vaccine >

Japanese Government will resume encouraging the Japanese Encephalitis vaccine for young children due to adopting the new type vaccine with reduced risk of side effects. Parent of a child who turns following ages in FY2012 will receive Japanese Encephalitis Vaccination Form (日本脳炎予防接種予診票).

\* The enclosed 3 forms are for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> shot for the Vaccination First Phase (第一期).

**For 3 year olds:** Parents will receive a Notification of Japanese Encephalitis Vaccination and the forms along with the regular 3-year health check-up notification.

**For 8 & 9 year olds:** Parents will receive the notification in the child's birth month. If your child has already taken the same vaccine, please disregard the notification.

**Other Age:** Children and youth who were born between June 1<sup>st</sup> 1995 ~ April 1<sup>st</sup> 2007 are eligible for public subsidy for Japanese Encephalitis Vaccination Fee (both First and Second Phases) any time until 2 days prior to the birthday turning age 20. If your child is not 3, 8, 9 years old this year but is applicable to age eligibility, you can obtain a vaccination form at *Hoken* Center with presentation of Maternal and Child Health Handbook.

< Hib (Hemophilus influenzae type b) Vaccine • Pediatric Pneumococcal Vaccination >

Subsidy Eligibility: *Hamura* residents who are 2 months old ~ 4 years old

Fee (Self-pay part): Hib...¥880, Pediatric Pneumococcal...¥1,120

Number of Vaccination: Depends on your child's age. Please inquire at medical facility.

Appointment: Make an appointment at one of the city-designated medical facility. Maternal and Child Health Handbook (*Boshi Kenkou Techou*) and Infant Medical Certificate (*Nyuuyouji Iryou Shou*) are required.

< Polio Immunization >

Please choose a date that is most convenient for you from these options, or the next chance in September.

Date: April 13<sup>th</sup>(Fri), 26<sup>th</sup>(Thu), May 7<sup>th</sup>(Mon), 24<sup>th</sup>(Thu), and 29<sup>th</sup>(Tue) Hours: 2PM ~ 3:30PM

Place: *Hoken* Center Eligibility: 3 months up to 7 years and 5 months olds

▶ Anyone with the following conditions cannot be immunized: having high fever (over 37.5 degree Celsius), had either BCG, Measles, Rubella, or MR vaccine in the past 27 days, had DPT Shot in the past 6 days

< Cervical Cancer Vaccine >

Subsidy Eligibility: *Hamura* residents who turns 13 ~ 16 years old in FY2012 (born on April 2<sup>nd</sup> 1996 ~ April 1<sup>st</sup> 2000) \*As exception, 17 years old residents who have had the 1<sup>st</sup> or 2<sup>nd</sup> dose last year are eligible as well.

Fee (Self-pay part): ¥1,590 each dose Number of Vaccination: 3 times

Appointment: Please make an appointment at one of the city-designated medical facilities for vaccination. Bring your Health Insurance Card, and if taking 2<sup>nd</sup> or 3<sup>rd</sup> dose, also bring a certificate of previous cervical cancer vaccination (*Sesshuzumi Shou* 接種済証). A parent must accompany a child to the medical facility.

< Childbirth Preparation Class for Parents >

Class Detail: How to bathe a baby, change diapers, make formula, etc. Appointment: Call *Hoken* Center.

Date & Time: April 21<sup>st</sup> (Sat), ①10AM~Noon, ②2PM~4PM Place: *Hoken* Center

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

Items to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook), Father's Handbook, pen, notepad

< Change of Subsidy Regulation for Ultrasound Checkup for Expectant Mothers >

Medical subsidy for Ultrasound Checkup for expectant mothers was previously provided only for those who are 35 years or older, but this age restriction was abrogated and all expectant mothers will be able to receive the subsidy. Ultrasound Checkup Subsidy Form is issued at the time of filing pregnancy notification to the city. If you have already filed the notification before April, please obtain the subsidy form at *Hoken* Center on weekdays, 8:30AM ~ 5PM. Please bring your Maternal and Child Health Handbook (*Boshi Kenkou Techou*).

\*Ultrasound Checkup Subsidy is provided only once for each pregnancy.

**PUBLIC CONSULTATIONS**

**Schedule of APRIL**

Category	Date	Time	Contact
Foreign Residents ㉠ (in Spanish & Korean)	13 <sup>th</sup> (Fri), 27 <sup>th</sup> (Fri)	1:30pm~3:30pm	<i>Shimin Soudan-shitu</i> 555-1111
Traffic Accident ㉠	Apr. 4 <sup>th</sup> (Wed), May 2 <sup>nd</sup> (Wed)	1:30pm~4:30pm	
Japanese Law ㉠	Apr. 5 <sup>th</sup> (Thu), 13 <sup>th</sup> (Fri), 18 <sup>th</sup> (Sat) May 11 <sup>th</sup> (Fri), 18 <sup>th</sup> (Fri), 26 <sup>th</sup> (Sat)	Thu & Fri 1:30~5pm Sat. 9:30am~1pm	
Public Administration Human Rights	19 <sup>th</sup> (Thu)	1:30pm~4:30pm	
Tax ㉠	Apr. 3 <sup>rd</sup> (Tue), May 1 <sup>st</sup> (Tue)	1:30pm~4:30pm	
Finance ㉠	10 <sup>th</sup> (Tue)	2pm~4pm	<i>Shoukoukaikan</i> 555-6211
Health	12 <sup>th</sup> (Thu), 26 <sup>th</sup> (Thu)	1:30pm~3pm	<i>Hoken</i> Center 555-1111
Consumer's Affairs	Mon ~ Fri	9am~Noon 1pm~4pm	<i>Shouhi Seikatsu</i> Center 555-1111
Women's Affairs ㉠	in <i>Hamura</i> City 4 <sup>h</sup> (Wed), 18 <sup>th</sup> (Wed)	1:30pm~4:30pm	<i>Hamura</i> City Hall 555-1111 <i>Shimin Soudan-kakari</i>
	in <i>Fussa</i> City 11 <sup>th</sup> (Wed), 25 <sup>th</sup> (Wed)	9am~1pm	<i>Fussa</i> City Hall 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 ㉠	Mon ~ Fri Weekend by appointment only	9am~6pm	<i>Kyouiku Soudan-shitu</i> 554-1223
Welfare Legal Consultation ㉠	25 <sup>th</sup> (Wed)	1:30PM ~ 4:30PM	<i>Fukushi</i> Center 554-0304
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 28 <sup>th</sup> (Sat)	1pm~4pm	
	Mental Handicap 24 <sup>th</sup> (Tue)		
<b>▽ Child Rearing Consultations Available Daily ▽</b>			
Mon ~ Fri	8:30am ~ 5:00pm	At City Hall	<i>Kodomo Katei Shien</i> Center 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> <a href="http://www.city.hamura.tokyo.jp/0000000466.html">http://www.city.hamura.tokyo.jp/0000000466.html</a>
Mon Wed Fri	9am ~ Noon	At	<i>Nishi Jidoukan</i> 554-7578
Tue Thu Sat		Children	<i>Chuuou Jidoukan</i> 554-4552
Tue Fri Sun		Centers	<i>Higashi Jidoukan</i> 570-7751

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