

# HAMURA NEWS

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## - Important Information for Foreign Residents -

### THERE WILL BE CHANGES IN NOTIFICATION FILING PROCEDURES DUE TO THE IMPLEMENTATION OF NEW RESIDENCY MANAGEMENT SYSTEM

A new residency management system for foreign residents will go into effect on July 9<sup>th</sup> 2012, and the current Alien Registration System will be abolished accordingly. In the new system, foreign nationals residing legally in Japan for the mid- to long-term period will become subject to the Basic Resident Registration Law (\*exceptions apply to those under specified condition), and their basic personal information, information of residence and resident status will be managed under Basic Resident Registration System (住民基本台帳). Foreign residents will also become able to obtain a copy of the certificate of residence (住民票) at municipal office, just as for Japanese nationals.

In accordance with the implementation of new system, there will be changes in the procedural system for filing notifications regarding any changes of the registered information as explained in the followings.

#### < Resident Card 在留カード >

In the new residency management system, mid- to long-term foreign residents will be issued a Resident Card (Zairyuu Card). They need to keep their current Alien Registration Certificates until a Resident Card is issued. They will be asked to exchange their Alien Registration Certificates for a Resident Card when filing an application or notifications involving the issue of a new Resident Card at a regional immigration office, or can exchange the certificate for a card at their own request after the implementation of new system.

#### < Filing a notification pertaining to place of residence >

In the current system, when a foreign resident moves out to another municipality, filing of Moving-out Notice (転出届) was not required but just needed to file a Moving-in Notice (転入届) to the municipality of new domicile. Please note that new system requires filing of both above mentioned notices. Moving-in Notice will not be accepted without the attachment of Moving-out Certificate issued by the municipal office of former domicile and presentation of identification(s) certifying the applicant's legal resident status.

#### < Filing a notification pertaining to an item other than the place of residence >

In the new residency management system, change of resident status, extension of the period of residence or change to items of basic personal information (name, date of birth, gender, nationality/region) need not be reported to the municipality of domicile. Please file notifications pertaining to the any change of registered information other than the resident address at the regional immigration office only.

\* Reporting the change of resident status or basic personal information may be required for some insurance subscription and public allowance registration. Please confirm with the relevant offices for procedure requirements.

#### ◆Brochure of New Residency Management System

The brochure is issued by the Immigration Bureau of Japan, which is available in Japanese, English, Chinese, Korean, Spanish and Portuguese. Please check out the brochure for more detailed information on the new residency management system. → <http://www8.cao.go.jp/teiju-portal/jpn/policy/index.html>

## NATIONAL HEALTH INSURANCE WILL BECOME AVAILABLE FOR MID-TERM RESIDENTS

After the implementation of new residency management system on July 9<sup>th</sup> 2012, mid-term foreign residents (who stay in Japan longer than 3 months up to 1 year) will newly become eligible for subscribing to National Health Insurance (*Kokumin Kenkou Hoken*) which is designed for the general public other than those who are employed and covered by any other health insurance, seamen's insurance or mutual aid association plans. For find out more about the insurance and subscription procedure, please contact *Shimin-ka Hoken-kakari*.

## PAPER TRASH & CLOTH WASTE COLLECTION

### on RAINY DAY

- **Paper Trash** (newspaper, commercial bill, magazine, cardboard, book, miscellaneous paper, etc.)  
Wet paper trash can be recycled. Please put it out for collection at the usual spot even in a rainy morning, so the collection workers can easily find it. No need for placing it under the eaves. It is best to use a pulp twine to tie up the paper trash for the processing efficiency.
- **Cloth Waste** (used clothing, old linen, etc.)  
Wet cloth kind materials can not be recycled. Bagged cloth waste might get wet during the collection work. If it rains on the designated collection day for cloth kind waste, do not try to dispose of it, just put it out on the next designated collection day. Shoes, bags, and other items made with the combination of cloth fabric and metal/rubber/leather parts must be disposed as burnable trash.  
\* Used underwear, sock and heavily soiled cloth can not be recycled → Burnable Trash.

For Inquiries about Waste Disposal & Recycle Policy: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari*

## COMMUNITY TALK GATHERING

### ~ What can we do to support the reconstruction of the earthquake afflicted communities? ~

This is the place where you can show your desire to participate in some kind of reconstruction support for the communities that were devastated by the Great East Japan Earthquake and Tsunami.

Date & Time: June 7<sup>th</sup>(Thu), 10AM ~ Noon

Place: *Shouhi Seikatsu Center Activity Room (2<sup>nd</sup> floor)*

How to apply & Inquiry: Call *Shouhi Seikatsu Center* ☎555-1111

## Public Lecture

### RADIATION-CAUSED HEALTH EFFECTS

#### ~ Basic Information about Radiation that you should know ~

Since the Great East Japan Earthquake, there has been a lot of information about radiation released from various sources. In order for us to conduct a life with certain level of security, it is necessary to obtain reliable information and learn correct knowledge. At this lecture presentation, a radiation hygiene specialist will talk to us about the impact and health effects that radiation can cause to our body.

Date & Time: June 30<sup>th</sup>(Sat), 3PM ~ 4PM     Place: Community Center 3<sup>rd</sup> floor Hall

Capacity: First 150 people     \*No reservation required.

Inquiry: *Gakkou Kyouiku-ka Gakumu Kakari*

Lecturer: Mr. *Naoki Kunugita* (National Institute of Public Health, Department of Environmental Health Director)

## HOTARU (FIREFLY) WATCHING

*Hamura Hotaru Kenkyuukai* (Hamura Firefly Study Group) is breeding fireflies every year at Firefly Nursing Field upon *Hamura City's* request. From the end of June into early July, you can observe the fireflies flying around Tama river bank in *Hamura City*. Let's enjoy the fantastic view of firefly lights!

\*Please do not catch the fireflies around the breeding site! It takes great effort to protect and increase the firefly population by breeding project. Please respect the rules when coming to watch these fireflies.

Date & Time: June 23<sup>rd</sup> (Sat), 7:30PM~      Meeting Place: Front Entrance of "Iko-no Sato"

Guided by: *Hamura Hotaru Kenkyuukai*      Contact: *Kankyou Hozen-ka Kankyou Hozen-kakari*

\*No reservation needed.    \*No parking space available.

### Walk, Taste, and Experience "AGRICULTURE STUDY TOUR"

This is a great walking tour through the farms in *Hamura* to experience harvesting and tasting summer vegetables! You can take some vegetables back home too! This walking tour course is approximately 3km.

Date & Time: July 3<sup>rd</sup> (Tue), 8:30AM~1:30PM (the event will be held in rain or shine)

Fee: ¥500      Eligibility: *Hamura* residents or workers and their guests (up to 4 persons per group)

Capacity: 30 people (If there are too many applicants, participants will be selected by drawing)

How to apply & Inquiries: On Reply-paid postcard (*Oufuku Hagaki*), fill in your name, gender, date of birth, your mailing address, phone number, then mail to: "*Hamura-shi Sangyou-ka Nousei-kakari*", 〒205-8601 (No need to fill in the address) by June 14<sup>th</sup> (Thu).

\*If applying as a group, please list all the participants' names.

– How to fill in the Reply-paid postcard –

<p>Front</p> <p>〒205-8601</p> <p>To: <i>Hamurashi,</i></p> <p style="padding-left: 40px;"><i>Sangyou-ka</i></p> <p style="padding-left: 40px;"><i>Nousei-kakari</i></p>	<p>Do not write on this side.</p>
<p>Back</p> <p>〒Put your Zip Code</p> <p>Your Mailing Address</p> <p>Your Name</p>	<p>Your Mailing Address</p> <p>Your Name</p> <p>Your Gender</p> <p>Date of Birth</p> <p>Your Phone Number</p>

### MEN'S HOME COOKING CLASS

Place: *Hoken Center*      Eligibility: *Hamura* male residents      Capacity: First 20 applicants

How to apply: Starting June 4<sup>th</sup>(Mon) 8:30AM~, call or visit *Hoken Center* for application.

\*You can participate in either or both dates. Those who can participate for both dates have priority.

\*Those who wish to measure the salt content of their home made *miso* soup may bring 50ml of it.

Theme	Want to cook for someone! Super easy recipe for men	Okinawa recipe for summer! Let's make " <i>Chanpuru</i> "
Date & Time	July 3 <sup>rd</sup> (Tue), 9:30AM ~ 12:30PM	July 7 <sup>th</sup> (Sat), 9:30AM ~ 12:30PM
Fee	¥300 (Ingredient fee)	¥300 (Ingredient fee)
Items to bring	Head cloth, Apron, Writing materials	Head cloth, Apron, Writing materials
Details	Men's cooking should be simple & dynamic! This is a very easy recipe for everyone!	It is perfect to eat southern region food for hot summer time! You can cook <i>Chanpuru</i> as long as you have <i>Tofu</i> and vegetables!

## TV HAMURA in JUNE

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's Original New Gourmet Items** ~

Inquiries: *Kouhou Kouchou-ka Kouhou-kakari*

## LIBRARY ☎554-2280

### < Gardening Volunteers wanted! >

We are seeking new members of "Herb *Hamura*". Join us and let's take care of the herbs on the roof garden!

Activity Schedule: Every Tuesday and Wednesday, 10AM ~ 11AM    Place: Roof of the Main Library

How to apply: Call or visit the Library

## FRESHLAND NISHITAMA ☎570-2626

< **Bonsai Exhibition** > June 5<sup>th</sup>(Tue) ~ July 8<sup>th</sup>(Sun)    The beauty of nature scenery is recreated in a pot.

< **Photo Exhibition** > June 26<sup>th</sup>(Tue) ~ July 8<sup>th</sup>(Sun)    Exhibited works are provided by "Photo *Maimaizu*".

## TEMPORARY CLOSURE OF SPORTS CENTER & SWIMMING CENTER

The Sports Center and Swimming Center will be temporarily closed due to major renovations.

We apologize for the inconvenience, and truly appreciate your support and cooperation.

### **Sports Center** ☎555-0033

Closure Period: September 1<sup>st</sup>(Sat) ~ March 31<sup>st</sup>(Sun) 2013

\*The reservation office for sports ground & equipment rental will continue to be open (9AM ~ 5PM).

\*The training room will re-open from January 2013 (9AM ~ 5PM).

\*Sports Club "*Hamu-Spo*" Office and NPO Group *Hamura-shi Taiiku Kyoukai* Office (Sports Center 2nd floor) will be open during the renovation closure.

### **Swimming Center** ☎579-3210

Closure Period: October 1<sup>st</sup>(Mon) ~ January 3<sup>rd</sup>(Thu) 2013

\*Training room and Meeting room will continue to be open during the renovation closure.

## SWIMMING CENTER ☎579-3210

### < Best-deal Set Tickets for sale! >

If you purchase tickets for both Hula Dance lesson (Every Thursday, 9:30AM ~ 10:30AM) and Core Body Care lesson (11AM ~ Noon) at the same time, you can save ¥600! Do not miss this chance!

Set Tickets Expiration Date: June 28<sup>th</sup>(Thu)    Tickets Price: ¥1,000 for 2 tickets (1 lesson of each class)

Tickets Availability: 20 sets    How to purchase: Visit the Sauna Front Desk at 2<sup>nd</sup> floor

\*Please bring exercise outfit, drink, and towel.

### < In-Water Walking Exercise Class >

Date & Time: June 30<sup>th</sup> (Sat), 10AM~10:50AM    Eligibility: Anyone who is 16 years or older

Capacity: First 30 people    Things to bring: swimsuit, swimming cap, and towel

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

How to Apply: Visit the Swimming Pool Front Desk between at 9AM ~ 9:50AM.

SWIMMING CENTER CLASS INFORMATION				
Class Name	Eligibility	Date & Time	Capacity	Fee
Swimming Class for Pre-Schoolers (Wednesday Class)	4 ~ 6 years old	Every Wednesday between July 4 <sup>th</sup> ~ 25 <sup>th</sup> (4 times) 3PM ~ 3:50PM	20	¥3,500
Swimming Class for Pre-Schoolers (Thursday Class)	3 ~ 6 years old	Every Thursday between July 5 <sup>th</sup> ~ 26 <sup>th</sup> (4 times) 3PM ~ 3:50PM	20	¥3,500
Swimming Class for Pre-Schoolers (Friday Class)	4 ~ 6 years old	Every Friday between June 29 <sup>th</sup> ~ July 20 <sup>th</sup> (4 times) 4PM ~ 4:50PM	20	¥3,500
Swimming Class for Children (Wednesday Class)	Elementary School Students (※)	Every Wednesday between July 4 <sup>th</sup> ~ 25 <sup>th</sup> (4 times) Beginners class... 4PM ~ 4:50PM Intermediate class... 5PM ~ 5:50PM	40 per class	¥3,000
Swimming Class for Children (Friday Class)	Elementary School Students (※)	Every Friday between June 29 <sup>th</sup> ~ July 20 <sup>th</sup> (4 times) Beginners & Intermediate... 5PM ~ 5:50PM Intermediate & Advanced... 6PM ~ 6:50PM	20 per class	¥3,000
Swimming Class for Children (Saturday Class)	Elementary School Students	Every Saturday between June 30 <sup>th</sup> ~ July 21 <sup>st</sup> (4 times) A... 11AM ~ 0:50PM / B... 2PM ~ 3:50PM	100 per class	¥3,500
Swimming Class for Children (Sunday Class) [Beginner/Intermediate]	Elementary School Students	Every Sunday between July 1 <sup>st</sup> ~ 22 <sup>nd</sup> (4 times) Both classes 11AM ~ 0:50PM	20 per class	¥3,500
Swimming Class for Adults	Junior high school student or older (※)	Every Sunday between July 1 <sup>st</sup> ~ 29 <sup>th</sup> (except 22 <sup>nd</sup> , 4 times) 7PM ~ 8:50PM	45	¥3,500
Easy Swim & Healthy Walking Class *No reservation required	20 years or older	Every Tuesday between July 3 <sup>rd</sup> ~ 24 <sup>th</sup> (4 times) 1PM ~ 1:50PM	20	¥2,000

※Students attending classes ending later than 6PM must be accompanied by a person over 16 years old.

**How to apply:** Between June 3<sup>rd</sup>(Sun) 9AM ~ 17<sup>th</sup>(Sun) 10PM, fill in an entry sheet available at the Swimming Center or Sports Center, and submit in person to the Swimming Center.

\*The fee includes admission to the pool and insurance fee for all 4 sessions.

## The 24<sup>th</sup> DENTAL INFORMATION LECTURE & INTERACTIVE EVENT

~ Cavity's Birthday ~

Date & Time: June 9<sup>th</sup>(Sat), 2PM ~ 4PM Place: Hoken Center Fee: Free \*No reservation required.

Event Detail: Dental health lecture, free dental counseling, games, lottery drawing, and more! You can also measure your breath odor and bite strength at this event. Hosted by: Hamura-shi Shika Ishi Kai

Contact: Inoue Dental Clinic ☎554-7735

## TOKYO METROPOLITAN PUBLIC HOUSING

### Availability Information

*Tomin Juutaku* is managed by Tokyo Metropolitan Government and offered to rent to middle-income earners raising children in purpose of providing affordable housings for them with the partially subsidized rent.

Applications for *Tomin Juutaku* housings are handled by *Toukyouto Juutaku Kyoukyuu Kousha* (JKK Tokyo). The application brochures of the current offer term will be available from June 4<sup>th</sup>(Mon) to 13<sup>th</sup>(Wed) at *Kenchiku-ka* in city hall 2<sup>nd</sup> floor (8:30AM~5PM), at city hall branch offices (9AM~1PM weekdays only), and at city hall Main Reception on the weekend. Please refer to the brochure for the application details.

Inquiries: *Toukyouto Juutaku Kyoukyuu Kousha* (JKK Tokyo Application Center) ☎03-3498-8894

Rooms available for: Family tenants only

Eligibility: Applicant must be currently residing in Tokyo metropolitan area, whose income meets the designated range, and needing a house for him/herself with family, etc.

How to Apply: Application form must be mailed and received by JKK Tokyo Application Center by June 18<sup>th</sup>(Mon). The form is also available for download at JKK Tokyo Website (in Japanese).

\*The tenants will be selected by the open drawing on July 10<sup>th</sup>(Tue) from 10AM.

\*Some housing availabilities are offered on First-Come First-Served basis. For the availability information on those housings, please visit or call JKK Tokyo office or find it on their website (Japanese only).

### FY2012 RESIDENTS TAX PAYMENT will start in JUNE

FY2012 Residents Tax Notification (市民税・都民税 納税通知書) will be mailed to the tax payers of the ordinary collection method in early June. As for the tax payers applicable to the special collection method, the tax detail will be notified from their employer.

\* Residents Tax amount is calculated based on the income of preceding calendar year. It must be paid in four installments through a year with Ordinary Collection, or in six installments with Special Collection.

#### ◆ Regulation Changes for FY2012 ◆

- Tax exemption system for dependents under age 16 was abolished, and the amount of tax exemption for dependents at age 16~18 was reduced from ¥450,000(previous) to ¥330,000.
- In *Nishitama* area, including *Hamura* City, the municipal administrations are encouraging Special Collection Method among its' residents. Due to this policy, some people's Residents Tax collection method may have been changed from Ordinary Collection to Special Collection. Please confirm your payment method.

#### ◎ Ordinary Collection ◎

If your Resident Tax is not deducted from your salary/wage, or if you are self-employed, you will receive a Resident Tax Notification from the city office in early June. In this method you must pay Resident Tax in four installments (June, August, October and January). Please confirm your tax notification details, and make sure that your tax payments are not delayed.

With the payment slips enclosed in the notification, you can pay your Residents Tax at city hall, banks, post offices and designated convenience stores (listed on the back of notification) or by bank transfers.

If your slips are lost, please have them reissued at *Kazei-ka Shiminzei-kakari* in city hall.

\*A payment over ¥300,000 and a payment slip without barcode are not accepted at convenience stores.

#### ◎ Special Collection ◎

If you are employed, your Residents Tax is usually withheld every month from your salary/wage, beginning in June and ending in May of the succeeding year. The monthly withholding amount is to be notified from your employer before the withholding starts.

\* With payment method of Special Collection From Public Pension, the tax will be deducted in 6 installments.

\* For those under age 65 (as of January 1<sup>st</sup>, 2012) who have income from both employment and public pension, Residents Tax is, in principal, deducted from the employment earning in Special Collection method.

Inquiries regarding Residents Tax: *Kazei-ka Shiminzei-kakari*

## PROPERTY TAX

If any of the following cases apply to you, please file a report of change of property condition.

For details regarding the filing procedures, please contact *Kazei-ka Koteishisanzei-kakari*.

### Real Estate Value Inspection

If you newly build a residence or expand the existing property in FY2012, you need to have your taxable residence value (re)evaluated for the taxation purpose. Please contact *Kazei-ka Koteishisanzei-kakari* and set up an appointment for *Kaoku Chousa* (Real Estate Value Inspection).

### Report of Demolished Property

If you have a registered property or part of such property demolished within the year of 2011, please file a Lost Property Registration (*Messhitsu Touki*). In a case of demolishing an unregistered property, please also file a report, otherwise, property tax will continue to be levied on the demolished (non-existing) property.

### Residential Land Property

If you have any of the following cases regarding your land property in FY2012, please file a required report.

- Change the use purpose (residential/commercial) of land property due to building a new house on the site
- Had existing house demolished, and changed the use purpose of land property.
- Built a business property within the (former) residential land property
- Changed a residential real estate property to a commercial real estate

### < Property Tax Reductions >

For details regarding the following tax reduction systems, please contact *Kazei-ka Koteishisanzei-kakari*.

- Property Tax Reduction for Certified Long-life Quality House
- Property Tax Reduction for Energy-Saving Renovation
- Property Tax Reduction for Barrier-Free Renovation
- Property Tax Reduction for Anti-Earthquake Improvement

## HAMURA CITY DIOXINS LEVEL ANALYSIS RESULT

The results of the Dioxins level analysis conducted in *Hamura* City in past February was released.

According to the results, all readings came out in the qualified level for the environmental safety standard.

\*The next analysis is scheduled in August. Observation of the analysis works is open to public.

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

Dioxins Level in Air(1m <sup>3</sup> ) of Hamura			
Date	Location	Dioxins Concentration	Environmental Standard
February 2012 1 <sup>st</sup> (Wed) ~ 8 <sup>th</sup> (Wed)	Roof of Hamura City Hall	0.028 picograms/m <sup>3</sup>	0.6 picograms/m <sup>3</sup>
	Roof of Hamura Dai-Ichi Junior High School	0.027 picograms/m <sup>3</sup>	

## FY2011 DIOXINS ANALYSIS for AIR and FLUE GAS

### Report from *Nishitama* Sanitary Association Environment Management Center

Dioxins analysis for the flue gas output from *Nishitama* Sanitary Association Environment Management Center (our local waste management facility) and for the air of the facility's neighborhood area were conducted 8 times during FY2011. The analysis results showed that dioxins levels in the tested flue gas and air well satisfies the safety standard level regulated by The Environmental Air-Quality Standard, and The National Regulation for Dioxins and The Pollution Control Agreement Regulation.

[ Location where the air samples were taken ]

*Hamura Dai-san* Junior High School (at rooftop), *Hamura Shourin* Elementary School (at rooftop), *Hamura Asahi Kouen* (at ground), *Mizuho Dai-yon* Elementary School (at rooftop), *Mizuho Fujimi Kouen* (at ground)

Inquiries: *Nishitama Eisei Kumiai Kanri-ka* ☎554-2409

## KIDS' WORK-STUDY SUMMER CAMP in ŌSHIMA ISLAND

### Program (provisional):

- Opening Ceremony & Make-Friends Gathering ... July 29<sup>th</sup>(Sun)
  - Trip to *Izu-Oshima* ... August 8<sup>th</sup>(Wed) ~ 12<sup>th</sup>(Sun) (5 days & 4 nights, including one night on board), Program on the island includes climbing Mt. *Mihara*, Swimming in the ocean, get-together event with local residents, and nature conservation activity
  - After-Event Meeting ... August 22<sup>nd</sup>(Wed)
- \*The briefing for parents will be held in July.

Eligibility: 5<sup>th</sup> ~ 9<sup>th</sup> graders in *Hamura*, who are able to attend to all the scheduled events, and willing to become leaders in local community activities in the future.

Capacity: 35 boys & 35 girls (If there are too many applicants, selections will be made by drawing)

Fee: ¥10,000 (If the trip is extended due to bad weather, this fee may increase)

\*Please pay the fee at the Briefing for Parents.

How to Apply: Fill in the application form and turn in at *Jidou Seishounen-ka* by June 20<sup>th</sup>(Wed).

The application form (for children or leaders) is available at Elementary Schools and Junior High Schools, *Jidou Seishounen-ka* at City Hall 2nd Floor, and at the *Hamura* City Official Website for download.

## RICE FARMING WORKSHOP

### ~ Picking Rice Seedlings & Rice Planting ~

This is a great opportunity to experience rice farming – Everyone is welcome. Please join us!!

Date & Time: June 9<sup>th</sup>(Sat) 8:30AM~ for Picking Seedlings, June 10<sup>th</sup>(Sun) 8:30AM~ for Rice Planting

Place: *Negarami Mae Suiden (Hanenaka 4 Choume)* \*The event will be held in rain or shine.

Fee: Free Eligibility: Elementary & Junior high school students Contact: *Jidou Seishounen-kakari*

\*No reservation required. \*Please wear something you don't mind getting dirty.

\*Parking spaces are limited. Please come by walking or bicycle.

## CHILDREN'S IKEBANA LESSONS

### (Japanese Flower Arrangement)

As students learn about the culture and manners of *Ikebana*, they will also learn about the life of plants and develop sensitivity to its beauty. This is a great introduction to a lifestyle with presence of flowers.

Date & Time: Saturdays of the following dates, 10AM~11:30AM, total of 13 lessons

[ Jun. 23 | Jul. 21 | Aug. 4 & 18 | Sep. 1 & 15 | Oct. 6 | Nov. 17 | Dec. 8 & 22 | Jan. 19 | Feb. 2 & 16 ]

Place: *Yutorogi Sousaku-shitu 1* Eligibility: Elementary school students Fee: ¥500/Lesson (Flower fee)

Capacity: 20 students (If there are too many applicants, they will be selected by drawing)

Host & Instructors: *Ikebana Sakura Kai*, Ms. *Houju Takeda (Yasuko Takeda)*, and a few other instructors

Application/Inquiry: On Reply-paid postcard ("*Oufuku Hagaki*"), fill in child's and parent's name, age (grade), school name, mailing address and phone number, then mail it before June 20<sup>th</sup>(Wed) to;

Ms. *Yasuko Takeda*, 2-7-8 *Sakae-chou*, *Hamura-shi*, *Tokyo* 205-0002 ☎554-6964

## COUNSELING for SCHOOL ENROLLMENT of HANDICAPPED CHILDREN

Consultation on school admission and academic planning of children with mental or physical handicap is available for the parents of children entering to a Special Needs Education Class/School from April 2013.

Through the consultation, an arrangement for school visits and experimental temporary schooling at a desired school can be assisted. Parents who wish to consult a specialist on Special Needs Education regarding his/her child's problems at current school are also welcome to make an appointment for a consultation.

Consultation can be provided in person or over the phone. To make an appointment, please contact *Kyouiku Soudan-shitsu Tokubetsu Shien Kyouiku-tantou* at city hall, open on weekdays 8:30AM~5PM.



## EVENT INFORMATION for CHILDREN & PARENTS

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

#### < Astronomical Observation with Family >

Date & Time: June 4<sup>th</sup>(Mon), 7:30PM ~ 8:30PM \*Cancelled in case of rain.

Eligibility: Elementary School Students ~ 18 years old Fee: Free \*No reservation required.

\*9<sup>th</sup> grader or younger children must be accompanied by an adult

#### < Day-time Moon Observation >

Date & Time: June 24<sup>th</sup>(Sun), 4PM ~ 4:30PM \*Cancelled in case of rain \*No reservation required.

Fee: Free Eligibility: Elementary School Students ~ 18 years old

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

#### < Hand Crafting Toy Workshop ~ Seal & Ball ~ >

Date & Time: June 9<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

#### < Jump-Rope and Dodge Ball Tournament >

Date & Time: June 13<sup>th</sup> (Wed) 3PM~4PM Fee: Free \*No reservation required.

Eligibility: Elementary ~ Junior High students

#### < Home Cooking Class ~Mini Corn Dog~ >

Date & Time: June 17<sup>th</sup> (Sun) 10PM~Noon Fee: ¥50(Ingredient Fee)

Eligibility: *Hamura* Resident Elementary School Students Capacity: First 20 applicants

Items to bring: Indoor Shoes, Apron, Head Cloth, Hand towel, Drink (Tea)

How to apply: June 11<sup>th</sup>(Mon) ~ 16<sup>th</sup>(Sun), 9AM~5PM, Call or visit East Children Center

### LIBRARY ☎554-2280

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

#### < Story Telling for Preschoolers >

Date & Time: June 9<sup>th</sup>(Sat), 11AM~ Enjoy Panel Theater and voiced reading of picture books!

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

Date & Time: June 16<sup>th</sup>(Sat), 11AM~ A folktale "*Bun buku chagama*" will be featured.

### YUTOROGI ☎570-0707

#### < Movie Exhibition for Children >

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

Program: 4 short movies are on program (The program may be changed)

### CHATTING PLACE for PARENTS

This month's topic is "Dealing with Kids Fight". Feel free to join, no reservation is needed!

Place & Date: East Children Center – Jun. 12<sup>th</sup>(Tue), Central Children Center – Jun. 14<sup>th</sup>(Thu),

West Children Center – Jun. 15<sup>th</sup>(Fri), 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 June 26<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

## 【 SPECIFIED HEALTH CHECKUPS 2012 】

A checkup report of Specified Health Checkups will help you establish your personal health guideline. This medical examination program with a particular focus on the detection and treatment of lifestyle diseases, especially metabolic syndrome, is carried out by medical insurance providers to the subscribers and their dependents who become age 40 or older between April 2012 ~ March 2013.

Specific Health Checkups Notification and Tickets (健康診査受診券) were mailed out by Hamura City to National Health Insurance subscribers at applicable age and Late-Elderly Medical Insurance subscribers in late May. Individuals who are subscribed to Welfare Annuity, Mutual Aid Association or company health insurance union should receive the tickets from their health insurance provider or employer.

Checkup Ticket Validity: June 1<sup>st</sup> (Fri) ~ October 31<sup>st</sup> (Wed)

Items to Bring: Specific Health Checkups Ticket, Medical Insurance Certificate(Card)

\*High volume of checkup appointment request is expected later in the ticket validity period. Please try to have a checkup done at your earliest convenience.

### **\*Metabolic Syndrome\*** メタボリックシンドロームとは

This syndrome is identified as the presence of two or more of the metabolism risk factors such as high blood-sugar, high blood-pressure, dyslipidemia (blood fat disorders) and etc, in addition to abdominal obesity. This condition may lead to health complications with high risk of cardiac or cerebral infarction.

### < Healthcare Guidance > 特定保健指導

As part of this medical examination program targeting lifestyle diseases, Post-Checkup Counseling is provided for individuals concerned to be "at risk" of lifestyle disease. Certified Nurse and Dietitian will provide advises on personal bases for resolving the risk-making lifestyle, with a particular focus on avoiding the Metabolic Syndrome. The counseling is free of charge.

### < "Health-up" Additional Check-ups > ヘルスアップ健康診査

Electrocardiogram and 5 other medical-check items are additionally available free of charge when you make a checkup appointment at one of the medical facilities listed below.

\*Only funduscopy can be performed as a part of Specified Health Checkups at clinics with this mark.

Izumi Clinic	555-8018	Futaba Clinic	570-1588
Ozaki Clinic	554-0188	Matsuda Iin	554-0358
Ozaku Ekimae Clinic	578-0161	Matsubara Naika Iin	554-2427
Sakae-chou Shinryoujo	555-8233	Yanagida Iin	555-1800
Shiozawa Iin	554-7370	Yamakawa Iin	554-3111
Takiura Iin	555-2655	Yamaguchi Naika Clinic	570-7661
Nishitama Byouin	554-0838	Yokota Clinic	554-8580
Hamura Sankei Byouin	570-1130	Wakakusa Iin	579-0311
Hamura Orthopedic&Rheumatic Clinic	570-1170	*Manabe Ophthalmological Clinic	554-6511
Hamura Sougo Shinryoujo	554-5420	*Shin'ai Ophthalmological Clinic	554-7019

### < Senior Medical Survey for Long-Term Care Prevention >

Geriatric Medical Assessment used be available for the residents over age 65 upon request in the previous years' Specified Health Checkups Program, however, starting from this year, it will be replaced by a new method "The Senior Medical Survey (基本チェックリスト)" (in Japanese) for detecting the latent possibility for long-term care needs. The survey will be mailed to the residents over age 65. The survey will help reflect on one's physical condition and gain awareness of the importance of nursing care prevention. To those who mail back the completed survey, Hamura City will provide the analysis report and health improvement advises, as well as information on various local community programs designed for the prevention of long-term nursing care needs. \*This survey is available to those who are not certified as Needed Long-Term Care/Support Patient

**For more Information**, please contact the respective offices in city hall ☎555-1111

Specified Health Checkups, Healthcare Guidance, Health-up Additional Checkups... *Hoken Center*  
Senior Medical Survey... *Kourei Fukushi Kaigo-ka Chiiki Houkatsu Shien Center*

## TOKYO HEALTH AND MEDICAL INFORMATION CENTER

Tokyo-to Hoken Iryou Joho Center

In case you have difficulty finding a hospital when you are ill or injured, or if you need information about medical facilities as well as about the health insurance and medical system in Japan, please contact Tokyo Health & Medical Information Center's telephone service "Himawari". Staff will respond in foreign languages.

Website: <http://www.himawari.metro.tokyo.jp/qq/qq13enmnl.asp>

☎03-5285-8181 Daily : 9AM-8PM Supported Languages: English, Chinese, Korean, Thai, Spanish

### MEDICAL EMERGENCY TRANSLATION SERVICE

Tokyo Health & Medical Information Center *Himawari* also provides interpretation service over the phone for foreign patients visiting a hospital. Interpreter will assist over the phone in case the treatment is not going to be carried out smoothly because of the patient's language difficulty.

☎03-5285-8185 Weekdays : 5PM-8PM Weekends & Holidays : 9AM-8PM

Supported Languages: English, Chinese, Korean, Thai, Spanish (for medical purpose only)

### MEDICAL SAFETY SUPPORT CENTER opened

#### "PATIENT'S VOICE CONSULTATION SERVICE"

It aims to improve and support building a better relation between the patients and medical service providers. Please feel free to use this service (*Kanja no Koe Soudan Madoguchi*) for consulting about finding a place to get a second medical opinion, farther assistance to better understand the medical guidance given by a doctor or nurse, or even about complaints concerning a particular medical facility or staff.

*Kanja no Koe Soudan Madoguchi*: Weekdays 9AM~Noon and 1PM~5PM ☎0428-20-2113

Inquiries about this service: *Nishitama Hokenjo Hoken Taisaku-ka* ☎0428-22-5141

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

#### < Hepatitis Virus Screening

Date: June 1<sup>st</sup>(Fri) ~ October 31<sup>st</sup>(Wed) Fee: Free Testing Method: Blood test for type B and C viruses

Eligibility: *Hamura* residents who fall in one of the following categories:

- ① Those who turn(ed) age 40 or older in FY2012 and have never taken Hepatitis Screening before.
- ② Those who had a health check-up this year and their hepatic function rate was abnormal.

How & Where: Go to any medical facilities in *Hamura* City with your health insurance card.

\*Those without any of above conditions may take the screening at *Nishitama Hokenjo* ☎0428-22-6141.

#### < Colon Cancer Screening >

Date: June 1<sup>st</sup>(Fri) ~ October 31<sup>st</sup>(Wed) Testing Methods: Testing stool for occult blood (for 2 days)

Fee: Free Eligibility: *Hamura* residents who are age 40 or older as of the examination date

How & Where: Go to any medical facilities in *Hamura* City with your health insurance card.

\*To those who turned 40, 45, 50, 55, and 60 years old last fiscal year, *Hamura* city has sent out free coupons for colon cancer screening. When taking this exam, bring the coupon and your Health Insurance Card.

#### < Adult Dental Checkup >

Date: June 1<sup>st</sup>(Fri) ~ July 31<sup>st</sup>(Tue) Fee: free Eligibility: *Hamura* residents at age 40~64 as of June 1<sup>st</sup>

How to apply: Please make an appointment at a designated dental clinic. For the list of the clinics, please contact Hoken Center or see it online. →<http://www.city.hamura.tokyo.jp/0000003492.html>

\*Dental check-up for those over 65 years old will be held in September and October.

\*Those under dental treatment or who has a checkup provided by other means are not eligible.

\*For more information check *Hamura* City Website or contact *Hoken* Center.

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital				Dental Clinic	
June	9am~5pm		5pm~10pm		9am~5pm	
3 <sup>rd</sup> (Sun)	<i>Nishitama Byouin</i>	554-0838	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Minagawa Shika Clinic</i>	555-8219
10 <sup>th</sup> (Sun)	<i>Yanagida Iin</i>	555-1800	<i>Fussashi Hoken Center</i>	552-0099	<i>Moriya Shika Iin</i>	555-9872

**PUBLIC CONSULTATIONS**

**Schedule of June**

Category	Date	Time	Contact
Foreign Residents ① (in Spanish & Korean)	8 <sup>th</sup> (Fri), 22 <sup>nd</sup> (Fri)	1:30pm~3:30pm	<i>Shimin Soudan-shitu</i> 555-1111
Traffic Accident ①	Jun. 6 <sup>th</sup> (Wed), Jul. 4 <sup>th</sup> (Wed)	1:30pm~4:30pm	
Japanese Law ①	Jun. 7 <sup>th</sup> (Thu), 15 <sup>th</sup> (Fri), 23 <sup>rd</sup> (Sat) Jul. 5 <sup>th</sup> (Thu), 13 <sup>th</sup> (Fri), 28 <sup>th</sup> (Sat)	Thu & Fri 1:30~5pm Sat. 9:30am~1pm	
Public Administration Human Rights	21 <sup>st</sup> (Thu)	1:30pm~4:30pm	
Tax ①	June. 5 <sup>th</sup> (Tue), Jul. 3 <sup>rd</sup> (Tue)	1:30pm~4:30pm	
Finance ①	12 <sup>th</sup> (Tue)	2pm~4pm	<i>Shoukoukaikan</i> 555-6211
Health	14 <sup>th</sup> (Thu), 28 <sup>th</sup> (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> 6 <sup>h</sup> (Wed), 20 <sup>th</sup> (Wed)	1:30pm~4:30pm	<i>Hamura City Hall</i> 555-1111 <i>Shimin Soudan-kakari</i>
	in <i>Fussa City</i> 13 <sup>th</sup> (Wed), 27 <sup>th</sup> (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
Welfare Legal Consultation ①	27 <sup>th</sup> (Wed)	1:30PM ~ 4:30PM	<i>Fukushi Center</i> 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 23 <sup>rd</sup> (Sat)	1pm~4pm	
	Mental Handicap 26 <sup>th</sup> (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> : <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 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.