

HAMURA NEWS

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

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ELECTRIC POWER SAVING for SUMMER 2012

Following the suspension of power production at nuclear power plants throughout Japan, the serious shortage of electric power supply is expected during summer. In order to secure stable power supply and to avoid a black out, everyone in Japan is asked to cooperate in the reduction of electricity usage.

~ How To Choose Energy Saving Products ~

You can reduce power consumption and decrease your electric bill by choosing energy saving products for your home electronics. When purchasing such products, you can consult the energy consumption information provided on the "Energy Efficiency And Conservation Label (統一省エネルギーラベル)" on them. On the label, the number of stars shows the energy efficiency level of each product, and "e"-marked ball icon is in green color for products that qualify for the energy saving standard - if not qualified, the icon is in orange. The label also indicates the product's annual power consumption (年間消費電力量), and annual electricity charge (目安電気料金) for average usage, as well as Non-Freon Gas icon (nonフロン) for a refrigerator that has no Freon gas in its' components.



Inquiries: Kankyou Hozen-ka Kankyou Hozen-kakari

The expected reduction ratio per year when replacing a 10-year old device with a latest model			
Product	Power Consumption (kwh)	Electricity Bill (Yen)	CO2 Emission (kg)
Air Conditioner	447	9,840	202
Refrigerator	480	10,500	217
Lighting	88	1,900	39

* The number varies depending on the product models. For more details please go to "Shinkyuu-san" website.

If the SIREN GOES OFF at TAMA RIVER...

When the water level of the river goes high due to typhoons(*Taifu*), torrential downpour (*Shūchū Gōu*) or the water in *Ogouchi* Dam gets released out, you will hear the announcement and/or siren from the outdoor public address system. If you hear that warning, please do not go near the river. It is very dangerous.

The condition of announcement/siren is as follows:

- Announcement: 10 minutes before opening diversion weir gate / dam water discharge
- Siren: 5 minutes before opening diversion weir gate / dam water discharge
(5 times for 50 seconds, with 10-second intervals)

Inquiry: Tokyo-to Suidoukyoku Hamura Shusuijo ☎554-2052

HAMURA CITY EMERGENCY DRILL

September 2nd(Sun) 2012

The City Wide Emergency Drill is conducted annually to practice and improve the well-coordinated emergency response, as well as to promote the disaster risks awareness and emergency preparedness. Repeated practices of the drill will foster better preparedness for disaster response with practical knowledge. Not only the adults, but also young residents, because they are all recognized as community members, should participate in the drill. Please make sure that your young family members join this opportunity.

Emergency Drill Date & Time: September 2nd(Sun) 9AM Inquiries: *Seikatsu Anzen-ka Bousai-kakari*

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

Assumed Situation for the Drill: A severe earthquake (scale 6-strong) occurred in this area and the evacuation order is in place. At 9:00AM, actual public siren will go off, and Disaster Occurrence Notice will also be released through *Hamura* Information Email Service.

Flow of the Drill:

- ① Practice self-protection action during the (imaginary) shaking – securing evacuation route to an exit with caution to falling objects and toppled furniture, hiding under a durable table, etc.
Practicing under various assumed situations in a house and time of a day is recommended.
- ② After the shaking stops and you make sure it is safe to take the next action, first important thing is to check all the risk sources for fire. Tightly close the main gas tap and switch off the electricity circuit
- ③ Evacuate to the nearest public shelter as a group with your house members or neighbors. If you are not certain of your nearest public shelter, contact your neighborhood/district association.
- ④ On the drill day, various emergency response methods will be practiced on neighborhood association bases at each public shelter site - Putting off fire, dealing with major problems on evacuation routes, spotting and providing first-aid to injured persons, etc.
- ⑤ If public transportation is shutdown in time of disaster, you may not be able to return home on a same day. Walking more than 20km distance in an adverse road condition after disaster occurrence is very difficult. We recommend that you and your family/neighbors discuss about the evacuation route between work place / school and home or to the nearest public shelter, as well as the tools for distant communication when mobile phone connection became unavailable.
Disaster Emergency Message Dial 171 (災害用伝言ダイヤル), a voice message board system, can be a reliable public communication tool in such situation. → <http://www.ntt-east.co.jp/en/saigai/voice171/>

THE 3 COLUMNS OF THE FOUNDATION OF DISASTER MANAGEMENT

【 Self-Help + Communal Cooperation + Public Assistance 】

In time of a disaster, as the very base of rescue and survival measures, you are responsible to protect and help your own life - this is the notion of self-help. Once one's survival and safety is secured, the communal cooperation should start taking action to help each other, rather than waiting for the rescue by public bodies. At the time of large disaster, public emergency assistance, such as the works of police, fire department and medical teams, generally takes much longer time to organize their actions than the people who happened to be on a same street get together as a group to start the rescue work.

Of these three basic elements of disaster measures, the self-help is the most fundamental and what saves most lives in time of a disaster.

According to the survey data of rescued lives from being under the rubble or furniture at the time of the Great Hanshin Earthquake (1995), 66.8% of those people got themselves out or were rescued by their family, and 30.7% of them were rescued by friends or someone who happened to be nearby. And only 1.7% of them were rescued by a local emergency response team or Self-Defense Forces personnel.

This data clearly tells us that each one of us needs to have the preparedness towards the disaster, as well as the willingness to act as a member of community. On the base of great efforts by individuals and residents groups, the public emergency assistance will be able to perform at its best. Please participate in the City-wide Emergency Drill, the best opportunity for reinforcing the coordination among residents and public bodies.

HELP-NEEDED PERSON REGISTRATION SYSTEM FOR DISASTER TIME

Saigaiji Youengosha Touroku Seido (災害時要援護者登録制度)

In *Hamura* City there is a system for listing the resident persons who will need assistance for information sharing and evacuation assistance in time of a disaster. Persons eligible to register to this system are;

- Persons at age 65 or older
- Needed Long-term Care certified persons
- Holders of Physical Disability Certificate (身体障害者手帳), Intellectual Disability Certificate (愛の手帳), or Health and Welfare Handbook for Mentally Disabled (精神障害者保健福祉手帳)
- Persons who have difficulty obtaining and understanding emergency information and guidance in Japanese
- Other people who needs special assistance in time of a disaster

If you wish to be registered in this system, please fill in an application form (distributed to all household along with *Hamura News* Japanese Edition July 1st issue) and turn it to the city hall.

The registered personal information will be handled in accordance with the Personal Information Protection Regulation and be shared with local organizations that will respond to disaster management, such as the neighborhood association, civil voluntary disaster management organization, commissioned welfare volunteers, fire brigades, *Fussa* Police Department and Fire Department.

Please note that this registration system does not guarantee you will receive a special assistance in time of a disaster. It will provide disaster response personnel where the registered help-needing persons are likely to be found by their addresses, but those personnel may not be able to reach them swiftly.

It is most recommended for residents to have a friendly relationship with neighborhood people regularly in order to build a network for collecting local information and helping each other.

HAMURA INFORMATION EMAIL SERVICE

Hamura City provides a public information service which distributes local information on emails.

With this system emergency related information will be sent to all subscribers. In addition, you can receive local affairs information in various categories upon your request. There is no fee charged for subscription.

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

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

Information Categories:

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

How to subscribe:

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

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

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

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

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

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

Inquiries: *Kouhou Kouchou-ka Kouhou-kakari*

Investigation of the Migration of "BROWN HAWK-OWL"

Brown hawk-owl (*Aobazuku*), one of the migratory summer birds in this region, is Hamura City's designated symbol bird. They normally fly down into this area from south and stay until September, however, we can hardly see or hear them tweet this summer. Having this concern, Hamura City has started an investigation on their habitation in this area. If you ever happen to see or hear them, please report to Hamura city.

Contact Information: Call, Fax, or e-mail to *Kankyō Hozen-ka Kankyō Hozen Kakari*

Fax... 554-2921 e-mail... s205000@city.hamura.tokyo.jp

2012 SUMMER CAMPAIGN for EARTHQUAKE RESISTANT IMPROVEMENTS

< Earthquake Resistance Forum & Individual Consultation for Anti-Seismic Improvement >

Date & Time: September 3rd(Mon), 2PM ~ 5PM Capacity: First 500 people フォーラム&個別相談

Place: Tokyo Metropolitan Government Building No.1, 5th floor Main Hall

How to apply: Apply by a phone call, fax, or e-mail with your name, telephone number, and number of participants; ☎03-3370-2411, Fax: 03-3370-2017, e-mail: taishin2012@hip-ltd.co.jp

< Exhibition of Anti-seismic reinforcement methods & Individual Consultation > 展示会&個別相談

Date & Time: August 29th(Wed) ~ 31st(Fri), 10AM ~ 6PM (until 5PM on last day) *No reservation required

Place: JR Shinjuku Station West Square Inquiry: TMG Bureau of Urban Development ☎03-5388-3348

WARNING to BEWARE of ATM REFUND SCAM

There has been many Refund Scams going on this year – by the end of June, there already has been total of 153 reported cases and loss over ¥140 million. Please remember, you can never receive any refund for medical expense and / or Insurance fee via ATM machine. If a stranger mentions to you about "refund", "Insurance fee", or "ATM" over a phone conversation, you should be aware.

As one of the preventative measures, it is recommended to share this warning information with your family, friends and neighbors. Also, if you happen to see an old person using ATM machine talking to someone on a phone, please do not hesitate to approach him/her and make sure he/she does not become a scam victim.

Inquiry: *Bousai Anzen-ka Koutsuu Bouhan-kakari*

PUBLIC LECTURE EVENT

~ Prevention of Fraudulent Sales Targeting Handicapped People ~

Date & Time: September 6th (Thu) 10AM~Noon Place: *Fukushi Center* Fee: Free

Eligibility: Handicapped people and/or their family, people in occupations related to disability support

Lecturer: Mr. *Yuuichi Suzaki* (Judicial Scrivener) Capacity: First 50 applicants

How to apply: Please call Handicapped People Support Center "Aoba" ☎555-1210

PUBLIC LECTURE EVENT

~ Japanese Future Starts From Many Thanks ~

Mr. *Miki Watanabe*, CEO of *Watami Co., Ltd.* will talk about "Dream", "Many thanks", and "Japanese future" that he learned through supporting activities for the recovery from East Japan Disaster.

Date & Time: September 15th(Sat), 6PM ~ (Reception starts at 5PM) Place: *Yutorogi Main Hall*

Capacity: 850 people Ticket Fee (advanced sell): ¥1,000

For purchasing tickets and inquiry: *Fussa Seinen Kaigisho* ☎080-6633-7517

HAMURA PUBLIC FACILITIES BUS TOUR

~ Let's Get To Know More About Our Public Facilities! ~

A great chance to know more about our city government through learning the functions of public facilities!

Date&Time: September 25th(Tue), 9AM~12:15PM (rain or shine) Tour starts and ends at: City Hall

Tour Course (there may be a change):

- ① *Yutorogi*... Main Hall and backstage rooms
- ② *Fukushi Center*... Work Room, Training room
- ③ Water Works Bureau Office... Control Room, and the roof of water supply tower
- ④ Zoo... Get to experience close communications with animals
- ⑤ Recycle Center... Waste recycle facility

Eligibility: *Hamura* residents, workers, and students (you can participate as a group too)

Fee: Free Capacity: 25 people *Participants will receive the attendance certificate.

How to apply: by August 31st(Fri), fill in application form available at city hall 1st floor, *Shimin-ka* counter, or at city hall branches, and send via mail / fax / e-mail / or directly apply at *Kouhou Kouchou-ka Kouhou-kakari*.

*You can also download the form from the city website.

Contact: *Kouhou Kouchou-ka Kouhou-kakari* ☎205-8601 e-mail: s102000@city.hamura.tokyo.jp

SPECIAL 2 DAY BUS TOUR in OCTOBER

~ Apple Picking and Fall Foliage ~

This tour will take place in the mid autumn to enjoy Apple Picking in foothills of *Yatsugatake* Mountain, driving through the region in foliage color, as well as visiting an old post-town that holds remnant of *Edo* period days.

Date	Tour Schedule	Meal
October 28 th (Sun)	Leave from JR <i>Hamura</i> station at 7:30AM / from City Hall at 7:40AM / from JR <i>Ozaku</i> Station at 7:50AM ⇒ Apple Farm (admission is free, but fee required for picking apples) ⇒ Foliage Viewing Drive ⇒ Lunch / Local Products Shopping ⇒ Hotel (<i>Shizen Kyuukamura</i> ☎0120-47-4017)	Dinner
October 29 th (Mon)	Leave Hotel at 8:30AM ⇒ Foliage Viewing Drive ⇒ Free time in <i>Narai-juku</i> Post-Town ⇒ Arrive at <i>Ozaku</i> station, City Hall, and <i>Hamura</i> station (around 5PM)	Breakfast

Fee (per person): Room with shared toilet and sink... ¥12,800 / with private toilet and sink... ¥13,800

*Cost for Lunch and Shopping is not included in the tour fee.

Tour Planner: *Hamura Shizen Kyuukamura* & *Hamura City* Tour Agency: *Keio Kanko*

Application / Inquiry: September 3rd(Mon) ~ October 5th(Fri)(Weekdays only) 9:30AM ~ 4:30PM, call *Keio Kanko Tokyo Minami Office* ☎03-5919-4831 (Contact person: *Udagawa* or *Kikushima*)

Minimum capacity for this tour: 35 people

SUBSIDY FOR HOLIDAY LODGING FOR SINGLE PARENT FAMILY

There is a public subsidy program that provides partial subsidy of accommodation fee for single parent family who stays at *Hamura City's* municipal lodging facility "*Shizen Kyuukamura*" at *Kiyosato* mountain resort in *Yamanashi* Prefecture, during the following period. For more details, please inquire.

Eligible Stay: Subsidy is applied for one night charge on any day between August 15th ~ January 31st 2012

Eligible Family: single parent's household with child(ren) at age of 12th grade or younger

Subsidy Amount (one night): parent or high school student ¥2500/person, younger children ¥1600/person

How to Apply: After making an accommodation reservation, please fill in an application form at *Kosodate Shien-ka* in city hall end floor and receive a subsidy coupon.

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

< Wakuwaku Kids Festival >

There will be Hand Crafting Class, Bingo Event, and more!! Some entertainments are free of charge!

Date & Time: September 8th (Sat), 10AM ~ Noon and 1PM ~ 3PM

Tickets: Will be sold until September 5th (Wed), ¥100 per person (for 180 people)

*The center will be open at 10AM and closed at 3PM on September 7th and 8th due to preparation/cleaning.

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

< Ghost House in *Jidoukan* >

Challenge the spook tour through Ghost House build in *Jidoukan*....!

Date & Time: August 31st(Fri) 2PM~4PM, and September 1st(Sat) 10AM~Noon / 2PM~4PM

Eligibility: Elementary School Students ~ 18 year olds *No reservation required.

SPACE EXPO FOR CHILDREN

~ *Kodomo Uchuu-Haku* ~

Date & Time: August 17th(Fri) ~ 26th(Sun), 9AM~9:30PM Place: *Yutorogi* ☎570-0707 Admission: Free

Hosted by: Ōme City, Fussa City, Hamura City, Mizuho Town, Okutama Kodomo Taikenjuku Jikkou Iinkai

Co-hosted by: JAXA (Japan Aerospace Exploration Agency) and National Astronomical Observatory of Japan

◆ What is JAXA?

It is the Japan Aerospace Exploration Agency, the organization in charge of aerospace development and research, such as the operation of famous *Hayabusa* project and H2 Rockets.

< Spacecrafts Exhibition >

You will get to see a real H2 Rocket Engine (height 3m / weight 3t), as well as replicas of the asteroid probe "*Hayabusa*", International Space Station with Japanese experiment module "*Kibou*", Space Shuttle "*Atlantis*", asteroid "*Itokawa*" and space yacht "*Icarus*".

< Film Screening "*HAYABUSA*" >

A true-story movie about the Mission Hayabusa and its' people's endurance through an aerospace project, which at the end achieved an unprecedented success after overcoming countless major challenges.

Date & Time: August 19th(Sun) & 25th(Sat) 2PM~4:20PM Place: *Yutorogi* Main Hall

Capacity: First 854 people per show *No reservation is required.

< Exhibition of Video Recordings about Space >

Date & Time: August 17th(Fri) ~ 26th(Sun), ① 10AM~ ② 2PM~ Place: *Yutorogi* Main Hall

Capacity: First 800 people per show *No reservation is required.

*There will be no 10AM show on the 17th(Fri) & 26th(Sun), nor 2PM show on the 19th(Sat) & 25th(Sat).

< Planetarium in *Yutorogi*! >

Enjoy the summer night sky projected on to the temporary planetarium!

Date: August 17th(Fri) ~ 26th(Sun), Total of 6 shows per day, duration of each show is 20 minutes

Time: ①10AM~ ②11AM~ ③1PM~ ④2PM~ ⑤3PM~ ⑥4PM~

Place: *Yutorogi* Small Hall Capacity: 60 people per show

Eligibility: *Hamura* residents who are 1st ~ 12th graders (parents can come along!)

How to apply: We will be handing out the admission tickets at the small hall twice very day at the specified ticketing times. For shows ①&② from 9:30AM~, and for shows ③④⑤⑥ from 12:30PM~.

**TEMPORARY CLOSURE OF
SPORTS CENTER & SWIMMING CENTER**

Hamura City Sports Center and Swimming Center will be temporarily closed due to the renovation works. We apologize for the inconvenience, and truly appreciate your support and cooperation.

Swimming Center ☎579-3210

Closure Period: October 1st(Mon) ~ January 3rd(Thu) 2013

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

Sports Center ☎555-0033

Closure Period: September 1st(Sat) ~ March 31st(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 will be open.

*During the renovation closure, the Aerobics classes will be held at Yutorogi or Community Center, and the Walking Classes will be held at out side of Sports Center.

SWIMMING CENTER ☎579-3210

Floor Fitness Programs starting September				
Program	Date & Time	Place	Capacity	Fee per session
Soft Aerobics	Tuesdays 11AM~Noon	2 nd Floor Training Room	First 20 people who registers	¥500
Chinese Style Stretch Exercise	Wednesdays 9:30AM ~ 10:30AM	2 nd Floor Meeting Room		¥500
Pilates	Thursdays 11AM ~ Noon	2 nd Floor Meeting Room		¥800
Step Exercise for Beginners	Fridays 2PM ~ 3PM	2 nd Floor Training Room		¥500
Aerobics	Fridays 7PM ~ 8PM	2 nd Floor Training Room		¥500
Registration for floor fitness programs:				
No reservation is required. Please show up at Sauna Front Desk located on 2 nd floor.				
*Sessions will not be held on National Holidays *Indoor exercise shoes will be needed in the Training Room				
In-Water Fitness Programs				
Aquabics (In-Water Aerobics)	<u>Date & Time</u> : Every Thursday, 3PM~3:50PM, between September 6 th ~ 27 th <u>Place</u> : Pool <u>Capacity</u> : First 35 people <u>Registration</u> : at Swimming Pool Front Desk between 1:50PM ~ 2:50PM.			
In-Water Walking Exercise	<u>Date & Time</u> : September 12 th (Wed), 1PM~1:50PM <u>Place</u> : Pool <u>Capacity</u> : First 30 people <u>Registration</u> : at Swimming Pool Front Desk between 11:50AM ~ 12:50PM.			
Other details for In-Water fitness programs:				
<u>Eligibility</u> : Anyone who is 16 years old and older <u>Things to bring</u> : Swimsuit, Swimming Cap, and Towel <u>Fee</u> : Hamura residents & workers ¥400, Others ¥600 (Insurance & admission fee are included)				

DOG REGISTRATION and RABIES SHOT

When you start having a dog in your family that are older than 91days, please register the dog to the city within 30days from the date of adoption, and have the dog receive rabies shot annually. Also, always have your dog wear a registration tag (鑑札) and immunization tag (注射済票) attached to his/her collar. These requirements are mandated by law, and if not complied, the dog owner will be subject to legal penalty. When your dog received a rabies shot at veterinary hospital, please apply for a immunization certificate (tag) at city hall. The hospital cannot issue the tag. When the tag is lost, please apply again.

Items required for registration and immunization tag application:

- Dog Registration: ¥3000 (Re-issue to replace the lost tag ¥1600)
- Immunization Certification: ¥550 and rabies shot certificate from a veterinarian or *Hamura* City
Re-issue of Immunization Tag ¥340

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

MAINTENANCE of WATER TANK

Schools, hospitals and other multistoried buildings are equipped with water tanks. *Hamura* City is responsible of the water quality until the water enters the tank of a private building. Once water is in the tank, the quality management and responsibility of water is on the building owner.

Building owners, please do not neglect the required maintenance works for keeping the safe condition of the system – periodical water quality check, cleaning and checking the inside of tank as well as the surrounding devices every year, etc.

Inquiries: *Suidō Jimusho* ☎554-2269

NATIONAL HEALTH INSURANCE MEDICAL EXPENSE REPORT

If you have received medical service in May and/or received physical therapy from a judo healing practitioner in June, and the total co-pay 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 May and/or in June (only the services 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 with this report.

Inquiries: *Hoken Nenkin-ka Hoken-kakari*

SPECIFIED HEALTH CHECKUPS

We would like to remind the applicable residents that Specified Health Checkups (特定健康診査) tickets will expire on October 31st(Wed). The eligible *Hamura* residents are those who turn age 40 or older in FY2012 and enrolled in National Health Insurance. The checkup tickets had already been mailed to them in late May. High volume of appointment request is expected later in the ticket validity period. Please try to make your appointment for the checkup at your earliest chance.

This medical examination program aims for the early detection and treatment of lifestyle diseases, especially focusing on metabolic syndrome. Reviewing the checkup records yearly can help you identify the risk factors of lifestyle diseases in its' early stage, in which case the need for taking medication can be avoided and treatment expense can be, sometimes dramatically, reduced.

Inquiries: *Hoken Center*

Metabolic Syndrome

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.

< Fluoride Ion Treatment >

Fluoride Ion will be applied on your child's teeth to prevent cavities.

Date: September 10th(Mon) ~ 15th(Sat), 9:30AM ~ *Sep. 15th(Sat) is for Elementary School Students only.

Front Desk Opens at: 9:15AM~ 10:30AM Place: *Hoken Center* Fee: Free

Eligibility: Children in *Hamura* who are 3 years old up to 3rd graders as of September 30th, 2012

Things to Bring: Face Towel, Clothes pinch, and Application Form *Application form is available at *Hoken Center*.

*Please use City Hall parking if the parking at *Hoken Center* is full.

*Children must be accompanied by an adult.

< Free Screening for Stomach / Lung Cancer & Tuberculosis >

Date & Time: September 26th(Wed), 29th(Sat), and 30th(Sun), 7:30AM ~ Noon (you cannot specify the time)

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 the 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 September 10th(Mon))

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

Application Period: August 15th(Wed) ~ September 3rd(Mon)

How to apply: ① Fill in necessary information on an application form and turn it in at *Hoken Center* on weekdays, or ② Paste the form on a post card and send it to *Hoken Center*.

*Application form is available at *Hoken Center*, city hall 1st floor, city hall branch offices, and on the city website (PDF) → <http://www.city.hamura.tokyo.jp/cmsfiles/contents/0000000/649/appform.pdf>

Please Note:

- You may apply for all the screening/exams held on the same day.
- Those who are taking Stomach Cancer screening cannot eat or drink after 9PM in the previous night.
- Sputum examination is provided 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.

- How to fill in an application postcard -

Front	Back
〒205-0003 To: "Gan Kenshin Tantou" <i>Hamurashi Hoken Center</i> 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 and second choices) ·Screening/Exam you desire: ·Whether you wish to have sputum examination: Yes or No *If yes, please state the reason:

◆ **MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS** ◆

Date	Hospital				Dental Clinic	
August	9am~5pm		5pm~10pm		9am~5pm	
19 th (Sun)	<i>Wakakusa Iin</i>	579-0311	<i>Fussashi Hoken Center</i>	552-0099	<i>Katou Shika Clinic</i>	554-8887
26 th (Sun)	<i>Ozaki Clinic</i>	554-0188	<i>Fussashi Hoken Center</i>	552-0099	<i>Ozawa Shika Clinic</i>	579-1500

*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>