

HAMURA NEWS

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ELECTRIC POWER SAVING for SUMMER 2012

~ Everyone's Cooperation Needed! ~

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.

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

~ Turn off when not using ~

Did you know that about 6% of average household power usage is used for standby consumption of household appliances. Let's reduce power consumption by turning off electrical appliances when you are not using them, or even pulling out the plugs when you are not using them for a while.

The Expected Reduction Ratio if the appliances are used one hour shorter per day				
Category	Product Type	Reduction Ratio (Annual)		
		Electricity (kw/h)	Electricity Bill (Yen)	CO2 Emission (kg)
AC	at 28°C setting	18.8	430	7.2
PC	Desktop	31.6	720	12.1
	Laptop	5.5	130	2.1
TV	Liquid crystal display (37 inch)	22.5	510	8.6
Light	incandescent (54w)	19.7	450	7.5
	fluorescent (12w)	4.4	100	1.7

SEPTEMBER is "BURNABLE WASTE ACCURATE SEPARATION MONTH"

September is designated as "Burnable Waste Accurate Separation Month." This campaign's goal is to reduce the amount of our burnable waste by separating the recyclable materials more accurately.

Cooperation from every resident is essential for the reduction of waste!

Tips for Accurate Separation of Reusable Resource

● Place 3 types of trash containers in each room

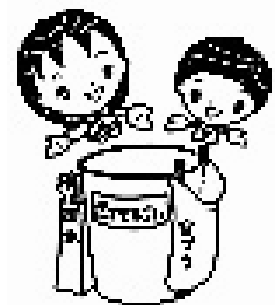
One for paper waste, one for plastic containers & packaging (i.e. wrappers of candies or snacks) and one for other burnable waste. Or, instead of having 3 trash bins, you can hang 2 bags onto a bin for convenience.

● Separate Paper Waste

Very small paper trash such as toilet paper tubes, product tags and even the crumbs from a hole punch can be collected as Recyclable Resource "A". When disposing of them, please put them in a paper bag or insert them between magazine pages.

● Separate Plastic Wrappers and Containers

Please do not throw away plastic containers as burnable waste. When you have a used plastic container, of a take-away food for example, please wipe or wash off the remaining food and sauce, then dispose of it as recyclable waste "B".



J-ALERT NATIONWIDE TEST BROADCASTING

J-Alert nationwide test broadcasting will take place on September 12th(Wed) around 10AM and 10:30AM. Through the citywide public address system, you will hear the following Japanese announcements.

「Korewa shiken housou desu.」 This is a test broadcasting. (repeated 3 times)

「Kochirawa bousai hamura desu.」 This is Hamura City Emergency Preparedness Organization (once)
Followed by the alert sirens.

J-Alert (全国瞬時警報システム *Zenkoku Shunji Keihou Shisutemu*) is a nationwide alert system designed to deliver alert for most critical emergency by broadcasting it through local community wireless system without taking authorizing procedures at local government level in the event that requires citizens to beware of sudden emergency or quick evacuation.

The alert information is distributed via satellite-based transmission system. When a local terminal receives the alert, it automatically activates the community wireless system, enabling the central government to directly and quickly inform its' citizens of imminent threats. The alert information that may be transmitted by this system is on; earthquake (early warning, hypocenter, magnitude), tsunami (precaution, presence), volcano eruption, significant meteorological disaster and military threats.

TALK with HAMURA CITY MAYOR

Residents will get to discuss with *Hamura* City Mayor in person at a community meeting. Come join us!

Date, Place, Time: October 4th(Thu) at *Yutorogi*, 7PM~9PM

November 13th(Tue) at *Chuuou-kan*, 7PM~9PM

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

How to Apply: Call or visit *Kouhou Kouchou-ka Shimin Soudan-kakari* in city hall.

- * Same-day registration may become available without notice. Registration will close at 8:30PM.
- * Each participant will have about 15 minutes to talk with the mayor in privacy.
- * Please participate as an individual, not as a representative of a group.
- * Depending on the nature of question, the mayor may deliver the answer on a later date.
- * Confidentiality of personal information will be strictly protected.

PARTICIPANTS WANTED! for THE 65th HAMURA CITIZEN'S SPORTS FESTIVAL

Date: October 7th(Sun) (In case of rain postponed to 8th) Place: *Fujimi Park Field*

< Company Relay Teams Wanted! >

This is a great opportunity for promoting your company to local people! A team must have 4 runners (including at least 1 female). Each runner runs 100m.

Eligibility: anyone who works at work place registered in *Hamura* City Capacity: 18 teams (first applied)

< Groups Wanted to Participate in the Intermission Parade >

Join to the lunch time entertainment parade! No requirements regarding the group structure.

Application / Inquiry: To participate in these events, please turn in an application to *Hamura-shi Taiiku Kyoukai Jimukyoku* (2nd Floor at Sports Center) before September 20th(Thu), 5PM. ☎555-1698

FREE LEGAL CONSULTATION by Hou-Terasu Law Office and Bar Association

Hou-Terasu Law Office and Tokyo *San Bengoshi-kai* Bar Association will give consultations for legal advice.

This consultation is free of charge, about 30 minutes for each client. Capacity: First 5 applicants

Date & Time: October 19th(Fri) 1:30PM ~ 4:40PM Place: City Hall 1st Floor *Shimin Soudan-Shitsu*

Application & Inquiry: Call or visit *Kouhou Kouchou-ka Shimin Soudan-kakari* starting Sep. 19th(Wed).

SOME TAX PAYMENTS WILL BE DUE on OCTOBER 1ST (MON)

Payments for the 3rd installment of National Health Insurance Tax (国民健康保険税), Long-term Care Insurance Tax (介護保険料) and Late-elderly Medical Insurance Tax (後期高齢者医療保険料) are due on October 1st (Mon).

Inquiry: *Nouzei-ka Nouzei-tantou*

TOKYO SUICIDE PREVENTION CAMPAIGN

September is Suicide Prevention Campaign Month. Motivation for suicide attempts may come from complicated problems related to health, job, financial debt or many others. With the help of others and social support, psychological stress can be greatly alleviated, and a step to way out of the problem could be taken.

Counseling Support provided by Hamura City

Beware of the depression signs and symptoms coming from your body and heart. If you think you may need to consult about it with someone, feel free to use the consultation services that *Hamura City* provides. Those consultations cover various subjects. For more information, please check page 16.

Counseling Support provided by Tokyo Metropolitan Government

< Tokyo Suicide Prevention Campaign "Kokoro to Inochi no Hotline" >

September 3rd(Mon) Midnight ~ 8th(Sat) Midnight ☎0570-087478

< Suicide Prevention Hotline "Inochi-no Denwa" >

September 10th(Mon) 8AM ~ 11th(Tue) 8AM ☎0120-738-556 *Toll free on 10th every month

< 54 Hour Special Counseling Help-Line by Tokyo Suicide Prevention Center >

September 8th(Sat) 0AM ~ 10th(Mon) 6AM ☎0120-58-9090

< Telephone Counseling for Suicide-Bereaved Family >

① September 3rd(Mon) ~ 5th(Wed), 10AM~10PM ☎03-5988-7778 (Suicide-Bereaved Family Support Center)

② September 6th(Thu) ~ 9th(Sun), 10AM~10PM ☎03-3796-5453 (Grief Care and Support Plaza)

< Counseling for Problems with Multiple Consumer Loans >

September 3rd(Mon) and 4th(Tue), 9AM~4PM ☎03-3235-1155 (Tokyo Consumer Life Center)

< Tokyo Counseling for Your Heart and Life >

September 24th(Mon) and 28th(Fri), 4PM~8PM (Registration until 7PM), Place: 24th(Mon)...*Shinjuku Subaru Bldg. Meeting Room* (JR *Shinjuku* station West exit), 28th(Fri)...*Area Hall* (JR *Tachikawa* station South exit, "Arearea 2" 6F)

Inquiry: Tokyo *FukushiHoken-kyoku HokenSeisaku-ka* ☎03-5320-4310

HUMAN RIGHTS FORUM 2012

September 7th(Fri) ~ 9th(Sun)

This event is organized to promote the respect for human rights of all people, as well as to raise awareness and understanding of various human rights issues existing in our society.

< Lecture and Movie >

Date: September 7th(Fri) only Time: 1PM ~ 3:45PM (Doors open at 12:30PM)

Place: Tokyo Metropolitan Government Building No.1 5thfloor *Daikaigijou* (Main Convention Hall)

Capacity: First 500 people Admission: Free Child Care Service: prior reservation needed

Lecture Topic: Start from Wheel Chair ~ Tracing the way of recovering from Despair ~

Speaker: Ms. *Hitomi Suzuki* (Universal design product designer, Model, and Paralympics national athlete for Shooting) *Sign language and précis writing are available.

Movie: "Juno" (64minutes animation, Japanese subtitled)

< Other Human Rights-themed Events >

Exhibition of messages from high school students and celebrities / Fukushima's local products sale / Ainu classic dancing / Heaven artist performance, and more!

Time: 9AM ~ 8PM (Until 3PM on last day) Place: JR *Shinjuku* Station West Exit Square Event Corner

< Human Rights Panel Exhibition, Tokyo Human Rights Plaza Special Exhibition,

Human Rights Poster Exhibition by Art University x Dentsu >

Time: 9:30AM ~ 5:30PM (Admission until 5PM)

Place: Tokyo Metropolitan Government Building No.1 *Minami Tenbou-shitsu* (Observation Room)

Inquiry: Tokyo-to *Soumu-kyoku Jinken Shisaku Suishin-ka* ☎03-5388-2588

BE-KIND-TO-ANIMALS WEEK

September 20th ~ 26th

This special campaign week was established to promote human-animal relationship and the proper care of animals, based on the "Act on Welfare and Management of Animals".

< Animal *Fureai* Festival ~ Rethink About Human-Animal Bonding ~ >

At this event there will be an Obedience Class for dogs, Animal Protection Quiz Rally, and more!

Date & Time: September 15th (Sat), 11AM ~ 4PM *No reservation required.

Place: *Taitou-kuritsu Sumida Park, Sumida Park River Side Gallery*

< Be-kind-to-animals Symposium ~ Human-Animal Bonding ~ >

Date & Time: September 29th(Sat), 1PM ~ 4:30PM

Place: Tokyo *Kokuritsu Museum Heisei Auditorium* Capacity: First 390 people

How to Apply: Call *Nihon Doubutsu Fukushi Kyokai* between September 1st (Sat) ~ 28th (Fri) Noon.

Inquiry: *Nihon Fukushi Doubutsu Kyokai* ☎03-5740-8856

Toukyou-to FukushiHoken-kyoku KankyohokenEisei-ka ☎03-5320-4412

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

Every pet owner has a responsibility to take care of their pet for its entire life as well as fully understand the pet's habits and nature so to be able to take care of them properly.

■ Sterilization/Castration for your pet

If you are not planning on having baby-pets, Sterilization/Castration is highly recommended. Not only will your pet calm down, but it also prevents reproductive system diseases.

■ Keep your cat indoors

In densely populated residential neighborhoods, keep cats indoors in order to avoid traffic accidents for them and troubles with neighbors. Please have a Litter box and Nail Sand in your house for your cat. Also, arrange your furniture so that your cat can get some exercise in a house.

■ Follow the public rules when taking your dog for a walk

When taking your dog for a walk, keep your dog leashed. If your dog potties, wash the spot with water that you carried from home. Also take the dog's "deposit" back to your home and dispose of it properly.

■ ID Tags for your pet

There are many animals that get lost and are unable to find their way home by themselves. Please make sure to put an ID Tag on your pet.

■ In case of a disaster

When a disaster occurs, please do not forget that human lives come first. If the pet owner is hurt, he/she may not be able to care for their pet.

When evacuating, bring your pet with you. It is important to train your pet not to be afraid of other animals and people, in case it has to evacuate with strangers and other animals in an emergency situation. Also, make sure to have an emergency supply kit for your pet with at least 3 days of pet food and water.

BE-KIND-TO-ANIMALS WEEK EVENT at HAMURA ZOO

~ Animal Memorial Service ~

The Animal Memorial Service will be held for all the animals that deceased in *Hamura Zoo* in the past.

Hamura residents are also welcome to join the service and give prayers for their deceased pets.

To join the service, please register to *Ireisai* (memorial service) guests list after entering the zoo.

Date & Time: September 23rd(Sun), 11AM ~ 11:30AM (rain or shine) Fee: Free (Entrance fee only)

Place: at the Memorial Monument in *Hamura Zoo* Inquiry: *Hamura Zoo* ☎579-4041

SPECIAL GALA for RESPECT-FOR-SENIOR-CITIZEN DAY

Date: September 17th(Mon/Holiday) Place: *Yutorogi*

Inquiry: *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari*

This year the city invites *Hamura* residents who turn 73 years old or older in FY2012. The invitation post card will be delivered to all the guests. Please make sure to bring it when attending to this event.

Event Detail

- Opening Ceremony (for the group 1 only)
- Stage Performances (Song Show) Singer: Ms. *Mika Shinno*, Mr. *Daisaku Ogata* / MC: Mr. *Mitsuru Unazuki*

Time Schedule

The gala is repeated 4 times to serve 4 guest groups (divided by residential districts).

Please check your invitation card for your gala time.

Group 1: 9:30AM ~ 11AM / Group 2: Noon ~ 1:10PM / Group 3: 2:10PM ~ 3:20PM / Group 4: 4:20PM ~ 5:30PM

Please be informed...

- Admission for this event is by invitation only.
- Free shuttle buses will be available. For details please check the invitation.
- Please refrain from coming by your personal vehicle and try to use community bus *Hamu-ran*. There is no parking available for gala guests.
- In case all the seats are occupied, live video will be broadcasted at small hall.
- An invitation card is required for admission. At the entrance, a gift will be given to all guests in exchange for the invitation card.
- The gift can be picked up by a guest on a later date in exchange with invitation card. Please pick up at *Kourei Fukushi Kaigo-ka* at City Hall between September 18th(Tue) ~ 28th(Fri) (weekdays only), 8:30AM ~ 5:15PM.

Traffic Restriction

Temporary shuttle bus stops will be set up in the street block in front of *Yutorogi* main entrance on the gala day. Please be prepared to detour during the following time periods. Your cooperation will be appreciated.

< 9:00AM~9:15AM / 10:55AM~11:45AM / 1:05PM~1:55PM / 3:15PM~4:05PM / 5:25PM~6:00PM >

SENIOR CITIZEN HUMAN RESOURCE CENTER ☎554-5131

< The 21st Silver *Hamura Fureai* Festival >

There will be an exhibition of Calligraphy, Drawings, Photographs, Flower Arrangements, Sales of Hand Crafted Goods and Recycled Goods, PC Class, Kimono dressing class and more!

Date & Time: September 8th(Sat) & 9th(Sun), 10AM ~ 3PM (Until 2PM on 9th)

- Health Counseling... 8th(Sat) 10AM ~ Noon
- Silver Age Counseling... 8th(Sat) 10AM ~ 3PM
- Bazaar... 9th(Sun) 11AM~

Place: Silver *Jinzai* Center (Senior Citizen Human Resource Center)

RENEWAL of TOKYO SILVER PASS

Tokyo residents of age 70 and over are eligible for Tokyo Silver Pass, a pass for fare exemption of buses running within Tokyo metropolitan area, and of Tokyo Metro subways.

Those who have this pass expiring at the end of September will receive the Renewal Application Form mailed by Tokyo Bus (東京バス協会). Please complete the application procedure before the expiration date.

City Hall Application Desk: September 5th(Wed)~7th(Fri), 25th(Tue) ~ 28th(Fri), 10AM~4PM

Place: *Hamura* city hall 1st floor *Kaigishitsu* 101

*On other dates and after September, applications will be handled at the Tokyo Bus offices.

Inquiries: Tokyo Bus - Silver Pass Helpline 03-5308-6950 9AM~5PM (weekdays only)

Or *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari* in city hall

< **Special Event for Respect-for-the-Senior-Citizen Day** >

The fee for the bath facility is 50% off for those who are age 70 or older!

Offer Period: September 15th(Sat) ~ 21st(Fri) (closed on 18th(Tue))

Special Admission Fee: *Hamura, Ome, Fussa, and Mizuho* residents... ¥250 for 3 hours, ¥350 for all day
Others... ¥400 for 3 hours, ¥600 for all day

*ID will be required to verify your age. **Kaisuu-ken* and *Sairiyou-ken* cannot be used during this period.

< **Facial Esthetic Treatment** >

Date & Time: September 15th(Sat) & 22nd(Sat), 10AM ~ 9:30PM Place: Fresh Land *Nishitama*

Capacity: First 20 people each day Fee: ¥1,000 for 60 minutes

Reservation: accepted from September 1st(Sat), at front desk in Fresh Land *Nishitama*.

< **Paper Cutout Art Exhibition** >

Pictures created by cutting papers will be on display. Date: September 4th(Tue) ~ 17th(Mon)

< **Paper Cutout Art Class** >

Enjoy creating post-card size paper cutout art!

Date & Time: September 28th(Fri), 10AM ~ Noon Place: Fresh Land *Nishitama Fureai Hall*

Capacity: First 20 people Fee: ¥50 (paper cost)

How to apply: Starting September 1st(Sat), apply at front desk in Fresh Land *Nishitama*.

LIBRARY ☎554-2280

< **Bookbinding Workshop** >

Here's a chance to bind your own book – Personal History, Poetry books, or Recipe books!

The book samples will be displayed at Lobby starting on September 1st (Thu).

Date & Time: October 3rd(Wed), 1PM ~ 4PM Place: Library 2nd floor Volunteer Room

Capacity: First 15 applicants Fee: ¥500 (Material fee included)

Things to Bring: Manuscript notes (Total thickness of 1 ~ 2cm, A4 or B5 size)

How to Apply: Between September 1st(Sat) ~ 26th(Wed), 10AM ~ 8PM, call or visit Library.

YAMAFURU MUSIC FESTIVAL ~ INTERACTIVE CONCERT ~

Date & Time: October 18th(Thu), 6:30PM~ (doors open at 6PM) Place: *Yutorogi* Main Hall

Ticket Price: ¥1,000 (all reserved seats) Tickets will be on sale starting August 30th(Thu) at *Yutorogi*

Program Part I: Songs and Readings by *Rei Sakuma*, voice actress, along with music play by *Emu Sada*.

Choir songs by *Yamafuru* Chorus (*Hamura* and *Okutama* students) and Vienna Philharmonic.

Program Part II: Music play by Vienna Philharmonic Inquiry: *Yutorogi* ☎570-0707

HAMURA CITY PUBLIC HOUSING

The application brochures for the current offer term will be available from September 3rd(Mon) to 12th(Wed), at *Kenchiku-ka* (8:30AM~5PM) in city hall 2nd floor and at city hall branch offices (9AM~1PM) on weekdays, or at city hall Main Reception on the weekend. These public housings are managed by the city government in purpose of providing affordable housings for low-income earners and residents having housing problems. There are applicant eligibility requirements such as income level, resident registration history, etc. For more information, please see the brochure or consult *Kenchiku-ka Iji Kanri-kakari*.

◆ **Hamura City Public Housing (Shiei Juutaku)** ◆

Availability: An apartment in *Mazaka Danchi* Apartment Complex (address: *Hanekami* 2-13-2), 3DK

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

Applicant Eligibility: a household of 3 persons or more, with more than 2 years history of *Hamura* City Resident Registration, and has no taxes in arrears.

How to Apply: Please come to *Kenchiku-ka* in city hall 2nd floor between September 3rd(Mon) ~ 12th(Wed), 8:30AM~5PM on weekdays. *The tenants will be selected by open drawing on September 24th(Mon).

EVENT INFORMATION for CHILDREN & PARENTS

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

< Hand-made Toy Workshop ~ Easy Cartoon ~ >

Date & Time: September 8th(Sat), ①10AM~ ②1PM~ Fee: Free *No reservation is required.

Eligibility: Preschoolers (must be accompanied by an adult) up to 3rd grade Elementary School Students

< Daytime Moon Viewing >

Date & Time: September 23rd(Sun), 4PM ~ 4:30PM Fee: Free *No reservation is required.

Eligibility: Elementary School Students up to 18 years old

< Family Astronomical Observation >

Date & Time: September 30th(Sat), 7PM ~ 8PM *In case of rain, the event will be cancelled. Fee: Free

Eligibility: Elementary School Students up to 18 years old (Junior High School Students or younger must be accompanied by an adult.) *No reservation is required.

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

< Hand Crafting Workshop ~ Trinket Case made out of Milk Carton ~ >

Date & Time: September 15th(Sat), 10:30AM~Noon Fee: Free Capacity: First 20 applicants

Eligibility: Elementary School Students up to 18 years old

How to Apply: Between September 2nd(Sun) ~ 7th(Fri), 9AM ~ 5PM, call or visit the center.

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

< Sports Event ~ Tug-of-War Tournament ~ >

Date & Time: September 26th(Wed), 3PM~4PM Eligibility: Elementary and Junior High School Students

LIBRARY ☎554-2280

Come with your friends and have fun together! Parents are also welcome. No reservation/fee required.

< Story Telling for Preschoolers >

September 8th(Sat), 11AM~ Voiced-reading of a picture book "Obake Party" and more...

< Night Story Telling for Elementary School Students >

September 15th(Sat), 11AM~ Story telling of a Jamaican folk tale about "Anansi".

YUTOROGI ☎570-0707

< Movie Screening for Children >

Date & Time: September 9th(Sun) 10:30AM~11:30AM Admission: Free *No reservation is required.

Program: 4 titles scheduled Supported by: Hamura 16mm Eiga Kenkyuu-kai

CHATTING PLACE for PARENTS

This month's topic is "Growing Out Of Breastfeeding". Any parents of young children are welcome. Come and share some ideas and concerns about child-raising! Child Care Volunteers will look after your children.

Place & Date: East Children Center – Sep. 11th (Tue), Central Children Center – Sep.13th (Thu)

West Children Center – Sep. 14th (Fri) Time: 10:30AM~11:30AM for all dates

Inquiries: Kodomo Katei Shien Center ☎578-2882 *Reservation is not required.

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 West Children Center on September 28th(Fri), 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

TV HAMURA in SEPTEMBER

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 City Comprehensive Emergency Drill** ~

Inquiries: *Kouhou Kouchou-ka Kouhou-kakari*

PUBLIC LECTURE & CONSULTATION for SINGLE PARENT FAMILY SUPPORT

~ Child-Support Payment (*Youikuh*) ~

The amendment of the Civil Code of Japan took effect as of April 2012, and it started to mandate the inclusion of arrangement statements pertaining to the Child-support Payments and Child And Non-custodial Parent Meeting Permit on a divorce notification. At this lecture the standard procedure for making legal agreements on the Child-support Payments will be explained. Questions regarding individual cases will also be answered.

Date & Time: September 27th(Thu) 1:30PM~3PM Place: City Hall 2nd floor *Kaigishitsu203*

Topic targeted for: *Hamura* residents who are single parent or considering a divorce Capacity: First 20

Lecturer: Ms. *Emiko Murakami* (Consultant, *Youikuh* Soudan Shien Center)

Youikuh Soudan Shien Center (Child-support Payments Information Center) ☎03-3980-4108

Reservation/Inquiry: Please call *Kosodate Shien-ka* before September 3rd(Mon). ☎555-1111

MEDICAL CHECKUP for NEXT FIRST-GRADERS

Households with child(ren) entering an elementary school in April 2013 will receive a notification of Pre-entrance Child Medical Check-up (就学時健康診断) in early October. If you are a parent expecting the notification but it is not delivered to you before mid October, or if you plan to enter your child to other school than the school designated on your notification, please contact *Gakkou Kyouiku-ka Gakumu-kakari*.

Time: Reception 1:15PM~1:45PM, Examination 1:45PM~

Dates: Specified by elementary school districts;

Musashino: Oct. 12th(Fri), *Sakae*: Oct. 15th(Mon), *Higashi*: Oct. 24th(Wed), *Shourin*: Nov. 5th(Mon),

Fujimi: Nov. 14th(Wed), *Nishi*: Nov. 20th(Tue), *Ozakudai*: Nov. 26th(Mon)

MEDICAL LECTURE

~ Rheumatoid Arthritis - Understand this Incurable Disease ~

Date & Time: September 6th(Thu), 2PM ~ 4PM Place: *Fussa-shi Sakura Kaikan*

Eligibility: Those who have rheumatoid arthritis or family Capacity: First 60 people

Detail: Basic knowledge about rheumatoid arthritis, how to treat symptoms and more

Lecturer: Dr. *Shouji Sugii* (Tokyo *Tama Sougou Iryou* Center Rheumatism & Collagen Disease Department)

Reservaion/Inquiry: By September 5th(Wed), please call *Nishitama Hokenjo* ☎0428-22-6141

HOKEN (Public Health) CENTER ☎555-1111

< Adult Dental Checkup >

Date: September 1st (Sat) ~ October 31st (Wed) Fee: free *Please bring your Health Insurance Card

Eligibility: *Hamura* residents of age 65 and older as of June 1st 2012

How to apply: Please make an appointment at a designated dental clinic.

*For clinic information please check City Hall website or call *Hoken* Center.

*Those who are under dental treatment or who have checkups provided by an employer are not eligible.

< Blood Donation Needed! >

Citizen's cooperation is needed to ensure a continuous supply of transfusions which is running low at the moment. You can donate 400ml or 200ml of blood at the Mobile Blood Donation Center at this chance.

Date & Time: September 11th(Tue) 10AM ~ 3:30PM Place: JR *Ozaku* Rail Station East Rotary

Eligibility: Age 16~69 (Those over age 65/older without a donation record in past 5 years are ineligible)

< Breast Cancer Screening >

Date: By appointment between October 1st(Mon) ~ December 28th(Fri), except weekends/holidays

Time: 8:15AM~ (Examination takes approximately 1.5 hour) Place: *Fussa* Hospital

Eligibility: Female residents at age 40/older (as of examination day) who did not take this exam in 2011

Capacity: First 200 people (2~5 people per day) Fee: ¥1,600 *Please pay at Hospital on examination day.

*No fee charged on the welfare recipients. Please bring the Certificate of Welfare Recipient.

*If you are a pace-maker user, please notify before examination.

Examination Detail: Health Interview, clinical breast examination, and mammography screening (X-ray)

Appointment: Call or visit *Hoken* Center, starting from September 3rd(Mon).

< Uterine Cancer Screening >

Date: By appointment between October 1st(Sat) ~ December 28th(Fri) *until Nov.30th(Fri) at *Taisei Byouin*

Place (Name of Clinics): *Ogata Sanfujinka* Clinic, *Yorimitsu Ladies* Clinic and *Taisei Byouin* Hospital

Capacity: First 400 people Eligibility: Female residents at age 20/older who did not take this exam in 2011

Fee: Free Appointment: Call or visit *Hoken* Center, starting from September 3rd(Mon).

Note regarding Breast Cancer & Uterus Cancer Exams:

*The exam results may take up to 1 month. In case you are already having symptoms, please go on your own.

*If you make an appointment at *Hoken* Center, a medical interview sheet will be given to you.

< Free Examination Coupons for Cervical & Breast Cancer and Colon Cancer >

Free Examination Coupons for Cervical & Breast Cancer, and for Colon Cancer were mailed out in May to *Hamrua* residents at eligible age. Please note that Colon Cancer coupon expires on October 31st(Wed), and Cervical & Breast Cancer coupon expires on December 28th(Fri), however, the designated medical facilities generally get very busy with appointment requests in the last month of validity period. If you wish to use the coupon, please take your earliest chance to make an appointment.

*Lost coupon can be replaced by reissuance at *Hoken* Center.

< Polio Immunization for Children >

Starting from September 1st 2012, the polio immunization given under the public health guidance takes a new method. The former method (group vaccination of live oral poliomyelitis vaccine) is replaced by individual vaccination of subcutaneous injection of inactivated poliovirus vaccine.

Notification of Polio Immunization (予診票) was mailed to households of applicable children who have not had polio immunization before, and new resident children whose immunization records are not known by the city.

Eligibility: 3 months old ~ 7 and half year old Time: Throughout a year Place: Designated medical facility

Vaccination Doses:

- Children who never taken Polio vaccination – 3 shots in the principal period + 1 additional dose as needed
- Children who took live Polio vaccine once – 2 shots in the principal period + 1 additional dose as needed
- Children who took live Polio vaccine twice – No need to take any additional shot

Vaccination Timing: it is required to wait certain period of time between Polio vaccine shots. There needs to be at least 20 days between each shot taken in the principal period, and if the additional shot is needed, it must be taken 6 month or later after the 3rd shot is taken.

▶ Anyone with the following conditions cannot be immunized: had any vaccination for Polio, BCG, Measles, Rubella, or MR vaccine within 27 days prior / had DPT Shot within 6 days prior / just recovered from any type of communicable disease / having conditions such as high fever, vomiting or diarrhea.

Combination Vaccine — the new combination vaccine of 4 diseases, DTP (diphtheria, pertussis, tetanus) plus Polio, is planned to become available for public in November 2012.

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital				Dental Clinic	
September	9am~5pm		5pm~10pm		9am~5pm	
2 nd (Sun)	<i>Izumi Clinic</i>	555-8018	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Kaneko Dental Clinic</i>	554-1503
9 th (Sun)	<i>Yamaguchi Naika Clinic</i>	570-7661	<i>Fussashi Hoken Center</i>	552-0099	<i>Kusaka Shika</i>	555-7793

*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>

PUBLIC CONSULTATIONS

Schedule of September

Category	Date	Time	Contact
Foreign Residents ① (in Spanish & Korean)	14 th (Fri), 28 th (Fri)	1:30pm~3:30pm	<i>Shimin Soudan-shitu</i> 555-1111
Traffic Accident ①	Sep. 5 th (Wed), Oct. 3 rd (Wed)	1:30pm~4:30pm	
Japanese Law ①	Sep. 6 th (Thu), 14 th (Fri), 29 th (Sat) Oct. 4 th (Thu), 12 th (Fri), 27 th (Sat)	Thu & Fri 1:30~5pm Sat. 9:30am~1pm	
Public Administration and Human Rights	20 th (Thu)	1:30pm~4:30pm	
Tax ①	Sep. 4 th (Tue), Oct. 2 nd (Tue)	1:30pm~4:30pm	
Finance ①	11 th (Tue)	2pm~4pm	<i>Shoukoukaikan</i> 555-6211
Health	13 th (Thu), 27 th (Thu)	1:30pm~3pm	<i>Hoken Center</i> 555-1111
Consumer's Affairs	Mon ~ Fri	9am~Noon 1pm~4pm	<i>Shouhi Seikatsu Center</i> 555-1111
Women's Affairs ①	in <i>Hamura City</i> 5 th (Wed), 19 th (Wed)	1:30pm~4:30pm	<i>Hamura City Hall</i> 555-1111 <i>Shimin Soudan-kakari</i>
	in <i>Fussa City</i> 12 th (Wed), 26 th (Wed)	9am~1pm	<i>Fussa City Hall</i> 551-1529 <i>Kouhou Kouchou-kakari</i>
Single-Parent Family Independence Support	Mon ~ Fri	8:30AM~5PM	<i>Kosodate Shien-ka</i> 555-1111
Education ①	Mon ~ Fri Weekend by appointment only	9am~6pm	<i>Kyouiku Soudan-shitu</i> 554-1223
Welfare Legal Consultation ①	26 th (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 22 nd (Sat)	1pm~4pm	
	Mental Handicap 25 th (Tue)		
▽ Child Rearing Consultations Available Daily ▽			
Mon ~ Fri	8:30am ~ 5:00pm	At City Hall	<i>Kodomo Katei Shien Center</i> 578-2882
		At Nursery Schools	<i>Higashi Hoikuen</i> 554-2154, <i>Sakura Hoikuen</i> 554-2046, <i>Nishi Hoikuen</i> 554-4507, <i>Shiraume Hoikuen</i> 555-1019, and Private Nursery Schools <u>Web Map:</u> http://www.city.hamura.tokyo.jp/0000000466.html
Mon Wed Fri	9am ~ Noon	At	<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

*①=appointment required. *Consultations will be available in Japanese only unless otherwise noted.