

HAMURA NEWS

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

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Hamura City Official Website = <http://www.city.hamura.tokyo.jp> E-mail:s102000@city.hamura.tokyo.jp

Hamura News Back Numbers = <http://www.city.hamura.tokyo.jp/category/2-4-1-7-1.html>

THE 39th HAMURA OUTDOOR FLEA MARKET

Date & Time: November 17th(Sat), 9AM ~ Noon (Cancelled in case of heavy rain)

Place: *Fujimi Park C Field* Inquiry: *Shouhi Seikatsu Center* ☎555-1111 Ext.640

HAMURA ZOO ☎579-4041

< Japan Cultural Property Week 2012 >

This year's Japan Cultural Property Week is from October 29th(Mon) to November 4th(Sun). During this promotion week, *Hamura Zoo* will exhibit live cranes that are designated Japan Natural Monuments, Red-crested White Cranes and Japan Cranes!

VOLUNTEERS WANTED for PLANTING TULIP BULBS

Volunteers are wanted for planting tulip bulbs to prepare the tulip field for the festival in Spring 2013.

Date & Time: November 22nd(Thu), 23rd(Fri), 25th(Sun), and 26th(Mon), 9AM ~ Noon *in light rain or shine

Meeting Place: *Odorikosou Park* (located on the north side of *Negarami-mae Paddy Field*)

*Volunteers can participate in any of the above dates they wish.

*Please be dressed suitable for yard works, and bring gloves and long boots.

How to Apply & Inquiries: Call or Fax to *Hamura-shi Kankou Kyoukai* (*Hamura Tourism Association*) and provide your name and phone number by November 16th(Fri). ☎555-9667 Fax: 555-9673

AUTUMN PUBLIC GARDENING CAMPAIGN & HAMURA RESIDENTS' TOWN CLEANING CAMPAIGN

Join us on November 11th (Sun)

< Autumn Public Gardening Campaign >

Hamura City has prepared about 102,000 tulip bulbs (Red, White and Yellow) and about 14,000 Pansies.

Let's join in one of 100 participating groups (neighborhood/community associations or schools) and decorate the public gardens with these flowers! The garden designs will be subject to the city contest nomination.

Contact: *Sangyou-ka Nousei-kakari* Ext663, *Hamura City Tourism Association* ☎555-9667

< Hamura Residents' Town Cleaning Campaign >

Let's pick up trash on the streets, in parks, and around our public facility buildings together!

How to collect trash: Use special waste bags designed for this campaign. Separate the trash by categories "Burnable" or "Non-burnable." Then bring the filled bags to each district's specified location by 9AM.

*Special trash bags will be provided through your community associations. Please note that you cannot use this bag on normal collection days. You may return remaining bags to *Seikatsu Kankyou-ka* in city hall.

Contact: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari* Ext205

NOVEMBER 30th (Fri) – Due Date for Some Tax Payments

Payments for the 5th 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) is due on November 30th (Fri).

Inquiry: *Nouzei-ka Nouzei-tantoui*, Ext190

You can find HELP & PROTECTION AGAINST ABUSE / VIOLENCE

If you are suffering from any kind of abuse by other person, or concerned that a person whom you know might be a victim of abuse, please do not hesitate to contact to these public bodies for help and advice.

*Information providers' privacy, as well as the details of an informed case, will be strictly kept confidential.

The Tokyo Metropolitan Government Foreign Residents' Advisory Center

The Tokyo Metropolitan Government provides consultation and counseling service for foreign residents living in Tokyo. If you have difficulty consulting on a sensitive case in Japanese, please contact this service center.

Consultation in English: ☎03-5320-7744 / in Chinese: ☎03-5320-7766 / in Korean: ☎03-5320-7700

9:30AM~Noon & 1PM~5PM Monday ~ Friday (except holidays)

Location: No.1 Building (3rd floor), Tokyo Metropolitan Government, 2-8-1 *Nishi-Shinjuku, Shinjuku-ku*

Metropolitan Police Department, General Consultation Hotline ☎03-3501-0110

8:30AM~5:15PM weekdays only, closed on Year End and New Year holidays

Fussa Police Station ☎042-551-0110 *For an emergency case, call 110.

If you come across with a case like...

“Violence is used right now” “A life is in danger now”

★ CALL POLICE ☎110 ★

DO YOU KNOW “DATING DV” ?

DV stands for Domestic Violence, which can be defined as a pattern of abusive behavior in any intimate relationship, not restricted to that of a married couple. It can happen to couples who are married or dating, or even those who have ended such relationship. In the recent years, the issue of Dating DV among the school-age couples is becoming a serious problem demanding more awareness and attention from the public. Majority of DV victims are women, however, men can also be a victim. DV is used to gain or maintain power and control over an intimate partner, taking a form of physical, sexual, verbal or emotional abuse, such as refusing to communicate or calling names at the partner, as well as refusing to use contraception.

If you suspect you or someone you know might be in an abusive relationship, please do not wait too long, just consult an experienced professional counselor as soon as possible.

■ Hamura City and Fussa City provide Special Consultation on Women's Affairs

Counseling will be provided upon appointment by female counselors. (in Japanese)

There is no charge for the counseling. Details of a client's case will be kept strictly confidential.

▪ in *Hamura City Hall* – 1st, 3rd and 5th Wednesdays, 1:30PM~4:30PM ☎555-1111

▪ in *Fussa City Hall* – 2nd and 4th Wednesdays, 9AM~1PM ☎551-1529

■ Other public bodies providing Consultation on Women's Affairs

More contact numbers are available for phone counseling and for making an appointment for in-person counseling, listed on page 3. Why let a DV problem develop farther. Let's make a first step for solution!

WOMEN'S HUMAN RIGHTS LEGAL HOTLINE

☎0570-070-810

This is a telephone counseling service established for women's affairs. A Commissioner for the Protection of Fundamental Human Rights or Legal Affairs Bureau Personnel will hear a client's case detail and provide professional advice over phone counseling. *service available in Japanese only

Date & Time: November 12th(Mon) ~ 18th(Sun), 8:30AM ~ 7PM (10AM ~ 5PM on weekend)

Inquiry: Tokyo Legal Affairs Bureau Civil Liberties Department Division No.3 ☎03-5213-1234 Ext2516

Examples of **CHILD ABUSE** and where to consult

- Physical Abuse – hitting, kicking, burning skin with a cigarette, locking a child in/out of a room, etc.
- Psychological Abuse – verbally threatening, ignoring, rejecting, discriminating between siblings, etc.
- Sexual Abuse – engaging a child in sexual misconduct, exposing a child to sexual material or act, etc.
- Neglect – leaving a child in unsanitary condition, hungry, dehydrated, or unattended, etc.

Hamura City Child & Family Support Center (Hamura-shi Kodomo Katei Shien Center) ☎578-2882

Hamura City Hall 2nd Floor, in Child Care Support Section. 8:30AM~5PM Mon~Fri (except holidays)

Tachikawa Child Guidance Center (Tachikawa Jidou Soudansho) ☎042-523-1321

3-10-19 Akebono-chou, Tachikawa-shi. 9AM~5PM Mon~Fri (except holidays)

Tokyo Metropolitan Child Guidance Center (Toukyou-to Jidou Soudan Center) ☎ 03-3208-1121

9AM~5PM Mon~Fri in principal. *Emergency case can be handled outside of the general office hours.

Examples of **DOMESTIC VIOLENCE** and where to consult

- Physical Abuse – hitting, kicking, strangling, dragging, throwing objects at a person, etc.
- Emotional Abuse – yelling, ignoring, humiliating, imperative attitude, refusing to provide for or contribute to household expense, withholding a partner's money or credit card, etc.
- Sexual Abuse – forced sexual engagement, forced abortion, refusing contraception, etc.

Single-mother Independence Support Counselor (Boshi Jiritsu Shien-in) ☎555-1111 Ext239

Counselors will correspond to the issues regarding women's affairs and single-mother life.

Hamura City Hall 2nd Floor, in Child Care Support Section. 8:30AM~5PM Mon~Fri (except holidays)

Tokyo Women's Plaza ☎03-5467-2455 9AM~9PM Everyday except Year End and New Year holidays

Tokyo Women's Plaza Men's Hotline ☎03-3400-5313 5PM~8PM Mon&Wed (except holidays)

Tokyo Metropolitan Bureau of Social Welfare and Public Health - Women's Hotline

Main office ☎03-5261-3110 9AM~8PM weekdays only, closed on Year End and New Year holidays

Tama Area office ☎042-522-4232 9AM~4PM available days is same as that of the main office

Night Time Emergency Hotline ☎03-5261-3911 24hours available on weekdays & holidays

Examples of **ELDER ABUSE** and where to consult

- Physical Abuse – hitting, pinching, inappropriate confinement for a prolonged period of time, etc.
- Emotional Abuse – ignoring, intimidation by yelling, treating like a child in insulting manner, etc.
- Sexual Abuse – punishing for failing to discharge properly by leaving him/her with undressed lower-half, contact with his/her body without their consent, etc.
- Financial Exploitation – refusing to give his/her own money to them, not allowing to spend his/her own money as they desire, unauthorized use of his/her funds or property, etc.
- Neglect – leaving him/her in unsanitary condition, hungry, dehydrated or malnourished, etc.

* Signs of Elder Abuse *

- Yelling, screaming of an elder person, or noise of thrown objects can be heard from elder person's house.
- An elder person stays outside for a long time despite of uncomfortable weather condition.
- An elder person is concerned about not having enough finance although he/she has means of income.
- In elder person's house, the shutters are always closed in day time, or mails/newspapers are collecting.

Community General Support Center (Chiiki Houkatsu Shien Center) ☎555-1111 Ext195

Hamura City Hall Senior Citizen's Welfare and Nursing Care Division.

8:30AM~5:15PM Mon~Fri (except holidays)

Community General Support Center Hamura-en Branch ☎555-8815

364-4 Gonokami, Hamura-shi. 8:30AM~5PM Mon~Fri (except holidays)

CONVENTION for HEALTHY DEVELOPMENT of ADOLESCENT YOUTH & CHILDREN'S FESTIVAL

November 10th(Sat) & 11th(Sun) 2012

Convention for Healthy Development of Adolescent Youth

There will be an award ceremony for Excellent Supporters of Sound Youth Development, for Model Youth, and for the Sound Youth Development Promotion Poster Contest Winners.

Also, a report of "Kids' Work-study Summer Camp In *Oshima* Island" will be presented on the exhibition.

Date & Time: November 10th(Sat), 9:30AM ~ 10:20AM Place: *Yutorogi* Main Hall

Children's Festival 2012

Date & Time: November 10th(Sat) 11AM~3PM, 11th(Sun) 10AM~3PM Place: *Yutorogi* & Front side street

Inquiries: General - *Jidou Seishounen-ka* Ext264, About event attractions - *Yutorogi* ☎570-0707

*Event details may be changed.

*For more information please check the *Hamura* city home page or leaflets available at *Yutorogi*.

◆ **Festival Stalls** 【10th(Sat), 11AM ~】

There will be a lot of booths at *Yutorogi* front side street with food and fun games prepared by youth groups. Have fun shopping and playing! *Please buy event vouchers at the site (valid for 2 days).

◆ **Performances** 【10th(Sat), Noon ~】

Koma-no Takechan (both event days), *Hamura* High School Dance Club and *Hamura* High School Dance Club will perform. Place: *Yutorogi* Outdoor Theater (In case of rain, in small hall)

◆ **Poster Contest Winners' Works Exhibition** 【 Both days 】

Place: *Yutorogi* 1st floor

◆ **Report Presentation of Kids' Work-Study Summer Camp in *Oshima* Island** 【 Both days 】

Place: *Yutorogi* B1 floor

◆ **Exhibition of Activity Reports by District Committees** 【10th(Sat)】

Place: *Yutorogi* 1st floor

◆ **Various Workshops** 【 Both days 】

You can experience flower arrangement, science experiment and wood crafting! (Fee ¥100)

◆ **Fun Attractions** 【 Both days 】

Ghost House and Chatting Salon, etc. (No fee)

◆ **Wakuwaku Hiroba** 【 Both days 】

Chipmunk's Dining, Movie for Children, etc. (No fee)

- **Traffic Restriction** -

The street block in front of *Yutorogi* will be closed on November 10th (Sat), 6AM ~ 4PM.

Please be prepared to detour during this period. Thank you for your cooperation.

- **Temporary relocation of *Hamuran* Bus Stop** -

On November 10th(Sat) 8AM ~ 4PM, Library/*Yutorogi* Bus Stop will be moved to *Yutorogi* multilevel parking garage.

NOVEMBER – CRIME VICTIMS SUPPORT PROMOTION MONTH

Counseling is available for crime victims and their family who are having post-crime issues such as symptoms caused by mental stress related to the crime experience, physical handicap, financial burden, etc.

- ❖ *Fussa* Police Department Crime Victim Counseling Line ☎551-0110 Ext2143 Fax:553-8044 24hrs daily
- ❖ Victim Support Center of Tokyo ☎03-5287-3336 Fax:03-5287-3387
Mon. Thu. Fri. 9:30AM~5:30PM / Tue. Wed. 9:30AM~7PM / Weekend & Holiday Closed
- ❖ Tokyo Metropolitan Police Department Crime Victims' Hotline ☎03-3597-7830 Fax:03-3592-6840
Mon.~Fri. 8:30AM~5:15PM Closed on weekends and holidays

TOKYO METROPOLITAN PUBLIC HOUSING

"*Toei Juutaku*" Application Information

Toei Juutaku housings are maintained by the Tokyo Metropolitan government in purpose of providing affordable housings for low-income earners. There are applicant eligibility qualifications including income limitations, period of resident registration history, etc. For details, please refer to the application brochure. The application chances are, in principal, announced in May, August, November and February.

Availabilities for this application period are for the following household types;

single person, family with young parents, family with many children, family with especially low income.

Application: Brochure with application form (in Japanese) is available during November 1st (Thu) ~ 9th (Fri), at *Kenchiku-ka* (city hall 2nd Fl. 8:30AM~5PM, weekend at 1st Fl. Reception), city hall branch offices (9AM ~ 1PM weekdays only) and JKK Tokyo Website for download during the brochure distribution period.

To apply, the completed application form must reach Shibuya Post office by mail before November 13th (Tue).

Inquiries: *Tokyoto Juutaku Kyoukyuu Kousha Boshuu* Center (JKK Tokyo Application Center)

Before Nov. 9th(Fri) ☎0570-010810 / Other times ☎03-3498-8894 *weekdays only.

→ http://www.to-kousya.or.jp/toeibosyu/t_2011/11/index.html (in Japanese)

HOUSING CONSULTATION

Hamura City is providing free housing consultation on the third Wednesday of odd-number months, 1:30PM~4:30PM, at *Shimin Soudan-shitsu* in city hall 1st floor. Please feel free to use this service when considering a home renovation, buying/building a home, periodical building checkup, or when having questions about the options for home energy saving, Japanese Housing Law, etc.

*Please make an appointment with *Kouhou Kouchou-ka Shimin Soudan-kakari* Ext199.

Up-coming Counseling Dates: November 21st(Wed), 2013 January 16th(Wed), and March 19th(Tue).

INTERNET PUBLIC AUCTION of SEIZED GOODS

Hamura City will hold a joint public auction of seized properties. The lot items are the goods confiscated from the original owners due to arrears in taxes. To participate in bidding, please complete an account registration specific to this auction on Yahoo! Auction during November 2nd(Fri) 1PM ~ 16th(Fri) 11PM.

*Some auction lots may be cancelled from sale due to tax payment circumstance of the original owner.

*The lot items are contributed by *Hamura, Ōme, Fussa, Akiruno* and *Mizuho* municipal governments.

Pre-auction Viewing: November 3rd(Sat) 10AM~4PM at *Fussa* city Office 1st Floor Lobby

Bidding Period: November 26th(Mon) 1PM ~ 28th(Wed) 11PM

Inquiries: *Nouzei-ka Nouzei-tantou* Ext168

CERTIFICATE OF TAX DEDUCTION FOR SOCIAL INSURANCE PREMIUMS
(for National Pension Insurance Premiums)

National Pension Insurance Premium is tax deductible when proper documentation is submitted at the time of Year-end Adjustment and Final Return. Certificate Of Tax Deduction For Social Insurance Premiums (National Pension Insurance Premiums) 「社会保険料(国民年金保険料)控除証明書」 will be issued by Japan Pension Service (日本年金機構) as a form of postcard, and will be mailed in November to the National Pension Insurance Premium payers. This certificate, a required document for social insurance tax deduction, is a proof of the total paid amount of your National Pension Insurance Premiums paid by the end of September 2012. In addition to this certificate, you will also need a proof of premium payments made after October for applying for the tax deduction. Please make sure to keep the certificate and payment records together.

*If you have paid the National Pension Insurance Premiums of your family members', you (the person who actually paid) can apply for the tax deduction of total paid premium amount including those of the family members'.

Inquiries: Tax Deduction Certificate Inquiry Dial ☎0570-070-117 (in Japanese)

Ōme Social Insurance Office (*Nenkin Jimusho*) ☎0428-30-3410

Hamura City Hall *Hoken Nenkin-ka Kourei Iryou · Nenki-kakari* Ext140

HEART-to-HEART COMMUNICATIONS

These are full-scaled university level lectures organized for *Hamura* City residents in cooperation with *Shuto* University Tokyo. This time, the lectures are focused on "Psychology and Communications" and learning about people's heart bonding.

Lecture hours: 2PM ~ 4PM Place: *Yutorogi Kouza-shitsu2* Eligibility: *Hamura* residents and workers

Capacity: First 40 applicants Fee: ¥2,000 (including all 4 lectures and text books)

Application / Inquiry: November 1st(Thu) ~ 10th(Sat), 9AM~5PM, please call or visit *Yutorogi* ☎570-0707.

*Please pay the entire fee on day 1 (not refundable) *Those who attended all 4 classes will receive a course certificate.

Date	Title	Lecturer
November 17 th (Sat)	Modern era family relations	Mr. <i>Kenji Muramatsu</i> (Professor of Art and Science in <i>Shuto</i> University Tokyo)
December 8 th (Sat)	Difficulty factors in communication making between a school and parents	Mr. <i>Akio Shimokawa</i> (Professor of Cultural and Social study in <i>Shuto</i> University Tokyo)
December 15 th (Sat)	How to convince others	Mr. <i>Yuuichiro Yamagiwa</i> (Professor of Cultural and Social study in <i>Shuto</i> University Tokyo)
December 22 nd (Sat)	The scenery images that bond people	Ms. <i>Misa Watabe</i> (Professor of Art and Science in <i>Shuto</i> University Tokyo)

TV HAMURA in NOVEMBER

"TV *Hamura*" (テレビはむら) is broadcasted on *Tama* Cable Network (digital channel 055 "TCN").

30-minute program is broadcasted daily (program renews every Thursday): ①9AM~ ②5PM~ ③9PM~

* Test-broadcasting on Saturdays (digital ch.101) ①1:30PM~ ②5PM~ ③9PM~

* Recent past programs can be viewed online → <http://www.city.hamura.tokyo.jp/category/2-4-3-6-2.html>

This Month's Special Program: ~ **The 43rd HAMURA LOCAL INDUSTRY FESTIVAL** ~

Inquiries: *Kouhou Kouchou-ka Kouhou-kakari*, Ext505

PUBLIC LECTURE PRESENTATION
by a FORMER NATIONAL MEMBER of JAPAN VOLLEY BALL TEAM

~ My Dream ~

During the National Sports Festival 2013, *Hamura* City will be hosting adult women's volley ball games. As one of the promotions for this event, we will be holding a lecture presentation by Ms. *Motoko Ohbayashi*, who is a former athlete of Japan National Volley Ball Team. Please come join us!

Date & Time: December 9th(Sun), 2PM ~ 4PM (Doors open at 1PM) *The pre-event (National Sports Festival promotion event) will be held from 2PM ~ 2:30PM Place: Community Center 3rd floor Hall

Admission: Free Capacity: First 160 people Eligibility: adults and children 1st grader or older

*Elementary school students must be accompanied by an adult at age 16 or over.

Application / Inquiry: By November 15th(Thu) 5PM, fill in a application form and fax, e-mail, or turn in to *Kokutai Suishin-shitsu* in Sports Center. ☎578-8788 Fax:578-8789 Email: s705010@city.hamura.tokyo.jp

*The application form is available at the Sports Center, or you can also download it from the *Hamura* City website.

KYODOU HAKUBUTSUKAN (Folk Museum) ☎558-2561

< **Bird Watching & Lecture ~ What do birds eat during winter? ~** >

Don't you want to find out what all the wild birds eat in winter when their food becomes scarce in nature? At this event you can also learn how to make a bird cake to feed to the wild birds.

Date & Time: December 8th(Sat), 10AM ~ Noon (Rain or shine) Fee: Free

Meeting & Observation Place: meet at *Kyoudo Hakubutsukan* and walk around the nature site in the area

Capacity: First 30 people *Pre-schooler or younger must be accompanied by an adult

Items to bring: writing materials, binoculars, drinks, hat, rain coat and apron *Please wear walking shoes.

Instructor: Ms. *Kimiko Suzuki* (Member of Wild Bird Society of Japan *Okutama* Chapter)

How to apply & Inquiry: Starting November 3rd(Sat) 9AM~, contact the museum ☎558-2561

FRESH LAND NISHITAMA ☎570-2626

< **Home Made *Udon* Noodles Class** >

Date & Time: December 4th(Tue), ①10AM~Noon, ②2PM~4PM Place: Fresh Land *Nishitama Fureai Kan*

Capacity: first 30 people Fee: ¥200 (Free for elementary school students and younger kids)

How to Apply: Visit Fresh Land before November 25th(Sun) to apply.

< ***Washi* Paper-bits Collage Class** >

Let's make a picture of a snake (Oriental Zodiac Animal of year 2013) using *washi* paper-bits!

Date & Time: November 7th(Wed) 10AM~0:30PM Place: *Freshland Nishitama Fureai-kan*

Capacity: First 20 people Fee: ¥800 (material) Application: visit our Front Desk before November 7th.

SILVER JINZAI CENTER (Senior Citizen Human Resource Center) ☎554-5131

< **Handcrafting Workshop** >

Come to learn the Japanese *Oshie* art craft method for creating a picture with padded cloth remnants. In this workshop, participants will make a picture of a snake, next year's Chinese Zodiac Animal.

Date & Time: December 5th(Wed), 10AM ~ 3PM Place: Silver *Jinzai* Center Fee: ¥2,000 (material cost)

Things to bring: Eyeleteer(*meuchi*), scissors (Large & small ones), glue, hand towel, and lunch

Capacity: First 20 applicants How to apply & Inquiry: Call or visit the Center by November 16th(Fri).

CONSUMERS' CULTURE COURSE

~ Are foods really safe? Learn about radiation effects, meat in our market and "health food" ~

Date & Time: November 22nd(Thu) 1:30PM ~ 3:30PM Place: Ōme City Hall 2nd floor conference room

Capacity: First 80 people Fee: Free Lecturer: Mr. *Tatsuya Kakita*

Hosted by: *Nishitama Chiiki Shouhisha Gyousei Jimu Renrakukai*, Tokyo Tama Shouhi Seikatsu Center

How to apply: Call Ōme-shi Seikatsu Anzen-ka Shouhi Seikatsu ☎0428-22-1111 Ext2313

< **About the Lecturer : Mr. *Tatsuya Kakita*** >

(Food labeling advisor, Food problem commentator, Head of Consumer Problem Research Office)

Mr. Kakita is a food professional, especially in areas relating to food safety, radiation issues, and food labeling. He has been on various TV shows -- "Beat *Takeshi's* TV Tackle", "*Sekaiichi Uketai Jugyou*" and more. He has also published some books too, such as "How to protect children's food from radiation", and "These You Should Not Buy! edition 4~7".

CULTURE COURSE for EXERCISING & HEALTH MAINTENANCE

Your questions about exercising can be answered as you practice easy stretching with participants group.

Date & Time: November 15th(Thu) ①Lecture 10AM ~ 10:45AM ②Exercise 10:55AM ~ 11:15AM

Place: *Yutorogi Kouza-shitsu 2* Eligibility: Those who are 40 years or older Capacity: First 50 people

How to apply & Inquiry: Fill in your name, age, and phone number then fax, e-mail, or turn in at the Sports Center starting November 2nd(Fri). ☎555-0033, e-mail: s705005@city.hamura.tokyo.jp

EXERCISE CLASS for FALL PREVENTION & IMPROVING PHYSICAL FITNESS

Wouldn't you love to stay healthy and fit even when you are old? In this class we introduce various exercises which are effective at preventing falls & improving your stamina. Please join us!

Date & Time: Every Thursday in December, 1:30PM ~ 3:30PM Place: *Shuukai-Shitsu* in *Iko no Sato*

Eligibility: Age 65 years or older Capacity: 20 people per day

Items to bring: Exercise outfit, Indoor exercise shoes, Towel, and Drink

Application / Inquiry: Starting November 2nd(Fri), call *Chiiki Houkatsu Shien* Center Ext197

The 18TH HAMURA NURSERY SCHOOL FAIR

"Hamura Hoiku-ten"

Inquiries: The 18th *Hamura* Nursery School Fair Executive Committee, *Kayano-mi Hoikuen* ☎555-0458

< **Pre-Events** >

There will be some exhibition booths and a mini-event where kids can play with the teachers.

Date: November 28th (Wed) ~ 30th (Fri) Place: *Yutorogi Tenji-shitsu*

○ Exhibition: 10AM~5PM (3PM ~ 5PM on the 28th)

○ Play with nursery school teachers: ①10:30AM~11AM ②11:30AM~Noon ③2PM~2:30PM (28th only)

< **Main Events** >

Date: December 1st (Sat), 10AM~4PM Place: *Yutorogi*

○ General Exhibition Section

○ Food and Nutrition Information Section

○ Play Rooms (Babies' Room, Adventure Room, Wonder Room, etc)

○ Health Information Section

○ Music Concert for Parents and Children

○ Sales Booths

< **Nutrition Exhibition** >

Date: December 1st (Sat) 10AM~4PM Place: *Yutorogi Sousaku-shitsu2*

Hosted by: *Nishitama Hokenjo Fussa Chiku Tokutei Kyuushoku Kenkyuukai*

EVENT INFORMATION for CHILDREN & PARENTS

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

< Hand-made Toy Workshop ~ *Yajirobei* (Balancing Toy) ~ >

Date & Time: November 10th(Sat), ①10AM~ ②1PM~ Fee: Free Reservation: Not required

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

< Volunteer Staff Wanted for "Winter Festival" >

We are now seeking 12 volunteers for the "Winter Festival" which will be held on December 16th (Sun).

Activity Dates: December 1st(Sat), 2nd(Sun), 8th(Sat), 9th(Sun), 12th(Wed), 15th(Sat), and 16th(Sun)

Eligibility: 2nd grader ~ age 18, who can participate on the 1st(Sat), 16th(Sun) and at least 3 other days.

Application: Please call or visit the center between November 3rd(Sat) ~ 14th(Sun), 9AM ~ 4:30PM.

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

< Home Cooking Class ~ Shake 'n make your own Butter + Pancakes ~ >

Date & Time: November 18th(Sun), 10AM~Noon Fee: ¥40 (Ingredient fee)

Eligibility: *Hamura* resident elementary school students ~ 18 year olds Capacity: First 20 applicants

Things to bring: Indoor Shoes, Apron, Head cloth

How to Apply: Please call or visit the center between November 8th(Thu) ~ 17th(Sat), 9AM ~ 4:30PM.

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

< Sports Day ~ Badminton ~ >

Date & Time: November 14th (Wed), 3PM ~ 4PM *No application is required to participate.

Eligibility: Elementary School & Junior High School Students

LIBRARY ☎554-2280

Come with your friends and have fun together! Parents are also welcome. No reservation/fee required. Admission and reservation are not necessary for the following events.

< Story Telling for Preschoolers >

November 10th (Sat), 11AM~ : Voiced Reading of Large-size Panel Theater "Douzo no Izu".

< Story Telling for Elementary School Students >

November 17th (Sat), 11AM~ : A story "Saru Jizou" will be featured.

YUTOROGI ☎570-0707

< Movie Screening for Children >

Date & Time: November 11th (Sun) 10:30AM~11:30AM Admission: Free Reservation: Not required

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

CHATTING PLACE for PARENTS

This month's topic is "Mother's Health". Come and share some ideas and concerns about child-raising! Child Care Volunteers will look after your children.

Place & Date: West Children Center – Nov. 9th (Fri), Central Children Center – Nov. 29th (Thu)

East Children Center – Nov. 13th (Tue) 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 Central Children Center on November 1st (Thu) and at East Children Center on November 30th (Fri). The time is 10AM~Noon for both dates.

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

< Pneumococcal Vaccination Subsidy for Senior Residents >

Hamura City will provide a subsidy for Pneumococcal Vaccine. Application is required to receive this subsidy.
Subsidy Eligibility: Hamura residents who have not taken Pneumococcal Vaccine in the last 5 years and, on the day of vaccination, ①) at age 65 or older, or ②) at age 60~65 and issued with a physical disability certificate due to cardiac/kidney/respiratory function disorder or AIDS.

Capacity: First 438 applicants Place: Designated hospital/clinic

Subsidy Amount: ¥4,000 (Fee may differ between facilities. Please pay the difference when receiving the vaccine)

Application period: November 1st(Thu) ~ 15th(Thu)

How to apply: Fill in the application form at Hoken Center (weekdays only), or fill in necessary information on a postcard as instructed below and mail to Hoken Center.

*Application form is available at Hoken Center, city hall lobby, city hall branches, and on the city website.

- How to fill in an application postcard -

Front	Back
〒205-0003 To: "Haie Kyuukin Yobou Sesshu Tantou" Hamurashi Hoken Center 5-5-2 Midorigaoka Hamura City	・Your mailing address ・Your name ・Your date of birth ・Your phone number (for daytime contact) ・Whether you have received this vaccine before *If yes, please state the date received:

< Free Screening for Stomach Cancer, Lung Cancer, Tuberculosis >

Date & Time: December 5th (Wed), 6th(Thu), 9th(Sun) 7:30AM ~ Noon Place: Hoken Center

*Please come on the time specified on notification of exam (受診券)

Fee: Free Eligibility: Hamura residents who are 40 years of age and older

Capacity: 100 people each day (If there are too many applicants, selection will be made by drawing and winners will be notified by a screening coupon (受診券) mailed out to them on November 26th(Mon)).

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

How to apply: Between November 1st(Thu) ~ 19th(Mon), fill in necessary information on an application form and turn it in at Hoken Center on weekdays, or paste the form on a post card and send it to Hoken Center. If applicant number does not reach the capacity, applications will continue to be accepted after the 19th.

*An application form can be obtained at Hoken Center, city hall 1st floor, or city hall branch offices. You can also download it from the City Website. *An application is accepted for each individual, not for a household.

Please Note:

- You may apply for all the screening/exams conducted on the same date.
- Those who takes stomach cancer screening will not be allowed to eat/drink after 9PM in the previous night.
- 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
- We provide sputum examination only for people with the following conditions:
 - ① Those who had sputum that contained blood 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" Hamurashi Hoken Center 5-5-2 Midorigaoka Hamura City	・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 *If yes, please state the reason:

FREE HIV TEST at PUBLIC HEALTH CENTER

Test Date & Time: December 4th (Tue) 1:30PM~4:30PM Fee: Free Reservation: Not required

Place: *Nishitama Hokenjo* located at 5-19-6 *Higashi Ōme, Ōme City*

Test Result Reporting: Please come to the center again on December 11th(Tue) 3PM~4:30PM

* The result will be reported in person only. * Test results will be handled anonymously.

▶▶Those who wish can be also tested for Chlamydia, Syphilis and Gonococcal Infection.

▶▶*Nishitama Hokenjo* is open to public for consultations about sexually transmitted diseases at anytime.

Inquiries: *Nishitama Hokenjo Hoken Taisaku-ka* ☎0428-22-6141

HEALTH & MEDICAL LECTURE

~ Alcoholism ~

Date & Time: November 12th(Mon) 2PM ~ 4PM Place: *Fussa Hospital Tamokuteki Hall*

Admission: Free Eligibility: *Nishitama* area residents and medical staff providing alcoholism care

Capacity: First 60 applicants Instructor: Dr. *Den Ryousuke* (Chief of Medical Office, *Komagino Hospital*)

Application: Please call *Nishitama Hokenjo Hoken Taisaku-ka* in advance ☎0428-22-6141

**Nishitama Hokenjo* has started a program for supporting families of addiction patient.

NURSING CARE WORKSHOP for FAMILY CARE-TAKERS

~ Get-together event for family members of dementia patient ~

Participants can learn and talk about how to take care of family members in need of special care for dementia symptoms. Join to share your questions/tips with other care takers. Male family members are also welcome!

Date & Time: November 29th(Thu), 1:30PM~3PM Place: *Fukushi Center 2nd Floor Chuu-Kaigishitsu*

Eligibility: *Hamura* residents who are taking care of elderly family members Capacity: About 10 people

How to apply & Inquiry: Contact *Kourei Fukushi Kaigo-ka Chiiki Houkatsu Shien Center* (Ext197) in advance.

Healthy Cooking Class ~ Low Calorie Christmas Menu ~

Join to learn a recipe for easy Christmas course menu with under 600 calorie that includes desert!!

Date & Time: December 6th(Thu) 9:30AM ~ 0:30PM Place: *Hoken Center* Capacity: First 30 people

Fee: ¥300 Things to bring: Head cloth, Apron, Writing materials, *Kenkou Techou* (if you have one)

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

How to apply: Starting November 2nd(Fri) call or visit *Hoken Center* (Ext625).

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
3 rd (Sat)	<i>Hamura Sougo Shinryoujo</i>	554-5420	<i>Takasawa Byouin (Mizuho-machi)</i>	556-2311	<i>Minagawa Shika Clinic</i>	555-8219
4 th (Sun)	<i>Ozaku Ekimae Clinic</i>	578-0161	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Nakano Shika Iin</i>	554-7053
11 th (Sun)	<i>Wakakusa Iin</i>	579-0311	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Yano Shika Iin</i>	555-3363

*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 November

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠	9 th (Fri), 22 nd (Fri)	1:30pm~3:30pm	Please make an appointment for an interpretation service (in Spanish, English, Korean)
Traffic Accident ㉠	Nov. 7 th (Wed), Dec. 5 th (Wed)	1:30pm~4:30pm	
Japanese Law ㉠	Nov. 1 st (Thu), 9 th (Fri), 24 th (Sat) Dec. 6 th (Thu), 14 th (Fri), 22 nd (Sat)	Thu & Fri 1:30~5pm Sat. 9:30am~1pm	
Public Administration and Human Rights	15 th (Thu)	1:30pm~4:30pm	
Tax ㉠	Nov. 6 th (Tue), Dec. 4 th (Wed)	1:30pm~4:30pm	<i>Shimin Soudan-shitsu</i> city hall ext199
Finance ㉠	13 th (Tue)	2pm~4pm	<i>Shoukoukaikan</i> 555-6211
Health	8 th (Thu), 22 nd (Thu)	1:30pm~3pm	<i>Hoken Center</i> city hall ext624
Consumer's Affairs	Mon ~ Fri	9am~Noon 1pm~4pm	<i>Shouhi Seikatsu Center</i> city hall ext641
Women's Affairs ㉠	at <i>Hamura City Hall</i> 7 th (Wed), 21 st (Wed)	1:30pm~4:30pm	<i>Shimin Soudan-shitsu</i> city hall ext199
	at <i>Fussa City Hall</i> 14 th (Wed), 28 th (Wed)	9am~1pm	<i>Kouhou Kouchou-kakari</i> city hall ext339
Single-Parent Family Independence Support	Mon ~ Fri	8:30AM~5PM	<i>Kosodate Shien-ka</i> city hall ext239
Education ㉠	Mon ~ Fri Weekend by appointment only	9am~6pm	<i>Kyouiku Soudan-shitu</i> 554-1223
Welfare Legal Consultation ㉠	28 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 24 th (Sat)	1pm~4pm	
	Mental Handicap 27 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 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	

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