

HAMURA NEWS

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

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SAIMATSU TASUKEAI UNDOU BOKIN (YEAR-END CHARITY CAMPAIGN)

Your Contribution Will Be Deeply Appreciated!

Contributions collected during this campaign will be used to support the local residents who are in need of financial help, and to fund the various activities by *Shou-Chiiki*(small community) Network Project.

Your community's fundraising volunteers will visit some homes to advocate this campaign before December 19th(Wed). Individual or Organization based contributions are accepted until December 28th(Fri) at *Shakai Fukushi Kyougikai Soumu-ka Soumu-kakari* at *Fukushi Center* ☎554-0304

DISABILITY AWARENESS WEEK

DECEMBER 3rd ~ 9th

The week starting from December 3rd is the campaign period for the promotion of Disability Awareness. This campaign was initiated under the Basic Act for Persons with Disability to promote and support social, economical and cultural participation of handicapped people in mainstream society.

At this opportunity, let's deepen our understanding of Social Welfare, and consider again what each one of us can do to support better living of handicapped people in our society.

Inquiries: *Shougai Fukushi-ka Shougai Fukushi-kakari* Ext.173

RECITAL & EXHIBITION by HAMURA SPECIAL NEEDS EDUCATION CLASSES

These cultural events will present fantastic works by the students of Special Needs Education Classes (*Tokubetsu Shien Gakkyuu*) in *Hamura* municipal elementary and junior high schools. Anyone is welcome!

< Art Exhibition >

The art works were created by special class students of: *Sakae, Musashino, Higashi* and *Shourin* Elementary Schools, and *Dai-ichi* and *Dai-san* Junior High Schools.

Date & Time: December 7th(Fri) ~ 9th(Sun) 9AM~5PM, and 11th(Tue) 9AM~2PM

Place: *Yutorogi Tenji-shitsu* (Exhibition Room) Admission: Free *No reservation is required.

< Stage Performance >

Performances by students of *Sakae & Musashino* Elementary Schools, *Dai-ichi & Dai-san* Junior High Schools.

Date & Time: December 8th(Sat), 9:30AM~12:20PM (The doors open at 9:15AM) Place: *Yutorogi* Main Hall

Admission: Free *No reservation is required. Inquiry: *Hamura Dai-san* Junior High School ☎555-5131

HAMURA ZOO ☎579-4041

< Holiday Decoration! >

This year's holiday decoration will be even better than previous years! We used to put up holiday decoration in the Welcome Garden immediately inside of main entrance, but this year we will be decorating the entrance roof and trees around it so people can also enjoy the decoration from outside of the zoo. Illumination lights were donated to us from local residents, which contributed to the decoration made more colorful!

The holiday decoration will be on display from December 4th(Tue) to 25th(Tue), except on closing days.

*Zoo will be open every day during the year-end / new-year holidays, except on January 1st(Tue).

WASTE DISPOSAL SCHEDULE for DECEMBER 2012

Please be notified that the garbage collection schedule will be modified toward the end of December and during the New Year Holidays. We appreciate your cooperation very much.

Inquiry: Seikatsu Kankyou-ka Seikatsu Kankyou-kakari Ext.205

Area	Recyclables A	Recyclables B	Hard Plastics & Pet Bottles	Metals & Non- combustibles	Toxic waste
<i>Kawasaki, Tamagawa, Seiryuu</i>	26 th (Wed)	25 th (Tue)	28 th (Fri)	7 th (Fri)	21 st (Fri)
<i>Hane Higashi</i>	26 th (Wed)	28 th (Fri)	18 th (Tue)	25 th (Tue)	11 th (Tue)
<i>Hane Naka</i>	25 th (Tue)	28 th (Fri)	19 th (Wed)	26 th (Wed)	12 th (Wed)
<i>Hanekami, Hane Nishi</i>	26 th (Wed)	25 th (Tue)	28 th (Fri)	21 st (Fri)	7 th (Fri)
<i>Ozakudai</i>	25 th (Tue)	28 th (Fri)	19 th (Wed)	12 th (Wed)	26 th (Wed)
<i>Shinmeidai 1 & 2</i>	28 th (Fri)	26 th (Wed)	25 th (Tue)	4 th (Tue)	18 th (Tue)
<i>Shinmeidai 3 & 4</i>	24 th (Mon)	26 th (Wed)	20 th (Thu)	27 th (Thu)	13 th (Thu)
<i>Futaba-chou, Midorigaoka 3, Hane Musashino, Gonokami Musashino, Kawasaki Musashino</i>	26 th (Wed)	24 th (Mon)	27 th (Thu)	6 th (Thu)	20 th (Thu)
<i>Fujimidaira</i>	27 th (Thu)	26 th (Wed)	17 th (Mon)	24 th (Mon)	10 th (Mon)
<i>Gonokami</i>	26 th (Wed)	27 th (Thu)	17 th (Mon)	10 ^h (Mon)	24 th (Mon)
<i>Midorigaoka1, 2, 4 & 5</i>	24 th (Mon)	27 th (Thu)	26 th (Wed)	26 th (Wed)	19 th (Wed)
<i>Sakae-chou</i>	27 th (Thu)	24 th (Mon)	26 th (Wed)	19 th (Wed)	5 th (Wed)

< Temporary Schedule for the entire Hamura City >

- Last collection day for Plastic Containers: December 29th(Sat). *No cans and bottles collected on this day.
- Last collection day for Combustibles: December 30th(Sun).
- In *Midorigaoka1, 2, 4 & 5 choume* areas, Metals & Non-combustibles will be collected on Dec. 26th as a temporary measure instead of the regular collection day. There will be no collection for this category for this area in January.

< Tips for waste disposal >

- Please be sure to take out waste **by 8AM**.
- Temporary collecting hours are different from regular routine collecting hours.
- To take out plastic containers, please wash them and place them in clear/half clear trash bags.
- When detaching metal from calendars and paper is stuck inside of the metal piece, you may dispose the stuck paper along with the metal.

< Spot-Collection : How to dispose of Pet Bottles, White Trays, and Paper Packs >

December 29th(Sat) will be the last day to dispose of this trash before the New Year. The spot-collection container will be closed and locked on December 30th, and will be re-opened on January 4th, after 8AM.

< Excreta Collection >

The last day for Excreta Collection before New Year is December 28th(Fri). If you wish to have this service on the 28th, please make an appointment at Excreta Collection Center (☎570-7733) by 27th(Thu), 3:30PM.

*Any appointment made later than this time will be served in January, starting on the 4th(Fri).

CAUTIONS for WASTE DISPOSAL TOWARDS THE END OF THE YEAR

In Japan, there is an end-of-the-year cleaning custom called "Oo-Souji". In this custom, people tend to do extensive house/office cleaning. By the influence of this custom, *Hamura* Recycle Center will see the busiest time of a year in December, and also the city waste collection schedule will be adjusted.

If you are planning to take out oversized trash, please plan ahead and take action at your earliest chance. Also, when you dispose of items of a kind that you rarely take out, please check the disposal rules of them.

HOW TO DISPOSE OF FABRIC GOODS

Please do not put out fabrics for collection on rainy days. Wet fabrics can not be accepted.

*Thick blankets, bedding linens and curtains

Feather/Down-filled beddings cannot be recycled. Please dispose of them as oversized trash.

Other large fabric items have to be folded and bundled tightly, then put out for Recyclable A collection.

*Un-recyclable Fabric Goods

Only heavily soiled garments cannot be recycled. When you discard such items as burnable trash, please attach a note written "よごれもの" (soiled) onto the trash bag for an indication of correct disposal.

Floor mats that measure more than 50cm in flattened state, regardless of its' material and condition, have to be disposed as burnable trash or oversized trash. If it is cut into pieces less than 50cm each, it can be disposed in a burnable waste bag, otherwise, it is an oversized trash even as rolled up or folded.

HOW TO DISPOSE OF OVERSIZED TRASH

■ Home Collection by appointment

Simply call *Sodaigomi Uketsuke* Center and make a pick-up appointment ☎570-7733.

Collection requests are accepted until December 28th(Fri), however, the collection is not guaranteed to happen before the end of year. *Collection request received on 28th will be scheduled after the New Year holidays.

■ Carry-in Collection

You may bring the items directly to the Recycle Center. December is a very busy time for oversized trash collection and recycling. Please plan ahead.

Recycle Center's final service day of 2012 will be December 28th(Fri), open until 4PM.

The Center will reopen at 9AM, January 4th(Fri) 2013. *The Recycle Center will be open on January 6th(Sun).

*Oversized trash sticker is not required for carry-in collection, however, the handling fee will be charged at Recycle Center (¥20 per Kg, minimum of 5kg=¥100).

* What is "Oversized Trash"

In principal, an oversized trash measures 50cm or more at its' longest side. However, items that cannot be processed (crushed) with machinery are considered oversized trash, even if they measure less than 50cm. Examples of such items are listed on the bottom-half part of *Hamura* Trash Recycling Manual page 36. Some small home appliances that measure less than 50cm, such as video decks, electric heaters, rice cookers, vacuum cleaners and etc., are often mistaken as oversized trash. These appliances, as well as umbrellas, can be disposed as non-burnable trash.

* Electric appliances that need to be processed by manufacturers

Under the Electric Appliance Recycling Law, televisions, refrigerators, freezers, washing/drying machines, air conditioners cannot be processed by the city. Consumer must pay the designated recycling fee specified by appliance category (same in any disposal method), and follow any of the following disposal methods;

- ◉ Ask the shop where you purchased the appliance to take it with fee.
- ◉ Ask the shop where you are purchasing the item's replacement to take it with fee.
- ◉ Pay for the fee at Postal Bank or Post Office and receive *Kaden Risaikuru-ken*, then transport the item by;
 - Using home pick-up service, or take the item to the intermediate waste collection site
 - Contact *Marujun Shouji* ☎554-2229, 9AM~5PM, weekdays only (pick-up/transport fee charged)
 - Taking the item by yourself to the manufacturer's handling station → Contact the item's manufacturer.

HUMAN RIGHTS AWARENESS WEEK

December 4th ~ 10th

The Japan National Government designates the week of December 4th as Human Rights Awareness Week in Japan, which aims to promote the awareness, understanding and respect for human rights of all people. Let's work together to create a society where every life is cherished and respected.

Inquiry: Soumu-ka Soumu-kakari Ext.332

❖ **Protect Women's Human Rights**

There are a lot of human rights-related problems going on, such as domestic violence, sexual harassment, both in the home and at work. It is absolutely necessary to establish good environments for both men and women to be equal.

❖ **Protect Children's Human Rights**

There have been a lot of child's human rights violation witnessed, such as bullying, physical/mental abuse, child prostitution and more. Every child should be respected as a human being just as adults.

❖ **Stop Human Rights Violation Acts in Cyberspace**

Some people hurt certain individuals online and/or discriminate against others without revealing who he/she is. Everyone should learn about human rights to eradicate discriminations.

❖ **Nurture Society-Wide Respect for Elderly People**

A lot of elderly people are suffering from employment discrimination or physical/mental abuse by their care takers. Let's make our society free from human rights violation on vulnerable persons.

❖ **Support Handicapped People's Equal Rights and Social Participation**

There are some cases that people in wheelchairs were refused access to public transportation, and rejected for renting apartments. Our society should never have such discrimination.

❖ **Protect Human Rights of Crime Victims and Their Family**

Some crime victims and their families are suffering from slander against them.

❖ **Human Rights Violation related to Great East Japan Earthquake**

Some disaster victims of Great East Japan Earthquake and Tsumami, especially the victims of *Fukushima* Nuclear Disaster, have been suffering from discrimination. It is very important for everyone to learn correct information and knowledge about the disaster facts and effects to prevent any discrimination.

< **Human Rights Awareness Campaign Events** >

▪ Message Panel Exhibition - Human Rights Messages from the Leading Personalities -

Date & Time: December 1st(Sat) ~ 10th(Mon), 8:30AM~5PM Place: City hall 1st floor Lobby

Admission: Free Inquiries: *Soumu-ka Soumu-kakari* Ext.333

▪ Guest's Talk, Concert, Film

Date & Time: December 6th(Thu), 1:30PM~4:40PM (doors open at 1PM)

Place: *Akishima Shimin Kaikan* Main Hall Capacity: First 1,200 people Admission: Free

▪ Live Stage Talk Show

Presenter: Mr. *Taro Masuda* (Blind Violinist)

▪ Movie -"Sono Machino Kodomo"-

Admission/Reservation: not required Inquiry: Tokyo-to *Soumu Kyoku Jinken-bu* ☎03-5388-2588

< **Legal Consultation for Troubles Concerning Human Rights Violation** >

▪ Human Rights Hot Line for Evening Time ☎03-5824-9486/9487 (in Japanese)

December 7th (Fri) 5PM~8PM, Each consultation will be about 10minutes. Free of Charge.

Inquiries: Tokyo Metropolitan Human Rights Promotion Center ☎03-3871-0212 ☎03-3876-5373

▪ Free Consultations for Human Rights Issues at Hamura City Hall

The 3rd Thursday monthly, 1:30PM~4:30PM, at 1st floor *Shimin Soudan-shitsu*. No appointment needed.

Inquiries: *Kouhou Kouchou-ka Shimin Soudan-kakari* Ext.199

DECEMBER 25th (Tue) – Due Date for Some Tax Payments

Payments for the 3rd installment of Property Tax and City Planning Tax, and payments for the 6th 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 December 25th (Tue).

Inquiry: *Nouzei-ka Nouzei-tantou* Ext.190

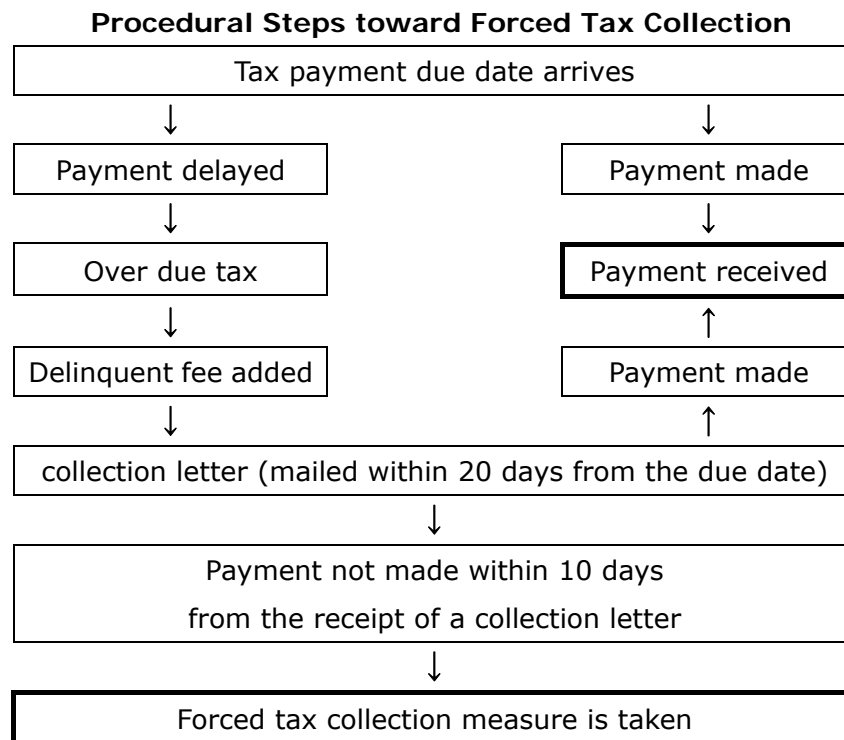
Tokyo Metropolitan Campaign ! STOP TAX ARREARS ACCUMULATIONS !

Tokyo metropolitan government designates December for a month of the Tax Arrears Recovery Campaign. At this opportunity *Hamura* City will enhance its' efforts in recovering taxes in arrears, because it recognizes the importance of stability of tax income and of ensuring the fairness in tax obligation for all tax payers.

Hamura City acts on a serious delinquency cases with forcible measures, for instance, by placing attachment on a delinquent's properties (salary, real estates, fixed assets, savings) and recover the tax in arrears directly from their monetary assets or from the proceedings from selling the seized properties at a public auction.

If you are having financial difficulty with paying taxes.... Please do not hesitate to consult us about your financial problems; lost job, low income, being out of country for long period, etc. We would like to know the reason for tax delinquency so we can assist you.

Inquiry: *Nouzei-ka Nouzei-tantou* Ext.168



AUTOMOBILE TAX REDUCTION for PEOPLE WITH DISABILITY

Those who hold a Physical Disability Certificate, a Certificate for Adults and Children with Mental Deficiency, Health and Welfare Handbook for Mentally Disabled, or Certificate for The War Disabled, with disability of a kind that meets a qualification for this benefit can apply for the reduction of Automobile Tax and Automobile Acquisition Tax. *There is a maximum amount set for the reduction rate.

If the above condition applies to you, you may file an application before the end of May 2013 for the tax reduction in FY2013. The application for Automobile Tax Reduction needs be, in principal, filed within one month from the date of vehicle registration in order for the reduction to be applied in the year of acquisition.

Inquiry: *Tozei Sougou Jimu Center Jidoushazei-ka Chousa-kakari* ☎0570-064-171 or 03-5985-7814

WATER PIPE MAINTENANCE TIPS for WINTER SEASON

< Water Leakage >

In an residential unit, residents are liable for the maintenance of service pipes and water usage meter. It is highly recommended to check for water leakage periodically. If the meter keeps running when you are not using water, or the surrounding area of the water meter is always wet, please contact the Waterworks Department or a certified plumber for professional inspection and repair work.

< Pipe & Water Meter Protection Measures in Winter >

During the mid-winter time, water pipes and water meters may get damaged from severe coldness. In order to prevent such damages, it is strongly recommended to take measures; for instance, wrap the water pipes where you can to give it insulation, and put some insulation material like styrene foam pieces in a meter box.

Inquiries: *Suidou Jimusho* (Waterworks Department) ☎554-2269

HOW TO DISPOSE OF GRASS, LEAVES and TREE BRANCHES

Grass, leaves and tree branches collected from private property can be taken out for a regular Burnable Waste Collection without charge if disposed properly in compliance with the following rules.

*Tree branches - please bind branches having a length of 50cm or less and a diameter of 10cm or less into bundles of no more than 30cm in diameter.

*Grass/Leaves - please put into transparent or translucent bags with a capacity of 45 liters or less.

Sand and stones should be excluded as much as possible.

*Up to 6 bundles or bags (combined) of branches or grass/leaves will be accepted in one collection day.

*Wood components from furniture or interior goods, broken-down lumber, and other wood products cannot be collected by the city for free of charge. If such pieces are less than 50cm long, please dispose of them in city-designated burnable waste bags, otherwise, dispose of them as oversized trash.

*Plant garbage from private garden or farm has to be disposed in city-designated burnable waste bag.

Inquiry: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari* Ext.204

SHIZEN KYUUKAMURA - Hamura Municipal Resort Lodging Facility -

☎0120-47-4017 ☎0551-48-4017

Shizen Kyuukamura is a lodging facility owned and operated by *Hamura City* in *Kiyosato* mountain resort, *Yamanashi* prefecture. A variety of cultural events for kids and grown-ups are scheduled every month!

Hotel accommodation and private lodges are available at a reasonable fee catering to each guest's travel style. Come to *Kiyosato* and enjoy the beautiful silver landscape and winter sports! *Please note that snow season starts soon in *Kiyosato* area. When you visit, be sure to prepare your tires for frozen roads.

< Bath of December >

Mikan (Mandarin Orange) Bath is effective for improving blood circulation, smoothing and moisturizing skin.

< Christmas Present >

Santa Claus will give child guests a nice present on December 24th(Mon) & 25th(Tue) at dinner time.

< End-of-year Party Plan >

This package includes hotel fee, dinner/party, and breakfast. Available until December 28th(Fri).

Fee: ¥5,500 per person in *Yatsugatake* Lodge (*Hamura* residents price)

*¥1,500 additional charge for all-you-can-drink plan (2 hours).

*Please make a reservation 3 days prior to the stay date. *For non-*Hamura* residents price, please contact.

< Hotel Fee during New Year Holidays >

During December 29th(Sat) ~ January 3rd(Thu), additional ¥1,000(¥500 for children) will be applied.

TOKYO METROPOLITAN PUBLIC HOUSING

Availability Information

Tomin Juutaku housings are managed by Tokyo Metropolitan Government and offered for rent to middle-income earners raising children, providing them a chance for affordable housings with partially subsidized rent. *Tomin Juutaku* applications are handled by *Toukyou-to Juutaku Kyoukyuu Kousha*. The application brochures of the current offer term will be available from December 3rd(Mon) to 11th(Tue) at *Kenchiku-ka* in city hall 2nd floor (8:30AM~5PM), at city hall branch offices (9AM~1PM weekdays only), and at city hall Main Reception on the weekend. Please refer to the brochure for the application details.

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

Offered for: Family tenants only Number of availability: 128 housings

Eligibility: Applicant must be currently residing in Tokyo metropolitan area, whose income is within the qualifying range, and needing a residence for family with child(ren), etc.

How to Apply: Application form must be mailed and received by JKK Tokyo Application Center by December 14th(Fri). The form is also available at JKK Tokyo Website (in Japanese).

*The tenants will be selected by the open drawing on January 21st(Mon) 2013 starting at 10AM.

PUBLIC SEMINAR

~ Earthquake Resistance of Apartment Housing ~

Date&Time: January 19th(Sat) 2013 1:30PM~5PM Fee: Free Capacity: First 450 applicants

Place: Tokyo Metropolitan Main Building No.1 5th Floor Grand Conference Hall (*Dai-kaigishitsu*)

Eligibility: Apartment management association members, and apartment owners

How to apply: Fill-in application form and fax to NPO *Taishin Sougou Anzen Kikou* (JASO), Fax 03-6912-0773

Inquiry: Tokyo *Toshi Seibi-kyoku Manshion-ka* ☎03-5320-4944

PUBLIC SEMINAR

~ Guidance for Choosing A Right Garbage Composter ~

Hamura city has started providing a purchase subsidy for garbage composters. There are a variety of composters to choose from. If you are thinking about purchasing one, this lecture should be able to help you pick the right type for your home environment and preference to processing requirements.

Date & Time: ①December 8th(Sat) 1:30PM~ ②December 9th(Sun) 10AM~ *Each session is about 1 hour long

Place: *Shouhi Seikatsu Center* Eligibility: *Hamura* residents (except business entities)

Capacity: First 30 people Things to bring: Writing materials

How to Apply & Inquiry: Call or visit *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari* Ext.204

*For more details about the subsidy system for composters, please check *Hamura* city website or contact us.

HAMURAN IN-VEHICLE ADVERTISEMENT SPONSORS WANTED

Our community bus "*Hamuran*" goes all over the city and about 130,000 people use it annually. This is a great opportunity for advertisement! Now sponsors can choose which bus route to put up their Ad-posters from 4 *Hamuran* service routes. For more details, please contact the administrative office listed below.

Posting Period: Monthly Advertisement Fee: ¥3,000 per frame, per course for a month

*Flat rate for all frame positions (above windows and hangings from ceiling).

Poster Size: B3 horizontal size (364mm vertical x 515mm horizontal)

How to apply: Contact *Nishi Tokyo Bus Ōme Office* ☎0428-32-0621

THE 5th HAMURA KARAOKE CONTEST "HAGOROMO no SEKI"

The theme song for this contest is "Hagoromo no Seki", a song about the famous Hamura Water Gate and Tamagawa Jousui Canal. Join us and let's have fun!

Date & Time: February 16th(Sat), 2PM ~ Place: Yutorogi Small Hall Capacity: First 35 people

Entry Fee: ¥3,000 *Sorry, professional singers cannot register for stage appearance.

Compulsory Song: "Hagoromo no Seki" or "Hagoromo no Seki - Ondo Version" (verse 1, 2 or verse 1, 3)

*No other song can be sung at this competition.

Awards: Gold, Silver, Bronze, Special Award and Participation Prize

How to Apply & Inquiry: Please fill in an Entry Form and pay Entry Fee before January 4th(Fri) to "Hagoromo no Seki" Karaoke Contest Executive Committee located within Hamura-shi Shoukougai Office ☎555-6211.

COMING OF AGE CEREMONY 2013

There will be a coming-of-age ceremony for the residents who were born between April 2nd, 1992 ~ April 1st, 1993. *Those who are eligible to attend the ceremony will receive an invitation in December.

Date & Time: January 14th (Mon), Reception 10:30AM~, Ceremony 11AM~ Place: Yutorogi Main Hall

Inquiries: Shougai Gakushuu Soumu-ka Shougai Gakushuu Shuishin-kakari Ext.363

FRESHLAND NISHITAMA ☎570-2626

< Coupon Ticket Sales ☆ 20% Off! >

Coupon Book of eleven 3-hour tickets will be on sale!

Sale Period: December 8th(Sat) ~ 21st(Fri) *Except on closed day

Coupon Price: Residents of Hamura, Ōme, Fussa, and Mizuho - ¥4,000 for Adult, ¥2,000 for Child

< Yuzu Japanese Citrus Bath > On December 21st(Fri) Winter Solstice at Outdoor Bath (Rotenburo).

< Christmas Event > Children will receive Christmas gift! Date: December 22nd(Sat) ~ 24th(Mon)

< New Year Holiday Schedule >

Closing Schedule: December 30th(Sun) ~ January 1st(Tue)

Opening Schedule: Bath... January 2nd(Wed) ~ / Gym & Meeting Rooms... January 5th(Sat) ~

*Hula Dance class starts on January 9th(Wed), and Yoga class starts on January 10th(Thu).

SWIMMING CENTER ☎579-3210

< Beginners' Step & Shape >

This is an easy exercise program with step going up and down, and body balancing exercises.

Date & Time: Every Thursday in December, 2PM ~ 3PM Place: 2nd floor Training Room

Fee: ¥500 per lesson Things to bring: Indoor shoes, exercise clothes, drink, and towel

How to apply: No reservation is required. Simply show up at 2nd floor sauna front desk.

TV HAMURA in DECEMBER

"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>

* Broadcasting time of 9PM program on December 16th(Sun) will be changed to 8:30PM.

This Month's Special Program: ~ 10 Most Rerun-requested Programs of 2012 ~

Inquiries: Kouhou Kouchou-ka Kouhou-kakari Ext.505

< **Childbirth Preparation Class for Mothers** >

This is a class about pregnancy, giving birth, and after childbirth. Class time is 1:15PM~3:45PM for all dates.

Date & Program: Day1... January 10th(Thu) - Lecture by a midwife,

Day2... January 17th(Thu) - Lecture by OB/GYN doctor and Dietician

Day3... January 31st(Thu) - Lecture by a dentist and talking with experienced moms

Place: Hoken Center Eligibility: Expectant mothers residing in Hamura *No appointment required.

Things to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook), writing materials.

*You are not required to participate all 3 days. Please pick your desired classes.

*If bringing your child(ren), please contact Hoken Center in advance.

< **DTPP Combination Vaccine for Children** >

Due to the shortage of combination vaccine, DTPP combination immunization* is currently unavailable in Hamura City (as of November 20th). At the moment it is recommended for a child to receive DTP combination immunization and Polio immunization separately so not to be delayed in their immunization schedule.

We apologize for the inconvenience, and appreciate your understanding.

For more information about DTPP combination vaccine availability, please contact Hoken Center.

*DTPP combination immunization = Diphtheria, Tetanus, Pertussis, Polio(inactivated poliovirus vaccine)

< **Preventing Influenza Virus Infection** >

When winter starts and air humidity drops, influenza virus infections may spread rapidly. Please take precaution measures for yourself and others. The followings are basic tips to prevent getting/spreading flu:

- ▶ Wear a mask when having symptoms with coughing/sneezing
- ▶ If you don't have a mask with you, cover your nose and mouth when coughing/sneezing
- ▶ Properly dispose of used tissues after blowing your nose and wash your hands thoroughly
- ▶ Avoid going out in public if you are coughing a lot
- ▶ Sleep well and eat well-balanced meals to keep up your immunity
- ▶ Take flu immunization

< **"Measurement-Only" Diet Method (3 months course)** >

All you have to do on this diet method is to weigh yourself 3 times a day and keep a weight change record!

	Date	Time	Class Details
①	January 11 th (Fri)	9:30AM ~ 0:30PM	Lecture on Measurement-Only Diet Method Cooking healthy lunch (cooking class)
②	January 29 th (Tue)	1:30PM ~ 4PM	Slow & easy muscle training (exercise class)
③	February 20 th (Wed)	9:30AM ~ 0:30PM	Recipe of low-calorie satisfying meal (cooking class)
④	March 26 th (Tue)	1:30PM ~ 4PM	Lecture on how to avoid rebound weight gain Walking exercise in Fujimi Park (exercise class)

Place: Hoken Center Eligibility: Anyone who is 64 years or younger as of January 11th 2013

Capacity: First 20 people Fee: ①③... ¥300, For ②④... Free

Please bring: For①③... Apron, head cloth, writing materials, For②④...exercise outfit, towel, pen & notepad

How to apply: Starting December 3rd(Mon), 8:30AM~, call or visit Hoken Center.

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

Date	Hospital / Clinic				Dental Clinic	
December	9am~5pm		5pm~10pm		9am~5pm	
2 nd (Sun)	<i>Nishitama Byouin</i>	554-0838	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Ozawa Shika Clinic</i>	579-1500
9 th (Sun)	<i>Yanagida Iin</i>	555-1800	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Inagaki Shika</i>	555-6018

EVENT INFORMATION for CHILDREN & PARENTS

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

< Winter Festival >

Date & Time: December 16th(Sun) 10AM~Noon/1PM~3PM (Food Stalls 10:30AM~2PM, Last Order 1:30PM)

Event Attractions: Food Stalls, Craft Making Corner, Games, Experiments, etc...

Tickets: Pre-date Tickets are sold from December 1st(Sat) to 13th(Thu). Additional 20 tickets will be sold on the event date. ¥100 per person (limit of 100 persons) bought pre-date or on the event date.

*We will close at noon on the 15th(Fri) for event preparation, and will be open from 10AM to 3PM on the 16th(Sun).

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

< Christmas Event >

Come join this event. Let's have some sweets together and enjoy easy hand-crafting workshop!

Date & Time: December 24th(Mon), 10AM ~ Noon Eligibility: Elementary School Student ~ 18 years old

Capacity: First 20 people Fee: Free Things to bring: Indoor shoes, handkerchief

How to apply: Please call or visit the center between December 5th(Wed) ~ 21st(Fri), 9AM ~ 4:30PM.

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

< Hand-made Toy Workshop ~Bow and Arrow~ >

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

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

< Sports Day ~ Indica ~ >

Date & Time: December 12th(Wed), 3PM ~ 4PM *No application is required to join the game.

Eligibility: Elementary School & Junior High School Students

< Cooking Class ~ Pancakes ~ >

Date & Time: December 16th(Sun), 10AM~Noon Fee: ¥90 (Ingredient fee)

Eligibility: *Hamura* resident elementary school students Capacity: First 20 applicants

Things to bring: Indoor shoes, apron, head cloth, hand towel, drink(tea), fork

How to apply: Please call or visit the center between December 7th(Fri) ~ 14th(Fri), 9AM ~ 4:30PM.

< Christmas Party >

☆ For Preschoolers

Date & Time: December 21st(Fri) 10:30AM~ Eligibility: Preschoolers and parents Admission: Free

Programs: Fun performance by staff of children center and hand craft workshop *No reservation required

☆ For Elementary School Students

Date: December 22nd(Sat) Eligibility: Elementary School Students Admission: Free

Program① Games, hand craft workshop and etc. Time:10:30AM~, Capacity: 35 persons

Program② Music performance, Bingo game Time: 2PM~, Capacity: not limited

*To participate in program①, please register in advance by calling or visiting the center between Dec. 12th(Wed) ~ 19th(Wed), 9AM ~ 4:30PM. Registration is not required for the program②.

*Preschoolers with parents are also welcome for program②.

YUTOROGI ☎570-0707

< Movie Screening for Children >

Date & Time: December 9th(Sun) 10:30AM~11:30AM Admission: Free Reservation: Not required

Program: 4 titles scheduled Supported by: *Hamura Eiga Club*

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

Date & Time: December 15th(Sat), 11AM~ *Fee and reservation are not required for story telling events.

< **Story Telling Dream Festival** >

The volunteer members from many organizations will get together and host this event. There will be story telling, panel theaters, and more! This event is enjoyable for everyone at any age. No reservation needed.

Date & Time: December 8th(Sat), 10:45AM ~ 11:45AM Place: Library 2nd floor Volunteer Room

Participating organizations:

- *Ohanashi Pocket* – Mainly organizes activities for babies. Enjoy their book reading using puppets.
- *Ohanashi Ippai Nezumi-kun* - Panel theater group providing entertainments catered for small children.
- *Ehon no Ki* - Performs voiced reading of books.
- *Kiichigo* - Performs story telling by oral method only, without using picture panels or books.

*These groups are recruiting new members any time. If you are interested, please contact them for details.

CHATTING PLACE for PARENTS

This month's topic is "Rebellious Phase". Child Care Volunteers will attend your children during the event.

Place & Date: Central Children Center – Dec. 13th (Thu), West Children Center – Dec. 14th (Fri),
East Children Center – Dec. 18th (Tue) Time: 10:30AM~11:30AM for all dates

Inquiries: *Kodomo Katei Shien Center* ☎578-2882 *No reservation required.

GAKUDOU CLUB APPLICATION for 2013

Gakudou Club is after-school child daycare for 1st ~ 3rd grade students where children are provided safe and sound environment for play and learning under the supervision of qualified staff. It is open during after school hours as well as on some non-school days and during school holidays. There are 14 *Gakudou Club* facilities in *Hamura City*. For more information, please contact *Jidou Seishounen-ka*.

Eligible Children: Elementary School 1st ~ 3rd Graders living in *Hamura City* as of April 2013.

Application Form: Available at *Jidou Seishounen-ka* in city hall 2nd Floor, city hall branch offices, Children Centers, *Gakudou Clubs* and *Hamura City Official Website* for download.

Application Period: January 7th(Mon) ~ 21st(Mon) except National Holidays, 8:30AM~5PM.

*Application is also accepted on weekends. (except 11:45AM~1PM)

Inquire or File Application to: *Jidou Seishounen-ka Jidou Seishounen-kakari* Ext263

MEDICAL EXPENSE SUPPORT for SINGLE-PARENT HOUSEHOLDS

Medical expenses for a child of single-parent household or other household under qualifying financial status can be partially or fully subsidized by the public medical program. A child of qualifying household may benefit from this subsidy program until, at latest, first March 31st after he/she turns 18 years old.

If you would like to apply for this subsidy, please complete the application procedure by December 28th (Fri).

* Current beneficiaries must immediately file a current state report, if not yet filed.

* There is an applicant eligibility restriction. Please inquire for details.

File Application to: *Kosodate Shien-ka Shien-kakari* Ext236, in city hall 2nd Floor, 8:30AM~5PM

PUBLIC CONSULTATIONS

Schedule of December

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠	14 th (Fri), 28 th (Fri)	1:30pm~3:30pm	Please make an appointment for an interpretation service (in Spanish, English, Korean)
Traffic Accident ㉠	Dec. 5 th (Wed), Jan. 7 th (Mon)	1:30pm~4:30pm	
Japanese Law ㉠	Dec. 6 th (Thu), 14 th (Fri), 22 nd (Sat) Jan. 11 th (Fri), 18 th (Fri), 26 th (Sat)	Thu & Fri 1:30~5pm Sat. 9:30am~1pm	
Public Administration and Human Rights	20 th (Thu)	1:30pm~4:30pm	<i>Shimin Soudan-shitsu</i> city hall ext199
Tax ㉠	Dec. 4 th (Wed), Jan. 8 th (Tue)	1:30pm~4:30pm	
Finance ㉠	11 th (Tue)	2pm~4pm	<i>Shoukoukaikan</i> 555-6211
Health	13 th (Thu), 27 th (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> 5 th (Wed), 19 th (Wed)	1:30pm~4:30pm	<i>Shimin Soudan-shitsu</i> city hall ext199
	at <i>Fussa City Hall</i> 12 th (Wed), 26 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 ㉠	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
	Physical Handicap 22 nd (Sat)	1pm~4pm	
	Mental Handicap 25 th (Tue)		Tall Free Dial 0120-294-992 or 'Aoba' 555-1210
▽ 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

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