

HAMURA NEWS

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

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IMPORTANT TAX INFORMATION

Income Tax Return and Residents Tax Return

See Pages 2 ~ 5 Inside ⇒

THE 31st HAMURA EKIDEN ROAD RELAY

Runner Registrations Are Now Accepted!

Event Date: March 3rd(Sun) (Rain or Shine) Meeting time & Location: 8:30AM at Fujimi Park

Scheduled Starting Time: Race 1...9:30AM, Race 2...10:20AM

A team must consist of: 4 runners, 2 back-up runners or less, 1 head coach (7 Total or less)

*No gender-restriction for: Neighborhood/district association, Adults-50 and over, Adults-General.

*Non-Hamura residents can also participate except in Neighborhood/District Association Teams.

Course Distance: Race1(team category ①) ... 7.6km, Race2 (team category ②) ...15.2km (3.8km per block)

How to Apply & Inquiries: Fill in the application form and bring it along with the fee to Hamura-shi Taiiku Kyoukai (2nd Floor in Sports Center ☎555-1698) between January 15th(Tue) 9AM ~ February 10th(Sun) 5PM.

*Application form is available at the said office or for download.

→ <http://www.hamura-taikyo.npo-jp.net/event/docs/240304mousikomi.doc>

Head Coaches Meeting: February 22nd(Fri), 7:30PM~, at Kouza-shitsu in Yutorogi.

Entry Category		Entry Fee per Team	
		Hamura Residents	Others
①	Neighborhood/District Association Team 町内会・自治会対抗の部	Free	---
	Junior High School Girls Team 中学生女子の部	Free	¥1,000-
	Adults-Women Team 一般女子の部	¥2,000-	¥3,000-
	Adults-50 and over Team 50歳以上の部	¥2,000-	¥3,000-
②	Junior High School Boys Team 中学生男子の部	Free	¥1,000-
	Adults-General Team 一般の部	¥2,000-	¥3,000-

*If there is at least one non-Hamura resident nor worker in a team, the fee for "others" will apply.

The 2nd HAMURA ENVIRONMENT FAIR

Volunteers Wanted

Hamura City will hold the 2nd Environment Fair on June 15th(Sat). We are now seeking for volunteers who can work as a team for planning the details of the event, as well as support the operation of the event on the site. Meetings will be held twice a month, as a total of 8 times. If you are interested in the environmental issues and/or want to promote this event, please participate! Applications are now accepted.

• Planning & operation volunteers

Hamura residents/workers/students who is 18 years or older, and interested in the environment issues

• On-site volunteers

Hamura residents/workers/students who is 10 years or older, and interested in the environment issues

*For more details please contact: Kankyō Hozen-ka Kankyō Hozen-kakari Ext.226

The first project meeting : February 15th (Fri), 7PM ~ (planned)

INCOME TAX RETURN - SHOTOKUZEI no KAKUTEI SHINKOKU

The period for filing Income Tax Return is **February 1st (Fri) ~ March 15th (Fri)**

For inquiries regarding Income Tax and Final Return, please contact...

Tokyo Regional Taxation Bureau (Tokyo *Kokuzei-Kyoku*) English Consultation ☎03-3821-9070

Ōme Tax Office (*Ōme Zeimusho*) ☎0428-22-3185

The brief guideline and basic instruction for income tax return are given on this issue of *Hamura News*. It is advised you read through the **Income Tax Guide For Foreigners**, available on the National Tax Agency Official Website, for farther information and detailed instructions provided in English.

→ <http://www.nta.go.jp/tetsuzuki/shinkoku/shotoku/tebiki2011/pdf/43.pdf> *2012version is not yet available

*Printed copy of the guide is available for reference at *Nouzei-ka* in city hall 1st floor.

Tax Payers - who has obligation to pay income tax? -

Any individual who has income is subject to income tax liability in accordance with the following categories.

1. Residents

Any individual who has a domicile or owns a residence continuously for one year or more is classified as a resident. Residents, except for those classified as "non-permanent residents" have an obligation to pay the income tax for whole income prescribed by the Income Tax Law.

Among residents, any individual of non Japanese nationality having domicile or residence in Japan for an aggregate period of five years or less within the last ten years is classified as a non-permanent resident. Non-permanent residents are obliged to pay income tax with respect to any income which has its sources in Japan, and any income which has its sources abroad and is paid in this country and remitted from abroad.

2. Non-residents

Any individual other than the residents mentioned in "1. Residents" above is classified as a non-resident.

Non-residents are obligated to pay income tax for any income from domestic sources.

Tax Payer Classification		Income from Sources in Japan		Income from Sources in Abroad	
		Paid in Japan	Paid in Abroad	Paid in Japan	Paid in Abroad
Resident	Non-permanent Resident	All income paid in Japan is taxable.	All income paid in abroad is taxable	All income paid in Japan is taxable.	Only the portion deemed remitted to Japan is taxable
	Permanent Resident	All income paid in Japan is taxable.	All income paid in abroad is taxable	All income paid in Japan is taxable.	All income paid in abroad is taxable.
Non-resident		Income is, in principle, taxable.		Income is not taxable.	

Note. If a person who has a residence in this country leaves Japan with the intent to be absent temporarily and later reenter Japan, the person shall be treated as having been residing in Japan during the period of absence. The intention to be absent temporarily will be presumed if, during the period of absence, (a) the person's spouse or relatives remain in the household in Japan, (b) the person retains a residence or a room in a hotel for residential use after returning to Japan, or (c) the person's personal property for daily use is kept in Japan for use upon return to Japan.

Self-Assessment System

In Japan, the income tax is operated, in principle, on the basis of the self-assessment system, along with withholding tax system* (refer to the "Tax Return Filing" section for the briefing) with respect to specific income. The self-assessment system is a system under which the tax amount is primarily determined through the filing of a return by each taxpayer.

Under this system, taxpayers, who best know the state of their own income, calculate the amount of taxable income, tax-deductible expenses, and the tax payable with respect to the whole income earned from January 1 through December 31, then file proper returns on their own responsibility, and pay the tax. This procedure of the filing of the final return is called "*Kakutei Shinkoku*" in Japanese.

Tax Return Filing - who has to file the income tax final return? -

Every person who has liability to pay income tax must file the final return, either through the place of employment or individually.

In case of employment income earners, the income tax is generally withheld at source from the earnings. In Japan the payers of salaries and wages, retirement allowance, interest, dividends, fees, etc., are, in principal, obligated to conform to Income Tax Withholding System. Under this system, the employer withholds the certain amount of income tax at the time of payment, and pay it to the National Tax Agency. At the end of a year, the employer calculates the actual income tax to be paid from each worker, and makes adjustments for any overpayment or shortage by applying it on the tax withheld at source from the last salary or wage of the year. This adjustment procedure is called "Nenmatsu Chousei" in Japanese. Because of this system, most employment income earners are not required to file the final return on their own.

Income earners under other means of employment, such as business proprietors, farmers or freelancers, and those to whom any of the following cases apply need to file the final return individually.

You must file the tax return regarding your income of 2012, if you...

- had Earned Income (including income from part-time or temporary-term), and have not undergone Year-end Adjustments (*Nenmatsu Chousei*)
- had Earned Income, and your employer has not filed the Earned Income Statements (*Kyuuyo Shiharai Houkoku-Sho*) to the municipal office.
- had Earned Income of more than ¥20,000,000.
- plan to file for Tax Deductions for Medical Expenses.
- had made Business Income (Sales, Agriculture, etc.), Real Estate Income, Income from Dividends, Income from Capital Gains Subject to Aggregate Taxation, etc.
- had 2 or more sources of income / had income paid from a source in abroad.
- had income solely based on a public pension, and are intending to receive tax deduction or exemption.
- intend to obtain a Tax-Exemption Certificate (非課税証明書).

Kanpu Shinkoku (Refund Return) – Application for Tax Refunds

You can apply for Tax Refunds if your income tax has been withheld at source from your salary/wage of 2012 and you expect you have over-paid income tax, or you have not gone under year-end adjustment with the payer of your salary/wage because you have left the job before the end of year, or you are eligible to receive tax allowance / tax credit, etc. (*for more example of applicable cases, please see the Income Tax Guide)

The filing period for the income of 2012 has started from January 4th 2013 at Ōme Tax Office. The Refund Return filing period starts from January following the year in question and continues for 5 years.

Places, Methods and Period for Filing

Filing at Ōme Tax office - in *Bekkan* (別館) building

Tax Return Filing Regular Hours: February 18th(Mon) ~ March 15th(Fri), weekdays only, 9AM~5PM.

Special Open Sundays: Feb. 24th & Mar. 3rd. *Phone consultation and tax payment are not accepted on Sundays.

Filing at Hamura City Hall - in Large Conference Room (大会議室) 4th floor

Please see the section "Free Consultation For Preparing Tax Return" on page 5.

Filing via Mail

Send your completed tax returns form along with required documents to;

Zipcode 198-8530, Ōme-shi Higashi Ōme 4-13-4, Ōme Tax Office (Ōme Zeimusho)

*If you need a copy of the final tax return stamped with the date of receipt, and/or medical expense receipts returned, please enclose a duplicate copy of the form and a self-addressed return-envelope attached with necessary postage.

Filing via Internet

"e-Tax" online tax filing and payment system allows taxpayers who has electrical identification certificate (*Kouteki Kojin Ninshou*) to file income tax return and pay tax online. → <http://www.e-tax.nta.go.jp/>
Please note that persons with foreign nationality are currently not eligible for e-identification certificate issuance, as the new residency management system for foreign residents is still undergoing some systematic adjustments to gain conformity with the Basic Resident Register System.

What to Bring for Filing the Tax Return

Please refer to the section with this title on Page 5. (opposite page)

Deductions and Special Exemptions

The followings are some of the common tax deductions and exemptions. There are certain documents required to apply for deduction. For details, please refer to the Income Tax Guide For Foreigners, page 61.

● **Deduction for Social Insurance Premiums**

National Pension Insurance Premiums (国民年金保険料) :

Please present your National Pension Deduction Certificate (国民年金控除証明書). This certificate was already issued by the Social Insurance Bureau and mailed to premium payers.

*There are some premium payers who will receive the certificate in February.

National Health Insurance Tax Premium (国民健康保険税) :

To your tax return form please attach the stamped receipts of payment (国民健康保険税 領収証書).

Nursing-care Insurance Premiums (介護保険料) :

To your tax return form please attach the stamped receipts of payment (介護保険料 領収証書).

Late-Elderly Medical Insurance Premiums (後期高齢者医療保険料) :

To your tax return form please attach the stamped receipts of payment (後期高齢者医療保険料 領収証書).

● **Deduction for Medical Expenses**

Please present the receipts issued by doctors, detailed statement of medical expenses, etc., at the time of filing the return in person. When filing by mail, the attached receipts/documents will be kept at the tax office for 1 year, unless you also enclose a memo stating that you need them returned upon finalizing.

● **Credit for Foreign Tax**

Please attach documents to certify that foreign tax was charged. Foreign residents should confirm with their embassies/consulates for details on any bilateral tax treaties which may affect income tax collection/reporting here in Japan and back home.

● **Exemption for Spouses / Dependents who are residing in abroad**

Please attach a document certifying the international remittance to the family, copy of Alien Registration Certificate or Resident Card and a certificate of family registration along with its translation in Japanese.

*When you apply for this exemption for the first time, your tax return must be filed to the tax office directly.

● **Special Exemption for Donation**

There are tax credits applied for various donations. "Special Exemption For Specific Earthquake Donations" was implemented starting from last term in relation to the Great East Japan Earthquake. Please see the Income Tax Guide for details.

● **Tax Deductions for persons in need of nursing care**

Fees for nursing care services that are subject to the Nursing-care Insurance Coverage, and the expenses for adult diapers prescribed by doctor are subject to the Deduction for Medical Expenses.

For detailed information and instruction for deduction application, please contact *Kourei Fukushi Kaigo-ka*. Persons who have *Youkaigo/Youshien Nintei* (Certification of Needed Long-Term Care/Support) and persons who have a dependant with this certificate can apply for Exemption for the Disabled. Please obtain Certificate for the Exemption for the Disabled (障害者控除対象者認定書) at *Kourei Fukushi Kaigo-ka*.

◆ **Cases of Final Tax Return that cannot be handled at city hall** ◆

Inquiries which require technical interpretation of tax laws, such as those relating to Income from Capital Gains Subject to Aggregate Taxation (*Jouto Shotoku*), agriculture/business/real property income, Deductions for Casualty Losses (*Zasson koujyo*), "blue-form" Income Tax Returns (*Ao-iro Shinkoku*), cannot be answered at city hall. Please take those inquiries directly to National Tax Agency Ōme Office.

RESIDENTS TAX RETURN – JUUMINZEI no SHINKOKU

The Period For Filing Residents Tax Return Is **February 1st (Fri) ~ March 15th (Fri)**

Inquiries regarding Residents Tax : *Kazei-ka Shiminzei-kakari* Ext.189 in city hall

Residents Tax (住民税 *Juuminzei*) consists of a combination of inhabitants taxes paid to local municipality and prefectural government. It is calculated based on your total income of the preceding calendar year.

Those who have filed the Income Tax Return of 2012 are not required to file Residents Tax Return. Other residents, who resided in Japan as of January 1, 2013 and are not required to file Income Tax Return, need to file the income reports of 2012, based on which the Resident Tax will be calculated and to be paid in 2013.

Who has to file the Residents Tax Return?

- Persons whose only income source was the employment income, and his/her employer did not file the salary/wage payment report (*Kyuuyo Shiharai Houkoku-sho*) to the municipal office.
- Persons who had any Business Income, Real Property Income, Income from Dividends, income from public pension or any other type of income, and are not required to file the income tax return.
- Subscribers to National Health Insurance or Long Life Medical Care Program who did not have any income

Places / Methods and Period for Filing

Filing at Hamura City Hall

February 1st (Fri) ~ March 15th (Fri), 9AM~11AM & 1PM~3:30PM, *Closed on Feb. 11th(Mon)

Weekdays... at *Daikaigi-shitsu* (4th floor), Saturdays & Sundays... at *Kazei-ka* (1st Floor),

Filing via Mail

Send your completed tax returns form along with required documents to;

Zipcode 198-8530, *Ōme-shi Higashi Ōme* 4-13-4, *Ōme* Tax Office (*Ōme Zeimusho*)

*If you need a copy of the final tax return stamped with the date of receipt, and/or medical expense receipts returned, please enclose a duplicate copy of the form and a self-addressed return-envelope attached with necessary postage.

What to Bring for Filing the Tax Return

- Tax Return form - *Inkan* (if you have) - Alien Registration Card or Resident Card
- Documents proving your income record of 2012 (Certificate Of Income And Withholding Tax 源泉徴収票, or official record of any income you are declaring) for yourself and for those of your dependents.
- Statement of Earnings and Expenditures (in case of earners of business income / real property income)
- Necessary documents for the application of deductions / exemptions

*Long-Term Care Medical Insurance has newly become subject to resident tax deductions of insurance premiums.

FREE CONSULTATION for PREPARING TAX RETURN

Free income tax consultation is provided by *Ōme* Tax office and Tokyo Regional Taxation Bureau.

Free income tax and resident tax consultation are also provided at *Hamura* city hall 4th floor, *Daikaigi-shitsu* on the following dates. Feel free to stop by for a help from professionals before filling out your return form.

February 1st(Fri) ~ March 15th(Fri), Monday ~ Friday, 9AM~11AM & 1PM~3:30PM

* The hours on Feb 12th(Tue) ~14th(Thu) will start at 9:30AM and close at 3PM. On these 3 days, tax consultants from *Ōme* Tax Office will be available to answer questions regarding certain cases of final return that are usually not handled at city hall. (for examples of such cases, see the section "Cases of Final Tax Return that cannot be handled at city hall" on page 4)

NOTICE TO THOSE LEAVING JAPAN

A person departing from Japan (who ceased having resident address in Japan) must also declare his/her income, and designate a tax agent who will handle the tax-related correspondence and tax payment in Japan on his/her behalf. Please note that individuals who have not paid their tax or filed a return by the specified due date may be imposed additional tax and delinquent fee.

For more information, please refer to Income Tax Guide for Foreigners, page 64.

Tokyo Metropolitan Special Needs Education School Of *Hamura*

< Handmade Bread Sales >

The school's some junior high students participate in a program offered by Food Processing Training Department within the school. Their bakery is now ready for the sales of their handmade breads. Their mobile bakery shop will be open at city hall on the following dates. Stop by and enjoy!

Date&Time: January 28th(Mon) & February 25th(Mon), 3PM ~ 4PM Place: *Hamura* City Hall 1st floor Lobby
Inquiry: Tokyo Metropolitan Special Needs Education School of *Hamura* ☎554-0829

AGRICULTURE WORKSHOP for *HAMURA* RESIDENTS

Participants of this workshop will get to learn vegetable farming while they grow their own crops in various kinds under the first-hand coaching by professional farmers. In addition to workshop dates, participants can enter the farm anytime, so they can tend their crops as often as they like.

Don't worry about choosing and buying the seeds, seedlings and farming tools - those will be provided by the farm owner. Just come empty handed and enjoy farming, harvesting and meeting new friends!

Farm: *Shinmeidai Yasai Batake* located at 2-8-4 *Shinmeidai Hamura* City Available Plots: 20

Lease Period: Late March, 2013 ~ January 31st, 2014 Fee: ¥35,000 for term period

Applicant Eligibility: *Hamura* residents and workers

How to Apply & Inquiries: On Reply-paid postcard ("*Oufuku Hagaki*"), fill in the information as below and mail to the farm owner, Mr. *Tetsuo Oono* (☎554-2110) before February 15th(Fri).

-- How to fill in the Reply-paid Postcard --

<p style="text-align: center;">Front</p> 〒205-0021 To: Mr. <i>Tetsuo Oono</i> <i>Hamura-shi</i> <i>Kawasaki</i> 3-8-19	<p>*Do not write anything on this side.</p>	<p style="text-align: center;">Back</p> 〒Your Zip Code Your Mailing Address Your Name	Your Mailing Address Your Name Your Phone Number
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RENTAL FARM PLOT for *HAMURA* RESIDENTS

Hamura City leases agricultural farm plots (about 20m²) to local residents who desire to grow their own crops.

Farm Name	Address	Available Plots	Parking
① <i>Dai-ichi Shimin Nouen</i>	5-4-14 · 49 <i>Midorigaoka, Hamura</i> City	45	No
② <i>Dai-ni Shimin Nouen</i>	5-6-14 · 15 <i>Midorigaoka, Hamura</i> City	39	Yes
③ <i>Dai-san Shimin Nouen</i>	4-6-8 <i>Ozakudai, Hamura</i> City	48	No
⑦ <i>Dai-nana Shimin Nouen</i>	2-16 <i>Hanenaka, Hamura</i> City	13	No
⑧ <i>Dai-hachi Shimin Nouen</i>	1-14-9 <i>Sakae-chou, Hamura</i> City	35	No

Applicant Eligibility: *Hamura* residents. *Corporations and citizen groups are not eligible.

Lease Period: March 1st, 2013 ~ January 31st, 2015 Contribution Fee: ¥4,000 for term period

How to Apply & Inquiries: On Reply-paid postcard ("*Oufuku Hagaki*"), fill in the information as below and mail or bring it to *Sangyou-ka Nousei-kakari* (at city hall *Nishi-Bunshitsu* 2nd fl. Ext.663) by January 25th(Fri).

*If the applications exceed the capacity, tenants will be selected by drawing held on Jan. 28th, 9AM, at city hall *Nishi-Bunshitsu* 2nd floor Meeting Room. All applicants will be notified of the results.

*Only one application is accepted per family. If violates the rule, the applications will be invalidated.

*If you/your family are already renting plots in other *Shimin Nouen*, you are not eligible to apply.

-- How to fill in the Reply-paid Postcard --

<p style="text-align: center;">Front</p> 〒205-8601 To: <i>Hamura-shi</i> <i>Sangyou-ka</i> <i>Nousei-kakari</i>	<p>*Do not write anything on this side.</p>	<p style="text-align: center;">Back</p> 〒Your Zip Code Your Mailing Address Your Name	Your Mailing Address Your Name Your Phone Number Name of Desired Farm
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SILVER JINZAI CENTER (Senior Citizen Human Resource Center) ☎554-5131

< Handcraft Workshop ~ Tsurushi Kazari Decoration ~ >

Date & Time: February 6th (Wed) & 13th (Wed) (total of 2 classes), 10AM ~ 3PM Place: Silver Jinzai Center

Capacity: First 20 applicants Things to bring: Sewing kit (if you own one), and lunch

Fee: ¥1,500 (material cost) How to apply & Inquiry: Call or visit the Center prior to the event day.

SPORTS CENTER ☎555-0033

< Limited Program for February & March ~ Green Bamboo Exercise Class ~ >

Join to learn a stepping exercise using half-split bamboo-rod. Stepping on the rod with soles will stimulate hormonal secretion and improve the physical balancing ability.

Date & Time: Every Friday between February 1st(Fri) ~ March 29th, 2PM ~ 2:45PM

Place: Training Room on the 2nd floor Eligibility: Those who are 16 years or older

Capacity: First 30 people Fee (For all 12 classes): Hamura residents or workers...¥100, Others...¥150

Things to bring: Indoor shoes, drink, and towel Instructor: Hamura-shi Taiiku Kyoukai Sports Trainer

How to Apply: Purchase the ticket on the very day and show up to the training room on time.

EAST CHILDREN CENTER (Higashi Jidoukan) ☎570-7751

< Movie Festival for Children ~ Monsters, Inc. ~ >

Date & Time: February 2nd(Sat), Registration 1:30PM~, Show 2PM ~ 4PM Capacity: First 50 people

*No reservation required *Child needs to be accompanied by an adult.

CENTRAL CHILDREN CENTER (Chuuou Jidoukan) ☎554-4552

< Home Cooking Class ~ Banana Cake ~ >

Date & Time: February 10th(Sun), 10AM~11:30AM Fee: ¥70 (Ingredient fee)

Eligibility: Elementary School Students in Hamura up to 18 years old Capacity: First 20 applicants

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

How to apply: January 19th(Sat) ~ February 3rd(Sun), 9AM ~ 4:30PM, Call or visit the Center.

SPORTS SEMINAR for CHILDREN

~ Let's Learn Correct Running Form ~

Participant children will get to learn the basics of how to run in correct forms. In addition, they can also learn "throwing" and "Jumping" while they enjoy the actions during the plays!

Date: ① 1st~3rd graders February 3rd(Sun)

② 4th ~ 6th graders February 10th(Sun)

Time: 9:30AM ~ Noon Place: Fujimi Park Ground (Athletics track field)

*In case of rain, this event will be held at Fujimi Elementary School Gymnasium.

Eligibility: Hamura Elementary school students Capacity: First 40 people (for each day)

Fee: Free Things to bring: Exercise shoes, drink, and towel *Please participate in exercise outfit.

Instructor: Mr. Naotaka Endo (Track and field sports club coach at Hamura Dai-san Junior High School)

Co-hosted by: Hamura-shi Kyouiku Inkai, Hamura-shi Sports Suishin Iin Kyougikai

Application & Inquiry: Between January 15th(Tue) ~ 27th(Sun) 9AM ~ 5PM, fill in an application form and turn in at Sports Center, ☎555-0033.

*The application form is available at Sports Center, or you can download from Hamura City Official Website.

HEALTH SEMINAR ~ How To Deal With Stress ~

Social life, work-related issues, uncertainty about the future... Sources of stress can be found endlessly around your daily life. If you do not handle these stresses wisely, it could cause a serious damage to your mental health. At this seminar you will learn how to deal with your stress and stay healthy.

Date & Time: February 21st(Thu) 2PM ~ 4PM Place: *Yutorogi* Reception Hall Capacity: First 60 people
Eligibility: *Hamura* residents/workers Lecturer: Mr. *Shintarou Hibi* (Psychiatrist, *Tokyo Kaidou* Hospital)
How to apply & Inquiry: Starting on January 16th(Wed), call or visit *Hoken* Center. ☎555-1111 Ext.624.

HOKEN (Public Health) CENTER ☎555-1111 Ext.623

< Free Screening for Stomach / Lung Cancer & Tuberculosis >

Date & Time: February 15th(Fri), 16th(Sat), and 18th(Mon), 7:30AM ~ Noon (you cannot specify the time)
Place: *Hoken* Center Fee: Free Eligibility: *Hamura* residents 40 years of age and older

You are not eligible to take this exam if any of the following conditions apply;

- ① Pregnant, or possibility of pregnancy ② Currently being treated for stomach or lung illness
- ③ Those who have the same cancer screening opportunity provided by the employer
- ④ Those who has already taken a same screening in this fiscal year

Capacity: 100 people each day (If there are too many applicants, selection will be done by drawing and winners will be notified by receiving a screening coupon which will be sent out on February 5th(Tue))

Testing Methods: Abdominal X-ray for Stomach Cancer Exam, and Chest X-ray & Sputum Examination for Lung Cancer Exam *Sputum Examination requires certain conditions to take.

*If you wish to fill in the medical questionnaire prior to the exam day, please come to *Hoken* Center to pick up the form.

Application Period: January 15th(Tue) ~ 29th(Tue)

*If the applicants did not go over the capacity, we will take additional applicants after 29th(Tue).

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

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

Please Note:

- You may apply for all the screening/exams held on the same day.
- Those who are taking Stomach Cancer screening cannot eat or drink after 9PM in the previous night.
- Sputum examination is provided only for people with the following conditions:
 - ① Those who had bloody sputum within past 6 months.
 - ② Smoker who has smoked (number of cigarettes per day) x (total smoking years) = 400 or more.

- How to fill in an application postcard -

Front	Back
〒205-0003 To: " <i>Gan Kenshin Tantou</i> " <i>Hamurashi Hoken</i> Center 5-5-2 <i>Midorigaoka</i> <i>Hamura</i> 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: Yes or No *If yes, please state the reason:

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
20 th (Sun)	<i>Ozaki</i> Clinic	554-0188	<i>Fussa-shi Hoken</i> Center	552-0099	<i>Kaneko</i> Dental Clinic	554-1503
27 th (Sun)	<i>Yamakawa Iin</i>	554-3111	<i>Fussa-shi Hoken</i> Center	552-0099	<i>Hamura Shika Iin</i>	570-4618

*Tokyo Health & Medical Information Center "*Himawari*" ☎03-5285-8181 (English) 9AM~8PM Daily

HAMURA CITY DISASTER PREVENTION MAP

Along with *Hamura News* January 15th issue Japanese Edition, *Hamura City Disaster Prevention Brochure with Map* (防災マップはむら) is distributed to each household and business entities in *Hamura City*.

It is printed with the legend translated in English, Chinese, Korean and Spanish.

All people living, working and schooling in *Hamura City* are strongly advised to familiarize themselves with the details of the disaster prevention and emergency response information provided in this brochure and map. Please be sure of the locations of evacuation sites and availability of emergency facilities including AED units, especially those corresponding to the area of your residence, work place and school.

Inquiry: *Kikikanri-ka Kikikanri-kakari* Ext.217

< Flood and Landslide Hazard Map >

On the back side of the Disaster Prevention Map, please also find Flood and Landslide Hazard Map, which indicates with colors the zonings of flood / landslide risk areas and projected disaster scale.

Please use the legend with translation in bottom right corner of the paper to read the indications.

Although these hazard risk areas are stated to call precautions from local residents particularly to those areas, the hazard risks are not limited in these projected risk areas.

• Flood Risk Area in *Hamura City*

There are some areas in *Hamura City* by Tama river where risk for flood hazard is projected. The projection was calculated based on an assumed situation of a major downpour, which is expected to happen once in approximately 200 years, and also on the history of flood hazard in *Hamura City*.

It is important to know the existence and places of gutters, irrigation canals, steps and level difference located within the flood-risk zones, because those structures will be invisible when food water covers the ground. Those can be very dangerous traps during flood.

• Landslide Risk Area in *Hamura City*

There are some areas in *Hamura City* where risk for landslide hazard is projected. Some of those lands are adjacent to public roads and public facilities. Even if you do not frequent to those areas, please be familiar with the locations of landslide-risk zones.

< Citywide Public Address System ☎042-555-1111 Ext.888 >

If you wish to hear again the city announcement broadcasted through the Citywide Public Address System (*Bousai Gyousei Musen*), the audio announcement system with outdoor speakers facilitated all around the city, you can call *Hamura City Hall Automated Phone Directory Service*.

After the first voice prompt, dial extension 888, then you will hear a few most recent information that had been broadcasted from the outdoor P.A. speakers.

*Evening chimes and daily routine announcements are not repeated in the phone service.

To know more about how to use the *Hamura City Hall Automated Phone Directory Service*, please refer to *Hamura News* September 15th issue.

Inquiry: *Bousai Anzen-ka Bousai-kakari* Ext.206

NTT's 171 DISASTER LINE **for keeping in touch with your people in time of emergency**

NTT (Nippon Telegraph and Telephone Corporation) provides a voice/text messaging service that is initiated when a major disaster occurs. The regular telecommunication is often interrupted in the disaster-stricken area. In such situation this service allows people to post and retrieve voice/text messages through telephone or web based system. An individual message account is made per phone number registered upon usage and it is accessible by concerned family and friends who know the registrant's phone number.

The voice messaging service is accessible only from within Japan, however the text messaging service, which is a web based service, can also be accessed from overseas and available in English, Korean or Chinese.

To use these services, preliminary contract with NTT is not required.

It is strongly recommended that you print the English instructions and keep them in your emergency kit.

* These services are currently closed, but will be opened in the event of an emergency.

▶ How to use Disaster Message Dial (災害用伝言ダイヤル)

For detailed English information on this service → <http://www.ntt-east.co.jp/en/saigai/voice171/index.html>

① Dial 171

② Choose whether to record or to playback : Record > "1" Playback > "2"

To record/playback using a PIN : Record > "3" Playback > "4" then input four-digit PIN

③ Enter the phone number of the person in the disaster-stricken area, starting with the area code.

→ Your attempt will be connected to the message dial center.

④ After prompt is played, if calling from touch-tone phone press 1 and #, if calling from dial-tone phone just remain on the line. Then...

Recording: after the beep, speak your voice message. When finished, press 9 and #, or hung up.

Playback: a voice message recorded in the accessed account will be played.

* The automated voice prompts are played in Japanese only.

▶ How to use Disaster Message Board "web171" (災害用伝言板)

English instruction → http://www.ntt-east.co.jp/saigai/web171/web171manual_eng.pdf

Korean Instruction → http://www.ntt-east.co.jp/saigai/web171/web171manual_kor.pdf

Chinese Instruction → http://www.ntt-east.co.jp/saigai/web171/web171manual_chn.pdf

① Access <https://www.web171.jp/> and click on your language choice listed at the top center of the page

② Message sending and receiving

Receiving : Input telephone number of person whose message you want to read

Sending : Input telephone number of person who you want to send message to

③ Following the instructions shown, images, video, voice, and text messages can be sent and received