

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>

FEBRUARY is "BURNABLE WASTE ACCURATE SEPARATION MONTH"

February is designated as "Burnable Waste Accurate Separation Month." This campaign's aims to promote the awareness on the recycling policy which will lead to the reduction of our burnable waste amount by separating the recyclable materials more accurately.

Cooperation from every resident is essential to reduce waste, and to save the cost for waste management! If you have any questions regarding local recycling rules, feel free to contact city hall *Seikatsu Kankyou-ka*.

- Tips for Accurate Separation of Reusable Resource -

● Place 3 types of trash containers in each room

One for paper waste, one for plastic containers & packaging (i.e. wrappings of snacks) and one for other burnable waste. Attach or insert a small bag on/into an existing trash bin to make it a tri-sectioned bin.

It will help you separate the trash by category without an effort and save the cost to buy a new trash bin!

● Thoroughly separate paper waste

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

● Thoroughly separate plastic containers

Please do not throw away plastic containers as burnable waste!

If the plastic container is dirty, wipe it off or rinse it, then dispose of it as recyclable waste "B".

● Drain food waste thoroughly

80% of the general food waste is moisture content. Watery waste weighs more, and also costs more energy to process it in the incinerator. Please make sure to drain your food waste thoroughly.

FRESHLAND NISHITAMA ☎570-2626

< Exhibition of Girls' Day Decoration >

Exhibition of beautiful paper-made artistic decorations created for the occasion of *Hina Matsuri*, the Girls' Day. Provided by the members of *Kamiwaza Club* Date: February 5th(Tue) ~ March 3rd(Sun)

KYODOU HAKUBUTSUKAN (Folk Museum) ☎558-2561

< Hina-Ningyou Dolls Display for Girls' Day >

A great opportunity to learn about various types of *Hina-Ningyou* dolls traditionally displayed for Girls' Day. Japanese Girls' Day, *Hina Matsuri* or also called *Momo no Sekku*, is March 3rd annually.

Date & Time: February 1st(Fri) ~ March 10th(Sun), 9AM ~ 5PM (Until 4PM at the Old *Shimoda* Residence)

Admission: Free Place: *Kikaku-ten* Space, *Gakushuu-shitsu*, Orientation Hall, Old *Shimoda* Residence

< History Lecture ~ Geography Of Hamura And Its' Relation To Tachikawa Fault Line ~ >

Date & Time: March 2nd(Sat), 2PM ~ 4PM Place: *Yutorogi* 2nd floor *Kouza-shitsu 2* Fee: Free

Lecturer: Ms. *Kiyomi Tunoda* (Instructor, *Komazawa* University Department of Literature Geography Course)

Capacity: First 30 applicants Application: Starting from February 5th(Tue). Please contact the museum.

HAMURA FUREAI CHARITY BAZAAR

At this Bazaar, you will find great items donated by local residents sold at amazing special prices!
Feel free to come by and have a unique and exciting shopping experience!!

Date & Time: February 24th(Sun), 10AM ~ 3PM Place: *Fukushi Center* Admission: Free

< **Donation Items Wanted for the Bazaar!** >

Please bring your donation items! We truly appreciate your cooperation.

Donation Period: Until February 15th(Fri) Place: *Shakai Fukushi Kyougikai* located within *Fukushi Center*

Hours: 9AM ~ 4:30PM Accepted Items: Unused goods only. clothes, toys, miscellaneous goods and etc.

*If you cannot bring the items on your own, we will come pick them up.

Inquiry: *Shakai Fukushi Kyougikai* ☎554-0304

CONSUMERS' CULTURE COURSE ~ Food Additives In Daily Life ~

There are so many types of food additives, such as artificial colors, emulsifiers, and preservation agents. During this course, participants will try an easy science experiment to learn more about the risk and safety of common daily food, and will also make a natural herb & spice dressing followed by a tasting with a salad.

Date & Time: February 22nd(Fri), 1:30PM ~ 4PM Place: *Fussa Civil Hall Cooking Room*

Fee: ¥300 (for ingredients) Capacity: First 20 applicants Things to bring: Apron and head cloth

Instructor: Ms. *Noriko Sato* (Teacher from *Kooriyama Joshi University*)

How to apply: Starting February 1st(Fri), call or visit *Ōme-shi Seikatsu Anzen-ka* ☎0428-22-1111.

PUBLIC LECTURE COURSE ~ Sentou – Its' Appeal And Business Challenges ~

This is a full-scaled university level lecture course organized for *Hamura* City residents in cooperation with *Shuto University Tokyo*. This time, the lectures will feature on "Sentou", public bath in Japanese society.

Date&Time: Saturdays of March 9th, 16th, 23rd, 30th. 2PM ~ 4PM Place: *Yutorogi Kouza-shitsu1*

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

Eligibility: Those residing, working or studying in *Hamura*

Application / Inquiry: February 5th(Tue) ~ 23rd(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.

THE 12TH CROSS-INDUSTRIAL FAIR "Tama Kougyou Kouryuu-Ten"

At this event numbers of excellent small-to-mid-size industry enterprises from the *Tama* area will exhibit their proud technologies and products. There will also be a business matching event.

Date & Time: February 8th(Fri) & 9th(Sat), 10AM ~ 4PM Admission: Free Reservation: Not required

Place: *Tokyo Toritsu Tama Shokugyou Nouryoku Development Center (3-6-33 Higashi-cho, Akishima-shi)*

Exhibit Categories: machinery, metals, electronic appliances, information related materials, software development, environment, other manufacturing industries, and exhibition by schools and cooperate groups

Inquiry: *Sangyou-ka Shoukou Kankou-kakari* Ext.658.

TV HAMURA in FEBRUARY

"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 back-numbers can be viewed online → <http://www.city.hamura.tokyo.jp/category/2-4-3-6-2.html>

* Broadcasting time of 9AM program on February 17th(Sun) will be changed to 8:55AM due to a broadcasting of special program "The 47th Ohme 30&10km Road Race".

This Month's Special Program: ~ **Hamura City Elementary & Junior High Schools Series**

This month's feature is "Musashino Elementary School" ~

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

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!

*Caution to drivers – before coming to our highland area, please prepare your tires for frozen roads.

< **Bath of February** > Yacon Herb Bath ... Yacon is a perennial plant native to the Andes region.

< **Ice Sculpture Festival** >

The annual ice sculpture contest "Pure World" will be held again this year along the streets around *Kiyosato* station. Come and enjoy the amazing ice sculptures in fantastic illuminations created by talented artists!

Event Period: Mid-February Place: *Kiyosato* station *Ekimae Shoutengai* Street (shopping district)

Inquiry: *Kiyosato Ekimae Kankou Annaijo* (*Kiyosato* Tourism Information Center) ☎0551-48-2179

Hokuto City Tourism Association Website → <http://www.hokuto-kanko.jp/walk/english/>

< **"The colder the better" Campaign!** >

In *Yatsugatake* Mountain's southern base area, a hotel fee discount campaign is on. The discount rate is decided based on the temperature around 10AM everyday. If the temperature is below 5°C you get a 10% off discount deal, or 30% off under 0°C, or 50% off under -5°C. Since we are having a colder winter this year, you may be able to get a big discount at any of the 82 participating restaurants, lodges and hotels!

The list of participating businesses (in Japanese) → <http://yatsugatake-ga.com/tenkuhaku/pg301.html>

Campaign Period: February 1st(Fri) ~ 28th(Thu)

Inquiry: *Yatsugatake* Tourism Management ☎0551-48-3457 / *Kiyosato* Tourism Information Center

☆ **HAMURA NIGIWAI SHOPPING VOUCHER 2013** ☆

Pre-order Advance Sale for Elderly Residents, Handicapped Residents and Expectant Mothers

Hamura residents who are eligible for placing a pre-order of the advance voucher sale are allowed to purchase up to 3 voucher books per person during the designated advance sale period.

*If the number of pre-order exceeds the advance sale availability, buyers will be selected by lottery.

Eligibility: *Hamura* residents (as of Feb. 24th) who meet any of the following conditions

- ①at age 75 or older ②holder of a *Shougaisha Techou* (Disability Certificate) ③pregnant

Voucher Price: You pay ¥10,000 per Voucher Book (¥500ticket×22 = Total Face Value of ¥11,000)

Pre-order Application: Please apply by mail using a Reply-paid Postcard filled-in as instructed below. It must reach the office no later than on February 8th(Fri). All applicants will receive a reply postcard stating the confirmation of either order received or order failed by lottery.

Advance Sale: February 17th(Sun) ~ 21st(Thu), 8:30AM~5PM (Sunday 10AM~), at *Hamurashi Shoukoukai*. The reply-card will act as an advance sale certificate (引換券 *Hikikae-ken*). During the advance sale period, please bring the certificate, ID and/or *Shougaisha Techou*, *Boshi Kenkou Techou* to purchase vouchers that you pre-ordered. *Advance sale certificate expires on February 21st.

Inquiries: *Hamura-shi Shoukoukai* (*Hamura City* Society of Commerce and Industry) ☎555-6211, *Sangyou-ka Keizai Taisaku-kakari* Ext.657

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

Front	Back
〒205-0002	Your Mailing Address
<i>Hamura-shi</i>	Your Name
<i>Sakae-chou 2-28-7</i>	Your Date of Birth
<i>Hamura-shi Shoukoukai</i>	Your Phone Number
Do not write on this side.	Number of voucher books you wish to purchase

TRAFFIC CASUALTY MUTUAL INSURANCE "CHOKOTTO KYOUSAI"

This mutual insurance program is operated by the partnership of 39 municipalities in Tokyo prefecture. It is funded by pooling the premium deposits contributed from the member residents of those municipalities. To find out about the policy details and enrollment procedure, please contact *Bousai Anzen-ka Koutsuu Bouhan-kakari* Ext.216, or about the special allowance of insurance premium, please contact *Shougai Fukushi-ka Shougai Fukushi-kakari* Ext.173 or *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari* Ext.177.

**Chokotto Kyouusai* (ちょこっと共済) brochure will be distributed to your home soon. (in Japanese)

Enrollment Application: Accepted at following locations starting from February 1st(Fri);

- City Hall *Bousai Anzen-ka* - 8:30AM ~ 5:15PM weekdays only,
- City Hall Branch Offices – 9AM ~ 1PM, weekdays only.
- City Hall *Chokotto Kyouusai* Service Counter - March 2nd(Sat) and 3rd(Sun), 8:30AM~Noon/1PM~5:15PM
- JA *Nishitama* Agricultural Cooperative's City Hall Branch – 9AM ~ 5PM weekdays only.
- Financial institutions in *Hamura* City – for office hours please contact the entity directly.

Rate Reduction Applied For

NATIONAL PENSION PREMIUM ADVANCE LUMP-SUM PAYMENT

When paying the National Pension premiums in advance in lump-sum of 6 months or 12 months by bank transfer, some reduction is applied to the yearly premium amount. If you wish to register for the automated bank transfer payment, please do so by the end of February or August according to a payment type.

This registration need not be renewed yearly. It will be automatically continued in every following year.

- April~March 12months lump-sum advance payment (paid in April) → Register by end of February
- April~September 6months lump-sum advance payment (paid in April) → Register by end of February
- October~March 6months lump-sum advance payment (paid in October) → Register by end of August

Place and items to bring for registration: Please take a procedure at a financial institution of your banking account. Bring your bank book, *Inkan* registered to the account, *Nenkin Techou* or proof of national pension certification number, and registration form which is available at the pension office and financial institutions.

*Lump-sum advance payment can also be made with cash. Reduction rate is lower than that for bank transfer.

Inquiry: *Ōme Nenkin Jimusho* (Pension Office) ☎0428-30-3410

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 and residents having housing problems. There are applicant eligibility qualifications including income limitations, period of resident registration history, etc.

For more details, please refer to the application brochure (printed in Japanese only) .

The application chances are, in principal, announced in May, August, November and February.

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

[single-parent household, household of only elderly persons, household of handicapped person, household with many children, household with especially low-income, wheelchair user, business proprietor whose business entity is engaged in legal procedure for financial rehabilitation]

Application: Brochure with application form is available from February 4th(Mon) to 14th(Thu), 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.

Completed application form must reach JKK Tokyo Application Center by mail before February 18th (Mon).

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

Before Feb. 14th(Thu) ☎0570-010810 / Other times ☎03-3498-8894 *weekdays only.

→http://www.to-kousya.or.jp/toeibosyu/t_2012/2/index.html (in Japanese)

FEBRUARY 28th (Thu) – Due Date for Some Tax Payments

Payment for the 4th installment of Property Tax and City Planning Tax, and payment for the 8th 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 February 28th(Thu).

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

RECRUITING FAIR in HAMURA

This event welcomes those who are seeking job opportunities in *Hamura* City or neighboring areas, and it will Also provide professional counseling for jobs, life support and vocational training.

Job interviews will also be available with approximately 10 enterprises from the local area.

Date & Time: February 15th(Fri) 1:30PM ~ 4PM (Registration 1PM ~ 3PM)

Place: *Sangyou Fukushi* Center, i Hall Fee: Free *No reservation is required.

Things to Bring: Resumes, Writing Materials, and Hello Work Card (if you have one)

* Please bring enough resumes in case you are able to interview with multiple companies.

* For details of participating enterprises, please contact Hello Work *Ōme* or refer to their website.

Inquiries: *Sangyou-ka Keizai Taisaku-kakari* Ext.657, or Hello Work *Ōme* ☎0428-24-9163

< Re-employment Assistance Seminar for Middle-aged and Older People >

Date & Time: February 15th(Fri) 10AM ~ Noon Place: *Sangyou Fukushi* Center, Meeting Room on 2nd Fl.

Eligibility: Those who are looking for Job opportunities (approximately age 45 or older)

Fee: Free Capacity: First 30 applicants Instructor: Hello Work *Ōme* Counselor

How to participate: Call Hello Work *Ōme* in advance, ☎0428-24-9163.

TAX CONSULTATION for BUSINESS OWNERS

Free tax return consultation regarding income tax and consumption tax provided for local business owners.

Date: Income Tax Consultation... February 18th(Mon) ~ March 15th(Fri) weekdays only.

Consumption Tax Consultation... March 21st(Thu) and 22nd(Fri)

Time & Place: 9AM~11:30AM / 1PM~4PM, at *Hamura-shi Shoukou Kaikan* 2nd floor *Keshuu-shitsu*

Items to Bring: relevant documents sent from the taxation office in regards to the business during 2012, tax return record and financial statements of 2011, certificates for tax deductions, *Inkan* (name seal).

*If you have, please also bring the consumption tax return record filed in 2012 as well as tax return record and financial statements of 2010.

Inquiries that cannot be answered: cases regarding income from Capital Gains Subject to Aggregate Taxation (*Jouto Shotoku*), income from agriculture, tax return for income / inheritance tax / donation (gift) tax, and cases regarding a first application for the Tax Deduction For Housing Loans.

Contact: *Hamura-shi Shoukoukai* ☎555-6211

INTERNET PUBLIC AUCTION of SEIZED GOODS

Hamura City will hold a public auction of seized properties. The lot items are the goods confiscated from the original owners due to arrears in taxes. The items are listed at Yahoo *Kankouchou* Auction (官公庁オークション) site starting on February 13th(Wed) 1PM. → <http://koubai.auctions.yahoo.co.jp/>

To participate in bidding, please thoroughly read and agree with the terms and condition (available in Japanese only), and complete bidder registration specific to each lot listing.

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

Bidder Registration: February 13th(Wed) 1PM ~ 26th(Tue) 11PM Inquiries: *Nouzei-ka Nouzei-tantou* Ext168

Bidding Period: March 5th(Tue) 1PM ~ 7th(Thu) 11PM Payment Due Date: March 15th (Fri) 2:30PM

EVENT INFORMATION for CHILDREN & PARENTS

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

< Hand-made Toy Workshop ~ Straw-made Windmill ~ >

Date & Time: February 9th(Sat), ①10AM~ ②1PM~ Fee: Free Reservation: Not required

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

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

< Day-time Moon Observation >

Date & Time: February 17th(Sun), 4PM ~ 4:30PM Fee: Free *No reservation required.

Eligibility: Elementary School Students ~ 18 years old

< Astronomical Observation with Family >

Date & Time: February 17th(Sun), 7PM ~ 8PM Fee: Free *No reservation required.

Eligibility: Elementary School Students ~ 18 years old

*Junior High School students or younger children must be accompanied by an adult

*The above events will be cancelled in case of rain. *Please make sure to dress warmly for cold weather.

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

< Kids Festival "Omoshirosouh Waarudo (World of Fun)" >

There will be a Food Court, Hand Crafting Workshops, and more!!

Date & Time: February 23rd(Sat), 10AM ~ 3PM Tickets: ¥100 (Only available to first 200 visitors)

*Tickets will be sold between February 2nd(Sat) ~ 17th(Sun), at Children Centers.

*The Center will close at noon on the 22nd(Fri), and will open between 10AM ~ 3PM on the festival day.

YUTOROGI ☎570-0707

< Movie Screening for Children >

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

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

LIBRARY ☎554-2280

< Setsubun Special Story Telling Event >

February 3rd is *Setsubun*, a day before the beginning of Spring in traditional Japanese Calendar. Stories will be told in relation to the tradition of *Setsubun*, accompanied by "*Mamemaki*", the bean-throwing ritual to ward off *Oni* (orge) that bring with them calamity. Kids, beware, *Oni* may come searching for bad children!

Date & Time: February 2nd(Sat), 11AM~ Eligibility: Preschoolers ~ elementary school students

< Story Telling for Preschoolers > Date & Time: February 9th(Sat), 11AM~

< Story Telling for Elementary School Students > Date & Time: February 16th(Sat), 11AM~

*Fee and reservation are not required for these story telling events.

CHATTING PLACE for PARENTS

This month's topic is "TV/DVD Watching Habits". Feel free to join for chatting and sharing child-rearing tips! Child care volunteers will look after your children during this gathering. No reservation is required.

Place&Date: West Children Center – Feb. 8th(Fri) Time: 10:30AM~11:30AM for all dates

East Children Center – Feb. 12th(Tue)

Inquiries: *Kodomo Katei Shien Center* ☎578-2882

Central Children Center – Feb. 14th(Thu)

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 February 21st(Thu) and at West Children Center on February 22nd(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

DREAM CHALLENGE SEMINAR for CHILDREN

~ Let's Become A Florist! ~

Hamura City organizes a series of "Dream Challenge Seminar" for the local 1st ~ 9th graders through which participants can get to know the works and skills of some of the most popular professions among them. This time the participants can experience a work of a florist! Our local florist, Mr. *Yasushi Saiki* from "Sign Flower" will be the lecturer and instructor for flower arrangement.

Date & Time: February 23rd(Sat), 2PM ~ Place: *Yutorogi Sousaku-shitsu*1 Fee: ¥300

Eligibility: 1st ~ 6th graders (for 1st ~ 3rd graders, it is highly recommended to be accompanied by an adult)

Capacity: 30 people (If there are too many applicants, selection will be made by lot drawing)

How to Apply: Fill in the application form available at City Hall 2nd floor *Jidou Seishounen-ka* or each public schools by February 8th(Fri), then bring it to *Jidou Seishounen-ka Jidou Seishounen-kakari* Ext.264.

LOCAL ELDERLY CARE MANAGEMENT CENTER

"CHIIKI HOUKATSU SHIEN CENTER"

Hamura City administers *Chiiki Houkatsu Shien* Centers (Local Elderly Care Management Center) which are set up in 2 locations within the city and function as an organ that manages public supports for elderly residents so they can continue living a healthy and secure life in *Hamura City*.

In addition to counseling on matters related to life of elderly persons and managing nursing-care related local support systems, it also organizes programs for health keeping and nursing-care prevention designed for residents at age of 65 and over. The program planning sector aims to promote self-efforts in preventing heavy dependence on public/family support by providing opportunities where they can communicate, be stimulated by each other and get motivated for continuing on with an independent life.

Please feel free to phone or visit the center for consultation.

Time & Date: 8:30~5PM, Monday ~ Friday

Local Elderly Care Management Center at City Hall

within *Kourei Fukushi Kaigo-ga*, city hall 1st floor ☎555-1111 Ext.195

Districts under jurisdiction of this office: West side of *Ōme* Line railway track (*Tama* River side)

Local Elderly Care Management Center at Hamura-en

within the special nursing home for the elderly "*Hamura-en*" ☎555-8815 located at *Gonokami* 364-4

Districts under jurisdiction of this office: East side of *Ōme* Line railway track (City Hall side)

HEALTH & MEDICAL LECTURE

~ Importance of Oral Health for Elderly People ~

Date & Time: February 28th(Thu), 2PM ~ 4PM Place: *Fukushi* Center 1st floor *Dai-Kaigishitsu*

Eligibility: *Hamura* residents Capacity: first 30 applicants

Reservation & Inquiries: Please call or visit *Chiiki Houkatsu Shien* Center Ext.197 in advance.

FAMILY NURSING CARE WORKSHOP

~ Let's Meet At Friendly Gathering ~

If you are seeking for advice on nursing care of a family member having dementia symptoms, this is a good opportunity to meet and talk with others with similar situation. Feel free to join and share some information.

Date & Time: February 26th(Tue), 1:30PM~3PM Place: *Iko no Sato* 2nd floor *Kaigishitsu*

Eligibility: *Hamura* residents taking care of elderly family member(s) Capacity: about first 10 applicants

Reservation & Inquiries: Please call or visit *Chiiki Houkatsu Shien* Center Ext.197 in advance.

SIGN UP for "IKI IKI KOUZA"
CULTURE COURSES for SENIOR LIFE!

Having hobbies is one of the keys to health and longevity. Find and develop new hobbies while making new friends and having a lot of fun through these classes!

Class Term: April 2013 ~ March 2014 Course Fee: Free *Each student must pay for class materials.

Place: *Iko no Sato* Eligibility: *Hamura* Residents who are 60 or older as of April 1, 2013

Application: Application Period...February 18th(Mon) ~ March 3rd(Sun), 9AM~4PM, visit directly to *Iko no Sato*.

*No application via telephone, please.

*Accepting one course application per person (except Social dance and Magic courses)

*If applications exceed the capacity, students will be selected by lot drawing. The drawing result will be notified by sending a postcard after March 22nd(Fri).

*In addition to the following classes, there are some more classes provided by former class graduates. If you are interested, please contact us.

Class Details			
Class Name	Date & Time	Capacity	Instructor
Japanese Pottery for Beginners	Every 1 st , 2 nd , and 3 rd Mondays, 10AM~Noon	25	Mr. <i>Kiyotaka Watabe</i>
Japanese Flower Arrangement for Beginners	Every 1 st , and 3 rd Mondays, 10:30AM~Noon	20	Ms. <i>Fumiko Kawai</i>
<i>Suibokuga</i> (Ink Painting) for Beginners	Every 1 st , and 3 rd Tuesdays, 10AM~Noon	30	Ms. <i>Tomoko Okimoto</i>
Pottery for Beginners	Every 1 st , and 3 rd Tuesdays, 10AM~1PM	20	Mr. <i>Yoshio Tamura</i>
<i>Shippouyaki</i> (Cloisonné) for Beginners	Every 1 st , and 3 rd Wednesdays, 10:30AM~0:15PM	20	Ms. <i>Tamiko Morita</i>
<i>Taishou Koto</i> (Japanese Harp) for Beginners	Every 1 st , and 3 rd Thursdays, 9:30AM~Noon	30	Ms. <i>Sueko Tanaka</i>
Water Color Painting for Beginners	Every 2 nd , and 4 th Tuesdays, 9:30AM~11:30AM	30	Mr. <i>Atsuhiko Sakai</i>
<i>Shodou</i> (Japanese Calligraphy) for Beginners	Every 1 st , and 3 rd Fridays, 10:30AM~Noon	25	Ms. <i>Yoshimi Tamura</i>
<i>Haiku</i> (Syllabic Poem) for Beginners	Every 1 st , and 3 rd Wednesdays, 10AM~Noon	20	Mr. <i>Kouichirou Sugihara</i>
Social Dance	Every 1~4 th Fridays, 10AM~Noon	40	Mr. <i>Shuujirou</i>
Magic	Every 2 nd , and 4 th Fridays, 1:15PM~3:30PM	20	<i>Watanabe</i>

~ Iki Iki Ten ~ Exhibition of Works from Senior Culture Courses

Date & Time: March 1st(Fri) ~ 3rd(Sun), 9AM ~ 4PM (Until 3PM on 3rd(Sun)) *No reservation required.

Place: *Iko no Sato* Admission: Free Inquiry: *Iko-no Sato* ☎578-0678 *Please bring indoor shoes.

*There will be a Tea Ceremony performance on 2nd(Sat), 10AM ~ 1PM. Free *Maccha* tea served.

*There will be a Magic Show on 2nd(Sat), 1PM ~ 2PM.

SWIMMING CENTER ☎579-3210

< In-Water Walking Exercise Class >

Date & Time: February 27th(Wed), 1PM ~ 1:50PM Place: Swimming Center

Eligibility: Anyone who is 16 years or older Capacity: First 20 applicants

Fee: Hamura residents & workers ¥400, Others ¥600 (Insurance & admission fee are included)

Things to bring: Swimsuit, Swimming cap, and Towel Instructor: NPO Hamura-shi Taiiku Kyoukai

How to Apply: Visit the Swimming Pool Front Desk between at 11:50AM ~ 12:50PM.

SWIMMING CENTER CLASS GUIDE

Class Name	Eligibility	Date & Time	Capacity	Fee
Easy Swim & Healthy Walking Class *No reservation required	20 years or older	Every Tuesday between March 5 th ~ 26 th (4 times) 1PM ~ 1:50PM	20	¥2,000
Swimming Class for Pre-Schoolers (Wednesday Class)	4 ~ 6 years old	Every Wednesday between March 6 th ~ 27 th (4 times) 3PM ~ 3:50PM	20	¥3,500
Swimming Class for Pre-Schoolers (Thursday Class)	3 ~ 6 years old	Every Thursday between March 7 th ~ 28 th (4 times) 3PM ~ 3:50PM	20	¥3,500
Swimming Class for Pre-Schoolers (Friday Class)	4 ~ 6 years old	Every Friday between March 1 st ~ 22 nd (4 times) 4PM ~ 4:50PM	20	¥3,500
Swimming Class for Children (Wednesday Class)	Elementary School Students (※)	Every Wednesday between March 6 th ~ 27 th (4 times) Beginners class... 4PM ~ 4:50PM Intermediate class... 5PM ~ 5:50PM	40 per class	¥3,000
Swimming Class for Children (Friday Class)	Elementary School Students (※)	Every Friday between March 1 st ~ 22 nd (4 times) ①Beginners & Intermediate...5PM~5:50PM ②Intermediate & Advanced...6PM ~ 6:50PM	① 40 ② 20	¥3,000
Swimming Class for Children (Saturday Class)	Elementary School Students	Every Saturday between March 2 nd ~ 23 rd (4 times) A... 11AM ~ 0:50PM / B... 2PM ~ 3:50PM	100 per class	¥3,500
Swimming Class for Children (Sunday Class)	Elementary School Students	Every Sunday between March 3 rd ~ 24 th (4 times) Beginners & Intermediate 11AM ~ 0:50PM	20 per class	¥3,500
Swimming Class for Adults	Junior high school student or older (※)	Every Sunday between March 3 rd ~ 24 th (4 times) 7PM ~ 8:50M	40	¥3,500

※Students attending a class ending after 5PM must be accompanied by an adult over 16 years old.

How to apply: Between February 3rd(Sun) ~ 17th(Sun), 9AM ~ 10PM, fill in an entry sheet available at the Swimming Center or Sports Center, and submit in person to Swimming Center.

*Class fee is for all 8 times including admission and insurance, unless otherwise noted.

*For more information, please contact Swimming Center or check its' website (in Japanese).

< **Do not forget! Immunizations for Children** >

There is limited time period to get these immunizations covered by full public subsidy. Please make sure to get it done in time, otherwise, parents will need to pay the vaccination fee in full. Appointment is generally necessary for these vaccinations. Please make an appointment at the earliest opportunity, as demand for the appointment at medical facility goes higher towards the end of fiscal year (March).

Measles and Rubella

1st dose: 1~2 years old

2nd dose: for those born between April 2, 2006 ~ April 1, 2007

3rd dose: for those born between April 2, 1999 ~ April 1, 2000

4th dose: for those born between April 2, 1994 ~ April 1, 1995

*Full subsidy coverage for the 2nd, 3rd, and 4th dose for these applicable children are available until March 31st.

Diphtheria-Tetanus vaccine(DT)

11 ~ 13 years olds

Diphtheria Pertussis Tetanus vaccine(DPT)

3 months old ~ 7 years and 5 months old

Polio ポリオ

3 months old ~ 7 years and 5 months old

*Polio vaccine was switched to live vaccine as of September 2012. Depending on how many times your child has taken the vaccine before then, the time he/she will be taking live vaccine differs.

Japanese Encephalitis Vaccine 1st Dose

3 years old ~ 7 years and 5 months old

*For those who were born between June 1st 1996 ~ April 1st 2008, they will be, if taking the vaccination before 2 days prior to their 20th birthday, able to receive a full subsidy for both the 1st and 2nd doses.

< **DTPP Combination Vaccine for Children** >

Due to the shortage of combination vaccine, DTPP combination immunization was only available to the children who were born after August 1st 2012. But now we obtained more vaccine and it will be available to more children. If you wish to have your child vaccinated with DTPP, please bring *Boshi Kenkou Techou* (Maternal and Child Health Handbook) to *Hoken* Center. We will issue a ticket to receive vaccination.

Please also be informed that DTPP immunization is still not available to many people.

Eligibility: Those who has never had DPT and polio vaccine

< **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... March 7th(Thu) - Lecture by a midwife,

Day2... March 14th(Thu) - Lecture by OB/GYN doctor and Dietician

Day3... March 28th(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.

< **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, are ① age 65 or older, or ② age 60~65 and posses a physical disability certificate due to either cardiac/kidney/respiratory disorder or immunological disorder from AIDS.

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

Capacity: First 89 applicants Place: Designated hospital/clinic

Application period: Starting February 4th(Mon) ~ How to apply: Fill in the application form and bring it to *Hoken* Center. Application form is available at *Hoken* Center, city hall lobby, city hall branches.

< **Healthy Cooking Class ~ Preventing Dyslipidemia ~** >

Introducing recipes for people who have many restrictions with their diet, especially due to the cholesterol and neutral fat problems. Join and learn the ways to turn your favorite ingredients into healthy dishes.

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

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

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

How to apply: Starting February 1st(Fri), call or visit *Hoken* Center.

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

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
3 rd (Sun)	<i>Hamura Sougo Shinryoujo</i>	554-5420	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Takada Shika Iin</i>	555-5903
10 th (Sun)	<i>Takiura Iin</i>	555-2655	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Tsushima Shika Iin</i>	579-1800
11 th (Mon) Holiday	<i>Yokota Clinic</i>	554-8580	<i>Nanohana Clinic (Mizuho-machi)</i>	557-7995	<i>Fukutome Shika Iin</i>	555-7064

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

NOTIFICATION OF MEDICATION COST DIFFERENCE OF INNOVATOR/GENERIC DRUGS

Notification of Medication Cost Difference with Generic Drugs (ジェネリック医薬品利用差額通知書) were mailed out to applicable residents who are National Health Insurance member and were prescribed brand-name drugs for their medication in the month of November 2012.

This notification lists the names and patient's cost of purchased medicines, and also informs the cost difference between the generic products and brand-name products for those medicines (cost difference is stated only when it is over ¥100). The stated cost difference is the amount the patient would be able to save if he/she changes their prescription drugs to generic drugs by requesting so at a medial institution.

This notification is issued for the purpose of raising public awareness on the generic drugs. There are no procedure required to be taken regarding this notification.

~ **Why not switch your medication to Generic Drug?** ~

Generic drugs are considered identical to the brand-name counterpart in efficacy, safety, dose, strength, route of administration and intended use, and are available at more affordable price.

Switching the medication from brand name drug to generic drug, especially in long term use, may greatly reduce the medical cost for patients, as well as the insurance expenditure from health insurance fund.

Please do not hesitate to consult with your doctor or pharmacist if you prefer to be prescribed a generic drug.

Inquiries: *Shimin-ka Hoken-kakari* Ext.129

PUBLIC CONSULTATIONS
Schedule of February

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠	8 th (Fri), 22 nd (Fri)	1:30pm ~ 3:30pm	Please make an appointment for an interpretation service (in Spanish, English, Korean)
Traffic Accident ㉠	Feb. 6 th (Wed), Mar. 6 th (Wed)	1:30pm ~ 4:30pm	
Japanese Law ㉠	Feb. 7 th (Thu), 15 th (Fri), 23 rd (Sat) Mar. 7 th (Thu), 15 th (Fri), 23 rd (Sat)	Thu & Fri 1:30 ~ 5pm Sat. 9:30am ~ 1pm	
Public Administration and Human Rights	21 st (Thu)	1:30pm ~ 4:30pm	<i>Shimin Soudan-shitsu</i> city hall ext.199
Tax ㉠	Feb. 5 th (Tue), Mar. 26 th (Tue)	1:30pm ~ 4:30pm	
Finance ㉠	12 th (Tue)	2pm ~ 4pm	<i>Shoukoukaikan</i> 555-6211
Health	14 th (Thu), 28 th (Thu)	1:30pm ~ 3pm	<i>Hoken Center</i> city hall ext.624
Consumer's Affairs	Mon ~ Fri	9am ~ Noon 1pm ~ 4pm	<i>Shouhi Seikatsu Center</i> city hall ext.641
Women's Affairs ㉠	at <i>Fussa</i> City Hall 13 th (Wed), 27 th (Wed)	9am ~ 1pm	<i>Shimin Soudan-shitsu</i> city hall ext.199
	at <i>Hamura</i> City Hall 6 th (Wed), 20 th (Wed)	1:30pm ~ 4:30pm	<i>Kouhou Kouchou-kakari</i> city hall ext.339
Single-Parent Family Independence Support	Mon ~ Fri	8:30AM ~ 5PM	<i>Kosodate Shien-ka</i> city hall ext.239
Education ㉠	Mon ~ Fri Weekend by appointment only	9am ~ 6pm	<i>Kyouiku Soudan-shitu</i> 554-1223
Welfare Legal Consultation ㉠	27 th (Wed)	1:30PM ~ 4:30PM	<i>Fukushi Center</i> 554-0304
Handicapped Residents	General Counseling Mon~Fri	8:30AM ~ 5:15PM	<i>Shougai</i> sha Chiiki Katsudou Support Center 'Aoba' 555-1210 Toll Free Dial 0120-294-992 or 'Aoba' 555-1210
	Physical Handicap 23 rd (Sat)	1pm ~ 4pm	
	Mental Handicap 26 th (Tue)		
▽ Child Rearing Consultations Available Daily ▽			
Mon ~ Fri	8:30am ~ 5:00pm	At City Hall	<i>Kodomo Katei Shien Center</i> 578-2882
		At Nursery Schools	<i>Higashi Hoikuen</i> 554-2154, <i>Sakura Hoikuen</i> 554-2046, <i>Nishi Hoikuen</i> 554-4507, <i>Shiraume Hoikuen</i> 555-1019, and Private Nursery Schools <u>Web Map:</u> http://www.city.hamura.tokyo.jp/0000000466.html
Mon Wed Fri	9am ~ Noon	At	<i>Nishi Jidoukan</i> 554-7578
Tue Thu Sat		Children	<i>Chuuou Jidoukan</i> 554-4552
Tue Fri Sun		Centers	<i>Higashi Jidoukan</i> 570-7751

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