

HAMURA NEWS

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HAMURA FLOWERS & WATER FESTIVAL 2013

March 29th (Fri) ~ April 25th (Thu)

See details on page 2~3 →

SEASONAL WALKING EVENT ~ Spring ~

***Kokubunji* - place of spring water and culture**

This time the walking course will take place around JR *Kokubunji* Station. The course starts from the north entrance of the station and walk about 5km to the entrance of *Toritsu Tonogayato Teien* Park. On the course you will see many historic remains like *Sugatamino Ike* Pond, *Musashi Kokubunji* Park, *Kokubunji Yakushidou* Hall, *Kokubunji Nioumon* Gate, *Otaka-no-Michi* Path, and *Masugata-no-Ike* Natural Springs Cluster.

After you arrive at the goal point, you can have a great time in *Tonogayato Teien* Park (entrance fee required).

Date & Time: March 30th (Sat) 9:30AM ~ around Noon (The event will be held in light rain or shine)

Meeting Time and Place: 9AM ~ 9:15AM, at Square below the *Kokubunji* station north entrance staircase

*Advance registration is not necessary. *Please be dressed suitable for walking.

*Train Route (example): Take an *Ome Tokkai* special rapid train from *Ozaku* Station at 8:43AM, or *Hamura* Station at 8:46AM which will take you straight to *Kokubunji* (¥380 from *Ozaku*, ¥290 from *Hamura*).

*Event staff will be at the gate of JR *Ozaku* and *Hamura* station

Eligibility: Anyone, 1st grader or older (elementary school children must be accompanied by an adult over age 16)

Fee: ¥300 (collected upon arrival, including insurance, not including transportation and lunch)

Things to bring: Mobile phone (if you have one), Drink, rain gear and copy of health insurance card

Contact Number on the event day: 080-4325-1295 (8AM ~ until the end of event)

Co-hosted by: *Hamura-shi Kyouiku Iinkai*, *Hamura Sports Promotion Committee*

Inquiries: Sports Center ☎555-0033

THE GREAT EAST JAPAN DISASTER PANEL EXHIBITION

It has been 2 years since the Great East Japan Disaster occurred. As part of our recovery support activities and to make efforts to not let the precious lessons fade away, we will hold a panel exhibition event.

Date & Time: Until March 21st(Thu), 8:30AM ~ 5:15PM Place: City Hall 1st floor Lobby Admission: Free

*No reservation is required Inquiry: *Kikaku Seisaku-ka Kikaku Seisaku Tantou* Ext.314

SPORTS CENTER WILL REOPEN

The Sports Center has been closed since September 1st, 2012 due to renovation works. As the construction has ended, the center will be reopened. Halls 1, 2, and 3, the Meeting room, Ping-pong Room, and children's room will newly open. *Night time training programs will start soon.

Opening day: April 2nd(Tue) ~ Opening hours: 8:40AM ~ 10PM Inquiry: Sports Center ☎555-0033

HAMURA FLOWERS & WATER FESTIVAL 2013 March 29th (Fri) ~ April 25th (Thu)

Hosted by: Hamura City Tourism Association ☎555-9667

Sponsored by: Hamura City, Hamura City Society of Commerce and Industry, Embassy of the Kingdom of the Netherlands Agriculture, Nature, and Food Department

Co-sponsored by: Tama Cable Network Corporation, Kamera no Kitamura Co.,Ltd. Hamura Shop

Inquiries: Hamura-shi Kankou Kyoukai ☎555-9667, Sangyou-ka Shoukou Kankou-kakari Ext.658

◀ SAKURA FESTIVAL ▶

Enjoy a walk or picnic under 200 blooming *Sakura* (cherry blossom) trees by *Hamura-Seki* (water intake sluice) and along the *Tamagawa Jousui* (water supply canal) in daylight and with night illumination!

Festival stalls of local souvenirs, hot meals, sweets, games and toys will all line up on the *Sakura* promenade!

Date: March 29th(Fri) ~ April 15th(Mon) Time: 10AM~8:30PM *Night Illumination is 6PM~8:30PM

Place: from The *Hamura* Sluice to *Sakura* tree-lined promenade along the *Tamagawa Jousui* canal.

- ❖ **Opening Ceremony** March 30th(Sat), 2PM~, In front of the Statue of *Tamagawa* Brothers
- ❖ **Nodate (Outdoor Tea Ceremony) accompanied by Japanese Harp Live Music**
March 31st(Sun), 10AM~, By the Statue of *Tamagawa* Brothers, ¥100 for a cup of freshly served *Maccha*
- ❖ **Ashiyu (Foot Bath)** Fri. & Sat. & Sun. between March 29th(Fri) ~ April 14th(Sun), 10AM~4PM
Foot bath booth will be located in the Promenade near *Hamura* Bridge
- ❖ **Free Entry to Hamura Zoo** April 7th(Sun), 9AM ~ 4:30PM
There is a 100-meter *Sakura* tree-lined promenade in the zoo!
- ❖ **Sakura Festival at Hino Motors Hamura Factory 50th Anniversary**
Enjoy the Anime Characters Show, Hino Trucks Exhibition, and the factory test course ride.
Date & Time: April 6th(Sat), 10:45AM~3PM (Cancelled if rain) Place: *Hino Motors Hamura* Factory
- ❖ **Spring Festival at Shrines in Hamura City**
Night Festival... April 13th(Sat), Main Festival... April 14th(Sun)
- ❖ **Japanese Floats "Dashi" Parade** April 13th(Sat) 3PM~, JR *Hamura* Station West Exit Rotary
- ❖ **Yakumo Shrine's Mikoshi River Crossing** April 14th(Sun), about 11AM~, near *Sekishita* Bridge

◀ TULIP FESTIVAL ▶

Come to the famous *Hamura* Tulip Field and enjoy 400,000 colorful tulips of 33 different varieties!!

Date & Time: April 10th(Wed) ~ 25th (Thu), 10AM~5PM

Place: *Negarami Mae Suiden* (the site turns to a rice paddy field after the tulip season)

- ❖ **Double Water Wheels on exhibit**
Tourism Association members have hand-made Double Water Wheels to demonstrate how they work!
Place: *Hane Yousuiro* (irrigation canal running on the river side of tulip field)
- ❖ **Hamura Promotional Shop**
Date: April 13th(Sat), 14th(Sun), 20th(Sat), 21st(Sun) *canceled in rain
Time: 10AM~4PM Place: *Suijou Kouen* Water Park

◀ 2013 SPECIAL PROMOTIONS ▶

- ❖ **Hamura-Hokuto Sister Cities Collaboration Campaign**
Collaboration Gourmet Sale - Saturdays and Sundays during both flower festivals at event sites.
Popular products and famous soft ice cream from *Hokuto* City can be enjoyed everyday during the Tulip Festival - April 10th(Wed) ~ 25th(Thu).
- ❖ **Special Sale of Hand-made Goods from Tohoku**
Tohoku Tsunami refugees living in the temporary housings in *Minami Sanriku*, *Miyagi* prefecture, have created wonderful hand-made goods! Hurry, the sales will close as soon as items sell out for the day.
at *Sakura* Festival: April 13th(Sat), 14th(Sun), 10AM~8:30PM
at *Tulip* Festival: 20th(Sat), 21st(Sun), 10AM~5PM

HAMURA FLOWERS & WATER FESTIVAL 2013

Transportation and Parking Information

▶ Free Shuttle Bus will not be available for this year's festival

The shuttle bus service for the event is no longer available. Please use the community bus *Hamuran*.

▶ Let's use Community Bus *Hamuran* to get to the events!

During this festival, heavy traffic is expected around the event sites. If walking to the sites is difficult for you, please use community bus *Hamuran* to get to the festival sites. We appreciate your cooperation.

- To Sakura Festival, take *Hamura Nishi*(羽村西) Course and get off at *Hamurabashi*(羽村橋) bus stop.
- To Tulip Festival, take *Hamura Nishi* Course or *Ozaku*(小作) Course and get off at *Rinji*(臨時) bus stop.

**Hamuran* will not stop at *Ippouin*(一峰院) and *Iko-no-sato*(いこいの里) on during Tulip Festival period.

▶ JR 'Holiday Kaisoku Okutama' Express Train will make a stop at *Hamura*

The express trains will make a special stop at JR *Hamura* Station during the Flowers & Water festival. Saturdays and Sundays between March 30th ~ April 21st.

▶ Designated Event Parking ¥500/day (Site Maintenance & Service Charge)

for Tulip Festival... *Miyanoshita* Sports Ground Temporary Parking Site

for *Sakura* Festival... there will be two temporary parking sites near the festival site and promenade.

- Site1: under *Hamura Ohashi* Bridge(羽村大橋) down from *Okutama Kaidou* Road(奥多摩街道)
- Site2: near the Temporary Parking Site1. See the map on *Hamura News* Japanese Edition page 3.

*These parking sites may get fully occupied easily. Using bicycle or public transportation is recommended.

HAMURA FLOWERS AND WATER FESTIVAL PHOTO CONTEST 2013

Theme: any sakura, tulip or festival scenes taken during this year's festival period

Requirements: any print method except a domestic inkjet print-outs / cabinet up to quarto size

Awards: Best Award (1), 1st runner ups (3), *Nyuusen* prize (5), and *Kasaku* prize (10)

*For more information see *Kankou Kyoukai* website or brochure distributed at *Kankou Kyoukai* Office.

Inquiry: *Kankou Kyoukai* ☎555-9667

TULIP OWNERS WANTED!

Please join the ownership to support the *Hamura* Tulip Field for next year's festival.

During *Hamura* Flower & Water Festival, you can apply for the ownership at the Headquarter Tent.

Share Types & Co-sponsor Fee (per share): individual ¥500, group/corporate ¥10,000

VOLUNTEERS WANTED for HAMURA TOURISM ASSOCIATION

Hamura Tourism Association (*Kankou Kyoukai*) organizes various events, such as the "*Hamura* Flowers and Water Festival", "Flowers Contest", and "Tulips Ownership". If you are interested in participating in these events as a volunteer, please contact us!

Inquiry: *Kankou Kyoukai* ☎555-9667

Spring Walking Event " EKIKARA HIKING "

~ walk along *Sakura Kaidou*, and visit *Sake* Brewers in *Fussa* ~

In this course, participants will start out from *Hamura* Station, walk on *Sakura* Promenade along *Tama* River, visit sake brewers in *Fussa* (*Tamura Shuzou* & *Ishikawa Shuzou*), then hike all the way to *Hajima* Station.

Date & Time: April 5th(Fri) 9:30AM ~ *Advance registration is required to participate.

Hosted by: JR East Japan *Hachioji* Office, *Seibu* Railway, *Tama Toshi* Monorail, *Utsukushii Tama* River Forum
Application / Inquiry: by April 2nd(Tue) call the promotion office ☎03-5719-3777, or apply via JR East Japan website (Japanese only) → <https://www.jreast.co.jp/hiking/evdetail.aspx?EvCd=1304051403301>

< also enjoy "Fun Market" >

Patrol Center *Hamura*, where the hiking course starts, will open a market on the event day. *Hamura* local products, snacks and lunch boxes will be sold. To the Center, exit the station building to west rotary by escalator, and walk on a street towards intersection with traffic lights (sign羽村駅前), and continue straight for another 100 meters. The center's black wall shop will be on the left side.

Date & Time: April 5th(Fri), 9AM ~ Place: *Shimin* Patrol Center *Hamura*

Inquiry: *Hamura-shi Shougyou Kyoudou Kumiai* ☎555-5421 / *Sangyou-ka Shoukou Kankou-kakari* Ext. 658

Public Lecture ~ TRAFFIC SAFETY AND REGULATIONS ~

Date&Time: March 21st(Thu) and 22nd(Fri) 7PM ~ 8PM (doors open at 6:30PM) Place: *Yutorogi* small hall

Capacity: 250 people *Reservation and admission not required *Parking space is limited

Inquiries: *Bousai Anzen-ka Koutsuu Bouhan-kakari* Ext.216

HAMURA WELFARE CHARITY GOLF TOURNAMENT

Date: May 17th(Fri) Place: *Tachikawa Kokusai* Country Club

Capacity: First 240 applicants Charity Holes: 2 holes per course

Fees: ① Entry Fee: ¥2,000 / player *A golfcar must be used on every course.

② Play Fee: Visitor's fee... *Kusabana* Course ¥16,100, *Okutama* Course ¥14,600

Member's fee... *Kusabana* Course ¥11,000, *Okutama* Course ¥11,000

Okutama Tomono-kai member's fee... ¥12,000 *Okutama* Course only

*Entry Fee is Not refundable if cancelling after April 19th(Fri), or if the tournament is rained out.

*Those 70 years old or older are exempt from the golf course utilization tax with presentation of ID.

How to apply: Submit an entry sheet to *Fukushi* Center during March 18th(Mon) ~ April 19th(Fri)(except weekends and national holiday), 9AM ~ 4:30PM. The entry sheet is available at *Fukushi* Center, Commerce and Industry Hall, financial institutions in *Hamura*, and local golf practice facilities.

Hosted by: The 16th *Hamura Shimin Fukushi* Charity Golf Tournament Committee

Contact: *Jikkou Inkai* Office ☎554-0304

SWIMMING CENTER ☎573-3210

< Aquabics (In-Water Aerobics) >

Can't swim? Don't worry. Let's have fun exercising in the water!

Date & Time: Every Thursday between April 11th and May 30th, 3PM~3:50PM

Eligibility: Anyone 16 years old and older Capacity: First 35 people

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

Items to bring: Swimsuit, swimming cap, and towel Instructor: *Hamura-shi Taiiku Kyoukai* Sports Trainer

How to attend: Please come to the Swimming Pool Front Desk between 1:50PM ~ 2:50PM on the class day.

< New Class starting in April -- Martial Arts >

Simple exercise combining movement of Karate, Kick boxing, and fitness. Beginners are welcome too!

Date & Time: Every Friday, 7PM ~ 8PM *No class on national holiday.

Place: 2nd floor training room Fee: ¥800 per class *Free class on April 5th(Fri) and 12th(Fri)!

Capacity: First 20 people Things to bring: Exercise clothes, drink, towel, and indoor exercise shoes

How to apply: No reservation is required. Show up in front of sauna front desk before class time.

JURAKU-EN "OKONOMI KOUZA" NEW STUDENTS ARE WELCOME

Having hobbies is one of the important tips to live a healthy long life. Signing up for these activities is a great opportunity to learn or improve your skill, and make new friends!

Class Season: April 2013 ~ March 2014 Place: *Juraku-en* (located at *Midorigaoka* 5-2-6)

Eligibility: *Hamura* residents 60 years or older as of April 1st 2013 Fee: Free (except materials fee)

How to apply & Inquiry: Between March 15th(Fri) ~ 25th(Mon) (except Saturday, Sunday, and holiday) 8:30AM ~ 5PM, call or directly visit *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari* Ext.177.

Class	Day	Time	Capacity
<i>Minyou</i>	Tuesday	1PM ~ 3:30PM	First 10 applicants
<i>Igo</i> (beginners)	Friday	10AM ~ Noon	First 10 applicants
<i>Shougi</i> (beginners)	Friday	1PM ~ 4:30PM	First 10 applicants
<i>Kadou</i>	1 st and 3 rd Thursday	9:30AM ~ Noon	First 15 applicants
<i>Hyakunin Isshu</i>	1 st and 3 rd Wednesday	10AM ~ 0:15PM	First 20 applicants

HAMURA CITY GARBAGE COLLECTION CALENDAR FY2013

Along with *Hamura* News Japanese Edition March 15th Issue, a new *Hamura* City Garbage Collection Calendar (資源収集カレンダー) was distributed for the fiscal year 2013 (from April to March). Please make sure to follow the categorization rule. Thank you for your cooperation on waste reduction and resource recycling.

* Copies of *Hamura* City Trash Recycling Manual in English, Spanish, Tagalog, Chinese, Korean or Portuguese, are available at city hall 2nd floor 7th counter and online → <http://www.city.hamura.tokyo.jp/0000000462.html>

Please Note: the collection rule of mirrors has been changed since the issuance of the manual. Under the current regulation, mirrors (formally hazardous trash, 2007 edition page 20) must be now disposed as non-burnable waste (refer to the manual on page 18).

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

TRASH DISPOSAL OPTIONS BEFORE MOVING

Spring in Japan is the peak season for moving. Those who are planning to move out Hamura City, please be advised to arrange activities so to take out trash on normal collection days by category. Mind especially the once-a-month collection date for Hazardous Trash, Non-burnable Trash and Metal Trash. If circumstances dictate that a collection day for those categories will not occur prior to your move, please consider the following disposal options. Inquiry: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari* Ext.205

■ Home Collection by appointment

Call and make a pick-up appointment with *Hamura* City Oversized Trash Center ☎570-7733.

The handling fee is ¥200 (in form of a *Haikibutsushori-ken* adhesive ticket 廃棄物処理券) per bag with weight less than 10kg. The bag can be any but the city-designated yellow trash bag, with up to 45 liters capacity.

■ Carry-in Collection

Bring the trash to *Hamura* City Recycle Center ☎578-1211. Appointment and city-designated trash bag are not necessary. The handling fee is ¥100 per 5kg, charged by the increment of 5kg, and to be paid on the site.

TEMPORARY CLOSURE of PUBLIC FACILITY RESERVATION SYSTEM

The booking system will be closed for April 1st being Monday and it is also *Yutorogi's* closing day.

Reservations cannot be made... April 1st(Mon) 0:00AM ~ 2nd(Tue) 9AM

Reservation status cannot be browsed... March 31st(Sun) 5PM ~ April 2nd(Tue) 8:40AM

Drawing result for booking will be announced on April 2nd(Tue) 8:40AM

For more information, please call *Yutorogi* ☎570-0707

Sale Disconnection of YŪ YŪ CARD

And Introducing New "4 FACILITIES COMMON COUPON"

Notice to residents who have a *Yū Yū* Card for admission discount at some city public facilities. The cards will no longer be sold after March 2013, but it will continue to be accepted for payments until March 31st 2014.

Inquiry: Sports Center ☎555-0033

4 Facilities Common Coupon (4施設共通利用回数券)

Starting on April 2nd(Tue), the new "4 Facilities Common Coupon" will be sold and accepted for discounted fee payment at Sports Center, Swimming Center, *Suijou Kouen* Water Park, and *Hamura* Zoo.

There are 5 types of coupons; ¥10, ¥50, ¥100, ¥300, ¥400. Each type is sold as a set of 11 coupons for the price of 10, which lets you save 10% every time you use these coupons!

Exchanging your Yū Yū Card

The remaining balance of your *Yū Yū* Card can be exchanged to the 4 Facilities Common Coupons between April 2nd 2013 ~ March 31st 2015 at any of the 4 facilities where the new coupons are accepted.

You will receive new coupons at value equivalent to the remaining balance of your *Yū Yū* Card.

FAMILY SUPPORT CENTER
Service Users and Supporters Welcome!

Family Support Center is a local membership organization where members help each other by supporting parental care. Beneficiary members can use support service for baby-sitting and picking up children from a care center. Supporting members, who wish to contribute to the community by supporting busy parents, can provide help with the mentioned temporary child care whenever they are available to do.

Currently we are accepting new member applications. Please feel free to inquire about the membership.

Eligibility: Beneficiary Member... parents of child(ren) at age 6 months up to 3rd grade,

Supporting Member... those who are age 18 years or older with good health and spirits

Fees: Mon.~Sat. 9AM~5PM... ¥700/hour, Other time frame...¥850/hour, Sunday & Holiday... ¥850/hour

Application / Inquiry: Call or visit Family Support Center ☎554-0304 within *Shakai Fukushi Kyougikai*.

*in case of a sudden need of temporary childcare service, please consult *Kodomo Katei Shien Center* ☎578-2882.

“KIRAKIRA HIROBA” APPLICATION STARTS SOON

KiraKira Hiroba is a children's activity club for infants who has not yet joined a nursery/kindergarten.

Activity Period: May ~ February 2014 Capacity: 20 each group Fee: ¥5,000 (Annual)

Clubs & Schedule: East (*Higashi*) Children Center... Every Tuesday, 10:30AM ~ 11:30AM

Central (*Chuuou*) Children Center... Every Tuesday, 10:30AM ~ 11:30AM

West (*Nishi*) Children Center... Every Friday, 10:30AM ~ 11:30AM

Eligibility: Children 2 years old as of April 2nd 2013 who has not yet entered a nursery/kindergarten

Application & Brochure: To get a brochure or to apply, visit your desired Club (Children Center). Application is accepted from April 3rd(Wed) until 15th(Mon) at Noon. *Apply to only one club.

If applicant number exceeds the capacity, club members will be selected by an open drawing.

Schedule for Open Drawing & New Member Meeting: The drawing will start at 10:30AM, and the meeting will take place following the drawing result announcement. If you are selected, be sure to attend the meeting.

Central Children Center and East Children Center ...April 23rd(Tue) / West Children Center...April 19th(Fri)

NATIONAL HEALTH INSURANCE ELDERLY MEMBER CARD

The plan to increase the National Health Insurance Self-pay Percentage for elderly residents at age 70~74, from current 10% to 20%, which was to take effect from April, will be postponed for another year.

Therefore, new National Health Insurance Elderly Member Card (国民健康保険高齢受給者証) will be issued with validity from April 1st ~ July 31st 2013 (as to cover the extended program period until the regular annual card renewal in August) and mailed to the insured persons. It is recommended to discard or return the current card to city hall *Hoken Nenkin-ka* immediately after April 1st in order to avoid mishandling new and old cards.

*Those at age 70~74 who have income at fulltime employment level are not subject to this medical program.

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

DONATE YOUR RETIRED FALSE TEETH

Hamura City is collecting used false teeth by placing collection boxes around the city. Collected false teeth will be processed for resource recycling by NPO organization *Nihon Ireba* Recycle Association. Part of the profit from recycling will be donated to *Hamura* City and UNICEF and used for various welfare activities.

Collecting Item: False Teeth with metal parts Inquiry: *Shakai Fukushi-ka Shomu-kakari* Ext.112

How to donate: ①Clean false teeth and sanitize with boiling water or cleaning solution ②Wrap cleaned false teeth with thick paper such as newspapers, then put it in a plastic bag ③deposit the bag in collection box

Box Locations: City Hall 1st floor lobby, *Hoken Center*, *Ikoji-no Sato*, and *Fukushi Center*

NATIONAL HEALTH INSURANCE (*Kokumin Kenkou Hoken*)

Is your registered information updated?

If any of the following cases apply to you that concern your registered details for National Health Insurance, please report to *Shimin-ka Hoken-kakari* at city hall 1st floor within 14 days from the occurrence of the case. Delayed report without any approved reason may result in a denial of insurance benefit for self-paid medical expense occurred prior to updating the registration details.

-- Your National Health Insurance Registration Detail need to be updated, If you

- change home address/your name/name of the householder
- move to or move out of *Hamura* City
- change home address due to schooling
- have a new child
- start/stop receiving Welfare Assistance
- subscribe to or withdraw from other health insurance
- lost or damaged your NHI card severely

* In case a death of an NHI policy holder, his/her family member must report of the death.

* In principal, a new NHI card is to be mailed to a holder. However, if you wish to obtain a new card at a counter service, please bring your Driver's License, Passport or Alien Registration Card for an identification.

Inquiries: *Shimin-ka Hoken-kakari* Ext.128

APPLICATION for CHILD MEDICAL CERTIFICATE 子 医療証

If your child will enter an elementary school first grade in April 2013, please file an application at *Kosodate Shien-ka* for a Child Medical Certificate (子 医療証). Please note that, for those children, Infant Medical Certificate (乳 医療証) will expire on March 31st(Sun) 2013, and it needs to be returned to the city.

The Child Medical Certificate application form and the subsidy guideline brochure will be mailed to the homes of applicable children in early March.

If the application is filed between March 11th(Mon) ~ April 30th(Tue), the new certificate will take effect from April 1st(Sun), otherwise, it will take effect from the date on which the application is received.

Kosodate Shien-ka: Mon. ~ Fri. 8:30AM ~ Noon / 1PM ~ 5PM *Closed on weekend and national holidays.

Required Items: Application form, personal seal (non-inked type *Inkan*), copy (front side only) of the child's health insurance card, copy (both sides) of Alien Registration Card or Resident Card.

* If you were residing in other municipality as of January 1st 2012, please also bring a taxation statement of 2012 (平成 24 年度課税・非課税証明書) issued by the municipality of former domicile.

Filing at City Hall: If you are unable to read the brochure and application form printed in Japanese, we recommend that you visit *Kosodate Shien-ka* for assistance. Please bring the required items listed above.

Filing by Mail: Enclose the required documents listed above, and on an envelop just fill-in the city hall's zipcode 〒205-8601, and write "To: *Hamura-shi Kosodate Shien-ka*" and the senders name and address.

*To return the expired Infant Medical Certificate by mail, prepare an envelop as instructed above and enclose the card.

◆ 子 医療証 (Child Medical Certificate) is for the Medical Program for Children of Compulsory School Age (1st~9th grade) that subsidizes the child's hospitalization charges and medicine costs. Under this program a child's out-patient visit charge is restricted to ¥200 maximum at each visit.

◆ 乳 医療証 (Infant Medical Certificate) is for the Medical Program for Babies and Preschool Children.

It fully subsidizes any medical expenses that are subject to the National Health Insurance coverage.

*Child / Infant Medical Certificates are issued upon application. If you do not have this certificate for your child at an eligible age, please apply at your earliest chance. Application is accepted throughout a year.

< Hamura City Health and Medical Program Calendar FY2013 >

Along with *Hamura News* Japanese Edition March 15th Issue, this year's Health and Medical Program Calendar (乳幼児版 for children, 成人版 for adults) was distributed. You can check your health check-up schedule with it, and when your child(ren) can have certain immunizations with support of public subsidy.

< Pneumococcal Vaccination for Senior Residents >

If you have a senior residents' vaccine ticket for Pneumococcal Vaccination, please make sure to take the vaccine no later than March 30th(Sat), otherwise you will have to pay a fee on your own.

< Healthy Cooking Class ~ Preventing Constipation & Obesity ~ >

Join and learn recipes for supporting good intestinal bacteria and improving your health condition!

Date & Time: April 23rd(Tue) 9:30AM ~ 12:30PM 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 March 15th(Fri), call or visit *Hoken Center*.

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
17 th (Sun)	<i>Ozaku Ekimae Clinic</i>	578-0161	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Nozaki Shika Clinic</i>	555-3316
20 th (Wed)	<i>Ozaki Clinic</i>	554-0188	<i>Arai Clinic (Mizuho-machi)</i>	557-0018	<i>Hanenaka Shika Clinic</i>	554-2202
24 th (Sun)	<i>Matsubara Naika Iin</i>	554-2427	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Masuda Shika Iin</i>	551-8686
31 st (Sun)	<i>Wakakusa Iin</i>	579-0311	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Minagawa Shika Clinic</i>	555-8219

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