

# HAMURA NEWS

April 1<sup>st</sup>, 2013

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

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## HAMURA FLOWERS & WATER FESTIVAL 2013 Open Everyday Until April 25<sup>th</sup> (Thu)



Inquiries: *Hamura City* Tourism Association ☎555-9667  
or *City Hall Sangyou-ka Shoukou Kankou-kakari* Ext.658

\*For more event details and parking information, please also see *Hamura News* March 15<sup>th</sup> Issue.

### « 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 27<sup>th</sup>(Wed) ~ April 15<sup>th</sup>(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.

### « TULIP FESTIVAL »

Come to the famous *Hamura* Tulip Field and enjoy 400,000 colorful tulips.

This year, the tulip variety has increased to 33 different kinds!!

Date & Time: April 5<sup>th</sup>(Fri) ~ 25<sup>th</sup> (Thu), 10AM~5PM

Place: *Negarami Mae Suiden*

(this site turn to a rice paddy field after tulip season)



### « COME TO THE TRADITIONAL FESTIVALS "MATSURI" »

From late afternoon of April 13<sup>th</sup>(Sat), you will find traditional festival scenes around the town.

*Dashi* (festival floats) of community groups will parade, Night Fair at shrines will welcome locals and visitors.

And on the 14<sup>th</sup>(Sun), don't miss the dynamic event of *Mikoshi* River-Crossing being carried by local men!

#### ❖ Spring Festival at Shrines in *Hamura City*

Night Festival... April 13<sup>th</sup>(Sat), Main Festival... April 14<sup>th</sup>(Sun)

❖ Japanese Floats "*Dashi*" Parade April 13<sup>th</sup>(Sat) 3PM~, JR *Hamura* Station West Exit Rotary

❖ *Yakumo Shrine's Mikoshi* River Crossing April 14<sup>th</sup>(Sun), about 11AM~, near *Sekishita* Bridge

### 【 TRANSPORTATION AND PARKING 】

Let's use Community Bus *Hamuran* to get to the *Sakura* and Tulip Festival Sites!

During the festivals, heavy traffic is expected around the event sites. Please refrain from using a personal car.

If walking to the event site is difficult for you, please use community bus *Hamuran* of following courses.

- 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 which will be temporarily set up by *Tamagawa Shrine* on *Okutama Kaidou*.

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

For the public parking information, please see *Hamura News* March 15<sup>th</sup> issue page 3.

**HAMURA ZOO ☎579-4041**

**< Cherry Blossoms are in full bloom! >**

Don't miss the Cherry Tree-lined Promenade in full bloom! There are about 160 cherry blossoms in *Hamura Zoo*. To celebrate the Hamura Flower And Water Festival 2013, the admission fee will be free on April 7<sup>th</sup>(Sun)!

**< Freshwater Creatures Aquarium has been completed! >**

The exhibition area for freshwater creatures has been created in the study room. You can see common water creatures living around local *Tama River*. Come and have a lot of fun at this great set up for ecology watch-n'-learn!

**< 17 Years Old Zebra >**

*Sakurako*, a female zebra who was born on March 21<sup>st</sup>, 1996 in *Hamura Zoo*, has turned 17 years old soon! The zoo staff is expecting she will have a baby with *Kojiro*, our male zebra, this year. After one year of pregnancy period we may see a new zebra family in our zoo in 2014!

**LET'S PLAY with FARM ANIMALS!**

Date & Time: April 20<sup>th</sup>(Sat), 9:30AM ~ 3PM (Light rain or shine)

Place: *Tokyo-to Nourin Suisan Shinkou Zaidan* (address: 6-7-1 *Shinmachi*, *Ōme City*)

Event Details: Milking cows, Picking *Norabou* Fresh Leaves, Milk Cow Contest, etc.

\*Agricultural and livestock products will be on sold at the event site.

\*Please refrain from coming by a personal vehicle and/or bringing your pets to the event site.

Contact: *Tokyo-to Nourin Suisan Shinkou Zaidan Ōme Jigyousho* ☎0428-31-2171

**KYODOU HAKUBUTSUKAN (Folk Museum) ☎558-2561**

**< Exhibition of newly donated items >**

Every year we receive a lot of items donated to the Folk Museum mainly from local residents. In this exhibition, items donated between year 2008 ~ 2011 will be displayed.

Date & Time: Until June 30<sup>th</sup>(Sun), 9AM ~ 6PM \*Open on the holidays of April 29<sup>th</sup>(Mon), and May 6<sup>th</sup>(Mon).

Place: *Kikaku-ten* (Exhibition) area Orientation Hall Admission: Free

\*Folk Museum is open until 6PM in April ~ September, and until 5PM in October ~ March.

**FRESHLAND NISHITAMA ☎570-2626**

**< Boy's Day Dolls Exhibition >**

May 5<sup>th</sup> is the Boy's Day in Japan. A *Gogatsu Ningyou*, miniature full *samurai* armor or a doll depicting a young strong boy, is traditionally displayed at homes of young to adolescent boys for the occasion.

Come to see our Boy's Day decoration on display. Exhibition Period: April 9<sup>th</sup>(Tue) ~ May 6<sup>th</sup>(Mon)

**< Temporary Closure >**

Due to facility inspection and maintenance work, we will be closed from April 15<sup>th</sup>(Mon) to 19<sup>th</sup>(Fri).

**SHIZEN KYUUKAMURA in KIYOSATO MOUNTAIN RESORT**

~ *Hamura Municipal Resort Lodging Facility* ☎0120-47-4017 ☎0551-48-4017 ~

*Shizen Kyuukamura* (自然休暇村) in *Kiyosato* mountain resort, *Yamanashi-ken*, is a lodging facility owned by *Hamura City* and managed by *Haihei Building Service Corporation*. Hotel accommodation, private lodges and camping sites are available at reasonable fees to cater for each guest's travel style.

At *Shizen Kyuukamura* seasonal culture events for kids and adults are scheduled every month!

Come to visit *Kiyosato* for fun events, flowers, spring greens and more!

For more details visit our website (in Japanese) → <http://hamura-kyukason.jp/>

Inquiries: *Shizen Kyuukamura* ☎0120-47-4017 (toll free from area code 042), ☎0551-48-4017

**< New Menu at our restaurant! >**

For the commemoration of the start under new management company, the restaurant menu will be renewed from April, and one free drink will be served for each restaurant guest until April 30<sup>th</sup>(Tue)!

## THE 40<sup>th</sup> HAMURA OUTDOOR FLEA MARKET

### – Vendor Booth Application –

This event aims to provide a 'recycling opportunity' to the local residents.

Please note that applications by professional dealers for commercial purposes will not be accepted.

Eligibility: *Hamura* residents (individual or group) of high school age or older

\*high school students need parental permission.

Capacity: first 100 applications (100 booths)    Booth Fee: ¥800 per booth (space size 3mx4m)

Permitted Merchandise: Goods from home or Recycle-Crafts that are in serviceable condition.

\*Electronic devices, food, and living creatures are not permitted for sale.

Application / Inquiries: April 21<sup>st</sup>(Sun) 9AM~Noon. Please come to *Shouhi Seikatsu Center*.

(*Shouhi Seikatsu Center* is located near City Hall, *Midorigaoka* 5-1-30, ☎555-1111 Ext.640)

\*Application by phone or mail will not be accepted.

\*Parking space is limited. Please refrain from coming by car.

\*Vendor's Orientation will be provided after the application is filed.

### The 40<sup>th</sup> Hamura Outdoor Flea Market:

Date Time: May 18<sup>th</sup>(Sat), 9AM~Noon (Cancelled in rain or if the field is in bad condition)

### TV HAMURA in APRIL

TV *Hamura* is broadcasted on "TCN" *Tama* Cable Network (digital channel 055).

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

\*Test-broadcasting on Saturdays (digital ch.111) ①1:30PM~ ②5PM~ ③9PM~

This Month's Special Program: ~ **Hamura Flowers and Water Festival 2013** ~

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

### TIME CHANGE for EVENING CHIME

From April 1<sup>st</sup> (Mon), the time for Evening Chime will be shifted to 5:30PM.

*Hamura City* runs this chime everyday to make sure the Citywide Public Address System and each outdoor speaker is in normal condition, and also to alert children to go home before dark.

Chime Time: 5:30PM in April ~ September, 4:30PM in October ~ March

Inquiries: *Bousai Anzen-ka Bousai-kakari* Ext.207

### DESIGNATION of a SMOKING SPOT in THE EAST SQUARE PUBLIC NON-SMOKING AREA

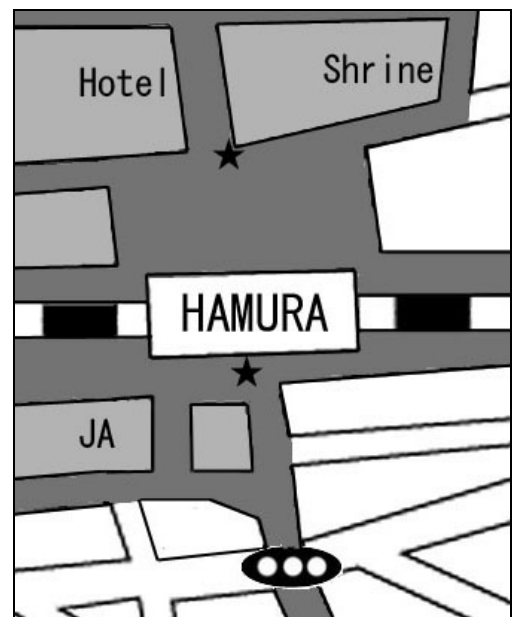
*Hamura City Ordinance* pertaining to the Public Non-smoking Areas in and around East and West Squares of JR *Hamura Station* and *Ozaku Station* has taken effect from July 2012.

In those 4 non-smoking areas, there has been a designated smoking spot in each, except in the *Hamura Station East Square Non-smoking Area*. However, a new smoking spot has been recently installed on the side walk in front of a local agriculture produce store *BejiBeji* (ベジベジ).

On this map, the colored streets and sections indicate the areas where outdoor smoking is prohibited under the ordinance, and the designated smoking spots are indicated by ★.

Also in the areas out side of the Public Non-smoking Areas, although penal regulation is not currently in place, street smoking that cause nuisance to other walker and street smoking without using portable ashtray are not allowed.

Inquiry: *Kankyou Hozen-ka Kankyou Hozen-kakari* Ext.226



## RABIES SHOT for YOUR DOG

Dog Registration and Rabies Vaccination for pet dogs are obligated to dog owners by law. Owners must register their dog(s) to their resident municipality and ensure their dog(s) receive Rabies Shots annually. This year's Rabies Vaccination Form (狂犬病予防注射済票交付申請書, lavender colored paper) was mailed to registered dog owners in March. Please be sure to bring the form when coming to the vaccination site.

- Please make sure to arrive at the vaccination site on time.
- If your dog is ill or pregnant, please consult with a veterinarian before receiving a rabies shot.
- Dogs under 3 months old and dogs who had bitten anyone within 2 weeks prior cannot take this shot.
- Dogs must be brought to the sites by adults who are able to control them well.
- To prevent troubles, please make sure that dog's collar is secure and tighten the leash at the shot sites.
- Please make sure your dog is clean. Also do not forget to take your dog's droppings home!

Fees: Registered dog... ¥3,550 (¥3,000 for shot, ¥550 for shot certificate tag).

Non-registered dog... ¥6,550 (¥3,000 for registration, ¥3,000 for shot, ¥550 for shot certificate tag)

### Registration and Rabies Vaccination:

- Dog Registration must be done within 30 days after you obtain a dog, or in a case of a new-born puppy, register him/her within 30 days after turning 90 days old.
- Dogs must receive rabies shot between April and June every year.
- The first year you have a new dog who is older than 91 days, the shot must be given within 30 days.

Inquiries: *Kankyou Hozen-ka Kankyou Hozen-kakari* Ext.226

| <b>Vaccine Schedule (held in rain or shine)</b> |  |                            |                   |
|---|--|----------------------------|-------------------|
| Date  | Place                                      | Address                    | Hours             |
| April<br>18 <sup>th</sup> (Thu)                 | 東会館 <i>Azuma Kaikan</i>                    | <i>Hanehigashi 3-11-32</i> | 9:30AM ~ 10:10AM  |
|   | 中央館 <i>Chuuoukan</i>                       | <i>Hanenaka 3-6-4</i>      | 10:20AM ~ 11AM    |
|   | 美原会館 <i>Mihara Kaikan</i>                  | <i>Hanenishi 1-20-6</i>    | 11:10AM ~ 11:50AM |
|   | 西部地域備蓄倉庫 <i>Seibu Chiiki Bichiku Souko</i> | <i>Ozakudai 5-19-4</i>     | 1:10PM ~ 1:40PM   |
|   | 栄会館 <i>Sakae Kaikan</i>                    | <i>Sakaechou 1-14-14</i>   | 2PM ~ 2:50PM      |
| April<br>19 <sup>th</sup> (Fri)                 | 三矢会館 <i>Mitsuya Kaikan</i>                 | <i>Shinmeidai 4-4-9</i>    | 9:30AM ~ 10:20AM  |
|   | 神明台会館 <i>Shinmeidai Kaikan</i>             | <i>Shinmeidai 1-17-4</i>   | 10:30AM ~ 11:10AM |
|   | 川崎会館 <i>Kawasaki Kaikan</i>                | <i>Kawasaki 3-7-13</i>     | 11:20AM ~ 11:50AM |
|   | 緑ヶ丘会館 <i>Midorigaoka Daini Kaikan</i>      | <i>Midorigaoka 2-18-2</i>  | 1:10PM ~ 1:40PM   |
|   | 羽村市役所 <i>Hamura City Hall</i>              | <i>Midorigaoka 5-2-1</i>   | 1:50PM ~ 3PM      |

### **SPECIAL PROVISION OF NATIONAL PENSION PREMIUM EXEMPTION FOR STUDENTS**

Foreign nationals at age 20 ~ 60 years who stay in Japan for longer than one year are subject to National Pension membership and premium payment responsibility, unless he/she is joined in other pension program based in Japan. However, as the pension premium payments are generally a large financial responsibility for students, there is a special exemption system for students who qualify. Student Payment Exemption System (学生納付特例制度) allows students to have their premium payments deferred. \*Income restriction will apply. Exempt students are insured with the Basic Disability Benefits during the premium exemption period. Once the exempt student becomes able to make the full monthly payments, he/she must start paying the deferred premiums. A specially designed payment scheme may be provided over counseling, if requested. The payment of deferred premiums must start within 10 years from the year of school graduation.

- ▶ Those who wish to enroll in this provision must file an application before April 30<sup>th</sup> in order for the exemption to take effect from the April premium payment.
- ▶ To know more about this system or to apply, please contact *Shimin-ka Kourei Iryou Nenkin-kakari* Ext.140

\* Those who are already enrolled to this exempt system must take a status renewal procedure in order to sustain the exempt status for FY2013. Enrollment Renewal Confirmation Form (継続申請確認通知) will be mailed to the applicable students.

## ~ Let's Think Again. What Is Important About Having Pets? ~

Based on the Act on Welfare and Management of Animals, the following rules are stated:

### ■ Love your pet and keep him/her in your family through its lifetime

Every pet owner has a responsibility to take care of a pet for its entire life time, as well as to fully understand the pet's habits and nature.

### ■ Sterilization/Castration of your Pet

If you do not wish for your pets to have babies, Sterilization/Castration is highly recommended. Not only will your pet's personality calm down, but it also prevents reproductive system diseases.

### ■ ID Tags for your Pet

There are many pet animals who get lost and are unable to find their way home by themselves. Please make sure to put an ID Tag on your pet, along with the immunization certificate tag.

### ■ Use a leash when taking your dog for a walk

When taking your dog for a walk, keep your dog leashed.

### ■ Be responsible of your dog's "Deposits"

When taking your dog out, carry a bottle of water so you can wash the area where the dog urinated. It is obligated to owners by law to take the dog's "deposit" back to your home and dispose of it properly. (violation of this ordinance is subject to civil fine of ¥5000)

### ■ Penalties

For those who did not have your dog get a rabies shot, or not having a Dog Registration/Rabies Shot Tag attached to the dog, the owner will be fined up to ¥200,000. Not obeying the regulation is a crime. Depending on the situation, in addition to the fine, you may be arrested.

## CHANGE of NATIONAL PENSION PREMIUM AMOUNT

For the fiscal year of 2013 (April ~ March), the monthly premium amount of National Pension (国民年金保険料) will be raised by ¥60. Starting with the April premium payment, a monthly premium will be ¥15,040. The Japan Pension Service (日本年金機構) has mailed the packet of payment slips to the National Pension premium payers. Please check the payment due dates for each month, and be sure to pay without delay. National Pension premiums can be paid at financial institutions, post offices and convenience stores, or by bank transfer. (\*special discount is applied to payments made by bank transfer)

Inquiries: *Nenkin* Dial ☎0570-05-1165 / *Ōme Nenkin Jimusho* ☎0428-30-3410

or City Hall *Shimin-ka Kourei Iryou Nenkin-kakari* Ext.140

## PUBLIC EXPLANATORY MEETING FOR INSTALLATION OF STREET SECURITY CAMERA

In Hamura City, street patrol projects for public security have been developed and operated in cooperation of local community groups and the city government. In order to support the patrolling operations and emphasize stronger crime preventative measure, some street security cameras will be installed in the area surrounding JR *Ozaku* Station East Square. An explanatory meeting of this installment will be held for public.

Date & Time: ①April 12<sup>th</sup>(Fri) 7PM~ ②April 13<sup>th</sup>(Sat) 2PM~ \*Same details will be explained on both dates.

Place: *Ozakudai Higashi Kaikan* community hall 2<sup>nd</sup> floor Inquiry: *Bousai Anzenka Bouhan-kakari* Ext.216

## ADVERTISE YOUR BUSINESS on HAMURA CITY-DESIGNATED WASTE BAG

Design of *Hamura* City-designated Burnable Waste Bags (blue plastic) will incorporate a section for business advertisement. It can be a great medium to effectively promote your business to local residents.

To know more details, please contact *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari* Ext.222.

Listing Period: Starting from July 2013 for 1 year (provisional)

Special Offer (optional): Free banner advertisement on *Hamura* City Official Website for 3 months.

Application: Please submit the draft data and completed contract form before April 24<sup>th</sup>(Wed).

Listing Fee: Differs depending on the design size and quantity.

On individual bags - ¥70,000~¥200,000 / On wrapping of bulk-sale package - ¥40,000~¥45,000

## SPORTS CENTER RENEWAL OPEN MEMORIAL EVENT

At this event you can experience a variety of sports. Please come join us! Admission is Free of charge!

\*Please contact the Sports Center ☎555-0033 for more details about starting times for each sport event.

\*You are required to wear indoor shoes to enter the gymnasium \*No reservation is required for participation

| Date                            | Place                                       | Program (Time)  |
|---------------------------------|---|---|
| April<br>6 <sup>th</sup> (Sat)  | Hall 1 & 2<br>(第1・第2ホール)                    | Sports Exercise I (9AM ~ 5PM)<br>AM...Basketball, Indiaca, and Ping-pong<br>PM...Volleyball, Badminton, and Dance Sports  |
| April<br>7 <sup>th</sup> (Sun)  | 2 <sup>nd</sup> floor Meeting Room<br>(会議室) | Lecture about heat stroke prevention (10AM ~ 11:30AM)<br>At this lecture you can learn how to prevent heat stroke during sports activities.<br>Instructor: Mr. <i>Akinori Abe</i> ( <i>Otsuka Pharmaceutical Co., Ltd.</i> )  |
| April<br>20 <sup>th</sup> (Sat) | Hall 1 & 2<br>(第1・第2ホール)                    | Sports Exercise II (1:30PM ~ 4PM)<br>Trampoline, Sports Fukiya, Ping-pong, Quoits, Hula Hoop, <i>Gu-Pa</i> Exercise, Measurement of bone mineral density, Junior Exercise, and Exhibition of junior cheer leading dance<br>*There will be a trampoline exhibition by Ms. <i>Yuna Sato</i> , who won second place at All-Japan Trampoline competition 2012 |
|                                 | Hall 2<br>(第2ホール)                           | Aerobics for beginners (10AM ~ 11AM)<br>Instructor: NPO <i>Hamura Taiiku Kyoukai</i> Sports Trainer<br>*The participants must be 7 <sup>th</sup> grader or older.   |

## SWIMMING CENTER ☎579-3210

### < In-Water Walking Exercise Class >

Date & Time: April 27<sup>th</sup>(Sat), 10AM ~ 10:50AM    Eligibility: Anyone who is 16 years or older

Capacity: First 30 applicants    Things to bring: Swimsuit, Swimming cap, and Towel

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

How to Apply: Visit the Swimming Pool Front Desk between 9AM ~ 9:50AM.

## LIBRARY ☎554-2280

### < New Book Post will be installed >

Starting April 1<sup>st</sup>, new book posts will be located at City Hall Branch Office in JA Building (JR *Hamura* Station West Square) and *Mitsuya Kaikan* Community Hall. Book post can be used during the office hours only.

\*City Hall Branch Offices are open from 9AM ~ 1PM (except Saturdays, Sundays, and Japanese holidays)

### < Renewing User's Card >

Library user cards need to be renewed once every 2 years. User account that is not renewed in over 2 years is deleted. Once an account is lost, a new registration will be required to use library materials again.

To register, please bring ID, such as your driver's license or health insurance card.

## COMMUNITY CENTER ☎554-8584

### < Closing Day Schedule for the fiscal year of 2014 >

The closing dates for fiscal year of 2013 are as following. \*This may be changed.

**All-day Closing** (Mondays): April 15<sup>th</sup>, May 20<sup>th</sup>, June 17<sup>th</sup>, July 8<sup>th</sup>, August 19<sup>th</sup>, September 9<sup>th</sup>, October 21<sup>st</sup>, November 18<sup>th</sup>, December 16<sup>th</sup>, (2014) January 20<sup>th</sup>, February 17<sup>th</sup>, and March 17<sup>th</sup>.

\*Community Center will be closed from December 29<sup>th</sup>(Sun) ~ January 3<sup>rd</sup>(Fri) for New Year's holidays.

### < Lighting and Audio Training is required >

Those who wish to use the 3<sup>rd</sup> floor Hall are required to take Lighting and Audio Training Course prior to usage.

Date: Fridays of April 12<sup>th</sup>, June 14<sup>th</sup>, August 9<sup>th</sup>, October 11<sup>th</sup>, December 13<sup>th</sup>, and February 14<sup>th</sup> (2014)

Time: 6:30PM (about 1 hour and 30 minutes)    Capacity: First 10 pairs

How to attend the training: Call or visit Community Center.

## SPORTS CENTER TRAINING ROOM PROGRAMS

Training Room Hours: 9AM~9:45PM (no entrance after 9PM)

Facility Fee: Hamura Residents & Workers... Adults¥100, Junior High Students¥50

Others... Adults ¥150, Junior High Students ¥70

\*Junior High School students are not authorized to use the Gym, and must be accompanied by someone age 16 or older.

-- You are required to purchase a ticket when participating in any program/using a studio/using the gym.

-- Please purchase a ticket first, change into your exercise clothes, then attend your desired class.

-- Please bring indoor shoes. You are not allowed to enter the exercise rooms without them.

Inquiry: Hamura-shi Taiiku Kyoukai ☎555-1698

| FY2013 Training Room Programs |  |  |   |  |
|-------------------------------|--|--|---|--|
| Day                           | AM   |  | PM  | Night  |
| Tuesday                       | Beginners' Aerobics<br>9:45~10:45AM<br>Capacity: First 70<br>★★☆☆☆     | Aerobics 2<br>11~Noon<br>Capacity : First 60<br>★★★★★      | ---   | Step Circuit<br>7~8PM<br>Capacity: First 30<br>★★☆☆☆ |
| Wednesday                     | Healthy Exercise<br>10~11:20AM<br>Capacity: not limited<br>★☆☆☆☆       |  | Step Exercise 1<br>2~3PM<br>Capacity: First 30<br>★★☆☆☆ | Aerobics 1<br>7~8PM<br>Capacity : First 60<br>★★☆☆☆  |
| Thursday                      | Beginners' Step & Shape<br>9:45~10:45AM<br>Capacity: First 30<br>★★☆☆☆ | Step Exercise 2<br>11~Noon<br>Capacity : First 25<br>★★★★★ | ---   | ---  |
| Friday                        | Healthy Exercise<br>10~11:20AM<br>Capacity: not limited<br>★☆☆☆☆       |  | ---   | ---  |
| Saturday                      | Beginners' Aerobics<br>9:45~10:45AM<br>Capacity: First 70<br>★★☆☆☆     | Aerobics 1<br>11AM~Noon<br>Capacity : First 60<br>★★☆☆☆    | ---   | ---  |
| Sunday                        | Healthy Exercise<br>10~11:20AM<br>Capacity: not limited<br>★☆☆☆☆       |  | Aerobics 3<br>2~3PM<br>Capacity : First 60<br>★★★★★     | ---  |

Number of ★ shows the level of exercise (the more ★ is the harder the exercise is).

\*For accident prevention, you cannot participate in a program later than 5 minutes after the start.

\*On Tuesday, Thursday, and Saturday, you cannot participate in 2 classes in a same morning.

### LET'S TRY! FREE PHYSICAL CHECK-UP

Date: April 29<sup>th</sup>(Mon)    Place: Sports Center Hall 2    Fee: ¥100

Eligibility: Hamura Residents/Workers at age 20 ~ 79    Items to bring: Indoor Shoes, Drink, and Towel

How to Apply & Inquiry: Preliminary Registration is required. Between April 3<sup>rd</sup>(Wed) ~ 28<sup>th</sup>(Sun), 9AM ~ 4PM, fill in your name, age, mailing address and phone number then fax, email, call or directly bring it to "NPO Hamura-shi Taiiku Kyoukai", located at the Training Room, 2nd floor in Sports Center.

☎555-1698, Fax 555-1699, email: taikyou-m@sage.ocn.ne.jp

**For those 65 ~ 79 years old:** 10AM~Noon

Testing Category: Measuring hand grip strength, Trunk Strength, Sit and Reach, Balancing on one leg, Walking 10m Obstacle Course, and Walking for 6 minutes

**For those 20 ~ 64 years old:** 2PM~4PM

Testing Category: Measuring hand grip strength, Trunk Strength, Sit and Reach, Side Step Jump, 20m Shuttle Run, and Standing Long Jump

## EVENT INFORMATION for CHILDREN & PARENTS

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

#### < Hand-made Toy Workshop ~ Tray-made Airplane ~ >

Date & Time: April 13<sup>th</sup> (Sat) ①10AM~ ②1PM~ Fee: Free \*No reservation required.

Eligibility: Toddlers (Toddlers must be accompanied by an adult) up to the 6<sup>th</sup> graders

### LIBRARY ☎554-2280

Admission and reservations are not required for the story telling events.

#### < Story Telling for Preschoolers >

Date & Time: April 13<sup>th</sup> (Sat), 11AM~ Large Panel Theater "*Taihen na Hirune*" and more!

#### < Story Telling for Babies >

Date & Time: April 17<sup>th</sup> (Wed), 11AM~ Panel Theater "*Oishii Oishii*" and more!

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

Date & Time: April 20<sup>th</sup> (Sat), 11AM~ A story Telling "*Naranashitori*" will be performed.

### YUTOROGI ☎570-0707

#### < Movie Exhibition for Children >

Date & Time: April 14<sup>th</sup> (Sun), 10:30AM~11:30AM Admission: Free \*No reservation required.

Program: 3 titles are scheduled to screen Supported by: *Hamura Eiga Club*

### CHATTING PLACE for PARENTS

This month's topic is "Let's play with children". Feel free to join and share some childrearing ideas! Childcare volunteers will look after children during this gathering. No reservation needed.

Place&Date: West Children Center – Apr. 12<sup>th</sup> (Fri) Time: 10:30AM~11:30AM for all dates

East Children Center – Apr. 16<sup>th</sup> (Tue)

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

Central Children Center – Apr. 18<sup>th</sup> (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 April 11<sup>th</sup> (Thu) and at West Children Center on April 26<sup>th</sup> (Fri), 10AM~Noon. Please feel free to visit to talk about your child's psychological development, parent's mental stress and etc.

Inquiries: *Kodomo Katei Shien Center* ☎578-2882 \*Fee/Reservation not required for consultation.

### PRIVATIZATION OF HIGASHI AND NISHI NURSERY SCHOOLS

Two out of four *Hamura* municipal nursery schools, former *Higashi Hoikuen* and *Nishi Hoikuen*, have been shifted to private management starting from April 1<sup>st</sup>. The new facility names and administrative organizations are as followings. The phone numbers will remain unchanged.

For inquiries regarding the privatization of municipal nursery schools, contact city hall *Hoiku-ka* Ext.229.

- *Higashi Hoikuen* → *Aozora Hoikuen* (あおぞら保育園) ☎554-2154

Under administration of Social Welfare Corporation *Youkou Fukushikai* (陽光福祉会)

- *Nishi Hoikuen* → *Matsubokkuri Hoikuen* (まつぼっくり保育園) ☎554-0343

Under administration of Social Welfare Corporation *Shouei Fukushikai* (松栄福祉会)



< The Healthcare Support System For Premature Babies >

As of April 1<sup>st</sup> the healthcare support system for premature babies will be handled by each municipal government instead of the Tokyo metropolitan government.

Eligibility: Infants under 12 months old and authorized by a doctor to be hospitalized due to the following conditions: ① Infants whose weight was less than 2,000g when born

② Infants to whom ① does not apply but with the following conditions: Seizures, dyskinesia, strong jaundice, regular body temperature lower than 34°C, cyanosis, any disorder with respiratory/circulation organs, digestive organs disorder such as continuous vomiting

Designated Medical Facility: Please inquire for locations and other details.

Subsidy Amount: The medical fee used via health insurance will be reimbursed. \*Part of amount may be paid by each household depending on family's income amount.

How to apply: Please bring with you a health insurance certificate and any evidence document of household income, and fill in the following forms at *Hoken Center* ; Subsidy Application form, Medical reference letter, Family information form.

< Childbirth Preparation Class for Parents >

Date & Time: April 20<sup>th</sup> (Sat), ① 10AM ~ Noon, ② 2PM ~ 4PM Place: *Hoken Center*

Eligibility: Expectant mothers living in *Hamura* (and a family member) Capacity: First 15 pairs

Class Detail: How to bathe a baby, change diapers, make formula and etc.

Things to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook), Father's Handbook, *Kosodate Ouen Handbook* How to apply: Call or visit *Hoken Center*.

< Free Screening for Stomach / Lung Cancer & Tuberculosis >

Date & Time: May 21<sup>st</sup>(Tue), 23<sup>rd</sup>(Thu), 25<sup>th</sup>(Sat), 26<sup>th</sup>(Sun), and 27<sup>th</sup>(Mon), 7:30AM ~ Noon 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

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 around May 8<sup>th</sup>(Wed)).

Application Period: April 2<sup>nd</sup>(Tue) ~ 24<sup>th</sup>(Wed) postmark deadline

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 1<sup>st</sup> floor, city hall branch offices, and on the city website (PDF) → <http://www.city.hamura.tokyo.jp/cmsfiles/contents/0000000/649/appform.pdf>

- How to fill in an application postcard -

| Front   | Back   |
|---|--|
| 〒205-0003<br>To: "Gan Kenshin Tantou"<br>Hamurashi Hoken Center<br>5-5-2 Midorigaoka<br>Hamura City | ·Your name, date of birth, mailing address, and phone number<br>·Your desired screening date (first and second choices)<br>·Screening/Exam you desire:<br>·Whether you wish to have sputum examination: Yes or No<br>*If yes, please state the reason: |

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.

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

| Date                   | Hospital / Clinic  |          |  |          | Dental Clinic           |          |
|------------------------|--------------------|----------|--|----------|-------------------------|----------|
| April                  | 9am~5pm            |          | 5pm~10pm                                 |          | 9am~5pm                 |          |
| 7 <sup>th</sup> (Sun)  | <i>Matsuda Iin</i> | 554-0358 | <i>Heijitsu Yakan<br/>Kyuukan Center</i> | 555-9999 | <i>Moriya Shika Iin</i> | 555-9872 |
| 14 <sup>th</sup> (Sun) | <i>Takiura Iin</i> | 555-2655 | <i>Fussa-shi<br/>Hoken Center</i>        | 552-0099 | <i>Yano Shika Iin</i>   | 555-3363 |

**PUBLIC CONSULTATIONS**  
**Schedule of April**

| Category   | Date  | Time                                      | Contact  |
|--|---|---|--|
| General Consultation for Foreign Residents ㉠           | 12 <sup>th</sup> (Fri), 26 <sup>th</sup> (Fri)  | 1:30pm ~ 3:30pm                           | Please make an appointment for an interpretation service (in Spanish, English, Korean)   |
| Traffic Accident ㉠                                     | Apr. 3 <sup>rd</sup> (Wed), May 1 <sup>st</sup> (Wed),  | 1:30pm ~ 4:30pm                           |  |
| Japanese Law ㉠   | Apr. 4 <sup>th</sup> (Thu), 12 <sup>th</sup> (Fri), 27 <sup>th</sup> (Sat)<br>May 9 <sup>th</sup> (Thu), 17 <sup>th</sup> (Fri), 25 <sup>th</sup> (Sat) | Thu & Fri 1:30 ~ 5pm<br>Sat. 9:30am ~ 1pm |  |
| Public Administration and Human Rights                 | 18 <sup>th</sup> (Thu)  | 1:30pm ~ 4:30pm                           | <i>Shimin Soudan-shitsu</i><br>city hall ext.199   |
| Tax ㉠  | Apr. 2 <sup>nd</sup> (Tue), May 7 <sup>th</sup> (Tue)   | 1:30pm ~ 4:30pm                           |  |
| Finance ㉠  | 9 <sup>th</sup> (Tue)   | 2pm ~ 4pm                                 | <i>Shoukoukaikan</i> 555-6211  |
| Health   | 11 <sup>th</sup> (Thu), 25 <sup>th</sup> (Thu)  | 1:30pm ~ 3pm                              | <i>Hoken Center</i> city hall ext.624  |
| Pension  | Mon, Wed, Fri   | 9am ~ Noon<br>1pm ~ 4pm                   | <i>Shimin-ka</i><br>city hall ext.140  |
| Consumer's Affairs                                     | Mon ~ Fri   | 9am ~ Noon<br>1pm ~ 4pm                   | <i>Shouhi Seikatsu Center</i><br>city hall ext.641   |
| Women's Affairs ㉠                                      | at <i>Hamura City Hall</i><br>3 <sup>rd</sup> (Wed), 17 <sup>th</sup> (Wed)   | 1:30pm ~ 4:30pm                           | <i>Shimin Soudan-shitsu</i><br>city hall ext.199   |
|  | at <i>Fussa City Hall</i><br>10 <sup>th</sup> (Wed), 24 <sup>th</sup> (Wed)   | 9am ~ 1pm                                 | <i>Kouhou Kouchou-kakari</i><br>city hall ext.339  |
| Single-Parent Family Independence Support              | Mon ~ Fri   | 8:30AM ~ 5PM                              | <i>Kosodate Shien-ka</i><br>city hall ext.239  |
| Education ㉠  | Mon ~ Fri<br>Weekend by appointment only  | 9am ~ 6pm                                 | <i>Kyouiku Soudan-shitu</i><br>554-1223  |
| Welfare Legal Consultation ㉠                           | 24 <sup>th</sup> (Wed)  | 1:30PM ~ 4:30PM                           | <i>Fukushi Center</i><br>554-0304  |
| General Consultation for Handicapped Residents         | General Counseling Mon~Fri  | 8:30AM ~ 5:15PM                           | <i>Shougaisha Chiiki Katsudou</i><br>Support Center 555-1210<br>Toll Free Dial 0120-294-992  |
|  | Physical Handicap 20 <sup>th</sup> (Sat)  | 1pm ~ 4pm                                 |  |
|  | Mental Handicap 23 <sup>rd</sup> (Tue)  | 1pm ~ 4pm                                 |  |
| <b>▽ Child Rearing Consultations Available Daily ▽</b> |   |   |  |
| Mon ~ Fri  | 8:30am<br>~<br>5:00pm   | At City Hall                              | <i>Kodomo Katei Shien Center</i> 578-2882  |
|  |   | At Nursery Schools                        | <i>Sakura Hoikuen</i> 554-2046, <i>Shiraume Hoikuen</i> 555-1019<br>and Private Nursery Schools<br><u>Web Map:</u> <a href="http://www.city.hamura.tokyo.jp/0000000466.html">http://www.city.hamura.tokyo.jp/0000000466.html</a> |
| Mon Wed Fri  | 9am ~ Noon  | At  | <i>Nishi Jidoukan</i> 554-7578   |
| Tue Thu Sat  |   | Children Centers                          | <i>Chuuou Jidoukan</i> 554-4552  |
| Tue Fri Sun  |   |   | <i>Higashi Jidoukan</i> 570-7751   |

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