

# HAMURA NEWS

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

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## STRAWBERRY & POTATO PICK-YOUR-OWN' FARM PLOTS!

Have fun picking strawberries and digging up potatoes! The harvesting right of local farmer-grown fresh strawberries and potatoes will be sold by farm plots. Of course, you can buy the rights for both!

Application & Inquiry: Starting April 26<sup>th</sup>(Fri), from 9AM to Noon, visit directly to *Sangyou-ka Nousei-kakari* Ext.663 in City Hall West Annex Building. \*Please pay as you apply.

### ♣ Strawberries

Harvesting Season: Beginning of May    Price: ¥5,000 each plot (Approximately 40 roots in each plot)

Farm Location: *Hanekami* 4-22    Number of Plots: 20

### ♣ Potatoes

Harvest Season: Middle of June    Price: ¥3,000 each plot (Approximately 30 plants per block)

Farm Locations: ①*Hanekami* 1-18-5, ②*Hanekami* 4-21, ③*Midorigaoka* 5-9-10

Number of Plots: ①20 ②15 ③20

## KYODO HAKUBUTSUKAN (FOLK MUSEUM) ☎558-2561

### < Boy's Day Dolls and *Koinobori* >

"*Tango no Sekku*" on May 5<sup>th</sup> is an annual event of old tradition that celebrates boys' healthy growth.

*Koinobori* (Carp Banners) and *Gogatsu Ningyou* (*Samurai* Armor or boy doll) are traditionally displayed for this event. Come and see many examples of *Gogatsu Ningyou* and *Koinobori*.

Exhibition Schedule: April 20<sup>th</sup>(Sat) ~ May 12<sup>th</sup>(Sun), 9AM ~ 6PM (~ 5PM at the Old *Shimoda* Residence)

\*Cancelled in case of rain \*Folk Museum will be open on holidays on April 29<sup>th</sup>(Mon) and May 6<sup>th</sup>(Mon).

Admission: Free    Place: Folk Museum Orientation Hall and the Old *Shimoda* Residence

## THE 4<sup>th</sup> HAMURA PUBLIC FACILITIES BUS TOUR

~ Let's Get To Know More About Our Public Facilities! ~

A great chance to know more about our city government through learning the functions of public facilities!

Date & Time: May 22<sup>nd</sup>(Wed), 9AM~12:15PM (rain or shine)    Tour starts and ends at: City Hall

Fee: Free    Capacity: 25 people    \*Participants will receive the attendance certificate.

Eligibility: *Hamura* residents, workers, and students (you can participate as a group too)

Tour Course:

- ① Folk Museum... collection storage will be specially open to the tour!
- ② *Nousanbutsu Chokubaijo*... Farm-direct Shop offering fresh local vegetables and hand-made produces
- ③ *Fukushi* Center... the core office managing the welfare facilities around the city
- ④ Water Purification Plant... Japan's largest scale Membrane Water Filtration System is here!

Application: by May 2<sup>nd</sup>(Thu)5PM, fill in application form available at City Hall Main Reception or at city hall branch offices, and send via mail / fax / e-mail / or directly apply at *Kouhou Kouchou-ka Kouhou-kakari*.

\*You can also download the form from the city website.

Contact: *Kouhou Kouchou-ka Kouhou-kakari* Ext.338

mail: 〒205-8601(zip code only), fax: 554-2921, e-mail: [s102000@city.hamura.tokyo.jp](mailto:s102000@city.hamura.tokyo.jp)

## FREE GOYA (Bitter Gourd) SEED GIVE-AWAY for CREATING "GREEN CURTAINS"

Growing Green Curtains outside of the windows will not only prevent having direct sunshine into your rooms and helps the room temperature to be cooler than outdoor by 2°C ~ 3°C, but will also save you from using too much air conditioner and cooling cost. Let's conserve electric power with the help of green curtains! Again, this summer, "Green Curtains Contest" will be held so please record how they are growing and check for the contest information on *Hamura* News later on.

Date: Starting from April 16<sup>th</sup>(Tue), 8:30AM ~ (Not available on Saturday, Sunday, and holiday)

Seeds Availability: 1,000 packets (limit of 1 packet per person)

Place to pick up seeds: *Hamura* City Hall Main Reception (1<sup>st</sup> floor) and *Kankyō Hozen-ka* (2<sup>nd</sup> floor)

Inquiry: *Kankyō Hozen-ka*, *Kankyō Hozen-kakari* Ext.226

## VOLUNTEERS WANTED for AGRICULTURAL WORK!

This is a great opportunity to learn about *Hamura*'s local Agriculture. Through volunteering among farmers, you will get to know the environment and safety about the food and flowers that you buy at local market. The farmers need extra helping hands especially during the busy season. Your help will be much appreciated!

Farm Options: ①Vegetable Farm ②Flowers and Ornamental Plants Farm

Eligibility: Long-term volunteers... Anyone who can participate at least once a week through out the year.

Short-term volunteers... Anyone who can participate during the busy season.

\*This is strictly volunteer work. No salary or wage will be paid.

\*Where to work or what to do may not meet your request.

\*Applicants who have registered before do not have to register again.

Application & Inquiry: On Reply-paid postcard (*Oufuku Hagaki*), fill in your desired volunteer term (long or short) and farm (①or②), address, your name, age, gender, mailing address, and phone number then send to; 〒205-8601 (Address not required) *Hamura-shi Sangyō-ka Nousei-kakari* (Ext.663) by April 30<sup>th</sup>(Tue).

## ONSEN (Hot Spring) FACILITY ADMISSION DISCOUNT TICKETS

Discount tickets for *Onsen* (Hot Spring) Facilities are distributed to the members of National Health Insurance. If it applies to you, you can pick up your ticket at *Shimin-ka* in city hall 1<sup>st</sup> floor. Please be sure to bring your National Health Insurance Card to be given the ticket. This ticket expire on March 31<sup>st</sup>, 2014.

\*Not applicable to members of Late-Elderly Medical Insurance (those who are at age 75 or older).

Discount tickets can be used at these facilities:

- 数馬の湯 *Kazuma-no Yu* ☎598-6789, *Hinohara-mura* 2430
- もえぎの湯 *Moegi-no Yu* ☎0428-82-7770, *Okutama-machi Hikawa* 119-1
- 瀬音の湯 *Seoto-no Yu* ☎595-2614, *Akiruno-shi Otsu* 565
- つるつる温泉 *Tsuru-Tsuru Onsen* ☎597-1126, *Hinode-machi Ooaza Ooguno* 4718

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

## HAMURA CITY HAS SENT RELIEF AID MONEY

*Hamura* City had sent relief aid money and food several times to the Great East Japan Disaster victims through prefectural governments of the severely stricken areas. The total of the aid money sent up to date is ¥30,100,000 which includes the latest remittance of ¥1,000,000 on March 7<sup>th</sup> to *Fukushima* Prefecture. This disaster relief support was made possible thanks to the generous donations entrusted with *Hamura* City by the local residents and enterprises. Thank you sincerely for your heart-felt contributions.

The city will continue accepting donations towards the disaster recovery efforts. To contribute, please use one of the Donation Boxes in city hall main/branch offices, *Yutorogi*, Library and Sports Center, or by bank transfer to an officially designated account at *Nishitama* Agriculture Cooperative Association (*Noukyō*).

【 Account Title: 羽村市東北関東大震災義援金 / Branch: 西多摩農業協同組合本店 / Account#: 普通0076220 】

\*Transfer fee will be waived if you make a bank transfer payment for donation purpose through a teller service at any *Nishitama Noukyō* branches within Tokyo. Inquiries: *Kikaku Seisaku-ka Kikaku Seisaku-tantou* Ext.313

## THE 2<sup>nd</sup> HAMURA ENVIRONMENT FESTIVAL

### < Project / Booth Participants Wanted >

Hamura City will hold the 2<sup>nd</sup> Environment Festival. Let's make it a great success!

Date: June 15<sup>th</sup>(Sat)    Place: Yutorogi    Time: 10AM~3PM

#### < Company >

How about promoting your company's Eco-friendly products or activities? Simple entertainment can be done.

Booth Availability: 19 indoor booths (4.8 m<sup>2</sup>) and 6 outdoor booths (9 m<sup>2</sup>)    Fee: ¥10,000 per block

Application: Fill in the company name, address, number, contact person, product/activity to promote and send a mail or e-mail or apply directly. Participants will be decided on first-come first-served basis.

#### < Shops serving food and drink >

Eligibility: owners of a restaurant located in *Hamura* have priority. Others may apply for spare booth space if available. \*Participating shops must use reusable plates and utensils.

Booth Availability: 12 outdoor booths (10 m<sup>2</sup>)    Fee: ¥3,000 per block

Application: Fill in your name, address, contact number, kind of food or drink you want to sell and send a mail or e-mail or apply directly.

#### < Eco-Friendly Photo Contest >

Share your pictures of anything eco-friendly found in *Hamura* or at home, or of impressing eco-friendly ideas!

Eligibility: Anyone who is interested in environmental issues

Format: Photograph larger than 203×254mm pasted to a A4 paper sized mount. Submit 3 pictures or less.

Awards: Grand-prize, Excellence Award, Judge's Award    \*A luxurious gift will be given to prize winners.

Application: Fill in your name, address, contact number, picture, date, time and place the picture was taken, title of the picture, explanatory texts and send a mail or apply directly.

\*Before the festival, high ranking pictures will be chosen and the person who is chosen must come to the festival and make a presentation. Judge and visitors will vote and decide the rank. (One who cannot come to the festival cannot be judged.)

#### < Handmade toys teacher wanted >

Would you like to teach children how to make some handmade toys?

Workshop Time: can be arranged between 10AM~3PM

Eligibility: Anyone who is interested in environmental issues (applying by group is OK)

Must be an Eco-Friendly toy using recycle materials that has been used or will be disposed.

Application: Fill in your name, address, contact, the toy recipe and send a mail, e-mail or apply directly.

#### < Design a logo for Environmental Festival >

A symbol design board will be made for this event using the caps of PET bottle. Send in your design idea!

\* Designs too complicated or with too many colors are not suitable.

Working hours: 10AM~3PM (Will be arranged with other events)    Application: Fill in your name, address, contact number, design, meaning of the design and send a mail, e-mail or apply directly.

#### ◆ Application details for all of the above ◆

Please read the above details carefully for requirements, then fill in the name of event you wish to participate in, either < Company > < Food & Drink > < Photo Contest > < Handmade Toys > or < Symbol Design >.

If you want to bring your application, please come directly to *Kankyou Hozen-ka* (Ext.226) in city hall 2nd floor during the application period, April 15<sup>th</sup> (Mon) ~ May 10<sup>th</sup> (Fri).

Fax: 554-2921    Mail: fill-in the zipcode only 〒205-8601    Email: s205000@city.hamura.tokyo.jp

## BICYCLE USERS' RULES

Bicycle is a relatively easy vehicle to operate for all ages. Not only that, riding bicycle is expectedly healthier than using a car, and it is also better for the environment.

But please note that bicycle is considered as "a vehicle". Not only a bicycle rider can become a victim of traffic accident, but also possibly become a perpetrator. Once you became a perpetrator, you would be burdened with liability of damages. Be always aware that the bicycle is a vehicle, and follow the traffic rules when you ride. Also don't forget to subscribe to a bike rider's casualty and liability insurance!

### << BASIC RULES FOR RIDING BICYCLES >>

#### ◆ Ride on roadway, not on sidewalk

On a street with lined or elevated sidewalk, bicycles have to go on roadway, unless with these conditions:

- When there is a traffic sign allowing bicycles to go on sidewalk
- When the rider is either under 13 or over 70 years old, or the rider is handicapped
- When the bicycle cannot go on the left side of roadway due to the construction or parked vehicles, or when car traffic is extremely heavy and dangerous

#### ◆ Ride on left side of roadway

Since the bicycles are considered as "vehicle", in principal, they have to go on the left side of roadway, not on right side. However, if a road-side strip line is a single line, bicycles can go thorough on any side.

#### ◆ Pedestrians have priority on sidewalk, bicycles go slowly on the roadway side

When you have to ride bicycle on sidewalk, go slowly on the roadway side and do not interrupt pedestrians' way. If you get in their way, get off from bicycle and walk with your bicycle.

#### ◆ Obey the traffic rules

- Do not drink alcohol and ride.
- Do not ride bicycles side by side (except certain areas).
- Do not ride with two (except when riding with child of 6 years old or younger).
- Obey the traffic lights. Stop at red sign. At blue/green sign, make sure it is safe to go.
- Turn the headlight on after dusk.
- It is against the regulation if you use umbrella, and/or cell phone when riding bicycle.

#### ◆ Child has to wear a helmet

Please make sure that 13 years old or younger child wears helmet when riding bicycle.

### < Buying Insurance for your Bicycle >

More bicycle riders are becoming perpetrators in recent years. Bicycle riders should be more aware of themselves as a "vehicle" rider, and also buy insurance for the bicycle.

In addition to regular liability insurance available from general insurance company, there is TS mark regulation issued by Japan Traffic Management Technology Association. TS Mark (a sticker to be placed on bicycle) serves as a certificate for accident and liability insurance, issued with fee to serviced bicycles that are confirmed as safe vehicle. TS Mark insurance can be purchased at bike shops certified as TS Mark agency.



### < Illegally Parked Bicycles >

Leaving bicycles on road and/sidewalk near train stations could cause a lot of troubles such as following:

- Bicycles parked over the yellow braille blocks make it difficult for visually-challenged people to walk on the street safely.
- Get in the way of evacuation route in case of disaster.
- Randomly parked bicycles on streets disturb the scenery.

### < No Street Parking Allowed around Rail Stations >

The areas within 400 meters from JR *Ozaku* and JR *Hamura* stations are designated as no-bicycle-parking area. Any bicycles or motorized bicycles parked within these areas will be towed to the city's storage facility. To pick up towed bicycles the owner has to pay a fine. **Fine:** Bicycle... ¥2,000 / Motorized Bicycle... ¥3,000

### < Bicycle Parkings Near Rail Stations >

Please see the parking location maps on *Hamura News* April 15<sup>th</sup> Japanese Edition page 10.

- Near JR *Hamura* Station (map on the right) ... 8 parking areas

\*For Motorized bicycles, please use *Nishiguchi* No. 3 Parking only.

- Near JR *Ozaku* Station (map on the left) ... 4 parking areas

\* For Motorized bicycles, please use *Higashiguchi* No.1, *Nishiguchi* No. 1 and 2 Parking only.

### < Opening Hours for Bicycle Storage >

Mon. Tue. Thu. Fri. 9AM ~ 4PM / Wed. 9AM ~ 7:30PM / Sat. 9AM ~ Noon / Sun. & Holiday closed

### Health Lecture ~ DIABETES ~

In this lecture course you can learn all about diabetes. There will be lectures by doctors, an exercise instructor, and a health management dietician. You can also make an appointment for personal counseling.

Date & Time: Every 4<sup>th</sup> Thursday, 2PM ~ 3PM (except August and December) Fee: Free

Place: *Nishitama Ishi Kaikan* (address: 3-103 *Nishiwake-chou*, *Ōme* City)

Eligibility: Diabetic patients and family Capacity: About 40 people

How to apply: Call *Nishitama Ishikai* prior to the lecture day (except Saturday and Sunday) ☎0428-23-2171

### NEW VOLUNTEER CLASS "SADOU" (Japanese Tea Ceremony)

How about learning a traditional Japanese tea ceremony? You can learn about Japanese culture and meet new friends, too! This is a class for beginners.

Date: every first Thursday of the month between June, 2013 ~ March, 2014 (total 10times)

Time 1:30PM~around 4PM Place: *Yutorogi Chashitsu*(Tea Ceremony room) 3<sup>rd</sup> floor

Eligibility: *Hamura* residents who is over 60 years old Fee: ¥300 per lesson (this is for tea and snack)

Capacity: about 10 people (If many applies, will be chosen by lottery) Teacher: Mr. *Munekatsu Otsuka*

Application and Inquiry: Apply between April 19<sup>th</sup>(Fri)~30(Tue)(except for weekends and holidays) 8:30AM ~5PM by phone or come directly to *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari* (ext.175)

### ~ What is a Volunteer Class? ~

People who has special knowledge, skills or experience teaches a class for free as a volunteer to help the society. These are some volunteer classes now held:

- *Hyakuninisshu* (traditional Japanese playing cards) held at *Jyurakuen* (inside Community Center)
- Social Dance & Magic held at *Iko no sato*

### LESSONS at SWIMMING CENTER ☎579-3210

#### < Belly Shape Dance >

How about dancing with music, moving your shoulders, hip and belly, especially around your pelvis and improve the circulation of the blood. Makes your body fit and prevents from storing visceral fat.

Day & Time: Friday 9:30AM~10:30PM (closed on holidays) Place: 2<sup>nd</sup> meeting room on 2<sup>nd</sup> floor

Capacity: first 20 people Fee: ¥800 per lesson Items to bring: exercise wear, drinks, towel

Application: Come directly to the sauna reception desk at 2<sup>nd</sup> floor.

#### < Chinese Exercise >

It is a Chinese exercise moving your body faster than *Taikyokuken* with Chinese music, followed by Lymph Drainage Massage for encouraging lymph flow and detoxification. It prevents stiff shoulders and back ache.

Day & Time: Wednesday 9:30AM~10:30PM(closed on holidays) Place: 2<sup>nd</sup> meeting room on 2<sup>nd</sup> floor

Capacity: first 20 people Fee: ¥500 per lesson Items to bring: exercise wear, drinks, towel

Application: Come directly to the sauna reception desk at 2<sup>nd</sup> floor.

## SWIMMING CENTER CLASS GUIDE

Class Name	Eligibility	Date & Time	Capacity	Fee
Easy Swim & Healthy Walking Class	20 years or older	Every Tuesday between June 4 <sup>th</sup> ~ July 23 <sup>rd</sup> (8 times) 1PM ~ 1:50PM	20	¥3,500
Swimming Class for Pre-Schoolers (Wednesday Class)	4 ~ 6 years old	Every Wednesday between June 5 <sup>th</sup> ~ July 24 <sup>th</sup> (8 times) 3PM ~ 3:50PM	20	¥5,000
Swimming Class for Pre-Schoolers (Thursday Class)	3 ~ 6 years old	Every Thursday between June 6 <sup>th</sup> ~ July 25 <sup>th</sup> (8 times) 3PM ~ 3:50PM	20	¥5,000
Swimming Class for Pre-Schoolers (Friday Class)	4 ~ 6 years old	Every Friday between June 7 <sup>th</sup> ~ July 26 <sup>th</sup> (8 times) 4PM ~ 4:50PM	20	¥5,000
Swimming Class for Children (Wednesday Class)	Elementary School Students (※)	Every Wednesday between June 5 <sup>th</sup> ~ July 24 <sup>th</sup> (8 times) Beginners class... 4PM ~ 4:50PM Intermediate class... 5PM ~ 5:50PM	40 per class	¥4,500
Swimming Class for Children (Friday Class)	Elementary School Students (※)	Every Friday between June 7 <sup>th</sup> ~ July 26 <sup>th</sup> (8 times) ①Beginners... 5PM~5:50PM ②Intermediate & Advanced... 6PM~6:50PM	① 40 ② 20	¥4,500
Swimming Class for Children (Saturday Class)	Elementary School Students	Every Saturday between June 1 <sup>st</sup> ~ July 20 <sup>th</sup> (8 times) A: Beginners... 11AM ~ 11:50AM Intermediate & Advanced... Noon~0:50PM B: Beginners... 2PM ~ 2:50PM Intermediate & Advanced... 3PM ~ 3:50PM	40 per class	¥4,500
Swimming Class for Children (Sunday Class)	Elementary School Students	Every Sunday between June 2 <sup>nd</sup> ~ July 21 <sup>st</sup> (8 times) Beginners... 11AM ~ 11:50PM Intermediate... Noon ~ 0:50PM	40 per class	¥4,500
Swimming Class for Adults	Junior high school student or older (※)	Every Sunday between June 2 <sup>nd</sup> ~ July 21 <sup>st</sup> (8 times) 7PM ~ 8:50M	40	¥6,500

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

### **How to apply:**

Between May 5<sup>th</sup>(Sun) ~ 19<sup>th</sup>(Sun), 9AM ~ 10PM, fill in an entry sheet available at the Swimming Center or Sports Center, and submit in person to Swimming Center office.

\*You can also participate in Easy Swim & Healthy Walking Class without prior application(¥600 per lesson).

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

\*For details, please check the Swimming Center homepage or contact the Swimming Center.

### **KYUUDOU CENTER ☎555-9255**

#### < **Kyuudou (Japanese Archery) Class for Beginners** >

**Date & Time:** Wednesdays and Saturdays between May 8<sup>th</sup>(Wed) ~ 29<sup>th</sup>(Wed) (Total of 7 times), 7PM~9PM

**Place:** Kyuudou Field **Capacity:** First 15 applicants **Fee:** ¥3,000 (for 7 classes)

**Eligibility:** Junior high school students or older (Junior High students must be accompanied by an adult)

**Application:** Before May 1<sup>st</sup>(Wed), provide your name, address, age (grade), and phone number via mail, by fax to the center; *Hamura-shi Ozakudai* 4-2-8, Tokyo 〒205-0001, Fax: 555-9255.

\*Please wear things so you can move comfortably. (long-sleeved T-shirt without any buttons and socks)

## THE 44<sup>th</sup> HAMURA SPORTS FESTIVAL

Event	Event Date	Place
Soft-ball Baseball	~ November 10 <sup>th</sup> (Sun)	<i>Musashino Park</i>
Soft-ball Baseball (Junior High Students)	August 2013 ~ March 2014	Relevant Junior High Schools
Soft-ball Baseball (Elementary School Kids)	September 8 <sup>th</sup> (Sun) ~ October 14 <sup>th</sup> (Mon)	<i>Miyanoshita Sports Ground, Musashino Park, Asahi Park</i>
Track and Field	September 15 <sup>th</sup> (Sun)	<i>Fujimi Park</i>
Youth <i>Ekiden</i>	October 20 <sup>st</sup> (Sun)	<i>Miyanoshita Sports Ground, etc.</i>
Kendo	September 15 <sup>th</sup> (Sun)	Sports Center
Judo	September 15 <sup>th</sup> (Sun)	Sports Center
Table Tennis	August 25 <sup>th</sup> (Sun)	Sports Center
Skiing	January 19 <sup>th</sup> (Sun), 2014	<i>Sugadaira Kougen Ski Field</i>
Soft Tennis	October 20 <sup>th</sup> (Sun)	<i>Fujimi Park</i>
Volleyball	September 1 <sup>st</sup> (Sun), etc.	Sports Center, relevant Schools
Softball	August 25 <sup>th</sup> (Sun) ~ October 20 <sup>th</sup> (Sun)	<i>Fujimi Park, Asahi Park</i>
Tennis	October 27 <sup>th</sup> (Sun)	<i>Fujimi Park, Hamura High School</i>
Stretching Exercise With Music	August 11 <sup>th</sup> (Sun) ~ 17 <sup>th</sup> (Sat)	<i>Fujimi Park</i>
Badminton	October 20 <sup>th</sup> (Sun)	Sports Center
Canoe	September 7 <sup>th</sup> (Sat), 8 <sup>th</sup> (Sun)	<i>Suijou Kouen Water Park</i>
Swimming	August 4 <sup>th</sup> (Sun)	Swimming Center
<i>Kyuudou</i> (Japanese Archery)	September 8 <sup>th</sup> (Sun)	<i>Kyuudou Field</i>
Gate Ball (Japanese Croquet)	October 17 <sup>th</sup> (Thu)	<i>Fujimi Park</i>
Soccer (Boys)	September 7 <sup>th</sup> (Sat) ~ January 26 <sup>th</sup> (Sun) 2014	Relevant Elementary Schools
Soccer (Junior High Students)		Relevant Junior High Schools
Soccer (General, Seniors, and Women)		<i>Miyanoshita Sports Ground, Fujimi Park</i>
Basketball	July 7 <sup>th</sup> (Sun) ~ August 17 <sup>th</sup> (Sat)	Sports Center
Dance Sports	May 5 <sup>th</sup> (Sun)	Sports Center
Golf	July 9 <sup>th</sup> (Tue)	<i>Oume Golf Club</i>
Indiaca	December 1 <sup>st</sup> (Sun)	Sports Center
<i>Karate</i>	July 15 <sup>th</sup> (Mon)	Sports Center
<i>Aikido</i>	August 8 <sup>th</sup> (Sun), February 2 <sup>nd</sup> (Sun), 2014	Sports Center
<i>Iaido</i>	October 27 <sup>th</sup> (Sun)	<i>Freshland Nishitama</i>

\*For more information please contact *Hamura-shi Taiiku Kyoukai* or refer to its Website.

Tel: 555-1698 Fax: 555- 1699 Email: hamura-taikyo@npo-jp.net

### SCHOOL ATTENDANCE SUPPORT (*Shuugaku Enjo*)

*Hamura* City provides financial aid to parents of a student residing in *Hamura* City and going to a public elementary or junior high school who are having difficulty funding for the school supplies, school lunch fee and other school expenses because of the economic reasons. To receive this aid, an application and eligibility screening will be required. If beneficiary eligibility is granted, the aid will be provided starting from the month in which the application is filed.

- ▶ Application forms are already distributed to students of Elementary and Junior High Schools in *Hamura*. Please file an application to City Hall *Gakkou Kyouiku-ka* or to the office of your child's school.
- ▶ If your child is attending to a school in other municipality, please come to city hall for a special procedure, with your *Inkan*, rent statement and proof of bank account to which you want the benefit to be deposited.

Inquiries: *Gakkou Kyouiku-ka Gakumu-kakari* Ext.357

## INTRODUCING WELFARE ALLOWANCES/SUBSIDIES for HANDICAPPED PERSONS

Application is needed to receive benefits from these allowance/subsidy programs. For more details, or to find out about other welfare programs, please contact *Shougai Fukushi-ka Shougai Fukushi-kakari* Ext.173.

Allowances	Eligibility
<i>Tokubetsu Shougai</i> <i>Teate</i> (Special Allowance for the Disabled) ¥26,260 / month	Age 20 years or older, and requires special support/care at all times due to severe disability. *
<i>Shougaiji Fukushi</i> <i>Teate</i> (Welfare Allowance for Disabled Children) ¥14,280 / month	Age 19 years or younger, and requires special support/care at all times due to severe disability. *
<i>Judo Shinshin Shougai</i> <i>Teate</i> (Allowance for Persons with Severe Physical and Mental Disability) ¥60,000 / month	Person with severe impairment of intelligence who is in constant support/care needs and unable to stay in a sitting position due to limb and trunk dysfunction. * Cannot newly apply if you are 65 or older.
<i>Shinshin Shougai</i> <i>Fukushi Teate</i> (Welfare Allowance for Physically or Mentally Disabled) ¥15,500 / month Provided by Tokyo Metropolitan Government	Age 20 years or older, being cared at home, and holds Physical Disability Certificate grade1~2 or Certificate for Adults and Children with Mental Deficiency grade1~3, or person with brain paralysis or progressive muscular atrophy. * Cannot newly apply if you are 65 or older.
<i>Shinshin Shougai</i> <i>Fukushi Teate</i> (Welfare Allowance for Physically or Mentally Disabled) ¥12,000 / month Provided by <i>Hamura</i> City Government	Age 20 years or older, being cared at home, and holds Physical Disability Certificate grade3~4 or Certificate for Adults and Children with Mental Deficiency grade4. * Cannot newly apply if you are 65 or older.
<i>Nanbyou Kanja Fukushi</i> <i>Teate</i> (Intractable Disease Allowance) ¥7,500 / month	Person with specified intractable disease which the municipal government certifies, who is receiving Intractable Disease Medical Subsidy from Tokyo Metropolitan Government.
<i>Takushii Hiyou / Jidousha Gasorinhi Josei</i> (Subsidy for Taxi Fare or Gasoline Cost) Allowance amount varies	Person who holds Physical Disability Certificate grade1~2 (grade 1~3 for lower limb, trunk, or internal dysfunction) or Certificate for Adults and Children with Mental Deficiency grade1~2, or person with brain paralysis or progressive muscular atrophy. *
<i>Riyou / Biyou Saabisu Hiyou Josei</i> (Subsidy for Hair Dressing Cost) Allowance amount varies	Person who holds Physical Disability Certificate grade1~2 or Certificate for Adults and Children with Mental Deficiency grade 1~2. Not applicable if hospitalized or living in special care facility
<i>Kinou Kaifuku Sejutsu</i> <i>Hiyou Josei</i> (Subsidy for Physical Therapy Cost) Acupuncture/Massage Therapy Tickets	Person who holds Physical Disability Certificate grade1~4 (grade 1~6 for those at age 70 years or older). Not applicable if hospitalized or living in special care facility.
<i>Suidou/Gesuidou Shiyouryou Josei</i> (Subsidy for Water and Sewage Usage Charge) ¥915 / month	Residents tax exempt household that include a member who holds Physical Disability Certificate grade1~2 or Certificate for Adults and Children with Mental Deficiency grade 1~2.

\* ...Income restriction and/or exclusion regulation may apply.



## VOCATIONAL TRAINING SUPPORT FOR SINGLE-MOTHERS AND SINGLE-FATHERS

Starting from April 2013, single-fathers are also subject to the vocational training grant program. To know more about the program, please see *Hamura News* February 15<sup>th</sup> 2013 issue or feel free to contact City Hall *Kosodate Shien-ka Shien-kakari* Ext.239.

## CENSUS ON HAMURA CITY ELDERLY RESIDENTS

*Hamura* City conducts an annual Interview-based survey on health and living conditions of elderly residents at age 70 and older. This survey aims to protect life and human rights of elderly residents, as well as to prevent abuse and elderly-targeting crimes. The commissioned welfare volunteer (*Minsei Jidou Iin*) of each community will visit homes of residents at age 70 or older during a period from late April through June. Main questions to be asked during the interview will be in regards to household situation, socializing capability and frequency, and emergency contact.

At this occasion, please feel free to consult the welfare volunteer about health etc. of your elderly family.

Inquiry: *Kourei FukushiKaigo-ka Kourei Fukushi-kakari* Ext.175

## FY2013 PROPERTY TAX and CITY PLANNING TAX NOTIFICATION

Please be notified that 2013 Property Tax Statement (固定資産課税明細書) has been already mailed to the applicable property tax owners in early April, and FY2013 Property Tax and City Planning Tax Notification (固定資産税・都市計画税納税通知書) will also be mailed to the applicable tax payers in early May.

These taxes are levied on the owners of fixed property based on the property registration information as of January 1<sup>st</sup> 2013. If you have sold or demolished your land / house/ building after January 2<sup>nd</sup> 2013, you are still obligated with FY2012 tax payment on those properties. Please be sure to pay taxes before the due date.

Inquiries: *Kazei-ka Sisanzei-kakari* Ext.157

## HOKEN (Public Health) CENTER ☎555-1111 Ext.627

### < 3 vaccines have been newly certified for the Routine Immunization >

As of April 2013, vaccine for cervical cancer prevention, Hib vaccine, and pediatric pneumococcal vaccine are certified as routine immunizations. Therefore fees for these 3 vaccines will be subsidized by the government budget as long as the vaccine is given to the children during the applicable age and time period.

#### ◇ Cervical Cancer Prevention Vaccine

Eligibility: Women who are 6th graders up to 10th graders (or those at equivalent age)

\*7th graders will receive a medical questionnaire form in April. Others who are at eligible age and wish to receive a vaccination, please visit *Hoken* Center with a vaccination record.

Number of vaccines: 3 times to be administered at timings which depends on the type of vaccine.

Note: There are 2 different types of vaccines. Please make sure to receive the same type every time.

Vaccination Appointment: appointment with a designated medical facility is required. For a list of participating medical facilities of this immunization program, please see *Hamura News* March 1<sup>st</sup> issue.

#### ◇ Hib Vaccine and Pediatric Pneumococcal Vaccine

Eligibility: 2 months old ~ 4 years old \*recommended age is between 2 ~ 7months old.

\*Those eligible for vaccination will receive a medical questionnaire in a month following the birth. Others are at eligible age and wish to receive a vaccination, please visit *Hoken* Center with a vaccination record.

Number of vaccine: It varies depending on the child's age. Please consult with *Hoken* Center.

Vaccination Appointment: appointment with a designated medical facility is required. For a list of participating medical facilities of this immunization program, please see *Hamura News* March 1<sup>st</sup> issue.

**< Japanese Encephalitis Vaccine >**

Based on the Japanese Government's notification, Japanese Encephalitis Vaccination is recommended for children who turn 3, 7, 8 or 18 years old before April 2<sup>nd</sup> 2014.

**For 3 year olds:** 3 year olds will receive a Notification of Japanese Encephalitis 1<sup>st</sup> Dose Vaccination (日本脳炎予防接種予診票) along with the regular 3-year-old health check-up notification.

**For 7 & 8 year olds:** 7 and 8 year olds will receive the Notification in his/her birth month. He/she has already taken this vaccine, please disregard the notification.

**For 18 year olds:** They will receive the Notification in April 2013. If he/she has already taken this vaccine, please disregard the notification.

**Others:** Those who are at applicable age and wish to receive the vaccine, their parents can obtain an vaccination application form at *Hoken* Center. The applicable ages are; ①3 ~ 7 years and 5 months old, or 9 ~ 13 years old, ②Those who were born in between April 2<sup>nd</sup> 1995 ~ April 1<sup>st</sup> 1997

**< 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... May 9<sup>th</sup>(Thu) - Lecture by a midwife,

Day2... May 16<sup>th</sup>(Thu) - Lecture by OB/GYN doctor and Dietician

Day3... May 30<sup>th</sup>(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.

**< Blood Donation Needed! >**

More cooperation is needed to ensure a continuous supply of blood for transfusions. We appreciate your contribution. No reservation is required. Donation of either 400ml or 200ml can be chosen by a donor.

Date & Time: May 8<sup>th</sup>(Wed) 10AM ~ Noon / 1:15PM ~ 4PM

Place: *Gonokami Kaikan* at *Hamura* Station East Rotary \*There is no parking space

Eligibility: Age 16~69 (Those over age 65/older without a donation record in past 5 years are ineligible)

\* Those who are taking vitamin supplements or stomach medicine or antihypertensives need to consult a medical check doctor at the donation site prior to the procedure.

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

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
21 <sup>st</sup> (Sun)	<i>Yokota</i> Clinic	554-8580	<i>Fussa-shi</i> <i>Hoken</i> Center	552-0099	<i>Watanabe</i> <i>Shika Iin</i>	570-1688
28 <sup>th</sup> (Sun)	<i>Ozaku Ekimae</i> Clinic	578-0161	<i>Fussa-shi</i> <i>Hoken</i> Center	552-0099	<i>Honda</i> Dental Clinic	554-4184
29 <sup>th</sup> (Mon) Holiday	<i>Wakakusa Iin</i>	579-0311	<i>Takasawa Byouin</i> ( <i>Mizuho-machi</i> )	556-2311	<i>Asahi Kouen Dori</i> <i>Shika Iin</i>	555-7904