

HAMURA NEWS

May 1st, 2013

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

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Hamura City Official Website = <http://www.city.hamura.tokyo.jp> E-mail: s102000@city.hamura.tokyo.jp

Hamura News Back Numbers = <http://www.city.hamura.tokyo.jp/category/2-4-1-7-1.html>

THE 40th HAMURA OUTDOOR FLEA MARKET

Hamura Citizens will sell daily commodities and clothes. It's a great chance to find something nice! Come and promote the recycle society by enjoying shopping!

Date & Time: May 18th(Sat), 9AM ~ Noon (Cancelled in case of heavy rain) Place: *Fujimi Park C Field*

Inquiry: *Shouhi Seikatsu Center* ☎555-1111 Ext.640

HAMURA ZOO ☎579-4041

< Free Admission on May 5th National Children's Day > こどもの日入園無料

Until May 6th(Mon) there are a lot of colorful, giant *Koinobori* Families (carp banners) swimming above our garden! The Zoo Admission will be free for children under age 15 on May 5th, the National Children's Day.

FRESHLAND NISHITAMA ☎570-2626

< Opening Hours during Golden Week (the first week of May) >

We will be open between May 1st(Wed) ~ 6th(Mon) and will be closed on the 7th(Tue).

< Children's Day Gift >

Child visitors, elementary school students or younger, will get a gift on May 5th(Sun)!

< **Shoubu-yu (Iris Bath)** > Date: May 5th(Sun)

It is a traditional custom practiced on the boy's day. Fresh iris leaves give fragrance to the hot bath.

< **Bonkei and Kousekiga Exhibition** > May 8th(Wed) ~ June 2th(Sun)

Bonkei: The beauty of nature scenery is recreated in a pot.

Kousekiga: Colorful picture drawn with the colored, powdered marble.

VOLUNTEERS WANTED for DIGGING-UP TULIP BULBS

Volunteers are wanted who would like to dig out the tulip bulbs to prepare the field for planting rice plant.

Date & Time: May 9th(Thu), 10th(Fri), 12th(Sun), and 13th(Mon), 9AM ~ Noon

Meeting Place: *Odorikosou Park* (located on the north side of *Negarami-mae Paddy Field*)

Things to bring: work gloves *Make sure to wear something appropriate for yard works.

How to Apply & Inquiries: Call or Fax to *Hamura-shi Kankou Kyoukai (Hamura Tourism Association)* and provide your name and phone number by May 8th (Wed). ☎555-9667, Fax: 555-9673

For Tulip Owners ... The tulip owners who participate in the digging-up work can take tulip bulbs home.

Date & Time: May 12th(Sun), 9AM ~ Noon *This is for the tulip owners of Tulip Festival 2013.

JAPANESE RED CROSS SOCIETY CAMPAIGN 2013

May is the annual promotional campaign month of Japanese Red Cross Society.

Officers of your community association will visit the homes of association members to collect donation support which will be used to fund international/domestic disaster response and relief operations, medical services, education of nurses, blood program and other social welfare services.

Your support for Red Cross Society's worldwide humanitarian activities will be deeply appreciated.

Inquiries: *Shakai Fukushi-ka Shomu-kakari* Ext.114

HAMURA HEALTH DAY

May 19th (Sun)

It is your responsibility to establish and maintain your own health. Join this event offering various health information and physical check-ups. Let's find the best way for you to keep yourself at good health!

Date & Time: May 19th(Sun), 10AM ~ 2PM *Please refrain from coming by personal car to this event.

Place & Inquiry: *Hoken Center* ☎555-1111 Ext.626 Hosted by: *Hamura City*

< Bone Density Test >

Let's check your Bone Density and prevent Osteoporosis (Brittle-bone Disease).

Eligibility: *Hamura* Resident of age 18 years or older Capacity: First 220 people

*Starting 9:45AM, numbered tickets will be given at the front door of *Hoken Center*. One ticket per person.

< Quick Health Seminars >

• 10:30AM ~ 11AM :

Introduction of how to control the blood-sugar level and keep young and healthy blood vessels.

• 11:15AM ~ 11:45AM, 12:50PM ~ 1:20PM:

Do some exercise and lower your blood-sugar level! Easy aerobic exercise and stretching that you can do in seated position

• 12:15PM ~ 12:35PM : Let's Enjoy Music – Sing and refresh!

< Healthy Recipe and Tasting >

You can learn about maintaining nutrition balance by using "5 colors" of foods. You can also taste it.

-Use "5 colors" of foods- Your meal will be healthy if you use Red, Yellow, Green, White and Black foods.

Tasting: 11AM ~. Flour dumplings in soup, stir fried canned mackerels and root vegetables.

< Physical Check-up Booth ~*Hokenshitsu*~ >

You can have the following health conditions checked: Blood Pressure, Weight, Body Fat, BMI (Body-mass index), Visceral Fat, Basal Metabolism, Skeletal Muscle Rate, and Physical Age.

The individual briefing will be provided based on the test results (Check-up Registration will close at 1PM).

< Tuberculosis Check-up >

Tuberculosis is not a disease of old time. Why not take this chance for an X-ray examination.

Testing Methods: Chest X-ray Eligibility: *Hamura* Resident of age 18 years or older

< Health Check-up promotion >

• We will explain the schedules of various medical check-ups hosted by the city government.

• "*Kenkou Techou*" (health notebook) will be given out to record the results of annual check-ups.

< Health promotion lesson >

Our lifestyle habit can damage your blood vessels. Blood vessels can be damaged or hardened without pain or without knowing. Blood-sugar level is the key. If your blood-sugar level is too high, the blood vessel can be damaged. In this lesson, how to control your blood-sugar level by 3 themes, will be explained.

FREE HIV TEST at PUBLIC HEALTH CENTER

Test Date & Time: June 4th(Tue) 1:30PM~4:30PM Fee: Free Reservation: Not required

Place: *Nishitama Hokenjo* located at 5-19-6 *Higashi Ōme*, *Ōme City*

Test Result Reporting: Please come to the center again on June 11th(Tue) 3PM~4:30PM

* The result will be reported in person only. * Test results will be handled anonymously.

▶▶Those who wish can be tested also for Chlamydia, Syphilis and Gonococcal Infection with free of charge.

▶▶*Nishitama Hokenjo* is open to public for consultations about sexually transmitted diseases at anytime.

Inquiries: *Nishitama Hokenjo Hoken Taisaku-ka* ☎0428-22-6141

MAY is "BURNABLE WASTE ACCURATE SEPARATION MONTH"

Hamura City has a long term plan: The goal is to decrease the amount of waste and recycle more by 2016. Comparing the goal and actual waste based on the figures of waste collection in FY2012, we need to reduce waste by 1,763 tons, which means reduction of 26kg per person.

Also the burnable waste is 60% out of all waste, so decreasing burnable garbage will be very important and an effective tactic for achieving the goal in time or even sooner. With this idea, the city has designated May as "Burnable Waste Accurate Separation Month."

Less burnable waste being processed results in less city budget spent, and the more recyclable resources collected the more recycle profit gained for the city. Let's separate our garbage more carefully into waste and recyclable resources. Thank you for your cooperation!

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

RENT TABLEWARE FOR FREE AND REDUCE GARBAGE!

You can help reduce the garbage by renting tableware for free for a large gathering instead of buying and consuming many disposable ones. The rented items do not even need be washed before returning!

Items for lease: Plates, drink cups, chop sticks, spoons

Eligibility: *Hamura* residents group / company / organization that wants to rent 200 pieces or more

For more details, please contact *Kankyou Hozen-ka Kankyou Hozen-kakari* Ext.226

WORK SHOP for COMPOSITING FOOD WASTE USING CARD BOARD BOXES

Compost Monitors Wanted

Food waste can be reduced and recycled by composting. As a public program to promote Food Waste Reduction, in addition to partial subsidy for purchasing a food waste decomposing container, *Hamura* City is looking for people who wants to be a monitor for recycling food waste using a compost made of card board boxes. Let's find the best way to dispose food waste and reduce the garbage.

Day & Time: May 15th(Wed) 10AM~11:30AM Place: *Yutorogi* 2nd floor *Gakushuu-shitsu*

Applicant Eligibility: *Hamura* residents, first 20applicants *company cannot apply

Fee: Free Items to bring: pen, note

Content: Make food waste decomposing container using card board boxes and how to use it.

Explanation of the partial subsidy for purchasing a food waste decomposing container.

*Participants an bring home what they make. *Must hand in a user report if you apply as a monitor.

Application and Inquiry: Call or come to *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari* at city hall 2nd floor in advance, ☎555-1111 Ext.204.

LIGHT VEHICLE TAX

Light Vehicle Tax is imposed on the registered owner based on the ownership registration as of April 1st.

Tax Notification for Light Vehicle (軽自動車税納税通知書) will be mailed to the applicable vehicle owners in early May. Light Vehicle Tax payment is accepted at designated financial institutions and at convenience stores (the list of stores is printed on the back of the notification). Inquiries: *Kazei-ka Shiminzei-kakari* Ext.165

◆There is a tax exemption measure for light vehicles owned and used by disabled people. Application for the exemption must be filed before May 24th(Fri). Those who were Light Vehicle Tax Exempt during last year need to file an application again only if the registered vehicle was replaced with an another vehicle.

May 31st (Fri) – Due Date for Some Tax Payments

Payment of the 1st installment of Fixed Property Tax (固定資産税) and City Planning Tax (都市計画税), and a single installment payment of Light Vehicle Tax (軽自動車税) are due on May 31st(Fri).

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

EVENT INFORMATION for CHILDREN & PARENTS

KIDS' WORK-STUDY SUMMER CAMP in ŌSHIMA ISLAND LEADERS WANTED!

We are seeking for volunteers who will be the leaders for Work-Study Summer Camp in *Izu Ōshima* Island. The leaders will be supporting the attendee kids during the preliminary training and the camp tour. There is no special requirement to become one. The tour expense will be free for volunteers. Let's join the camp!

◆How to become a Leader

Eligibility: High school student or older, who can attend to all scheduled programs and additional meetings

Activities: Supporting attendee kids throughout the pre-tour training and tour.

Capacity: Total of 10 people from *Akiruno* and *Hamura*

(If the applicants are more than 10, leaders will be selected by having interviews)

How to apply: By May 20th(Mon) fill in the application form and turn it in directly to *Jidou Seishounen-ka Jidou Seishounen-kakari* where the form is available. The form is also available on the city website.

◆Work-Study Summer Camp in *Oshima* Island

Pre-Tour Training: July 28th(Sun)

Actual Tour Date: 4 nights and 5 days from August 7th(Wed) ~ 11th(Sun) (including one night on a ship)

Activities: Climbing on Mt. *Mihara*, swimming in the sea, country-life experiences and etc.

After-Tour Meeting: August 22nd(Thu) *There will be additional staff & leader meetings too.

Inquiry: *Jidou Seishounen-kakari* (Ext.264) *For more information please check *Hamura* News June 1st issue.

CENTRAL CHILDREN CENTER (*Chuuou Jidoukan*) ☎570-7751

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

Date & Time: May 11th(Sat) ①10AM~ ②1PM~ Fee: Free *No reservation required.

Eligibility: Toddlers (Toddlers must be accompanied by an adult) up to 6th graders

< Home Cooking Class ~ Rusks and Garlic Toasts ~ >

Date & Time: May 19th(Sun), 10AM~11:30AM Fee: ¥70 (Ingredient fee)

Eligibility: Elementary School Students in *Hamura* up to 18 years old

Capacity: First 20 applicants Items to bring: Indoor Shoes, Apron, Head Cloth, Hand towel, Drink (Tea)

How to apply: May 3rd(Fri) ~ 15th(Wed), 9AM~5PM, Call or visit Central Children Center

< Day-time Moon Observation >

Date & Time: May 19th(Sun), 4PM ~ 4:30PM Fee: Free

Eligibility: Elementary School Students ~ 18 years old *No reservation required.

< Astronomical Observation with Family >

Date & Time: May 19th(Sun), 8PM ~ 9PM Fee: Free *No reservation required.

Eligibility: Elementary School Students ~ 18 years old

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

*Observation events will be change to an astronomy lecture in case of rain or cloudy sky.

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

< Sports Day ~ Dodgeball ~ >

Date & Time: May 22nd(Wed), 3PM ~ 4PM *No application is required to join the game.

Eligibility: Elementary School & Junior High School Students

YUTOROGI ☎570-0707

< Movie Screening for Children >

Date & Time: May 12th(Sun), 10:30AM~11:30AM Admission: Free *No reservation required.

Program: 4 titles are scheduled to screen Supported by: *Hamura* 16mm *Eizou Kenkyuu-kai*

LIBRARY ☎554-2280

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

< Story Telling for Preschoolers >

Date & Time: May 11th(Sat), 11AM~ Panel Theater Show and more!

< Story Telling for Elementary School Students > 小学生向けお話し会

Date & Time: May 18th(Sat), 11AM~ A story telling "a chic and a cat" will be performed.

SWIMMING CENTER ☎579-3210

< Free Pool Admission on May 5th Children's Day >

Free 2-hour admission for Junior High School Students and younger! Free tickets are given at the Front Desk.

*Up to 2 children can be allowed entrance with one guardian who are age 16 or older.

*Children must be accompanied by a guardian in the facility during the specified hours as below;

Up to 3rd grader ... all day / 4th ~ 6th grader ... after 5PM / Junior High student ... after 7PM

CHATting PLACE for PARENTS

This month's topic is "Daily Life Rhythm". Feel free to join and share some childrearing information!

Childcare volunteers will look after children during this gathering. No reservation needed.

Place&Date: Central Children Center – May. 16th (Thu) Time: 10:30AM~11:30AM for all dates

West Children Center – May. 24th (Fri)

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

East Children Center – May. 28th (Tue)

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 East Children Center on May 7th(Tue) and at Central Children Center on May 23rd(Thu), 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.

SWIMMING CENTER ☎579-3210

< Hula Dance Exercise Class >

Let's exercise with tropical music and tighten your stomach!

Day & Time: Every Thursday (closed on holidays), 9:30AM ~ 10:30AM Place: *Kaigi-shitsu*

Capacity: first 20 people Fee: ¥800 per lesson Things to bring: Exercise outfit, drink, towel

*Reservation is not required. Please come directly to the 2nd floor Sauna reception desk before the lesson.

EXHIBITORS' BRIEFING for THE 44th HAMURA CULTURE FESTIVAL

If you/your organization plan to exhibit art works in this year's Culture Festival, please attend to this briefing.

Date & Time: May 7th(Tue), 7PM~ Place: *Yutorogi* Small Hall Contact: *Yutorogi* ☎570-0707

TV HAMURA in MAY

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.101) ①1:30PM~ ②5PM~ ③9PM~

* Recent past programs can be viewed online → <http://www.city.hamura.tokyo.jp/category/2-4-3-6-2.html>

This Month's Special Program: ~ **River-Crossing Mikoshi & Sister Cities Collaboration Project** ~

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

TOKYO METROPOLITAN PUBLIC HOUSING & **HAMURA CITY PUBLIC HOUSING**

The application brochures for the current offer term will be available from May 7th(Tue) to 15th(Wed), at *Kenchiku-ka* (8:30AM~5PM) in city hall 2nd floor and at city hall branch offices (9AM~1PM) on weekdays, or at city hall Main Reception on the weekend. These public housings are managed by the metropolitan government in purpose of providing affordable housings for low-income earners and residents having housing problems. There are required applicant eligibility qualifications such as income level, period of resident registration history, etc. For more details regarding applicant qualifications and application procedure, please refer to the brochure or consult *Kenchiku-ka Iji Kanri-kakari*.

< **Tokyo Metropolitan Public Housing (Toei Juutaku)** >

Availabilities for the May Application Term are for the following household types;

[general family, family of young parents, family with many children]

Applicant Eligibility: Those who have *Hamura* City Resident Record for the past 2 years or longer, with no taxes in arrears, etc.

Application: The completed application form must reach *Shibuya* Post Office by mail before May 20th(Mon).

*Tenants will be selected by drawing held on June 25th(Tue) at Tokyo Metropolitan Government Office.

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

During May 7th ~ 15th ☎0570-010-810 / Other Times ☎03-3498-8894 Office closed on weekends
http://www.to-kousya.or.jp/toeibosyu/t_2012/5/index.html (in Japanese)

HOUSING CONSULTATION

Hamura City is providing housing consultation with free of charge on the third Wednesday of odd-number months, 1:30PM~4:30PM, at city hall first floor *Shimin Soudan-shitsu*.

Please feel free to use this service when considering a home renovation, buying/building a home, periodical building checkup, or when having questions about the ways of home energy saving, Japanese Housing Law, etc. *Please make an appointment with *Kouhou Kouchou-ka Shimin Soudan-kakari* Ext.199. Up-coming Counseling Dates: May 15th(Wed), July 17th(Wed), and September 18th(Wed).

Workshop for NURSING CARE of FAMILY MEMBER

~ Get-together event for family members of dementia patient ~

Participants can learn and talk about how to take care of family members in need of special care for dementia symptoms. Join to share your questions/tips with other care takers. Male family members are also welcome!

Date & Time: May 28th(Tue), 1:30PM~3PM Place: Community Center 2nd floor *Kenshuu-shitsu*

Eligibility: *Hamura* residents who are taking care of elderly family members Capacity: About 10 people

Application & Inquiry: Contact *Kourei Fukushi Kaigo-ka Chiiki Houkatsu Shien* Center (Ext.197) in advance.

EXERCISE CLASS for FALL PREVENTION & IMPROVING PHYSICAL FITNESS

Wouldn't you love to stay healthy and fit even when you are old? In this class we introduce various exercises which are effective at preventing falls & improving your stamina. Please join us!

Date & Time: Every Friday in June (7th, 14th, 21st, 28th), 1:30PM ~ 3:30PM Place: Sports Center No.3 hall.

Eligibility: Age 65 years or older Capacity: first 30 people

Items to bring: Exercise outfit, Indoor exercise shoes, Towel, and Drink

Application & Inquiry: call or come to *Kourei Fukushi Kaigo-ka Chiiki Houkatsu Shien* Center (Ext.197)

< **Measles(*Hashika*) and Rubella(*Fuushinn*) Immunization for Adults** >

Rubella, also known as German Measles, is becoming ever more prevalent among adults, especially in the Kanto region, calling attention as a fast spreading epidemic.

For expectant mothers, contracting rubella poses a threat to cause her fetus to be born with congenital rubella syndrome which is characterized by hearing impairments, cardiac disease and cataracts.

In cases of Japanese people, today's men in their 20's to 40's are considered particularly and more vulnerable than women are to this viral disease because they are the generation who were not inoculated with rubella vaccine as routine immunization. *Hamura* City, however, is encouraging everyone to receive Measles-Rubella immunization if not certain whether he/she has been inoculated.

*** Woman who is pregnant or having possibility of being pregnant should not get Rubella or MR vaccination. The vaccine could lead to the fetus developing a disorder. Women also should not get pregnant for two months after receiving the said vaccination for the same reason.**

Route of Infection, Symptoms

Outbreaks of rubella usually occur from spring to early summer. Rubella virus is transmitted by respiratory route such as coughing and sneezing. The major symptoms are high fever, rashes and swollen lymph glands. During the first week of rashes start appearing, the chance of spreading the virus is at the highest. Rubella patients are strongly advised to avoid having contacts with people during this period unless it is necessary.

Subsidy for Immunization Cost

For adults with following conditions, *Hamura* City will provide partial subsidy for immunization cost;

- Women who wish to be pregnant in the future or men(husband) living with a pregnant woman
- *Hamura* City resident at age 19 or older who have never contracted rubella nor been inoculated.

This subsidy program is available for applicable men and women during a limited period;

for Men ... until September 30th 2013 / for Women ... until March 31st 2014

The cost for immunization may vary by institution. *Hamura* City provides ¥5000 for Measles-Rubella immunization and ¥3000 for Rubella-only immunization. The balance must be paid by an individual.

Application and Appointment

In order to have a subsidy applied to your immunization charge, you have to make a vaccination appointment at medical facility in *Hamura* City, and present your subsidy certificate (決定通知書) and medical insurance certificate (if you have). To obtain a subsidy certificate, you must file an application (風しん等ワクチン予防接種申請書) available at Hoken Center and on web. Submit it by mail or in person to Hoken Center.

In case of a male applicant, attach a copy of the cover page of *Boshi Kenkou Techou* bearing his name and the name of his wife (= the expectant mother to whom this *Techou* is issued).

Once you are granted eligibility for subsidy benefit, you will be given a subsidy certificate.

Application Form: for Woman <http://www.city.hamura.tokyo.jp/cmsfiles/contents/0000005/5696/josei.pdf>

for Man <http://www.city.hamura.tokyo.jp/cmsfiles/contents/0000005/5696/dansei.pdf>

Mail to: Hoken Center "Fushin-tou Wakuchin Yobou Sesshu" 〒205-0003 5-5-2 Midorigaoka, Hamura-shi

Inquiry: For more information please contact *Hoken* Center (Ext.623)

< **Baby Food Class for 7 months old and older** >

Once your baby is able to swallow weaning food, it's time to try solid food. Let's learn some easy recipes!

Date & Time: June 6th(Thu), 10AM~11:30AM **Place:** *Hoken* Center **Capacity:** First 15 pairs

Eligibility: Babies born between August 1st ~ Oct 15th 2012 and parents

*Older brothers and sisters may not attend.

Details: Tips for mid & later term of baby food stage / cooking demonstration & tasting for parents / Lecture & discussion about parenting

Application: Starting May 1st(Wed) 8:30AM, please call *Hoken* Center (Ext.625)

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
3 rd (Fri) Holiday	<i>Hamura Sougo Shinryoujo</i>	554-5420	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Usui Shika Iin</i>	579-1199
4 th (Sat) Holiday	<i>Yamakawa Iin</i>	554-3111	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Inoue Shika Iin</i>	554-7735
5 th (Sun)	<i>Sakae-chou Shinryoujo</i>	555-8233	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Inagaki Shika</i>	555-6018
6 th (Mon) Holiday	<i>Ozaki Clinic</i>	554-0188	<i>Nanohana Clinic (Mizuho-machi)</i>	557-7995	<i>Ikoma Shika Hamura Shinryoujo</i>	555-3139
12 th (Sun) Holiday	<i>Yamaguchi Naika Clinic</i>	570-7661	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Uno Shika Iin</i>	555-8241

PUBLIC CONSULTATIONS Schedule of May

Category	Date	Time	Contact
General Consultation for Foreign Residents (A)	10 th (Fri), 24 th (Fri)	1:30pm ~ 3:30pm	* Korean interpretation service is available by appointment for Foreign Residents Consultation
Traffic Accident (A)	May 1 st (Wed), Jun. 5 th (Wed)	1:30pm ~ 4:30pm	
Japanese Law (A)	May 9 th (Thu), 17 th (Fri), 25 th (Sat) Jun. 6 th (Thu), 14 th (Fri), 22 nd (Sat)	Thu & Fri 1:30 ~ 5pm Sat. 9:30am ~ 1pm	
Public Administration and Human Rights	16 th (Thu)	1:30pm ~ 4:30pm	<i>Shimin Soudan-shitsu</i> city hall ext.199
Tax (A)	May 7 th (Tue), Jun. 4 th (Tue),	1:30pm ~ 4:30pm	
Finance (A)	14 th (Tue)	2pm ~ 4pm	<i>Shoukoukaikan</i> 555-6211
Health	9 th (Thu), 23 rd (Thu)	1:30pm ~ 3pm	<i>Hoken Center</i> city hall ext.624
Pension	Mon, Wed, Fri	9am ~ Noon 1pm ~ 4pm	<i>Shimin-ka</i> city hall ext.140
Women's Affairs (A)	at <i>Hamura City Hall</i> 1 st (Wed), 15 th (Wed), 29 th (Wed)	1:30pm ~ 4:30pm	<i>Shimin Soudan-shitsu</i> city hall ext.199
	at <i>Fussa City Hall</i> 8 th (Wed), 22 nd (Wed)	9am ~ 1pm	<i>Kouhou Kouchou-kakari</i> city hall ext.339
Single-Parent Family Independence Support	Mon ~ Fri	8:30AM ~ 5PM	<i>Kosodate Shien-ka</i> city hall ext.239
Education (A)	Mon ~ Fri Weekend by appointment only	9am ~ 6pm	<i>Kyouiku Soudan-shitu</i> 554-1223
Welfare Legal Consultation (A)	22 nd (Wed)	1:30PM ~ 4:30PM	<i>Fukushi Center</i> 554-0304
General Consultation for Handicapped Residents	General Counseling Mon~Fri	8:30AM ~ 5:15PM	<i>Shougaisha Chiiki Katsudou</i> Support Center 555-1210 Toll Free Dial 0120-294-992
	Physical Handicap 25 th (Sat)	1pm ~ 4pm	
	Mental Handicap 28 th (Tue)	1pm ~ 4pm	

▽ Child Rearing Consultations Available Daily ▽

Mon ~ Fri	8:30am ~ 5:00pm	At City Hall	<i>Kodomo Katei Shien Center</i> 578-2882
		At Nursery Schools	<i>Sakura Hoikuen</i> 554-2046, <i>Shiraume Hoikuen</i> 555-1019 and Private Nursery Schools <u>Web Map</u> : http://www.city.hamura.tokyo.jp/0000000466.html
Mon Wed Fri	9am ~ Noon	At	<i>Nishi Jidoukan</i> 554-7578
Tue Thu Sat		Children	<i>Chuuou Jidoukan</i> 554-4552
Tue Fri Sun		Centers	<i>Higashi Jidoukan</i> 570-7751

* (A) = appointment required.

* Spanish and English Interpretation services are available by appointment.