

HAMURA NEWS

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☆☆☆ THE 38th HAMURA SUMMER FESTIVAL ☆☆☆

Event Details on Page 2~4

KYODOU HAKUBUTSUKAN (Folk Museum) ☎558-2561

< Exhibition "*Tamagawa Jousui* ~The secrets of its' structure and role~ >

Let's learn about structure and the role of *Tamagawa Jousui*(water canal) which was built back in the *Edo* era.

Date & Time: July 20th(Sat) ~ December 15th(Sun), 9AM ~ 5PM *Open until 6PM in July ~ September.

*The museum will be open on the holidays of Sep. 16th(Mon), 23rd(Mon), Oct. 14th(Mon) and Nov. 4th(Mon).

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

*If you would like a guidance, please ask at the frontdesk (The guide is not always available)

ENVIRONMENTAL WORKSHOP ~Water Creatures And Their Environment~

An environmental counselor will guide the tour investigating local river creatures and water quality.

Date & Time: August 9th(Fri) 9AM~About 2 hours (Cancelled if rains) Meeting Place: *Ikoinosato* Entrance

Eligibility: *Hamura* elementary school students (3rd grader or younger must be accompanied by an adult, 4th grade or older can also join with an adult) Capacity: First 30 applicants Fee: Free

Things to bring: Drink, Cap/Hat, Writing Materials, Towel, and clothes and shoes which you don't mind getting wet. Instructor: Mr. *Kousuke Satta* (Environmental counselor)

How to apply / Inquiry: between July 16th(Tue) ~ August 2nd(Fri) call, e-mail, or visit *Kankyou Hozen-ka Kankyou Hozen-kakari*(Ext.226) in city hall.

e-mail: s205000@city.hamura.tokyo.jp (Please title "*Mizube Kansatsukai Sanka Kibou*")

TENNIS CLASS FOR BEGINNERS

The coach of the tennis club of *Hamura* High School will be an instructor of this course.

Date & Time: Saturdays between September 7th ~ October 12th (5 lessons), 2:30PM ~ 4:30PM

Place: *Hamura* High School Capacity: 16 people (will be selected by a lottery if applicants exceed the capacity)

Eligibility: *Hamura* resident or worker Fee: ¥1,000(for all 5 lessons) and about ¥2,000 for insurance.

Application & Inquiry: On Reply-paid postcard (*Oufuku Hagaki*), fill in "Tennis Beginners Class, your name and age, address, phone number, and your job, then mail the post card before August 26th(Mon) to;

Toritsu Hamura Koukou Keiei Kikakushitu, 4152-1, *Hane*, *Hamura City*, Tokyo 〒205-0012 ☎555-6631.

LIBRARY ☎554-2280

< Library Hours will change during August >

From August 1st(Thu) to 31st(Sat), *Hamura* City Main Library will be open from 9:30AM to 8PM, and the *Ozakudai* Branch Library will be open from 10AM to 5PM. The August closing days for both libraries are Mondays and August 15th(Thu).

THE 38th HAMURA SUMMER FESTIVAL

Date & Time: July 27th(Sat), 28th(Sun), 3PM ~ 8:30PM

Place: JR *Hamura* Station West Rotary, East Rotary and the surrounding areas

- * July 27th(Sat): in case of rain, some events will be postponed to the 28th(Sun).
- * July 28th(Sun): in case of rain, the festival will be cancelled.
- * For more details, please refer to an information bill (in Japanese) available in newspapers of July 26th(Fri) or at the event site during the event.
- ◆ Traffic Restriction: East Rotary and around ... 27th(Sat) & 28th(Sun), 2PM ~ 9PM for both dates
West Rotary and around ... 27th(Sat) 3:30PM ~ 5PM, 28th(Sun) 3:30PM ~ 5:30PM
- ◆ Inquiries: The 38th *Hamura Natsumatsuri Jikkou Iinkai*
(co-operated by *Sangyou-ka* ☎555-1111 Ext.658 and *Hamura-shi Shoukoukai* ☎555-6211)
- ◆ Hosted by: The 38th *Hamura Natsumatsuri Jikkou Iinkai*
- ◆ Co-hosted by: Hamura City, Hamura City Society of Commerce and Industry, Hamura City Tourism Association, Hamura City Federation of Community Associations, Hamura City Commerce Cooperative, Federation of Hamura Senior Residents Club, Hamura City Sports Association

Hamura City Mascot will make a Debut !!

- Did you know that a lovely mascot of our city was recently born?
- Why don't you come meet it at the festival, become friends, and take a memorial picture together on its' debut day!
- Also enjoy an exhibition of proposed mascot designs. 862 designs were applied in total, and the best 20 designs will be exhibited.
- The name will soon be decided and announced - something to look forward to!
- Place: City Mascot PR Booth in the East Rotary Date: Both event days



Festival Scene Photo Contest

- Photo Size (Printed): 130mmx180mm ~ 254mmx305mm
- How to Apply / Inquiry: please bring or mail your photo with an entry form (pick up at Event Headquarter during the festival) to *Hamurashi Shougyou Kyoudou Kumiai* (☎555-5421) before August 23th(Fri), Noon.
- Address; 〒205-0014 1-1-8 *Hanehigashi, Hamura-shi*

Special Stage for Street Performers

- In this year's festival, a special stage will be set up for street performers who will give us a gift of fun, surprises, thrills and laughter.
- "笑" (pronounced *Shou*, means to Laugh) is the event theme for The Hamura Summer Festival 2013. Don't miss the Shows!
- From 4PM to 7:30PM on both dates.

Let's Keep a Clean Festival Site!

- Not only the event staff but also all participants and guests are asked to cooperate in keeping the festival site clean. Please be sure to comply with disposal and recycling rules, and help pick up the trash left inappropriately.

Environmentally Friendly Festival

operated with "Tradable Green System"

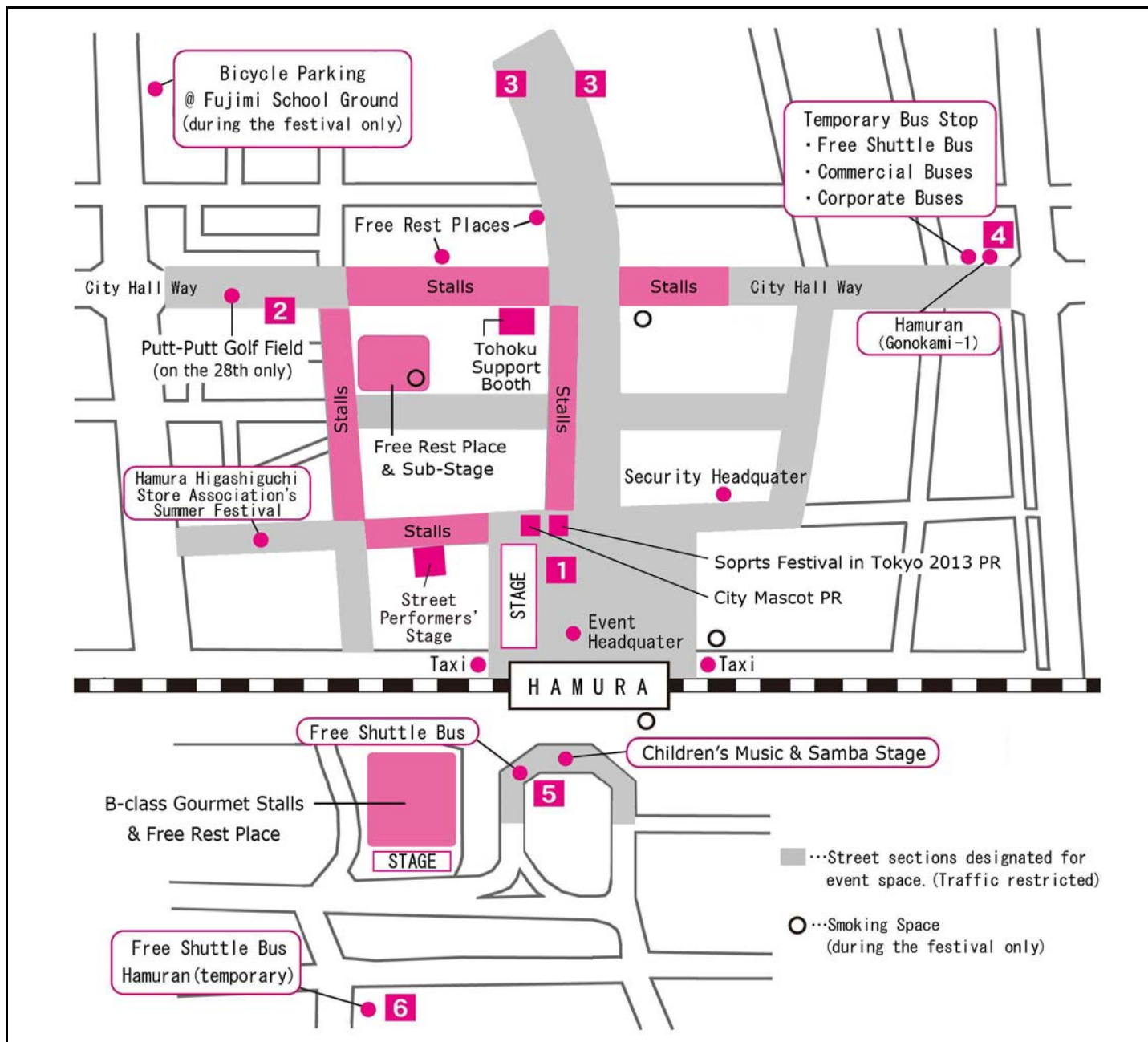
- 1000kwh of the electricity used to operate this event will come from the Biomass Power Generation System of *Morigasaki* Water Treatment Center in *Ōta-ku*, the destination area of Tama River. *Hamura* City, because clean water is our symbol, aims to create an event with a back up of Hydro-Eco Energy.

**THE 38th HAMURA SUMMER FESTIVAL
PROGRAM SCHEDULE**

| July 27th (Sat), 2013 | | |
|---|--|-----------------------------------|
| Events | Place | Time |
| Opening Attractions Music Performances by <i>Hamura Daiichi</i> Junior high school brass band | JR <i>Hamura</i> Station East Rotary and/or Station Street (<i>Ekimae Dori</i>) | 3PM ~ 3:15PM |
| Opening Ceremony | | 3:15PM ~ 3:30PM |
| Sports Festival Mascot <i>Yurito's</i> Dance | | 3:35PM ~ 3:45PM |
| Youth Parade | | 3:50PM ~ 4:20PM |
| <i>Minyou Nagashi</i> (Japanese Folk Dance) | | 4:20PM ~ 4:50PM |
| <i>Mandou Gyouretsu</i> (Lantern March) <i>Ninba Odori</i> (Japanese Folk Dance) | | 5:10PM ~ 7:30PM |
| <i>Awa Odori</i> (Japanese Folk Dance) | | 7:30PM ~ 8:00PM |
| Music Performances by Elementary and Junior School Students | JR <i>Hamura</i> Station West Rotary | 4:00PM ~ 5:15PM |
| Samba Shows | | 5:30PM ~ 6:00PM |
| Sub Stage Performances | Sub-Stages set up in east side Hamura Dome and in West Rotary | West 3:30PM~8PM East 3PM ~ 8PM |
| <i>Matsuri Bayashi</i> (traditional festival band) | 3 band stages in the east side | 3PM ~ 8PM |
| Motor Exhibition by Hino Motors, Ltd. | JR <i>Hamura</i> Station East Rotary | 3:00PM ~ 8:30PM |

| July 28th (Sun), 2013 | | |
|--|--|--------------------------------------|
| Events | Place | Time |
| <i>Wadaiko</i> Performance (Japanese Drums) | JR <i>Hamura</i> Station East Rotary and/or Station Street (<i>Ekimae Dori</i>) | 3:00PM ~ 3:30PM |
| Samba Parade by Misto Quente Consereia | | 3:50PM ~ 4:25PM |
| Samba Parade by Tokyo University of Foreign Studies Brazilian Culture Club | | 4:35PM ~ 5:10PM |
| Samba Parade by ICU Lambs | | 5:20PM ~ 5:55PM |
| Samba Parade by Uniao Dos Amadores | | 6:05PM ~ 6:40PM |
| Music Performances by Elementary and Junior School Students | JR <i>Hamura</i> Station West Rotary | 4:00PM ~ 5:00PM |
| Putt-putt Golf Tournament | On city hall way *see event map | 4:30PM ~ 8:00PM |
| Motor Exhibition by Hino Motors, Ltd. | JR <i>Hamura</i> Station East Rotary | 3:00PM ~ 8:30PM |
| <i>Matsuri Bayashi</i> (traditional festival band) | 3 band stages in the east side | 3:00PM ~ 8:00PM |
| <i>Gion Bayashi</i> (traditional festival band) | Marches on streets in event site | 5:30PM ~ 7:00PM |
| Sub Stage Performances | Sub-Stages set up in the West Rotary and in East Side by the <i>Hamura</i> Dome | West 3:30PM~8PM East 3:00PM ~ 8PM |
| Closing Attractions | Main Stage in East Rotary | 7:00PM ~ 7:30PM |
| Closing Ceremony | | 8:10PM ~ 8:20PM |

THE 38th HAMURA SUMMER FESTIVAL



Please Note:

- Bus & Taxi pick-up points within the event site will be temporarily relocated. Please check on the event map.
- There is no car parking available. Please refrain from coming to the event by cars.
- Event visitors with bicycles are advised to park their bicycles at *Fujimi Elementary School Ground*.

◆ Temporary Change of Hamuran Bus Routes

The bus stops within the event site will not operate on the event dates during the traffic restriction time:

Hamura Station East Side: Both event days, 2PM ~ 9PM

The buses will not stop at *Hamura-eki Higashiguchi* (Map¹), *Fujimi Shougakkou Iriguchi* (Map²), and *Hamura-eki Iriguchi* (Map³). All the buses will depart from / arrive at *Gonokami 1choume* bus stop (map⁴), and will operate by the *Hamuraeki Higashiguchi* bus stop schedule.

Hamura Station West Side: 27th(Sat) 3:30PM ~ 5PM, 28th(Sun) 3:30PM ~ 5:30PM

The buses will not stop at *Hamura-eki Nishiguchi* (Map⁵). A replacement temporary bus stop will be set up (map⁶), and the buses on this route will operate by the *Hamuraeki Nishiguchi* bus stop schedule.

◆ Free Shuttle Bus for the Event

Time: 2PM ~ 9:30PM Routes: a route map will be on the city website and newspapers on July 26th(Fri)

Course: ① *Sakaechou-Ozaku* (栄町・小作) course, ② *Shinmeidai-Fujimidaira* (神明台・富士見平) course, ③ *Hanenaka-HamuraSeki-Kawasaki-Seiryuu* (羽中・羽村堰・川崎・清流) course, ④ *Ozakusakashita-Hanekami* (小作坂下・羽加美) course

< Swimming Pool will be closed on August 4th(Sun) >

Due to an event The 44th Hamura Sports Festival, our swimming pool will be closed to public on August 4th(Sun) from 9AM ~ 3PM. Thank you very much for your understanding.

< Martial Arts and Zumba Fitness Class >

In the first half of the class, we will practice easy martial arts movements - punching and kicking fitness exercising. Then in the 2nd half it is Zumba - dance exercise with fun Latin music!

Date & Time: Fridays, 7PM ~ 8PM (no lessons on holiday) Place: Training room, 2nd floor Fee: ¥800

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

Application: Reservation is no necessary. Please come directly to 2nd floor, Sauna Reception Desk.

教室案内

| SWIMMING CENTER CLASS GUIDE | | | | |
|--|---|---|-----------------|--------|
| Class Name | Eligibility | Date & Time | Capacity | Fee |
| Easy Swim & Healthy Walking Class | 20 years or older | Every Tuesday between September 3 rd ~ October 22 nd (8 times) 1PM ~ 1:50PM | 20 | ¥3,500 |
| Swimming Class for Pre-Schoolers (Wednesday Class) | 4 ~ 6 years old | Every Wednesday between September 4 th ~ October 23 rd (8 times) 3PM ~ 3:50PM | 20 | ¥5,000 |
| Swimming Class for Pre-Schoolers (Thursday Class) | 3 ~ 6 years old | Every Thursday between September 5 th ~ October 24 th (8 times) 3PM ~ 3:50PM | 20 | ¥5,000 |
| Swimming Class for Pre-Schoolers (Friday Class) | 4 ~ 6 years old | Every Friday between September 6 th ~ October 25 th (8 times) 4PM ~ 4:50PM | 20 | ¥5,000 |
| Swimming Class for Children (Wednesday Class) | Elementary School Students (※) | Every Wednesday between September 4 th ~ October 23 rd (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 September 6 th ~ October 25 th (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 September 7 th ~ October 26 th (8 times) A: ① Beginners... 11AM ~ 11:50AM ②Intermediate&Advanced... Noon~0:50PM B: ① Beginners... 2PM ~ 2:50PM ②Intermediate&Advanced... 3PM ~ 3:50PM | ① 40 ② 20 | ¥4,500 |
| Swimming Class for Children (Sunday Class) | Elementary School Students | Every Sunday between September 1 st ~ October 20 th (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 September 8 th ~ October 27 th (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 August 3rd(Sat) ~ 18th(Sun), 9AM ~ 10AM, 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/lesson)

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

CHILD REARING SEMINAR for PARENTS

~ No Parents Are Perfect ~

Parents raising small children commonly have a sense of anxiety and uncertainty accumulating from their daily tasks and responsibilities over child raising. This seminar gathering will provide the participants with and an opportunity for group discussion/sharing lead by a counselor. Join in this chance for finding a help or inspiration to your child-care related concerns, and gain knowledge and confidence towards parenting.

Date & Time: Thursdays of August 22nd 29th, September 5th · 12th · 19th · 26th (6 sessions), 10AM~Noon

Place: *Yutorogi Kouza-shitsu2* Capacity: First 10 applicants Fee: ¥300 (drink¥50 x 6 sessions)

Eligibility: *Hamura* residents raising a child of 18 months old ~ preschool, and able to attend all 6 sessions

Child Care Service: 18 month old ~ preschooler, up to 10 kids, fee ¥300 (snack¥50 x 6 sessions)

Application/Inquiry: Starting on July 18th(Thu) 9AM, call *Kodomo Katei Shien Center* ☎578-2882 (Mon. ~Fri.)

PUBLIC LECTURE

~ Child Abuse – understanding the background, prevention and support ~

Child Abuse can often be prevented or detected early by supports from teachers, child care takers, as well as community members. Building a neighborhood bonding will also help this. Let's learn together what each of us can do to nurture a sound child rearing environment.

Date & Time: July 29th(Mon), 2PM~4PM Place: Community Center 3rd Fl. Hall Admission: Free

Eligibility: Who supports children in Kindergarten, Preschool, Elementary & Junior High School, Administrative agency, etc. Capacity: First 180 people

Instructor: Dr. *Yumiko Saotome* (pediatrician, councillor of Center for Child Abuse Prevention)

Co-hosted by: *Hamura-shi Youhogo Jidou Taisaku Chiiki Kyougikai, Tokyo Tachikawa Jidou Soudansho, Hamura-shi Kyouiku Iinkai*

How to apply & Inquiries: Please call *Kodomo Katei Shien Center* ☎578-2882

PUBLIC LOAN PROGRAM FOR STUDENTS PREPARING FOR ENTRANCE EXAMINATION

Tokyo metropolitan government has a public loan program for low income households of a student preparing for high school or university entrance examination. It is provided towards supporting the expenses of tutoring school (*Gakushuujuku*) and of the entrance examinations.

Applications will be reviewed for the applicant's (parent) income level, fixed property assets, bank savings and Tokyo resident record history (starting at least 1 year ago and continuing).

For more detail, please inquire to *Shakai Fukushi Kyougikai* ☎554-0304.

GRANT FOR YOUNG YOUTH SPORTS AND ART PROMOTION

Hamura City has a grant program for young youth residents who participate as a player or enters an artwork to an international or national scale sports/cultural event. For more details, please inquire.

*There are limitation to participant's age, grant amount and category of the event.

Eligibility: *Hamura* resident up to age 18 (eligible to apply until the first March 31st after the 18th birthday)

Inquiry: *Shougai Gakushuu Soumu-ka Shougai Gakushuu Suishin-kakari* ☎Ext.362

JOB SEARCH SUPPORT for SINGLE PARENTS

Single mothers and single fathers who are receiving Child-Rearing Allowance (*Jidou Fuyou Teate*) can receive free job search consultation with a Single-mother Independence Support Counselor who will help draw up a scheme for a job search process designed for each individual, which may include a vocational training if necessary. To make an appointment, please contact *Kosodate Shien-ka Shien-kakari*. Ext.239.

OVER-SIZED TRASH ACCEPTANCE WILL BE TEMPORARILY REDUCED

Due to the facility maintenance, the Recycle Center will restrict the capacity of acceptance of over-sized trash. Please refrain from requesting a pick-up service or bringing in your over-sized trash between July 29th(Mon) and August 2nd(Fri), unless it is absolutely urgent. Thank you for your understanding and cooperation.

Inquiries: *Hamura* City Recycle Center ☎578-1211

PROSECUTORIAL REVIEW COMMISSION

Do you know about "Kensatsu Shinsa-kai"

Kensatsu Shinsa-kai - Prosecutorial Review Commission (PRC) is the civilian commission which has influence on decisions to indict. The commission empanels a group of randomly chosen eleven Japanese citizens, and the group examines and reviews a prosecutor's discretion in decisions not to indict.

When a complaint against a decision not to indict a case is filed by an individual or a civic organization, the PRC collects a review group and also experts on a given case. After assessing and deliberating are finalized, the PRC submits a legally bound written recommendation to the Prosecutors Office.

Anyone living in Japan and legally registered to the resident record, regardless of nationality, has a right to request the PRC to assess a case not tried on indictment.

To know more about this legal system or to find out how to file a complaint, please consult *Kensatsu Shinsa-kai Tachikawa Office* ☎042-845-0292

NATIONAL HEALTH INSURANCE HIGH MEDICAL EXPENSE BENEFIT

By presenting a High Medical Expense Benefit Certificate at a medical facility, you do not have to pay a portion of medical charge that exceeds the self-pay ceiling set by the National Health Insurance Regulation. This system helps patients who need treatments with major medical cost by limiting the maximum self-pay amount paid to each medical facility in each month. Self-pay ceiling is determined based on the applicant's age and household income.

◆ Who are eligible for the High Medical Expense Benefit System?

The Insured members of National Health Insurance who are up to 69 years old and those who are over 70 years old and Resident Tax-exempt are able to obtain High Medical Expense Benefit Certificate (限度額適用認定証/標準負担額減額認定証) by applying for issuance. The insured N.H.I. members who are at age 70 or older are automatically eligible for this benefit.

The certificate cannot be issued for persons who have delinquent National Health Insurance Tax.

◆ Reimbursement of the medical expense that exceeds self-pay ceiling

The procedure for reimbursement has not been changed. If you do not have the certificate, you will have to pay the whole charges, and later claim for the reimbursement of the portion that exceeds the self-pay ceiling. You may combine the medical expenses of household members paid to multiple facilities in a same month, in order to calculate the total medical cost for the family and the amount applicable to reimbursement.

Reimbursement Claim Form (国民健康保険高額療養費支給申請・請求書) will be mailed to applicable households.

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

PUBLIC CERTIFICATION SERVICE FOR INDIVIDUALS

Kouteki Kojin Ninshou Service

Public Certification Service For Individuals is a system for electronic verification of individual. By a thorough confirmation of the individual's identity at a municipal office, an IC certificate card is issued with 3-year validity and issuance fee of ¥500. The card is encoded with the holder's information, and it allows an access to online administrative procedures, such as tax return filing, property deeds application, etc. The system is currently in effect in the municipal office network and in the services of most of government agencies.

For more information, please inquire to *Shimin-ka Uketsuke-kakari* Ext.122

▶ Service Availability Information

Due to the system updating work, the Public Certification Service For Individual will be unavailable on July 29th(Mon) and 30th(Tue). Issuance and invalidation procedures cannot be done during this period.

*Changing the password, initialization and unlocking can be done.

*Online services through the Public Certification Service For Individuals Website will be unavailable from July 26th(Fri) to 30th(Tue).

HAMURA CITY PUBLIC HOUSING

— Shiei Juutaku —

The application brochures for the current offer term will be available from July 16th(Tue) to 25th(Thu), 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 local or 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* Ext.256.

Availability: One apartment at *Fujimi Daira* Apartment Complex (address: *Fujimi Dairai* 1-2-29), 1DK, 2nd Floor
Rent: will be determined according to the tenant's household income level

Eligibility: senior resident at age 65 or older living by him/herself, or with another person at age 60 or older. An applicant must have at least 2 year history of *Hamura* City Resident Record, and has no tax delinquency.

How to Apply: Please come to *Kenchiku-ka Ijikanri-kakari* in city hall 2nd floor between July 16th(Tue) ~ 25th(Thu), 8:30AM ~ 5PM on weekdays. *A tenant will be selected by public lottery on Aug. 2nd(Fri).

NOTIFICATION OF CURRENT STATUS for CHILD ALLOWANCE and CHILD SUPPORT ALLOWANCE

Recipients of Child Allowance (*Jidou Teate*) and recipients of Child Support Allowance (*Jidou Ikusei Teate*) are required to fill out a Notification of Current Status (現況届) and submit in June in order to maintain an eligibility. The notifications to be filled in were already mailed to the applicable households back in June, Those who received the notification and have not yet filed it to the city are advised to complete the procedure immediately if intending to keep an eligible status for receiving allowances.

Inquire / File to: *Kosodate Shien-ka Shien-kakari* Ext.237

NOTIFICATION OF CURRENT STATUS for CHILD-REARING ALLOWANCE and SINGLE-PARENT HOUSEHOLD MEDICAL SUPPORT

Recipients of Child-Rearing Allowance (児童扶養手当) and recipients of Single-Parent Household Medical Support (ひとり親家庭医療費助成) are required to submit a Notification of Current Status (現況届) along with the required documents during the designated filing period. Please do not delay to take the procedure. For procedure details and required documents, please inquire.

Filing Period: August 1st(Thu) ~ 12th(Mon), Open everyday during this period, 8:30AM~11:45 / 1PM~5PM

Inquire / File to: *Kosodate Shien-ka Shien-kakari* Ext.235

NOTIFICATION OF MEDICATION COST DIFFERENCE OF INNOVATOR/GENERIC DRUGS

A notification in the title (ジェネリック医薬品利用差額通知書) were mailed out to applicable residents who are National Health Insurance member and were prescribed brand-name drugs in the month of April 2013. This notification lists the names and patient's cost of purchased medicines, and also provides the cost difference between the generic products and brand-name products for those medicines (cost difference is stated only when it is over ¥100). The stated cost difference is the amount the patient could have saved if he/she changes their prescription drugs to generic drugs by requesting so at a medial institution. This notification is issued for the purpose of raising public awareness on the generic drugs and how an individual can easily help reduce the medical cost for their own benefit, as well as for the nation. There are no procedure required to be taken regarding this notification.

~ Why not switch your medication to Generic Drug? ~

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

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

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

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

HEALTH & MEDICAL LECTURE

~ How Family Can Support An Addiction Patient ~

This lecture course of a series of 6 lessons is open for people who has a family member struggling with alcoholism, drug abuse, gambling or any other form of addiction symptoms. This time (the second), the study theme is "addiction and medical treatment." The lecture will be given by a specialized doctor.

Date & Time: July 25th(Thu) 2PM ~ 4PM Place: *Nishitama Hokenjo* Admission: Free

Eligibility: *Nishitama* area residents who has a family member having addiction symptoms

Capacity: First 20 applicants Lecturer: Dr. *Den Ryouzuke* (Chief of Medical Office, *Komagino* Hospital)

Application: Please call *Nishitama Hokenjo Chiiki Hoken-kakari* in advance ☎0428-22-6141

HOKEN (Public Health) CENTER ☎555-1111

< 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: August 22nd(Thu), 10AM~11:30AM Place: *Hoken* Center Capacity: First 15 pairs

Eligibility: Babies born between October 16th ~ December 31st 2012 and parents

Contents: Hint for mid & later term of baby food stage / cooking demonstration & food tasting by parents / discussion about baby food and parenting *Sorry, siblings will not be allowed in class

How to apply: Starting July 16th(Tue) 8:30AM, please call *Hoken* Center Ext.625

< Government has withdrawn recommendation for Cervical Cancer Prevention Vaccine >

The Ministry of Health, Labor and Welfare has decided to withdraw its recommendation for a vaccination to girls who are in routine vaccination range from 6th grader to senior high school 1st grader against cervical cancer after reports of adverse reactions, including prolonged body pain.

While a cause-and-effect relationship between the vaccination and the pain is being investigated, the government cautioned municipalities about the possible link and also instructed not to promote the Cervical Cancer Vaccination. Given this circumstance, *Hamura* City has decided that active recommendation should be suspended until more accurate information about the side effects can be provided.

However, the Cervical Cancer Vaccination will remain in the public subsidy program, leaving the decision on inoculation with the parents. *Hamura* City is advising the vaccine recipients and their parents to become well informed of the warnings, benefits and effectiveness of the vaccine medicines prior to making a decision.

Inquiry regarding the Cervical Cancer Prevention Vaccine: *Hoken* Center Ext.623

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

| Date | Hospital / Clinic | | | | Dental Clinic | |
|-----------------------------------|---|----------|--|----------|--|----------|
| | 9am~5pm | | 5pm~10pm | | 9am~5pm | |
| 14 th (Sun) | <i>Sakae-chou</i> <i>Shinryoujo</i> | 555-8233 | <i>Fussa-shi</i> <i>Hoken</i> Center | 552-0099 | <i>Nozaki</i> <i>Shika</i> Clinic | 555-3316 |
| 15 th (Mon) Holiday | <i>Yamaguchi</i> <i>Naika</i> Clinic | 570-7661 | <i>Takamizu Iin</i> (<i>Mizuho-machi</i>) | 557-0028 | <i>Hanenaka</i> <i>Shika</i> Clinic | 554-2202 |
| 21 st (Sun) | <i>Yokota</i> Clinic | 554-8580 | <i>Fussa-shi</i> <i>Hoken</i> Center | 552-0099 | <i>Hamura Shika Iin</i> | 570-4618 |
| 28 th (Sun) | <i>Nishitama</i> <i>Byouin</i> | 554-0838 | <i>Fussa-shi</i> <i>Hoken</i> Center | 552-0099 | <i>Fukutome Shika Iin</i> | 555-7064 |

< Do not forget! Immunizations for Children >

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

Hib Vaccination • Pediatric Pneumococcal Vaccination

2 months old ~ 4 years old * Starting from April 2013, these immunizations are covered by full public subsidy. The subsidy ticket will be issued at *Hoken* Center with presentation of *Boshi Kenkou Techou*.

BCG Immunization

3 ~ 11 months old (The standard vaccination period: 5 ~ 7 months old)

*From April 2013, the vaccination age range subject to public subsidy has changed

Polio Immunization

3 shots between 3 months old ~ 6 years and 5 months old, and the 4th shot before 7 years and 5 months old.

Vaccination Timing: it is required to wait certain period of time between Polio vaccine shots. There needs to be at least 20 days between the shots in the principal period, and the 4th shot must be taken 12 ~ 18 months later after the 3rd shot.

* Polio vaccine was switched to live vaccine as of September 2012 and number of doses and timing has been changed.

Diphtheria Pertussis Tetanus vaccine(DPT) / Diphtheria Tetanus Pertussis Polio vaccine(DTPP)

3 shots between 3 months old ~ 6 years and 5 months old, and the 4th shot before 7 years and 5 months old.

Vaccination Timing: it is required to wait certain period of time between these vaccine shots. There needs to be 20 to 56 days between each shot in the principal period, and the 4th shot must be taken 12 ~ 18 months later after the 3rd shot.

*Children who have not taken the DPT or polio vaccine before can take the DTPP vaccine. If either one is taken, please take DPT and polio vaccine separately.

Diphtheria-Tetanus vaccine(DT)

6th graders (11 ~ 12 years old)

Measles and Rubella

1st dose: 1 year old

2nd dose: Please take between April and March of the last preschool year before entering elementary school

Japanese Encephalitis Vaccine

2 shots between 3 years old ~ 6 years and 5 months old, and the 3rd shot before 7 years and 5 months old, then the 4th shot between 9 years old ~ 12 years old.

Vaccination Timing: it is required to wait certain period of time between Japanese Encephalitis vaccine shots. There needs to be 6 ~ 28 days between 1st and 2nd shots. The 3rd shot must be taken about 12 months later after the 2nd shot. For taking the 4th shot, please obtain a subsidy certificate (*Yoshinhyou*) at *Hoken* Center in advance. It will be issued with presentation of your *Boshi Kenkou Techou*.

* Those who were born between April 2nd, 1995 ~ April 1st 2007 are able to receive a full subsidy for both the 1st and 2nd doses, if taking the vaccination before 2 days prior to their 20th birthday. This is special measure is established with consideration that these children were born during a period when the government had been suspending active recommendation of Japanese Encephalitis Vaccination.