

HAMURA NEWS

Published by: Hamura City

September 1st, 2013

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

5-2-1 Midorigaoka, Hamura City, Tokyo 〒205-8601 ☎042-555-1111

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>

CHILDREN'S INTERNATIONAL EXCHANGE MUSIC FESTA

< Concert - October 14th 2013 >

• **Program Part I:** Choir songs by Junior High School students from *Hamura-shi*, *Hinohara-mura*, *Okutama-machi* and musicians from the city of music, Vienna. Also young musicians from *Hamura*, *Hinohara* and *Okutama* will join the concert.

• **Program Part II:** A quintet of woodwind instruments mainly played by Vienna Philharmonic members.

Date & Time: October 14th(Mon), 6:30PM~ (doors open at 6PM) Place: *Yutorogi* Main Hall

Ticket Price / Capacity: *Preschool children and younger are not allowed admission.

① General admission - ¥1,000, limited to first 400 people (1st floor, unreserved seats)

Tickets will be on sale starting August 30th(Fri) at *Yutorogi*.

② 1st grader ~ 18 years old - Free invitation for first 400 applicants

Please apply between August 30th(Fri) ~ September 20th(Fri) at *Yutorogi*.

< Vienna Philharmonic – lecture session and joint performance >

Vienna Philharmonic members will teach the school bands of the 3 junior high schools in *Hamura*. Also, those bands and musicians from Vienna Philharmonic will be performing together. This event will be open to public.

Date & Time: October 12th(Sat) 4PM ~ 4:30PM Place: *Yutorogi* Main Hall (all unreserved seats)

Capacity: First 650 people Admission: Free *No reservation required Inquiry: *Yutorogi* ☎570-0707

The 68th National Sports Festival Demonstration Sport Event

= TAG OF WAR TOURNAMENT =

The participating teams will appreciate lots of cheering from audience. Please come and enjoy together!

Date: September 8th(Sun) Place: Sports Center Admission: Free

Time (scheduled): Opening Ceremony 10AM~, the first game starts at 10:30AM, Award Ceremony 4PM~

*Parking space is limited. *Please bring your indoor shoes. *Please be prepared for high temperature.

Participating Prefectures: *Tokyo, Kanagawa, Yamanashi, Tochigi, Ibaraki, Gunma, Saitama, and Chiba*

Inquiry: The 68th National Sports Festival Hamura City Executive Committee ☎578-8788

* Due to this event, the Sports Center's Table Tennis Room and Kids Room will be closed on September 8th(Sat). for more details, please contact Sports Center ☎555-0033.

PARTICIPANTS WANTED! for THE 66th HAMURA CITIZEN'S SPORTS FESTIVAL

Date: October 13th(Sun) (In case of rain postponed to 14th) Place: *Fujimi* Park Field

< Company Relay Teams Wanted! >

This is a great opportunity for promoting your company to local people! A team must have 4 runners (including at least 1 female). Each runner runs 100m.

Eligibility: anyone who works at work place registered in *Hamura* City Capacity: 18 teams (first applied)

< Groups Wanted to Participate in the Intermission Parade >

Join to the lunch time entertainment parade! No requirements regarding the group structure.

Application / Inquiry: To participate in these events, please turn in an application to *Hamura-shi Taiiku Kyoukai Jimukyoku* (2nd Floor at Sports Center) before September 22nd(Sun), 5PM. ☎555-1698

September is "BURNABLE WASTE ACCURATE SEPARATION MONTH"

Hamura City designated February, May and September as "Burnable Waste Accurate Separation Month." According to the recent analysis figures, the burnable waste consists 60% out of all waste collected in *Hamura* City. Also, the burnable waste contained about 10% of recyclable resources. (*measured from domestic garbage bags picked up at random for the analysis project)

So decreasing burnable garbage will be very important and an effective tactic. 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
* Copies of *Hamura* City Trash Recycling Manual in English, Spanish, Tagalog, Chinese, Korean or Portuguese, are available at city hall 2nd floor counter#7 and online → <http://www.city.hamura.tokyo.jp/0000000462.html>

GREEN FEATHER CHARITY CAMPAIGN

Donation boxes will be set at City Hall and other places in *Hamura* during the annual green feather campaign months; September 1st(Sun) ~ October 31st(Thu). The donated money will be centralized to The National Land Afforestation Promotion Organization, through which it will be used for the maintenance of Tokyo's forest, flower beds on roads and parks. Thank you very much for your support.

Place of donation boxes: City Hall (1st floor - Main Reception, 2nd floor - *Kankyo Hozen-ka*), Folk Museum, Swimming Center, Library, *Yutorogi*, *Hoken* Center, *Fukushi* Center

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

TALK with HAMURA CITY MAYOR

Residents will get to discuss with *Hamura* City Mayor in person at a community meeting. Come join us!

Date, Place, Time: October 7th(Mon), 2013 at *Iko no sato*, 7PM~9PM

February 13th(Fri), 2014 at *Yutorogi*, 7PM~9PM

Advance Registration: Required Eligibility: *Hamura* resident or worker

How to Apply: Call or visit *Kouhou Koucho-ka Shimin Soudan-kakari* in city hall. ☎Ext.192

* Same-day registration may become available without notice. Registration will close at 8:30PM.

* Each registrant will have about 15 minutes to talk with the mayor in privacy.

* Please participate as an individual, not as a representative of a group.

* Depending on the nature of question, the mayor may deliver the answer on a later date.

* Confidentiality of personal information will be strictly protected.

THE 22nd SENIORS HAMURA FUREAI MATSURI

At this event, visitors can enjoy the exhibition of calligraphy, pictures, flower arrangements, as well as unique shops, sales of hand-made goods, recycle flea market, etc. Various workshops and demonstrations are also fun – basic computer lesson, repapering of paper sliding doors, and how to sharpen a knife.

Health and mental counseling for the seniors are also available. Anyone is welcome to enjoy this festival!

Date & Time: September 7th(Sat) (Light rain or shine), 9:30AM ~ 3PM, September 8th(Sun) 10AM ~ 2PM

Health counseling... 7th(Sat)9:30AM ~ Noon, Counseling for senior problems... 7th(Sat)9:30AM ~ 3PM,

Bazaar... 8th(Sun)11AM ~ Place / Inquiry: Silver *Jinzai* Center ☎554-5131

FRESHLAND NISHITAMA ☎570-2626

< **Special Event for Respect-for-the-Senior-Citizen Day** >

The fee for the bath facility is 50% off for those who are age 70 or older!

Event Period: September 15th(Sun) ~ 21st(Sat) (closed on 17th(Tue))

Special Admission Fee: *Hamura*, *Ome*, *Fussa*, and *Mizuho* residents...¥250 for 3 hours, ¥350 for all day
Others... ¥400 for 3 hours, ¥600 for all day

*ID will be required to verify your age. **Kaisuu-ken* and *Sairyuu-ken* cannot be used during this period.

J-ALERT NATIONWIDE TEST BROADCASTING

J-Alert nationwide test broadcasting will take place on September 11th(Wed) around 11AM and 11:30AM.

Through the citywide public address system, you will hear the following Japanese announcements.

Inquiry: *Kikikanri-ka Kikikanri-kakari* ☎Ext.217

「Korewa shiken housou desu.」 This is a test broadcasting. (repeated 3 times)

「Kochirawa bousai hamura desu.」 This is Hamura City Emergency Preparedness Organization (once)

Followed by the alert sirens.

J-Alert (全国瞬時警報システム *Zenkoku Shunji Keihou Shisutemu*) is a nationwide alert system designed to deliver alert for most critical emergency by broadcasting it through local community wireless system without taking authorizing procedures at local government level in the event that requires citizens to beware of sudden emergency or to quickly evacuate or shelter themselves.

The alert information is distributed via satellite-based transmission system. When a local terminal receives the alert, it automatically activates the community wireless system, enabling the central government to directly and quickly inform its' citizens of imminent threats. The alert information that may be transmitted by this system may be for; earthquake (early warning, hypocenter, magnitude), tsunami (precaution, presence), volcano eruption, significant meteorological disaster and military threats.

TRAFFIC SAFETY LECTURE CLASS

Date & Time: September 11th(Wed) and 12th(Thu), Registration 6:30PM~, Class 7PM~8PM

Place: *Yutorogi* Small Hall Reservation: Not required Admission: Free

*Car parking capacity is limited. Please use other means of transportation if possible.

Inquiry: *Bousai Anzen-ka Koutsuu Bouhan Kakari* ☎Ext.216

FREE REAL ESTATE CONSULTATION

Free Consultation for legal, tax or procedural matters regarding real estate property will be provided by attorneys and tax accountants. *Please bring the documents related to the case in question.

Date & Time: September 14th(Sat) 10AM~3PM Reservation: not required

Place / Inquiry: Booth set up in front of Tokyo Real Estate Association *Tama* Regional Office ☎0428-24-1005

SPORTS CENTER - Temporary Closure For Sports Festival

The Sports Center will be closed from September 21st(Sat) ~ October 6th(Sun) due to The 68th *Hamura* Citizen's Sports Festival. Also between September 27th(Fri) ~ October 3rd(Thu), the front desk will be closed.

Thank you for your understanding and cooperation.

Inquiry: Sports Center ☎555-0033

SWIMMING CENTER ☎579-3210

< Skill-Up Lesson for Adults and Children >

Date: Every Thursday between September 5th(Thu) ~ October 31st(Thu)

Time: Adult Class 4PM~4:50PM, Kids Class 5PM~5:50PM Fee: ¥500 (Admission & Insurance included)

Eligibility: Adult Class... High School Students or older, Kids Class... Elementary & Junior High Students

*Elementary school students need to be accompanied by an adult

Items to bring: Swimming suit, swimming cap, towel Application: Come to the front desk on the class day

TV HAMURA in SEPTEMBER

TV *Hamura's* 30-minute program is broadcasted daily on Tama Cable Network (digital channel 055).

New contents come on every Thursday. The daily program times are ①9AM~ ②5PM~ ③9PM~.

On Saturdays it is also broadcasted on digital ch.101 at ①1:30PM~ ②5PM~ ③9PM~.

September special program: "Comprehensive Disaster Drill 2013" & "Let's Visit *Nishi* Elementary School"

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

BE-KIND-TO-ANIMALS WEEK

September 20th ~ 26th

This special campaign week was established to promote human-animal relationship and the proper care of animals, based on the "Act on Welfare and Management of Animals".

< Animal Fureai Festival >

At this event there will be Animal Protection Campaign Ceremony, panel exhibition, and more!

Date & Time: September 21st(Sat), 11AM ~ 4PM *No reservation required.

Place: *Ueno Onshi Kouen* Park (space in front of the fountain and the *Ueno Zoo*)

< Be-kind-to-animals Symposium ~ Lifelong Care for Your Pet ~ >

Date & Time: September 23rd(Mon), 1PM ~ 4PM Place: Tokyo *Kokuritsu Museum Heisei* Auditorium

How to Apply: Call *Nihon Doubutsu Fukushi Kyokai* between September 1st(Sun) ~ 20th(Fri) Noon.

Inquiry: *Nihon Doubutsu Fukushi Kyokai* ☎03-5740-8856 Capacity: First 390 people

Toukyou-to FukushiHoken-kyoku KankyohokenEisei-ka ☎03-5320-4412

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

Every pet owner has a responsibility to take care of their pet for its entire life as well as fully understand the pet's habits and nature so to be able to take care of them properly.

■ Sterilization/Castration for your pet

If you are not planning on having baby-pets, Sterilization/Castration is highly recommended.

Not only will your pet calm down, but it also prevents reproductive system diseases.

■ Keep your cat indoors

In densely populated residential neighborhoods, keep cats indoors in order to avoid traffic accidents for them and troubles with neighbors. Please have a Litter box and Nail Sand in your house for your cat. Also, arrange your furniture so that your cat can get some exercise in a house.

■ Follow the public rules when taking your dog for a walk

When taking your dog for a walk, keep your dog leashed. If your dog potties, wash the spot with water that you carried from home. Also take the dog's "deposit" back to your home and dispose of it properly.

■ ID Tags for your pet

There are many animals that get lost and are unable to find their way home by themselves.

Please make sure to put an ID Tag on your pet.

■ In case of a disaster

When a disaster occurs, please do not forget that human lives come first. If the pet owner is hurt, he/she may not be able to care for their pet.

When evacuating, bring your pet with you. It is important to train your pet not to be afraid of other animals and people, in case it has to evacuate with strangers and other animals in an emergency situation. Also, make sure to have an emergency supply kit for your pet with at least 3 days of pet food and water.

HAMURA ZOO ☎579-4041

< Animal Memorial Service >

The Animal Memorial Service will be held for all the animals that deceased in *Hamura Zoo* in the past.

This event is held annually during the Be-Kind-To-Animals Campaign Week (September 20th ~26th).

Hamura residents are also welcome to join the service and give prayers for their deceased pets.

To join the service, please register to *Ireisai* (memorial service) guests list after entering the zoo.

Date & Time: September 22nd(Sun), 11AM ~ 11:30AM (rain or shine) Fee: Free (Entrance fee only)

Place: at the Memorial Monument (*Ireihi mae*) in *Hamura Zoo*

SPECIAL GALA for RESPECT-FOR-SENIOR-CITIZEN DAY

Date: September 16th (Mon/Holiday) Place: *Yutorogi*

Inquiry: *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari* ☎Ext.175

This year the city invites *Hamura* residents who turn 74 years old or older in FY2013. The invitation post card will be delivered to all the guests. Please make sure to bring it when attending to this event.

Program: • Opening Ceremony (for the group 1 only) • Stage Performances (Song Show)

Singer: Mr. *Ichiro Toba*, Ms. *Yuki Kadokura* / MC: Mr. *Shinichi Hamabe*

Time Schedule:

The gala is repeated 4 times to serve 4 guest groups (divided by residential districts). Please check your invitation card for your gala time.

Please be informed...

- Admission for this event is by invitation only.
- Free shuttle buses will be available. For details please check the invitation card.
- Buses do not have the lift for wheelchair. If you are using a wheel chair, please have someone to bring you.
- Please refrain from coming by your personal vehicle and try to use community bus *Hamu-ran*. There is no parking available for gala guests.
- In case all the seats are occupied, live video will be broadcasted at small hall.
- An invitation card is required for admission. At the entrance, a gift will be given to all guests in exchange for the invitation card. The gift can also be picked up by a guest on a later date in exchange with invitation card. Please pick up at *Kourei Fukushi Kaigo-ka* at City Hall between Sep. 17th(Tue) ~ 27th(Fri) (weekdays only).

Traffic Restriction

Temporary shuttle bus stops will be set up in the street block in front of *Yutorogi* main entrance on the gala day. Please be prepared to detour during the following time periods. Your cooperation will be appreciated.

< 9:00AM~9:15AM / 10:55AM~11:45AM / 1:05PM~1:55PM / 3:15PM~4:05PM / 5:25PM~6:00PM >

HUMAN RIGHTS COUNSELING for ELDERLY AND HANDICAPPED PEOPLE

There still are many cases of abuse concerning elderly and handicapped people. To help reduce such abuse, "Human Rights Counseling For Elderly and Handicapped People" will be held all around Japan.

Date: September 9th(Mon) ~ 15th(Sun)

Phone Counseling: ☎0570-003-110, Mon. ~ Fri. 8:30AM ~ 7PM / Sat. & Sun. 10AM ~ 5PM

Counseling Centers: Tokyo Legal Affairs Bureau Central Office (Civil Rights Department), *Hachioji* Branch, *Fuchu* Branch and *Nishitama* Branch. The counseling desks are open on Mon. ~ Fri. 8:30AM ~ 5:15PM.

*Civil Rights Commissioner or workers at Tokyo Legal Affairs Bureau will answer the inquiries.

Inquiry: Tokyo Legal Affairs Bureau Civil Rights Department ☎03-5213-1234 Ext.2516

ELDERLY FAMILY CARE ALLOWANCE

If your household is *Hamura* City Resident Tax Exempt and you have been providing in-home care to an elderly family member who is certified as care-need level 4 or 5, you may be eligible for the Elderly Family Care Allowance. The allowance amount is ¥100,000 for a qualified household each year. For details about the qualification requirements, please contact city hall *Chiiki Houkatsu Shien Center-kakari* ☎Ext.195.

RENEWAL of TOKYO SILVER PASS

Tokyo residents of age 70 and over are eligible for Tokyo Silver Pass, a pass for fare exemption of buses running within Tokyo metropolitan area, and of Tokyo Metro subways.

Those who have this pass expiring at the end of September will receive the Renewal Application Form sent from Tokyo Bus (東京バス協会) by mail. Please complete the application procedure within September.

City Hall Application Desk: September 5th(Thu) • 6th(Fri), 24th(Tue) ~ 27th(Fri), 10AM~3PM

Place: *Hamura* city hall 1st floor *Kaigishitsu* 101

*On other dates and after September, applications will be handled at the Tokyo Bus offices.

Inquiries: Tokyo Bus - Silver Pass Helpline ☎03-5308-6950 9AM~5PM (weekdays only)

Or *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari* in city hall ☎Ext.175

EVENT INFORMATION for CHILDREN & PARENTS

WEST CHILDREN CENTER (Nishi Jidoukan) ☎554-7578

< Cooking Class ~ French Toast ~ >

Date & Time: September 7th(Sat), 10:30AM ~ Noon Fee: ¥40 Capacity: First 18 applicants

Eligibility: 1st grader ~ 18 years old Things to bring: Indoor shoes, apron, head cloth, hand towel, fee

How to Apply: Please call or visit the center between September 1st(Sun) ~ 5th(Thu), 9AM ~ 5PM.

CENTRAL CHILDREN CENTER (Chuuou Jidoukan) ☎554-4552

< Hand-made Toy Workshop ~ CD Hovercraft ~ >

Date & Time: September 14th(Sat), ①10AM~ ②1PM~ Fee: Free *No application is required.

Eligibility: Preschoolers (Must be accompanied by an Adult) ~ 6th grader

< Daytime Astronomical Observation ~ Let's watch the Sun ~ >

Date & Time: September 19th(Thu), 4PM ~ 4:30PM *It will be canceled if the sun is hidden by clouds.

Fee: Free Eligibility: Elementary School Students up to 18 years old *No reservation is required.

< Nighttime Astronomical Observation >

Date & Time: September 19th(Thu), 7PM ~ 8PM *In case of rain, stories about stars will be lectured.

Fee: Free Eligibility: Elementary School Students up to 18 years old (Junior High School Students or younger must be accompanied by an adult.) *No reservation is required.

EAST CHILDREN CENTER (Higashi Jidoukan) ☎570-7751

< Wakuwaku Kids Festival >

There will be Hand Crafting Class, Bingo Event, and more!! Some entertainments are free of charge!

Date & Time: September 14th(Sat), 10AM ~ Noon and 1PM ~ 3PM

Tickets: are now on sale until September 11th (Wed), ¥100 per person (limited to 180 people)

*The center will close at noon on the 13th due to the event preparation.

< Sports Day ~ Ball Games ~ >

Date & Time: September 25th(Wed), 3PM ~ 4PM *No application is required to join the game.

Eligibility: Elementary School & Junior High School Students

FUJIMIDAIRA LIBRARY ☎555-5301

< Story Telling for Preschoolers >

Large-sized panel theater "Daiku to Oniroku" and more!

Date & Time: September 11th(Wed), 3PM~ Fee: Free *No application is required.

*Fujimidaira Branch Library is located at 1-18 Fujimidaira, near the Dai-ni Junior High School.

MAIN LIBRARY ☎554-2280

We are having fun story telling events. Come along with your friends or parents and have fun together!

< Story Telling for Preschoolers >

Large-sized picture book "House of 100 lower ground floors" and more!

Date & Time: September 14th(Sat), 11AM~ Fee: Free *No application is required.

< Telling for Elementary School Students >

Date & Time: September 21st(Sat), 11AM~ Fee: Free *No application is required.

YUTOROGI ☎570-0707

< Movies for Children >

Date & Time: September 15th(Sun) 10:30AM~11:30AM Admission: Free *No reservation is required

Program: 4 titles scheduled Supported by: Hamura 16mm Eizou Kenkyuu-kai

RAKUGO for PARENTS and CHILDREN & PLAY WITH DADDY!

This is a class where families can enjoy *Rakugo*(traditional comic storytelling) together, and daddies can learn the different types of plays for having fun with children. Male nursery teachers will demonstrate various methods! If a father is too shy to participate, encourage him to join this class with wife or family members.

Date & Time: October 6th(Sun), 9:30AM ~ Noon Place: *Yutorogi* B1F Reception Hall Fee: Free

Eligibility: *Hamura* residents who are fathers participating with his 1 ~ 5 year old children

Capacity: First 20 families Topics: *Rakugo* show, How to play with your child in various play methods, Discussion with male nursery teachers, and more. Please come with your children so you can actually play with them what you are taught in the lesson. (Child care is not available.)

Instructor: *Rakugo* teller Ms. *Miruku Sanyuutei*, and male nursery teachers

Application / Inquiry: Starting September 3rd(Tue) call *Kodomo Katei Shien* Center ☎578-2882

CHATTING PLACE for PARENTS

This month's topic is "Participation of Fathers in Child Rearing". Feel free to join and share some thoughts and tips for child rearing. Volunteers will look after your children during this gathering. No reservation needed.

Place&Date: East Children Center – Sep. 10th(Tue) Time: 10:30AM~11:30AM for all dates

Central Children Center – Sep. 19th(Thu) Inquiries: *Kodomo Katei Shien* Center ☎578-2882

West Children Center – Sep. 20th(Fri)

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 September 24th(Tue), 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.

COUNSELING FOR CHILDREN BY LEGAL PROFESSIONALS

☎042-548-0120

A Free Telephone Counseling by lawyers of Bar Association for children's troubles and worries. Calls are accepted from children themselves or adults concerning children's rights, such as bullying, abuse, physical punishment, suspension or dropping out of school, juvenile delinquency, parent's divorce, harm from using the internet, etc. Lawyers will think about your problems together to help solve them.

*Confidentiality of personal information will be strictly protected.

Date & Time: Every Wednesday 2PM ~ 5PM (except for holidays, year-end and new year's holidays)

NEW NURSERY FACILITY OPENED NEAR JR HAMURA STATION

A nursery facility "*Tulip Kodomo no Ie*" has relocated in August to a new place very near to JR *Hamura* Station, and also changed its' entity registration to *Ninshou Hoikujo* (TMG-Certified Child-Care Facility).

It has an *Akachan Kyuukei-shitsu* (Baby's Break Room) that is open to parents with babies who, while they are away from home, need a privacy for feeding, diaper change, etc. There is no need to make an appointment to use the room during the facility's open hours. Please feel free to use.

For information about nursery service, please contact their office directly. ☎554-5635

Address: *Wataya*(ワタヤ) Building 1st Floor, 4-13-10 *Gonokami*, *Hamura* City

Inquiry: about *Ninshou Hoikujo* – city hall *Hoiku-ka Hoiku-kakari* ☎Ext.229

about *Akachan Kyuukei-shitsu* – *Kodomo Katei Shien* Center ☎578-2882

MEDICAL CHECKUP for NEXT FIRST-GRADERS

Households with child(ren) entering an elementary school in April 2014 will receive a notification of Pre-entrance Child Medical Check-up (就学時健康診断) in early October. If you are a parent expecting the notification but it is not delivered to you before mid October, or if you plan to enter your child to other school than the school designated on your notification, please contact *Gakkou Kyouiku-ka Gakumu-kakari* Ext.357.
Time: Reception 1:15PM~1:45PM, Examination 1:45PM~ Dates: Specified by the school districts;
Fujimi: Oct. 23rd(Wed), *Sakae*: Oct. 25th(Fri), *Ozakudai*: Oct. 28th(Mon), *Hamura igashi*: Oct. 30th(Wed),
Hamura Nishi: Nov. 1st(Fri), *Shourin*: Nov. 20th(Wed), *Musashino*: Nov. 29th(Fri)

RENEWAL of NATIONAL HEALTH INSURANCE CARD

National Health Insurance Card (国民健康保険被保険者証) is renewed every 2 years. Your current card will expire on September 30th(Mon). The renewal form will be mailed by Registered Mail in mid-September to the heads of households who are insured by National Health Insurance. If you are to receive the renewal form but currently not residing at the address registered in the insurance policy, please contact city hall *Shimin-ka Hoken-kakari* ☎555-1111 Ext. 125.

TOKYO SUICIDE PREVENTION CAMPAIGN

September is Suicide Prevention Campaign Month. Motivation for suicide attempts may come from complicated problems related to health, job, financial debt or many others. With the help of others and social support, psychological stress can be greatly alleviated, and a step to way out of the problem could be taken.

Counseling Support provided by Hamura City

Beware of the depression signs and symptoms coming from your body and heart. If you think you may need to consult about it with someone, feel free to use the consultation services that *Hamura City* provides. Those consultations cover various subjects. For more information, please check the back cover page. *Hoken Center* can also help you, so please do not hesitate to visit.

Counseling Support provided by Tokyo Metropolitan Government

< Tokyo Suicide Prevention Campaign "Kokoro to Inochi no Hotline" >

September 9th(Mon) Midnight ~ 14th(Sat) Midnight ☎0570-087-478

< Suicide Prevention Hotline "Inochi-no Denwa" >

September 10th(Tue) 8AM ~ 11th(Wed) 8AM ☎0120-738-556 *Toll free on the 10th every month

< 54 Hour Special Counseling Help-Line by Tokyo Suicide Prevention Center >

September 7th(Sat) 0AM ~ 9th(Mon) 6AM ☎0120-58-9090

< Telephone Counseling for Suicide-Bereaved Family >

- ①September 7th(Sat) ~ 9th(Mon), 10AM~10PM ☎03-3261-4350 (Suicide-Bereaved Family Support Center)
- ②September 10th(Tue) ~ 13th(Fri), 10AM~10PM ☎03-3796-5453 (Grief Care and Support Plaza)

< Counseling for Problems with Multiple Consumer Loans >

September 2nd(Mon) and 3rd(Tue), 9AM~5PM ☎03-3235-1155 (Tokyo Consumer Life Center)

< **Adult Dental Checkup** >

Date: September 1st(Sun) ~ October 31st(Thu) Fee: free *Please bring your Health Insurance Card

Eligibility: *Hamura* residents of age 65 and older as of June 1st 2013

How to apply: Please make an appointment at a designated dental clinic.

*For clinic information please check *Hamura* City website or call *Hoken* Center.

*Those who are under dental treatment or who have checkups provided by an employer are not eligible.

< **Breast • Cervical Cancer Screening – 2013 Subsidy Program Second Phase** >

Hamura City provides partial or full subsidy for Breast cancer and Cervical Cancer screenings to female residents at applicable age. This program's second phase of 2013 is October 1st(Tue) ~ December 27th(Fri). The subsidized screenings are available at designated medical facilities by appointment only.

How to make an appointment: Please call or visit *Hoken* Center starting September 2nd(Mon).

* The first phase capacity is still open. It will close on September 30th or when the capacity is filled.

* It is expected to become difficult to make an appointment in November and December.

* Delivery of exam result may take up to 1 month. If you are already having symptoms, please see a doctor on your own.

▶ **Breast Cancer Screening**

Date: By appointment, October 1st(Tue) ~ December 27th(Fri), except weekends and holidays

Place: *Fussa* Hospital or *Nishimura Iin* *both located in *Fussa* City

Fee: ¥1,600 *Please pay at the Hospital on examination day Capacity: First 200 people

*No fee for Welfare Recipients. Please bring your Certificate of Welfare Recipient.

Eligibility: Female residents at age 40 or older (on appointment day) who did not take this exam last year

Examination Detail: Health interview, clinical breast examination, and mammography screening (X-ray)

▶ **Cervical Cancer Screening**

Date: By appointment, October 1st(Tue) ~ December 27th(Fri) Fee: Free Capacity: First 400 people

Place: *Yorimitsu* Ladies Clinic, *Fussa* Hospital and *Taisei* Hospital(until November 30th)

Eligibility: Female residents at age 20 or older (on appointment day) who did not take this exam last year

< **Not yet used your Cancer Screening Coupons?** >

Back in May, *Hamura* City had sent special coupons for free cancer screenings (cervical cancer, breast cancer and colon cancer) to residents at applicable age (see below). Please be reminded that colon cancer coupon expires on October 31st(Thu), and female specific cancer coupons expire on December 27th(Fri).

- Colon Cancer Screening Coupons – for those turning to 40, 45, 50, 55, or 60 years old in FY2012.
- Breast Cancer Screening Coupons – for those turning to 40, 45, 50, 55, or 60 years old in FY2013.
- Cervical Cancer Screening Coupon – for those turning to 20, 25, 30, 35, or 40 years old in FY2013.

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

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
1 st (Sun)	<i>Yamakawa Iin</i>	554-3111	<i>Heijitsu Yakan Kyuukan</i> Center	555-9999	<i>Minagawa Shika</i> Clinic	555-8219
8 th (Sun)	<i>Hamura Sougo Shinryoujo</i>	554-5420	<i>Fussa-shi Hoken</i> Center	552-0099	<i>Moriya Shika Iin</i>	555-9872
15 th (Sun)	<i>Yanagida Iin</i>	555-1800	<i>Fussa-shi Hoken</i> Center	552-0099	<i>Honda</i> Dental Clinic	554-4184

SOME TAX PAYMENTS WILL BE DUE on SEPTEMBER 30TH (MON)

Payments for the 3rd installment of National Health Insurance Tax (国民健康保険税), Long-term Care Insurance Tax (介護保険料) and Late-elderly Medical Insurance Tax (後期高齢者医療保険料) are due on September 30th(Mon).
 Inquiry: *Nouzei-ka Nouzei-tantou* ☎Ext.190

**PUBLIC CONSULTATIONS
 Schedule of September**

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠	13 th (Fri), 27 th (Fri)	1:30pm ~ 3:30pm	* Korean interpretation service is available by appointment for Foreign Residents Consultation <i>Shimin Soudan-shitsu</i> city hall ext.199
Traffic Accident ㉠	Sep. 4 th (Wed), Oct. 2 nd (Wed)	1:30pm ~ 4:30pm	
Tax ㉠	Sep. 3 rd (Tue), Oct. 1 st (Tue)		
Public Administration and Human Rights	19 th (Thu)		
Japanese Law ㉠	Sep. 5 th (Thu), 13 th (Fri), 28 th (Sat) Oct. 3 rd (Thu), 11 th (Fri), 26 th (Sat)	Thu & Fri 1:30 ~ 5pm Sat. 9:30am ~ 1pm	
Health	12 th (Thu), 26 th (Thu)	1:30pm ~ 3pm	<i>Hoken Center</i> city hall ext.624
Finance ㉠	10 th (Tue)	2pm ~ 4pm	<i>Shoukoukaikan</i> 555-6211
Pension	Mon, Wed, Fri	9am ~ Noon 1pm ~ 4pm	<i>Shimin-ka</i> city hall ext.140
Consumer's Affairs	Mon ~ Fri	9am ~ Noon 1pm ~ 4pm	<i>Shouhi Seikatsu Center</i> city hall ext.641
Women's Affairs ㉠	at <i>Hamura City Hall</i> 4 th (Wed), 18 th (Wed)	1:30pm ~ 4:30pm	<i>Shimin Soudan-shitsu</i> city hall ext.199
	at <i>Fussa City Hall</i> 11 th (Wed), 25 th (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 ㉠	Mon ~ Fri	9am ~ 6pm	<i>Kyouiku Soudan-shitsu</i> 554-1223
Welfare Legal Consultation ㉠	25 th (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 28 th (Sat)	1pm ~ 4pm	
	Mental Handicap 24 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 Map: http://www.city.hamura.tokyo.jp/0000000466.html
Mon Wed Fri	9am ~ Noon	At Children Centers	<i>Nishi Jidoukan</i> 554-7578
Tue Thu Sat		<i>Chuuou Jidoukan</i> 554-4552	
Tue Fri Sun		<i>Higashi Jidoukan</i> 570-7751	

*㉠=appointment required. *For English and Spanish translation services, please make an appointment in advance