

HAMURA NEWS

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THE 44th HAMURA CULTURE FAIR "Hamura-shi Bunka-sai"

Various cultural events are now happening at *Hamura City* Lifelong Learning Center "Yutorogi" (☎570-0707)
This year's Culture Fair exhibitions, theater performances and special events were introduced in October 1st
issue. Introduced on this page are culture workshops that foreign residents may be especially interested.

* Japanese Harp

Date & Time: October 19th(Sat) 9:30AM~10:30AM Place: Small Hall (小ホール) Fee: Free
Capacity: No seat limit Instructor: *Taishoukoto Ouseiryuu*

* Voice Training for Japanese Vocal Poetry "Shigin"

Date & Time: October 19th(Sat) 10:30AM~12:30PM Place: Small Hall (小ホール)
Fee: Free Capacity: No seat limit Instructor: *Seiginkai*

* Shinobue Bamboo Flute

Date & Time: October 20th(Sun) 10AM~11AM Place: Small Hall (小ホール)
Fee: Free Capacity: No seat limit Instructor: *Hamura Shinobue no Kai*
*Please bring your own instrument if you have. *A couple of rental flute may be available.

* Classic Guitar

Date & Time: October 20th(Sun) 11AM~Noon Place: Small Hall (小ホール) Fee: Free
Capacity: No seat limit *Please bring your own instrument and, if you have, a score book
Instructor: *Hamura Guitar Aikoukai*

* Hand Crafting ~ Let's make your own aquarium using papers, stone, sea shells and beads ~

Date & Time: October 23rd(Wed) ~ 27th(Sun) 10AM~5PM Place: *Gakushuu-shitsu2* (学習室2)
Fee: Free Capacity: 100 people, 6th grader or younger Instructor: Snake Junior

* Hand Knitting (Corsage making)

Date & Time: October 25th(Fri) ~ 27th(Sun) 10AM~4PM Place: *Sousaku-Shitsu1* (創作室1)
Fee: ¥50 Capacity: No seat limit, Beginner or anyone is welcome Instructor: Knit Salon

* Japanese Flower Arrangement

Date & Time: October 26th(Sat) 10AM~4PM Place: *Sousaku-Shitsu3* (創作室3) Fee: ¥300
Capacity: 50 people, 1st grader or older (1st~3rd grader must be accompanied by an adult)
Instructor: *Hamura-shi Kadou-kai*

* Folk Dances From Around The World

Date & Time: October 27th(Sun) 1PM~2PM *canceled in case of rain Fee: Free
Place: *Kouryuu Hiroba* (outdoor theater space) Capacity: 30 people Instructor: Senior Folk Dance

☆☆ The 44th **HAMURA LOCAL INDUSTRY FESTIVAL** ☆☆
“*Hamura-shi Sangyou-sai*”

November 2nd(Sat) & 3rd(Sun) 10AM ~ 4PM in *Fujimi Park*

Inquiry: *Hamura Local Industry Festival Executive Committee* at city hall ☎555-1111 Ext.658

< **Agriculture Exhibition & Sales** >

Locally grown vegetables, flowers, and *Bonsai* pots will be offered. You can not only shop for fresh & healthy products on the site, but also chat with the farmers who had grown them!

< **Local Products & Food Stalls** >

Get to know more local products and restaurants. You will find *Sangyou-sai* Special Prices everywhere!

< **Knives & Cutting Board Maintenance Service** >

Local carpenters will contribute to this event by providing FREE service with their professional skills. They will sharpen your kitchen knives and refurbish your wooden cut board. (Limit of 3 knives per person)

< **Industry Exhibition** >

This section introduces industrial products and manufacturing technology from *Hamura's* local enterprises. Also, the following educational workshops are instructed by three engineering companies in *Hamura*.

Kid's Engineering Workshop – Calculator Assembling

Date & Time: November 2nd(Sat), 10:30AM~ (5 times) Capacity: 12 kids each group

*No Fee/Reservation Instructed by engineers from CASIO Computer Co., Ltd. *Hamura Gijutsu Center*

Kid's Manufacturing Workshop – Original Design Printing on T-shirt *No Fee/Reservation

Date & Time: November 3rd(Sun), 10:30AM~ (3 times) Capacity:12 kids each group

*No Fee/Reservation Instructed by professionals from Prism Ltd. and *Unno Giken Co., Ltd.*

< **Regional Specialties** >

Must try the Soft Ice-Cream made in *Hamura's* sister city, *Hokuto City* located near *Kiyosato* mountain resort. Also, enjoy the variety of regional specialties from all over Japan.

< **Consumers' Awareness Exhibition** >

This year's exhibition theme is [Is that cheap price really fair?]. Let's investigate how the prices are decided. Various eco-ideas will be suggested in relation to our Food, Living, Waste, and Environment.

Inquiry: *Shouhi Seikatsu Center* ☎Ext.640

< **Tableware Reuse System in Industry Festival** >

Event visitors and participating organizations will be asked to cooperate in Tableware Reuse System. After enjoying snacking and drinking at the festival, please return the used tableware to the collection spot (リユース食器返却所). Used tableware will be thoroughly washed and used again in another large event.

< **Touhoku Support Project** >

There will be sales booths of *Touhoku* regional products! Let's enjoy shopping and support the rebuilding of earthquake-afflicted communities in *Tohoku*.

< **Hamura Nigiwai Lottery Event** >

Chance to win great products (Japanese black beef, LED lights, slippers and more) contributed by *Hamura* local stores! Date & Time: November 2nd(Sat) 10AM~ *First-come first-served policy

< **Hamura's B-Class Gourmet** >

The term “B-Class Gourmet” was invented in Japan to describe a category of cheap and popular casual food. All *Hamura's* B-Class Gourmet shops will be here!

JAPANESE REGIONAL CULTURES EXCHANGE EVENTS 2014

At *Hamura City Life-long Learning Center Yutorogi*, the Japanese Cultural Exchange Week will be held from January 11th to 19th 2014. In this event, traditional Japanese folk entertainment will be performed on stage.

Place: *Yutorogi Grand Hall* Seat Category: All Reserved Seats

Event Hosted by: *Hamura City Board of Education* Inquiry: *Yutorogi* ☎570-0707

< **Classical and Contemporary *Okinawan* Dance and Music "Ryuukyuu Buyou" >**

Show Date & Time: January 11th(Sat) 5PM~ (Door opens at 4:30PM)

Admission: Adult ¥2000, High school students & Younger ¥500

- **Program I - Contemporary *Okinawan* Dance**

A creative dance group *Izena no Kai* will perform in this program. Their performance will entertain the audience with quite original programs created with the essence of classical Ryukyuu art. The artists devote their spirits to pass down, develop and popularize the performing arts of *Okinawa* and *Amami* Regions (southern islands of Japan). They are active internationally receiving high acclaims in and outside Japan.

- **Program II - Classical *Okinawan* Dance**

Ryuukyuu Koten Buyou - classical *Okinawan* dance - is the style developed at the royal court of *Ryuukyuu* Kingdom during its ruling era, between the 15th and 19th centuries. It was performed to entertain Chinese envoys and Japanese clans. The elegant classical dance movements are generally slow in tempo. The stage attires of dancers and musician are colorful and elaborate made with *Bingata* stencil dyed robes.

The kingdom governed today's *Okinawa* islands before it became integrated to Japan in the 19th century. This program of *Ryuukyuu* classical dance and music will be brought by collaboration of the following *Okinawan* traditional performing arts preservation societies; *Ryuukyuu Buyou Hacchou-ryuu Yonenokai*, *Nomura-ryuu Koten Ongaku Hozonkai*, *Ryuukyuu Soukyoku Hozonkai* and *Koushi-ryuu Taiko Hozonkai*.

< **Traditional Instrumental Music "Tsugaru Shamisen" & Folk Dance "Kaze no Owara" >**

Show Date & Time: January 18th(Sat) 5PM~ (Door opens at 4:30PM)

Admission: Adult ¥1000, High school students & Younger ¥500

- **Program I - "Tsugaru Shamisen" String music from *Aomori*, North Japan**

Shamisen is a traditional Japanese three-stringed instrument, similar in shape to banjo, played with a large pick. *Tsugaru Shamisen* (also pronounced *Tsugaru-jamisen*) is a genre of play style originating in *Tsugaru* region in *Aomori* Prefecture. The style is characterized by its fast tempo and dynamic inflection.

- **Program II - "Kaze no Owara" from *Etchu Yatsuo* Region**

"*Owara-bushi*" is a folk ballad and dance which is said to have originally started as a ritual held on the 210th day on the lunar calendar, a day believed to be the Day of Wind Calamity. On this day the locals devote a ritual in prayer for the appeasement of wind damage on crops and for abundant rice harvest.

Owara-bushi is danced by men and women, in long rows with their faces covered by low-brimmed straw hats. They dance simultaneously to the melancholic melody played by oriental string instruments and drums accompanied with *Minyou* style singing. It will be performed by the *Owara* Preservation Society.

<< **Ticket Sales** >>

Tickets are sold from October 17th(Thu) 9AM at *Yutorogi*, Sports Center, *Nishitama Shinbun* Ticket Service Center (10AM~5PM weekdays only ☎0120-61-3737 *Fussa* City), *Marufuji* Supermarkets (there are 7 locations in *Ōme* City, *Hamura* City and *Fussa* City).

<< **Child Care Service** >>

Fee and preliminary registration are required. For *Tsugaru Shamisen* and *Kazeno Owara*, please apply by January 4th(Sat). For *Okinawan* Dance and Music, please apply by January 9th(Thu).

PROMOTION for GREEN PRESERVATION of THE OLD TAMA RIVER BANK

Symposium & Walking Rally Application

In the west Tokyo area, including our *Hamura* City, there is a geographical trace which tells about where the Tama river used to flow and how it carved land in its' history. As the course of flow shifted over time, it left a few levels of banks. One of them which expands for 40km from *Ome* City to *Choufu* City now remains as a belt of forested landscape. In *Hamura*, this old bank runs by *Negaramimae* Paddy Field.

These green preservation promotion events will provide a great opportunity for the local residents to get to know about this characteristic landscape, and think about the nature and benefit it provides for our town.

The rally participants will receive a gift of sapling tree.

【 Symposium 】

November 16th(Sat) 10AM~Noon at *Ōme* City hall 2nd floor meeting room#204 Capacity: First 150
Lecture presentation by Mr. *Yaushi Yamaguchi* (Music Environment Designer) and panel discussion.

【 Walking Rally 】

November 16th(Sat), Registration 1PM~1:30PM, Finishing around 4PM~4:30PM *Cancelled in case of rain.

Fee: free Capacity: First 200 Course (about 5km): *Ōme* City Hall → *Hamura* Sports Center

*Free shuttle buses will transport the rally participants to the JR *Ozaku* Station from *Hamura* Sports Center.

Eligibility: 1st grader and older. Elementary students must be accompanied by an adult.

How to Apply: Send application during before November 10th(Sun) for symposium and/or walking rally.

Fill in the title "Symposium & Walking Rally *Sanka Kibou*", your name, age, mailing address, phone number, fax number or email address, then send it via fax or email to the event office "Gaisen Symposium & Walking Rally Application Office". ☎03-3339-2346 (9AM~noon, 1PM~6PM, weekdays) Fax: 03-5356-7308

Address: 3-41-12 *Asagaya-kita, Suginami-ku, Tokyo, 〒166-0001* Email: gaisen@daiichi-kogyo.co.jp

ABANDONED BICYCLES CLEAN-UP CAMPAIGN

October 22nd(Tue) ~ 31st(Thu)

Abandoned bicycles cleaning-up project will take place around *Hamura* and *Ozaku* JR Stations.

Cooperation from each one of us contributes to making our town free of troublesome illegal bicycle parking.

- ◆ Let's be considerate of Visually-Challenged People – Bicycles sitting on the yellow Braille Blocks make it difficult for visually-challenged people to walk on the street safely.
- ◆ Narrowed Sidewalk is Unsafe – Bicycles left on the street make sidewalk very narrow, causing problems for everyone, especially persons in wheelchairs, people with strollers or small children, and elderly persons.
- ◆ Businesses around the rail stations are also troubled by illegally parked bicycles.

No-Parking Zones for Bicycles: Areas within 400 meters radius from *Hamura* and *Ozaku* JR Stations.

Illegally parked bicycles and low-powered bicycles (mopeds) will be towed away and stored at the *Hamura* City Bicycle Storage. Penalty fee must be paid by an owner to retrieve a vehicle from the storage.

Inquiries: *Bousai Anzen-ka Koutsuu Bouhan-kakari* ☎Ext.216

Hamura-shi Jitensha Hokanjo (Hamura City Bicycle Storage) ☎579-4815

TULIP OWNERS WANTED for HAMURA TULIP FIELD

Hamura Tulip Field is one of the largest scale tulip fields in *Kantou* region, and also an irreplaceable treasure of our city. Let's become a Tulip Owner and share the great joy of seeing your tulips blossom and entertain visitors during *Hamura* Flower & Water Festival, which attracts many tourists every spring!

Cultivation of tulip bulbs, planting and maintenance works will be taken care by local farmers and volunteers.

Of course, tulip owners can also join the planting in May and digging out works in November!

Sponsor Fee: ¥500 per lot (owner can sponsor any desired number of lots)

*Same fee applies to ownerships as an individual, citizen group or corporation.

Apply to: *Hamurashi Kankou Kyoukai (Hamura Tourism Association)* ☎555-9667) before Nov. 29th(Fri).

*You can also apply for ownership at *Hamura* Industry Festival on November 2nd(Sat) and 3rd(Sun).

*This is an ownership right for tulips planted for 2014 only, not for the land title of the field.

< **Aquabics (In-Water Aerobics)** >

Can't swim? Don't worry. Let's have fun exercising in the water!

Date & Time: Every Thursday between November 7th and December 19th, 3PM~3:50PM

Eligibility: Anyone 16 years old and older Capacity: First 35 people

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

Items to bring: Swimsuit, swimming cap, and towel Instructor: Hamura-shi Taiiku Kyoukai Sports Trainer

How to attend: Please come to the Swimming Pool Front Desk between 1:50PM ~ 2:50PM on the class day.

< **Skill-Up Lesson for Adults and Children** >

Date: Every Thursday between November 7th ~ December 19th *No reservation needed.

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

Eligibility: Adult Class... age 16 or older, Kids Class... Elementary & Junior High School Students

*Elementary School students need to be accompanied by an adult

< **Pelvic Exercise** >

Date & Time: Every Tuesday 11AM ~ Noon, Every Sunday 2PM ~ 3PM *except holiday Lesson Fee: ¥500

Place: Training Room on 2nd floor Things to bring: exercise wear, indoor shoes, drink and towel

Capacity: first 20 people How to apply: Please come to the Sauna front counter on the class day.

FREE LEGAL CONSULTATION by Hou-Terasu Law Office and Bar Association

Hou-Terasu Law Office and Tokyo San Bengoshi-kai Bar Association will give consultations for legal advice.

This consultation is free of charge, about 30 minutes for each client. Capacity: First 5 applicants

Date & Time: November 19th(Tue) 1:30PM ~ 4:40PM Place: City Hall 1st Floor *Shimin Soudan-Shitsu*

Application & Inquiry: Call or visit *Shimin Soudan-kakari* ☎Ext.199 starting October 21st(Mon).

FREE CONSULTATION by CONCILIATION COMMITTEE MEMBERS

Professional ombudsman with many years of experience will hear and advise on your case of civil dispute.

Date & Time: November 16th(Sat) 10AM~3:30PM *Counseling will be conducted in Japanese.

*Reservation cannot be made in advance. Clients will be corresponded in order of arrival.

Place: ① *Hachiouji Gakuentoshi Center Toukyuu Building* 12th Fl. (JR *Hachiouji Station North Square*)

② *Tachikawa-shi Josei Sougou Center* 5th Fl.

(2-36-2 *Akebono-cho*, Tachikawa City. 5-minute walk from JR *Tachikawa Station North Square*)

Inquiry: *Tokyo-to Minji Choutei Kyoukai* ☎080-8898-3323

WEEKEND CITY HALL SERVICE WILL BE CLOSED

On November 2nd, 3rd, 23rd and 24th

Hamura city hall will be closed on the weekends listed below for the reorganization of resident registry information and the maintenance of registry management system.

November 2nd(Sat), 3rd(Sun), 23rd(Sat) and 24th(Sun)

*The automated registry machines will also be unavailable on Nov. 23rd and 24th.

Inquiries: *Kikaku Seisaku-ka Kikaku Seisaku-tantou* ☎Ext.312

SYSTEM MAINTENANCE of BASIC RESIDENT REGISTRATION NETWORK

Please be notified that Basic Resident Registration System (*Juumin Kihon Daichou*) will be temporarily stopped due to the system maintenance on October 29th(Tue). The following procedures will not be available.

- Application and issuance of *Juumin Kihon Daichou* Card
- Issuance of Certificate of Residence if the residence is outside of Hamura City
- Filing of a Move-in Notification using *Shimin* Card. (procedure using paper filing will be available)
- Public E-certification Service for Individual Authentication

Inquiry: *Shimin-ka Uketsuke-kakari* ☎Ext.122

THE 31st SCHOOL CHILDREN'S DODGE BALL TOURNAMENT

Date & Time: December 7th (Sat), 9:20AM~ Place: Sports Center

Team Structure Regulation:

A team must contain both boys & girls of *Hamura* residents who are 3rd ~ 6th graders organized by neighborhood association, certain community, or other means (except for school class).

* Team member capacity is not restricted, however, the prize medals are available only up to 30 per team.

* Players are 16 persons per team (up to 8 boy members / up to 8 sixth graders with 4 boy members maximum)

* One organization may register multiple numbers of teams.

How to Apply & Inquiries: By October 27th(Sun) 5PM, fill in the application form available at neighborhood / community associations or at Sports Center, and submit it in person to Sports Center.

For more details, please contact Sports Center ☎555-0033

◎ **Supervisor Committee & Tournament Parings**

Date & Time: November 6th(Wed) 7:15PM~ Place: Sports Center 2nd Floor Meeting Room

◎ **Availability for Practice**

Date & Time: November 27th(Wed), 29th(Fri), December 4th(Wed) and 5th(Thu), 6PM~9PM Place: Sports Center Hall No.1 *Please be dressed in exercise clothes and indoor shoes.

ON-THE-JOB SOCIAL LEARNING for JUNIOR HIGH SCHOOL STUDENTS

All *Hamura* City Junior High Schools organize a social learning program which allows the students to experience 5-day internship at actual work places, thanks to the cooperation from local business entities.

This social learning program provides the students a chance for learning about various jobs, and also opportunity for developing communication skills required in professional environment.

Please be informed that 8th graders of *Hamura Dai-ichi* and *Dai-san* Junior High Schools will be on the 5-day internship on the following dates. Those students do not go to their school during the internship week, but they commute directly to the assigned work places. Inquiries: *Gakkou Kyouiku-ka Shidou-kakari* ☎Ext.379

Dai-ichi Students: October 21st(Mon) ~ 25th(Fri) *Dai-san* Students: November 5th(Tue) ~ 8th(Fri)

**Hamura Dai-ni* Junior High School had already finished this year's 5-day internship program back in May.

DISTRIBUTION of HAMURA CITY WASTE DISPOSAL BAGS to WASTE HANDLING FEE EXEMPT HOUSEHOLDS

From November 1st(Fri), distribution of the free supply of *Hamura* City Waste Disposal Bag for the next program year (December 2013 ~ November 2014) will start.

Eligibility: ① Welfare(*Seikatsuhogo*) recipient household ② Child-Rearing Allowance (*Jidou Fuyou Teate*) recipient household ③ Special Child-Raising Allowance (*Tokubetsu Jidou Fuyou Teate*) recipient household ④ Resident Tax exempt household with a Physical Disability Certificate holder (grade1~2) ⑤ Resident Tax exempt household with a holder of Health and Welfare Handbook (*Ai-noTechou*) (grade1~2) ⑥ Resident Tax exempt household with a holder of Certificate for Adults and Children with Mental Deficiency (*Seishin Shougaisha Hoken Fukushima Techou*) (grade1) ⑦ Recipient of Old-age Welfare Pension (*Rourei Fukushima Nenkin*) issued with a green Pension Handbook

Number of Supplied Bags: Varies on family structure and qualification category.

*After receiving the supplies, 10 big bags can be exchanged with 20 middle size bags.

Distribution Period: November 1st(Fri) ~ 29th(Fri), closed on weekends & national holidays

9AM~Noon & 1PM~5PM *Open until 8PM on 13th(Wed), 20th(Wed), and 27th(Wed).

Place: City Hall 1st Floor Conference Room 101

Required Items: Personal seal (*Inkan*) if you have one, Proof of eligibility (relevant certificate, etc)

* Should a household under eligibility condition ④~⑥ wish to apply for the free bags after 5PM on Wednesday, please present Resident Tax Exempt Certificate of all Family members.

* A person receiving the supply by proxy will be required to present his/her ID and personal seal.

* A recipient can qualify for only one of the eligibility categories.

* One-year supply of bags will be given. Please bring a durable carry-bag.

* If applying after November 30th, bags will be supplied in quantity proportional to the remaining month of the program year.

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

EXTENSION of THE PAYMENT PERIOD of NATIONAL PENSION PREMIUMS

Under the current National Pension Plan (*Kokumin Nenkin*) system, the late premium payment is accepted only within 2 years from the payment due month. However, in October 2012, a 3-year temporary measure had started for extending the period of delinquent payments. While this measure is in effect, the delinquent premiums can be back-paid up to 10 years. If you have any unpaid National Pension Premiums over-due more than 2 years, please take this chance to solve your delinquency. To make back-payments under the new system, a procedure is required at the Pension Office prior to making the payment.

*Those already receiving Old-age Basic Pension are not eligible for the new back-payment system.

*Some people may not be eligible to make back-payments in accordance with the new system depending on his/her reason for delinquency or other conditions. For details, please contact the Pension Office.

Inquiry: National Pension Plan Information Center ☎0570-011-050

Ōme Nenkin Jimusho (Pension Office) ☎0428-30-3410

For basic information on National Pension, please refer to the Japan Pension Service Web Site (English)

→ <http://www.nenkin.go.jp/n/www/english/index.jsp>

RABIES SHOT for YOUR PETS

In July this year, there was a first case of rabies outbreak confirmed in 54 years in Taiwan. With in 2 months of monitoring since then, the list of animals confirmed dead of rabies cause includes 125 wild animals (mainly ferret-badgers and a house shrew) and a pet dog. On July 23rd a case was also reported in Taiwan that a person was bitten by a rabid animal.

In all Asian countries except for Japan the number of rabies case marks high every year, and the region has the highest rate of case occurrence in the world. Japan is also under a risk of unpredictable rabies outbreak. If you have any pet animals, please make sure to have them vaccinated of rabies and properly register them.

Registration and Rabies Vaccination:

- Dog Registration must be done within 30 days after you obtain a dog, or in a case of a new-born puppy, register him/her within 30 days after turning 90 days old.
- Dogs must receive rabies shot between April and June every year.
- In the first year you get a new dog who is older than 91 days, the shot must be given within 30 days.
- Make sure to have your dog wear a registration tag and a shot certificate tag on its collar. It is mandated by law. The violation of this law is subject to a fine of not more than ¥200,000.
- If the said tags are lost, please immediately apply for reissuance.

When walking your dog:

- Please use a leash. The Tokyo Regulation mandates dogs be leashed outside of a private premise.
- make sure the registration tag and a shot certificate tag are securely attached to the collar.
- Carry a bottle of water for washing off your dog's urine when it urinates on a street.
- Carry some plastic bags for taking your dog's feces home. It must not be left on a public places!

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

"KAIGO no HI" (Nursing Care Day)

~ Public Lecture on Dementia Prevention ~

Let's join in this event and learn about Dementia, as well as how to prevent the development of Dementia. There also will be a free medical counseling service for elderly persons on this event day.

Date & Time: November 12th(Tue), 2PM ~ Place: Community Center 3rd Floor Hall Admission: Free

Reservation: Not required Capacity: First 180 Lecturer: Dr. *Kimihiro Yoneyama* (Medical Doctor, writer)

*At the reception, there would be a space for a short consultant for elder people.

Inquiry: *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari* ☎Ext.176

HOKEN (Public Health) CENTER

< 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... November 7th(Thu) - Lecture by a midwife,

Day2... November 14th(Thu) - Lecture by OB/GYN doctor and Dietician

Day3... November 28th(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.

Inquiry: ☎Ext.626

< Free Screening for Stomach / Lung Cancer & Tuberculosis >

Date & Time: December 4th(Wed), 5th(Thu), and 8th(Sun), 7:30AM ~ Noon Fee: Free

Eligibility: *Hamura* residents 40 years of age or older as of the day of examination.

*You are not eligible to take this exam if any of the following conditions apply:

- ① Pregnant, or possibility of pregnancy ② Currently being treated for stomach or lung illness
- ③ Those who have the same cancer screening opportunity provided by the employer
- ④ Those who have already taken the same examination this year in *Hamura*

Capacity: 100 people each day Application Period: Oct. 16th(Wed) ~ Nov. 13th(Wed) postmark deadline

* If there are too many applicants, selection will be made by drawing and winners will be notified by receiving a screening coupon around November 20th(Wed)).

* You have to fill out the Medical Questionnaire sheet (予診票) on the exam day. If you prefer to fill out in advance, please visit the *Hoken* Center after receiving the screening coupon.

How to apply: ① Fill in necessary information on an application form and turn it in at *Hoken* Center on weekdays, or ② Paste the form on a post card and send it to *Hoken* Center. ☎Ext.623

*Application form is available at *Hoken* Center, city hall 1st floor, city hall branch offices, and on the city website (PDF) → <http://www.city.hamura.tokyo.jp/cmsfiles/contents/0000000/649/appform.pdf>

- How to fill in an application postcard -

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

Please Note:

- You may apply for all the screening/exams held on the same day.
- Each member of the family must apply separately.
- Those who are taking Stomach Cancer screening cannot eat or drink after 9PM in the previous night.
- Sputum examination is provided only for people with the following conditions:
 - ① Those who had bloody sputum within past 6 months.
 - ② Smoker who has smoked (number of cigarettes per day) x (total smoking years) = 400 or more.

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
October	9am~5pm		5pm~10pm		9am~5pm	
20 th (Sun)	<i>Yokota Clinic</i>	554-8580	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Uno Shika Iin</i>	555-8241
27 th (Sun)	<i>Nishitama Byouin</i>	554-0838	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Okikura Shika</i>	555-4331