

HAMURA NEWS

Published by: *Hamura City*

November 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>

HAMURA PHILHARMONIC ORCHESTRA

2013 Autumn Concert

Date & Time: November 24th(Sun) 2PM~ (doors open at 1:30PM) Place: *Yutorogi* Grand Hall

Capacity: First 850 people Admission: Free Reservation: Not required

Program: Beethoven - Symphony No.5 c-minor, Mozart - The Marriage of Figaro, Edvard Grieg - Peer Gynt Symphony No.1, etc. Inquiry: *Hamura Philharmonic Orchestra* Email: hpo@live.jp

HAMURA ZOO ☎579-4041

< Japan Cultural Property Week 2013 >

This year's Japan Cultural Property Week is from October 26th(Mon) to November 4th(Mon). During this promotion week, *Hamura Zoo* will feature its red-crowned cranes, long-tailed cocks and 11 different breeds of Japan's endemic ornamental chicken that are designated Japan Natural Monuments.

THE 41st HAMURA OUTDOOR FLEA MARKET

Date & Time: November 16th(Sat), 9AM ~ Noon (Cancelled in case of heavy rain)

Place: *Fujimi Park* C Field Inquiry: *Shouhi Seikatsu Center* ☎Ext.640

VOLUNTEERS WANTED for PLANTING TULIP BULBS

Volunteers are wanted for planting tulip bulbs to prepare the tulip field for the festival in Spring 2014.

Date & Time: November 22nd(Fri), 24th(Sun), 25th(Mon), 26th(Tue) and 27th(Wed), 9AM ~ Noon

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

* Planting work will take place in light rain or shine

* Volunteers can participate in any of the above dates they wish.

* Please be dressed suitable for yard works, and bring gloves and long boots.

* Tulip bulbs owner's planting will be held on November 24th(Sun).

How to Apply & Inquiries: Call or Fax to *Hamura-shi Kankou Kyoukai* (*Hamura* Tourism Association) and provide your name and phone number by November 15th(Fri). ☎555-9667 Fax: 555-9673

FRESH LAND NISHITAMA ☎570-2626

< Washi Paper-bits Collage Class >

Let's make a picture of a horse (Oriental Zodiac Animal of year 2014) using *washi* paper-bits!

Date & Time: November 28th(Thu) 10AM~Noon Place: *Fresh Land Nishitama Fureai-kan*

Capacity: First 20 people Fee: ¥1000 (material) Application: visit our Front Desk before the event day.

< Home Made Udon Noodles Class >

Date & Time: December 10th(Tue), ①10AM~Noon, ②2PM~4PM Place: *Fresh Land Nishitama Fureai-kan*

Capacity: first 30 people per class Fee: ¥200 (Free for elementary school students and younger kids)

How to Apply: Visit the front desk at *Fresh Land* between November 12th(Tue) ~ 30th(Sat) to apply.

You Can Find **HELP & PROTECTION AGAINST ABUSE / VIOLENCE**

If you are suffering from any kind of abuse by other person, or concerned that a person whom you know might be a victim of abuse/violence, please do not hesitate to contact these public bodies for help and advice.

*Information providers' privacy, as well as the details of an informed case, will be strictly kept confidential.

◆ The Tokyo Metropolitan Government Foreign Residents' Advisory Center

The Tokyo Metropolitan Government provides consultation and counseling service for foreign residents living in Tokyo. If you have difficulty consulting on a sensitive case in Japanese, please contact this service center.

Consultation in English: ☎03-5320-7744 / in Chinese: ☎03-5320-7766 / in Korean: ☎03-5320-7700
9:30AM~Noon & 1PM~5PM Monday ~ Friday (except holidays)

Location: No.1 Building (3rd floor), Tokyo Metropolitan Government, 2-8-1 *Nishi-Shinjuku, Shinjuku-ku*

◆ Metropolitan Police Department, General Consultation Hotline ☎03-3501-0110 or #9110

8:30AM~5:15PM weekdays only, closed on Year End and New Year holidays

◆ Fussa Police Station ☎042-551-0110 *For an emergency case, call 110.

If you come across with a case like...
"Violence is used right now" "A life is in danger now"
★ CALL POLICE ☎110 ★

Examples of ABUSE AGAINST HANDICAPPED PERSONS and where to consult

- Physical Abuse – hitting, kicking, inappropriate confinement for a prolonged period of time, etc.
- Emotional Abuse – yelling, ignoring, verbal harassment, etc.
- Sexual Abuse – demanding/forcing to engage in sexual activity, etc.
- Neglect – not providing meals and other proper care, not allowing access to medical care or care service, etc.
- Financial Exploitation –not allowing access to his/her own money, unauthorized use of his/her funds, etc.

Hamura City Welfare for the Disabled Section (Hamura-shi Shougai Fukushi-ka) ☎555-1111 Ext.185

Hamura City Hall 1st Floor. Shougaisha Sien-kakari 8:30AM~5PM Mon~Fri (except holidays)

Community General Support Center Aoba Branch (within *Fukushi Center*) ☎555-1210

2-18-1 Sakae-chou, Hamura-shi. 8:30AM~5PM Mon~Fri (except holidays)

Community General Support Center Happy Wing Branch ☎553-9888

6-8-3F Higashi-chou, Fussa-shi. Mon. Tue. Wed. and Fri. 10AM~7PM.

*First, third and fifth Sundays, and second and fourth Saturdays 1PM~7PM.

Examples of ELDER ABUSE and where to consult

- Physical Abuse – hitting, pinching, inappropriate confinement for a prolonged period of time, etc.
- Emotional Abuse – ignoring, intimidation by yelling, treating like a child in insulting manner, etc.
- Sexual Abuse – leaving him/her with undressed lower-half for punishment, etc.
- Neglect – leaving him/her in unsanitary condition, hungry, dehydrated or malnourished, etc.
- Financial Exploitation – refusing to give his/her own money to them, not allowing to spend his/her own money as they desire, unauthorized use of his/her funds, etc.

*** Signs of Elder Abuse ***

- Yelling, screaming of an elder person, or noise of thrown objects can be heard from elder person's house.
- An elder person stays outside for a long time despite of uncomfortable weather condition.
- An elder person is concerned about not having enough finance although he/she has means of income.
- In elder person's house, the shutters are always closed in day time, or mails/newspapers are collecting.

Community General Support Center (Chiiki Houkatsu Shien Center) ☎555-1111 Ext.195

Hamura City Hall Senior Citizen's Welfare and Nursing Care Division.

8:30AM~5PM Mon~Fri (except holidays)

Community General Support Center Asahi Branch ☎555-8815

1-3-1 Fijimidaira, Hamura-shi. 8:30AM~5PM Mon~Fri (except holidays)

Examples of **CHILD ABUSE** and where to consult

- Physical Abuse – hitting, kicking, burning skin with a cigarette, locking a child in a room / out of house, etc.
- Emotional Abuse – verbally threatening, ignoring, rejecting, discriminating between siblings, etc.
- Sexual Abuse – engaging a child in sexual misconduct, exposing a child to sexual material or act, etc.
- Neglect – leaving a child in unsanitary condition, hungry, dehydrated, or unattended, etc.

Hamura City Child & Family Support Center (Hamura-shi Kodomo Katei Shien Center) ☎578-2882

Hamura City Hall 2nd Floor, in Child Care Support Section. 8:30AM~5PM Mon~Fri (except holidays)

Tachikawa Child Guidance Center (Tachikawa Jidou Soudansho) ☎042-523-1321

3-10-19 Akebono-chou, Tachikawa-shi. 9AM~5PM Mon~Fri (except holidays)

Tokyo Metropolitan Child Guidance Center (Toukyou-to Jidou Soudan Center) ☎ 03-5937-2330

Phone counseling is open on weekdays 5:45PM~, also on weekends and holidays.

Examples of **DOMESTIC VIOLENCE** and where to consult

Domestic Violence is a pattern of abusive behavior in any intimate relationship... married or dating couples, or even between former partners who have already separated. DV is used to gain or maintain power and control over an intimate partner, taking a form of physical, sexual, verbal or emotional abuse. Majority of DV victims are women, however, men can also become a victim. Some examples of DV behaviors are;

- Physical Abuse – hitting, kicking, strangling, dragging, throwing objects at a person, etc.
- Emotional Abuse – threatening, yelling, humiliating, imperative attitude, ignoring, etc.
- Sexual Abuse – forcing sexual engagement, forcing abortion, refusing contraception, etc.
- Economical Abuse – refusing to work or contribute to household expenses, controlling partner's money, etc.

Tokyo Metropolitan Bureau of Social Welfare and Public Health - Women's Hotline

Main office ☎03-5261-3110 9AM~8PM weekdays only, closed on Year End and New Year holidays

Tama Area office ☎042-522-4232 9AM~4PM available days is same as that of the main office

Night Time Emergency Hotline ☎03-5261-3911 24hours available on weekdays & holidays

Hamura City and Fussa City provide Special Consultation on Women's Affairs

Counseling will be provided upon appointment by female counselors. (in Japanese)

There is no charge for the counseling. Details of a client's case will be kept strictly confidential.

▪ in Hamura City Hall – 1st, 3rd and 5th Wednesdays, 1:30PM~4:30PM ☎555-1111 Ext.199

▪ in Fussa City Hall – 2nd and 4th Wednesdays, 9AM~1PM ☎551-1529

Single-mother Independence Support Counselor (Boshi Jiritsu Shien-in) ☎555-1111 Ext.239

Counselors will correspond to the issues regarding women's affairs and single-mother life.

Hamura City Hall 2nd Floor, in Child Care Support Section. 8:30AM~5PM Mon~Fri (except holidays)

Do You Know "DATING DV" ?

Domestic Violence can happen to couples who are married or dating, or even those who have ended such relationship. In the recent years, the issue of Dating DV among the school-age couples is becoming a serious problem demanding more awareness and preventive measures.

If you suspect your daughter/son, someone you know or yourself might be in an abusive relationship, please do not wait too long. Please consult an experienced professional counselor as soon as possible.

Tokyo Women's Plaza ☎03-5467-2455 9AM~9PM Everyday except Year End and New Year holidays

Tokyo Women's Plaza Men's Hotline ☎03-3400-5313 5PM~8PM Mon & Wed (except holidays)

WOMEN'S HUMAN RIGHTS LEGAL HOTLINE ☎0570-070-810

This is a telephone counseling service established for women's affairs. A Commissioner for the Protection of Fundamental Human Rights or Legal Affairs Bureau Personnel will hear a client's case detail and provide professional advice over phone counseling. *service available in Japanese only

Date & Time: November 18th(Mon) ~ 24th(Sun), 8:30AM ~ 7PM (10AM ~ 5PM on weekend)

Inquiry: Tokyo Legal Affairs Bureau Civil Liberties Department Division No.3 ☎03-5213-1234 Ext.2516

**CONVENTION & FESTIVAL for
HEALTHY DEVELOPMENT of ADOLESCENT YOUTH & CHILDREN
November 9th(Sat) & 10th(Sun)**

☆ Convention for Healthy Development of Adolescent Youth ☆

There will be an award ceremony for Excellent Supporters of Sound Youth Development, for Model Youth, and for the Sound Youth Development Promotion Poster Contest Winners.

Also, a report of "Kids' Work-study Summer Camp In *Oshima* Island" will be presented on the exhibition.

Date & Time: November 9th(Sat), 9:30AM ~ 10:20AM Place: *Yutorogi* Main Hall

☆ Children's Festival 2013 ☆

Date & Time: November 9th(Sat) 11AM~3PM, 10th(Sun) 10AM~3PM Place: *Yutorogi* & Front side street

Inquiries: General - *Jidou Seishounen-ka* ☎Ext.264, About event attractions - *Yutorogi* ☎570-0707

*For more information please check the *Hamura* city home page or leaflets available at *Yutorogi*.

*Event details may be changed.

◆ **Festival Stalls** [9th(Sat), 11AM ~]

There will be a lot of booths at *Yutorogi* front side street with food and fun games prepared by youth groups. Have fun shopping and playing! *Please buy event vouchers at the site (valid for 2 days).

◆ **Performances**

[9th(Sat), 11:30AM ~] *Hamura* High School Dance Club and *Ome Sougou* High School Dance Club,

Top-spinning master *Komano Takechan*, street acrobat performer *Himawari Kayama*, Opera *Kon'nyakuza*

[10th(Sun), 11AM ~] Crown performer *Yama*, Top-spinning master *Komano Takechan*

◆ **Poster Contest Winners' Works Exhibition** [Both days]

Place: *Yutorogi* 1st floor

◆ **Report Presentation of Kids' Work-Study Summer Camp in *Oshima* Island** [Both days]

Place: *Yutorogi* B1 floor

◆ **Exhibition of Activity Reports by District Committees** [9th(Sat)]

Place: *Yutorogi* 1st floor

◆ **Various Workshops** [Both days]

You can experience flower arrangement, science experiment and wood crafting! (Fee ¥100)

◆ **Fun Attractions** [Both days]

Ghost House and games, etc. (No fee)

◆ **Wakuwaku Hiroba** [10th(Sun)]

Chipmunk's Dining, Movie for Children, etc. (No fee)

- **Traffic Restriction** -

The street block in front of *Yutorogi* will be closed on November 9th (Sat), 6AM ~ 4PM.

Please be prepared to detour during this period. Thank you for your cooperation.

- **Temporary relocation of *Hamuran* Bus Stop** -

On Nov. 9th 6AM~4PM, Library/*Yutorogi* Bus Stop will be moved to *Yutorogi* multilevel parking garage.

AUTUMN PUBLIC GARDENING CAMPAIGN - November 10TH (Sun)

Hamura City has prepared about 102,000 tulip bulbs (Red, White and Yellow) and about 14,500 Pansies.

Let's join in one of 100 participating groups (neighborhood/community associations or schools) and decorate the public gardens with these flowers! The garden designs will be subject to the city contest nomination.

Contact: *Sangyou-ka Nousei-kakari* ☎Ext.663, *Hamura* City Tourism Association ☎555-9667

HAMURA RESIDENTS' TOWN CLEANING CAMPAIGN - November 10TH (Sun)

Let's pick up trash on the streets, in parks, and around our public facility buildings together!

How to collect trash: Use special waste bags designed for this campaign. Separate the trash by categories "Burnable" or "Non-burnable." Then bring the filled bags to each district's specified location by 9AM.

*Special trash bags will be provided through your community associations. Please note that you cannot use this bag on normal collection days. You may return remaining bags to *Seikatsu Kankyou-ka* in city hall.

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

CENTRAL CHILDREN CENTER (Chuuou Jidoukan) ☎554-4552

< Hand-made Toy Workshop ~ Bow & Arrow ~ >

Date & Time: November 10th(Sun), ①10AM~ ②1PM~ Fee: Free *No application is required.

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

< Daytime Moon Observation >

Date & Time: November 10th(Sun), 4PM ~ 4:30PM *It will be canceled if the moon is hidden behind clouds.

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

< Nighttime Astronomical Observation >

Date & Time: November 10th(Sun), 6PM ~ 7PM *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.

< Volunteer Staff Wanted for "Winter Festival" >

We are now seeking 11 volunteers for the "Winter Festival" which will be held on December 15th(Sun).

Activity Dates: December 7th(Sat), 8th(Sun), 14th(Sat), 15th(Sun)

Eligibility: 3rd grader ~ age 18, who can participate on all activity dates.

Application: Please call or visit the center between November 4th(Mon) ~ 17th(Sun), 9AM ~ 4:30PM.

EAST CHILDREN CENTER (Higashi Jidoukan) ☎570-7751

< Sports Day ~ Jump Ropes ~ >

Date & Time: November 13th(Wed), 3PM ~ 4PM *No application is required to join the play.

Eligibility: Elementary School & Junior High School Students

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 Babies >

Voiced reading of a picture book and hand plays for babies and parents to enjoy together.

Date & Time: November 6th(Wed), 11AM~ Fee: Free *No application required.

< Story Telling for Preschoolers >

Large picture book "Karasu no pan'yasan" will be read for children.

Date & Time: November 9th(Sat), 11AM~ Fee: Free *No application required.

< Telling for Elementary School Students>

Story telling of "Urihime" will be featured.

Date & Time: November 16th(Sat), 11AM~ Fee: Free *No application required.

KAWASAKI LIBRARY ☎ 554-7225

Come to the large panel theater show "11 Cats and a Pig". Also join the craft workshop!

Date & Time: November 27th(Wed) 3PM~ *No application required.

YUTOROGI ☎570-0707

< Movies for Children >

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

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

< Story Telling "Story of a Forest" >

An opera event will be held on December 15th(Sun). At this story telling event held after Movies for Children on November 10th, the original story of the opera "Mori wa ikite iru" will be told for children.

CHATting PLACE for PARENTS

This month's topic is "How Long to Breastfeed". Feel free to join and share some thoughts and tips for child rearing. Child care volunteers will look after your children during this gathering. No reservation needed.

Place&Date: East Children Center – Nov. 5th(Tue) Time: 10:30AM~11:30AM for all dates

Central Children Center – Nov. 14th(Thu) Inquiries: Kodomo Katei Shien Center ☎578-2882

West Children Center – Nov. 15th(Fri)

The 19TH HAMURA NURSERY SCHOOL FAIR

"Hamura Hoiku-ten"

Inquiries: The 19th Hamura Nursery School Fair Executive Committee, *Tatsunoko Hoikuen (Sato)* ☎555-3791

< Pre-Events >

There will be some exhibition booths and a mini-event where kids can play with the teachers.

Date: November 26th(Tue) ~ 29th(Fri) Place: *Yutorogi Tenji-shitsu*

○ Exhibition: 10AM~5PM (2PM ~ 5PM on the 26th)

○ Play with nursery school teachers: ①10:30AM~11AM ②11AM~11:40AM ③2PM~2:30PM (26th:③only)

< Main Events >

Date: November 30th(Sat), 10AM~4PM Place: *Yutorogi*

○ General Exhibition Section

○ Food and Nutrition Information Section

○ Health Information Section

○ Music Concert for Parents and Children

○ Sales Booths

○ Play Rooms (Babies' Room, Adventure Room, Wonder Room)

< Nutrition Educational Exhibition >

Date: November 30th(Sat) 10AM~4PM Place: *Yutorogi Sousaku-shitsu2*

Hosted by: *Nishitama Hokenjo Fussa Chiku Tokutei Kyuushoku Kenkyuukai*

NURSERY SCHOOL APPLICATION for SPRING 2014

Enrollment Application Form for nursery schools in *Hamura City* is available from November 1st(Fri).

Parents who wish to newly enroll or transfer child(ren) to a nursery school from April 2013, please make sure to file an application as early as possible during the application period.

*Information of registration renewal procedure will be announced in January 2013 by each Nursery School to the households of currently enrolled children.

*Regarding the transfer to a nursery school in another municipality, please contact *Hoiku-ka* in City Hall at your earliest convenience.

Application Period: December 1st(Sun) ~ 14th(Sat)

File at: *Hoiku-ka Hoiku-kakari (Ext.234)* in city hall 2nd floor

Where to Obtain a Form: *Hoiku-ka*, City Hall branch offices, Nursery Schools, and Children Centers

*Form can also be downloaded from the *Hamura City Official Website*.

SPECIAL HOME-SATAY CHILDCARE SYSTEM "HOT FAMILY"

PR Presentation ~ Their Real Stories ~

This event will be held to promote to the public about child support program called "Hot Family".

Through this program, children to youths with background of family issues can be provided with alternative place of home that is more than a temporary shelter, living with and cared by a volunteer host family.

The child accepted into a Hot Family home may live with them for a long term, however, the support contract does not include legal adoption in view, because the program policy aims for the child's return to his/her own family. The actual Hot Family parents will tell us about their joy and struggle in that process.

Please come to this presentation event and get to know the Hot Families' heart-touching real stories....

Date & Time: November 26th(Tue) 1:30PM ~ 3:30PM Place: *Yutorogi 2nd Fl. Kouza-shitsu 1*

Admission: Free Reservation: Not necessary Inquiries: *Kodomo Katei Shien Center* ☎578-2882

Child Care Service: Child care volunteers will attend small children during the presentation. If wishing to bring a small child, please contact *Kodomo Katei Shien Center* before Nov. 18th(Mon).

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 West Children Center on November 22nd(Fri), and at East Children Center on November 26th(Tue), between 10AM~Noon on both dates.

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.

< Let's learn about *Tamagawa River* from bird's eye view >

In this lecture event, Mr. *Akira Muramatsu*, a picture book writer using bird's eye view, will talk about *Tamagawa* and bird's eye view. Also, an exhibition of his works, bird's eye view maps, will be held from Nov. 6th(Wed) to 17th(Sun) at *Yutorogi*. Reservation and fee are not required for both events.

Date: November 16th(Sat) 2PM ~ 4PM Place: *Yutorogi* Exhibition room Capacity: First 70 people

Child Care Service: Available for 10 children (18 months ~ 6 years old) with ¥50 fee

Application: Call or visit the library between November 1st(Fri) ~ 7th(Thu) 10AM ~ 5PM

< City mascot *Hamurin* is coming to the Library! >

Come to the main library to play with *Hamurin*. November 1st(Fri) & 2nd(Sat) at 10AM & 3PM.

< New System has started from November >

Hamura City Library had been temporarily closed for the collection inventory work. As of the reopening on November 1st(Fri), the following changes will apply to the library systems.

*The library website is available in Japanese only.

- ◆ Library Website URL has changed to <http://www.lib.hamura.tokyo.jp>
- ◆ The layout of the web pages for title search and reservation request has changed.
- ◆ Cancellation of title request can now be done through the library website.
- ◆ The passwords of all registered library users have been changed. This password is necessary for using some of the library online service. The current default password consists of the user's date of birth. (ex: for a user born on March 4th 2001, the pass word is 20010304)
you have a library account, please customize your password as soon as possible.
- ◆ *Dokusho Techou* (notebook to keep your rental history) will be given to registered users when they visit the library. With this history book you can keep records of materials you rented from the library. A material title that you check out will be printed on a sticker to be put on the history book.
*This is the only means that the library offers to keep details of your rental record, because it is not kept in the library system due to privacy protection policy.
- ◆ The video tape players are no longer available. DVD players are still available, upon registration for usage, for viewing of library materials. In the new system a user must set the disk by him/herself.
- ❖ Did you know that registered library users can request for materials to be sent to *Hamura* Library from the National Diet Library and the Tokyo Metropolitan Library. On the 3rd floor of *Hamura* Main Library, there are computers with which you can search for titles in the collections of the said libraries. *this service is not new.

NOVEMBER — CRIME VICTIMS SUPPORT PROMOTION MONTH

Counseling is available for crime victims and their family who are having post-crime issues such as symptoms caused by mental stress related to the crime experience, physical handicap, financial burden, etc.

- ❖ *Fussa* Police Department Crime Victim Counseling Line ☎551-0110 Ext.2143 Fax:553-8044 24hrs daily
- ❖ Tokyo Metropolitan Police Department Crime Victims' Hotline ☎03-3597-7830 Fax:03-3592-6840
Mon.~Fri. 8:30AM~5:15PM Closed on weekends and holidays
- ❖ Crime Victim Support Center of Tokyo ☎03-5287-3336 Fax:03-5287-3387
Mon. Thu. Fri. 9:30AM~5:30PM / Tue. Wed. 9:30AM~7PM / Weekend & Holiday Closed

TV HAMURA in NOVEMBER

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~.

November special programs: **The 44th Hamura Local Industry Festival &**

Fire Fighting Skill Competition at Nishitama Regional Tournament

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

WORK SHOP for COMPOSITING FOOD WASTE USING CARD BOARD BOXES

Compost Monitors Wanted

Food waste can be greatly reduced and recycled by composting. *Hamura* City is encouraging residents to participate in the monitor program for recycling food waste using a composter made of card board box. If you are interested in becoming a monitor, or simply interested in waste reduction effort, please join this workshop to learn how to make a card board composter and how to use different types of composters.

Date & Time: November 18th(Mon) 2PM~3:30PM Place: *Shouhi Seikatsu* Center 2nd Fl. *Katsudou-shitsu*

Eligibility: *Hamura* residents *company cannot apply Capacity: first 20 applicant

Detail: ① How to make and use a composter using card board box. (Participants can bring home what they make) ② Guidance for the city subsidy for purchasing a commercial food waste decomposing container.

Application & Inquiry: Call or visit *Seikatsu Kankyou-kakari* at city hall 2nd floor in advance, ☎Ext.204.

REPORT of HAMURA CITY WASTE DISPOSAL COST OF FY2012

The following is the detailed costs of processing our waste (about 17,010 tons) in the 2012 fiscal year:

Total cost... ¥1,016,944,575 (-¥170,166,627 the previous year)	Cost per person... ¥13,278 (-¥2,657 the previous year)	Cost per household... ¥30,138 (-¥6,522 the previous year)
---	---	--

50% of the total cost was spent at *Nishitama Eisei Kumiai* (Waste Processing Plant) and *Tokyo Tama Kouiki Shigen Junkan Kumiai* (final disposal site). This means, by decreasing our waste we can save on waste disposal costs paid from our tax. Let's cooperate in accurate waste separation, which leads to the waste reduction.

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

GRANT PROGRAMS for ENVIRONMENT-FRIENDLY RENOVATIONS

Hamura City has various grant programs to support environment-friendly renovations done to residential or small-business buildings and its surroundings. These grant programs were established to promote the environment-friendly living as well as for the city to take part in the efforts against Global Warming.

To know more about these grant programs, please inquire to city hall *Kankyouhozen-ka* at extension 226.

< Grant for Solar Power Generator Installation >

This grant is provided for the installation of Domestic Photovoltaic (solar) Power Generation System that qualifies for the program regulations. For more information about qualification requirements, as well as about application procedure, please inquire.

Grant Amount: general resident ¥50,000 / co-owner ¥50,000 ~ ¥250,000 depending on output capacity

Eligibility: Installation works done to a house, apartment building or residential complex between July 1st and December 31st 2013. *One application chance per household.

Application Period: The current application period ends on January 20th 2014.

< Grant for Energy Efficiency Retrofitting >

Examples of retrofitting works subject to this Grant: Installing a Solar heat energy system, household fuel cell cogeneration system, LED lighting, thermal insulation improvement, high-insulation bathtub, etc.

Grant Amount: 10% of the actual cost for qualified renovation work will be reimbursed as a form of Eco-Point.

*1 eco-point = ¥1 valid for use within *Hamura* City. *There are amount limits set for each type of retrofitting.

Eligibility: *Hamura* residents and local small business owners who ordered the installation work qualifying for this grant. The installation work must be completed in year 2013.

Application Period: The current application period ends on January 31th 2014.

PLEASE DO NOT LET OIL/GREASE DRAIN INTO THE SEWAGE SYSTEM

Our sewage system can be clogged by oily liquid and lees disposed into drainage pipes. And such waste can also become the source of stench that rise from the depth of system out to the drainage openings. When you wash greased dishes, please wipe off the grease before running water over them.

Inquiry: *Gesuidou-ka Koumu Kanri-kakari* Ext.244, Tokyo Bureau of Sewerage ☎03-5320-6515

TOKYO METROPOLITAN PUBLIC HOUSING

"Toei Juutaku" Application Information

Toei Juutaku housings are managed by the Tokyo Metropolitan government in purpose of providing affordable housings for low-income earners. There are applicant eligibility qualifications regarding income level, period of resident registration history, etc. For details, please refer to the application brochure.

The application chances are, in principal, announced in May, August, November and February.

Availabilities for this application period are for the following household types;

[general family, single person, family with young parents, family with many children]

Application: Brochure with application form (in Japanese) is available during November 5th(Tue) ~ 14th(Thu), at *Kenchiku-ka* (city hall 2nd Fl. 8:30AM~5PM, weekend at 1st Fl. Reception), city hall branch offices (9AM ~ 1PM weekdays only) and JKK Tokyo Website for download during the brochure distribution period.

To apply, the completed application form must reach Shibuya Post office by mail before November 18th(Mon).

*The tenants will be selected by open drawing on December 24th(Tue) held at the TMG Office Building No.2.

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

Nov. 5th ~ 14th ☎0570-010810 / Other times ☎03-3498-8894 *weekdays only.

→ <http://www.to-kousya.or.jp/toeibosyu/index.html> (in Japanese)

WATER LEAKAGE INSPECTION

Hamura City will be sending water works contractors to each household to run a water leakage inspection starting from November 15th (Fri) 2013, and it is scheduled to complete by February 28th(Fri), 2014.

Thank you very much in advance for your cooperation.

*City-contracted inspection officers carry their ID. If a suspicious inspector visits your home, please ask to show the ID.

Districts in subject: *Gonokami 1~4-choume, Fujimidaira 1~3-choume, Midorigaoka 3-choume, Shinmeidai 1~4-choume, Futaba-cho 1~3-choume, Gonokami Musashino, Hane Aza Musashino, Kawasaki Musashino*

Inspection Contractor: *Rikuchi Rousui Chousa* Inquiries: *Hamura City Water Works Bureau* ☎554-2269

*In case of water leakage, renovation of kitchen or bathrooms, etc., please use one of the city-approved water works contractor listed on the city website.

REAL ESTATE VALUE INSPECTION

If you newly built or expanded your residence in year 2013, your resident property value needs to be (re)evaluated for a purpose of Real Estate · Fixed Property Taxation. Please contact city hall *Kazei-ka Shisanzei-kakari* ☎Ext.157 and set up an appointment for *Kaoku Chousa* (Real Estate Value Inspection).

Do you know? "GENERIC DRUGS"

Notification of Medication Cost Difference with Generic Drugs (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 for their medication in the month of July. This notification lists the names and patient's co-pay amount of purchased medicines, and also informs 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 cost difference is how much a patient would save by changing the medications to generic drugs.

This notification is issued for the purpose of raising public awareness on the generic drugs. There are no procedure required to be taken regarding the contents of 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 the health insurance fund.

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

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

HOKEN (Public Health) CENTER

< Pneumococcal Vaccination for Elderly Residents >

Hamura City will partially subsidize the pneumococcal vaccination fee for residents of age 65 or older.

Vaccination Period: until March 31st(Mon) 2014 Capacity: First 600 people

Fee for Residents: ¥4,000 will be subsidized, so please pay the balance at a medical facility.

Eligibility: Hamura residents who have not received this vaccination within the past 5 years and meet one of the following conditions; ① at age 65 or older, ② at age 60 to 64 years and have any heart, kidney or respiratory disease, or immune dysfunction caused by AIDS. (patient② must obtain a physician's certificate or present Physical Disability Certificate grade1)

Things to bring: Health Insurance Card (*Kenkou Hokenshou*) Inquiry: ☎Ext.623

*Free immunization is provided to Welfare Recipients and Japanese War Orphans from China.

*Appointment is required for immunization. Please contact your regular doctor in Hamura City for an appointment, or contact Hoken Center for the list of medical facilities providing pneumococcal vaccination.

How to apply: ①Visit Hoken Center and fill out a form (except weekend or holiday).

②Write on a post card as instructed below and send it to Hoken Center.

<Front side>	<Back side>
〒205-0003 Hamura Hoken Center Haien Kyuukin Yobou Sesshu Tantou 5-5-2 Midorigaoka, Hamura-shi	*address *name *date of birth *daytime phone number *If you have ever taken the pneumococcal vaccination or not. (If yes, include the date)

*After your eligibility is confirmed, a subsidy ticket and information leaflet will be mailed to you.

< Changes in Pediatric Pneumococcal Vaccination Guideline >

Due to the amendment of the Preventive Vaccination Law, as of November 1st, the following changes will apply to the Pediatric Pneumococcal Vaccination Guideline.

Subject	Before	Now
Vaccine	pneumococcal conjugate vaccine 7-valent adsorbed (covers 7 pneumococcal serotypes)	pneumococcal conjugate vaccine 13-valent adsorbed (covers 13 pneumococcal serotypes)
Regarding the booster shot for 2 ~ less than 7 months olds	Allow at least 60 days to pass after the initial vaccination	Allow at least 60 days to pass after the initial vaccination. Also, receive after the child turns 1 year old
Regarding the initial shot for 7 ~ less than 12 months olds	2 nd shot of initial vaccination is recommended to be received before the child turns 12 months old	2 nd shot of initial vaccination is recommended to be received before the child turns 13 months old

Newly employed vaccine PCV13 includes the original 7 serotypes in PCV7 plus the 6 additional serotypes. PCV13 protects against the most common strains of pneumococcal bacteria responsible for severe pneumococcal infections among children. Pneumococcal infections can be hard to treat because some strains are resistant to antibiotics. This makes prevention through vaccination even more important.

Pediatric pneumococcal vaccination is included in Japan's routine vaccinations list.

Precautions:

- Anyone who has ever had a life-threatening allergic reaction to a dose of this vaccine, to PCV7 (or Prevnar), or to any vaccine containing diphtheria toxoid, should not get PCV13.
- If your child is sick on a vaccination appointment day, consider to reschedule the appointment
- Pneumococcal vaccine will not treat an active infection that has already developed in the body.

Inquiry: Hoken Center ☎Ext.623

< Blood Donation and Bone-marrow Donor Registration Needed! >

Date&Time: November 19th(Tue) 10AM~Noon, 1:15PM~4PM Place: city hall front side Inquiry: ☎Ext.623

• **Blood Donation** (400ml or 200ml)

Eligibility: Those who are Age 16 ~ 69 years old (Age 65 or older without a blood donation record in past 5 years are not eligible)

• **Bone-marrow Donor Registry**

Eligibility: Those who are Age 18 ~ 54 years old

Detail: registration guidance, taking a blood sample (about 2ml)... takes approximately 20 minutes

< Free Dental Checkup for Expectant Mothers >

Date: All Year Round Eligibility: Expectant Mothers living in *Hamura* Fee: Free

Things to Bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook) and Health Insurance Card

How & Where: Make an appointment at designated Dental Clinic located in *Hamura* City.

*If currently having your teeth treated, you are not eligible for this checkup. Inquiry: ☎Ext.623

< Healthy Cooking Class ~ Reduce salt content and prevent high blood pressure ~ >

Join and learn how to cut down on salts but delicious recipes and improve your health condition!

Date & Time: November 26th(Tue) 9:30AM ~ 12:30PM Place: *Hoken* Center Capacity: First 30 people

Fee: ¥300 Things to bring: Head cloth, Apron, Writing material, *Kenkou Techou* (if you own one)

* Those who wish to measure the salt content of their home made *miso* soup may bring 50ml of it

How to apply & Inquiry: Starting November 5th(Tue), call or visit *Hoken* Center. ☎Ext. 625

NURSING CARE WORKSHOP for FAMILY CARE-TAKERS

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

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

Date & Time: November 28th(Thu), 1:30PM~3PM Place: *Fukushi* Center 2nd Floor *Kenshuu-shitsu* 1

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

How to apply & Inquiry: Contact *Kourei Fukushi Kaigo-ka Chiiki Houkatsu Shien* Center (Ext197) in advance.

EXERCISE CLASS for FALL PREVENTION & IMPROVING PHYSICAL FITNESS

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

Date & Time: Every Tuesday of November 19th, 26th, December 3rd & 10th (total 4 lessons) 1:30PM ~ 3:30PM

Place: Sports Center Hall No.3 Eligibility: Age 65 years or older Capacity: 30 people

Items to bring: Exercise outfit, Towel and Drink

Application / Inquiry: Call *Kourei Fukushi Kaigoka Chiiki Houkatsu Shien* Center in advance. ☎Ext.197

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
3 rd (Sun)	<i>Yanagida Iin</i>	555-1800	<i>Heijitsu Yakan Kyuukan</i> Center	555-9999	<i>Ozawa Shika</i> Clinic	579-1500
4 th (Mon) Holiday	<i>Yamaguchi Naika</i> Clinic	570-7661	<i>Takasawa Byouin</i> (<i>Mizuho-machi</i>)	556-2311	<i>Katou Shika</i> Clinic	554-8887
10 th (Sun)	<i>Matsubara Naika Iin</i>	554-2427	<i>Fussa-shi Hoken</i> Center	552-0099	<i>Kaneko</i> Dental Clinic	554-1503
17 th (Sun)	<i>Izumi</i> Clinic	555-8018	<i>Fussa-shi Hoken</i> Center	552-0099	<i>Kusaka Shika</i>	555-7793

December 2nd(Mon) – Due Date for Some Tax Payments

Payments for the 5th 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) will be due on Nov. 29th(Fri).
Inquiry: *Nouzei-ka Nouzei-tantoui*, Ext190

HOUSING CONSULTATION

Hamura City is providing free housing consultation on the third Wednesday of odd-number months, 1:30PM~4:30PM, at *Shimin Soudan-shitsu* in city hall 1st floor. Please feel free to use this service when considering a home renovation, buying/building a home, periodical building checkup, or when having questions about the options for home energy saving, Japanese Housing Law, etc.

*Please make an appointment with *Kouhou Kouchou-ka Shimin Soudan-kakari* ☎Ext.199.

Up-coming Counseling Dates: November 20th(Wed), January 22nd(Wed), and March 19th(Wed).

PUBLIC CONSULTATIONS Schedule of November

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠	8 th (Fri), 22 nd (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 ㉠	Nov. 6 th (Wed), Dec. 4 th (Wed)	1:30pm ~ 4:30pm	
Tax ㉠	Nov. 5 th (Tue), Dec. 3 rd (Tue)		
Public Administration and Human Rights	21 st (Thu)		
Japanese Law ㉠	Nov. 7 th (Thu), 15 th (Fri), 30 th (Sat) Dec. 5 th (Thu), 13 th (Fri), 21 st (Sat)	Thu & Fri 1:30 ~ 5pm Sat. 9:30am ~ 1pm	
Health	14 th (Thu), 28 th (Thu)	1:30pm ~ 3pm	<i>Hoken Center</i> city hall ext.624
Finance ㉠	12 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> 6 th (Wed), 20 th (Wed)	1:30pm ~ 4:30pm	<i>Shimin Soudan-shitsu</i> city hall ext.199
	at <i>Fussa City Hall</i> 13 th (Wed), 27 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 ㉠	27 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 16 th (Sat)	1pm ~ 4pm	
	Mental Handicap 26 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	<i>Nishi Jidoukan</i> 554-7578
Tue Thu Sat		Children	<i>Chuuou Jidoukan</i> 554-4552
Tue Fri Sun		Centers	<i>Higashi Jidoukan</i> 570-7751

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