

HAMURA NEWS

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

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RECITAL & EXHIBITION by HAMURA SPECIAL NEEDS EDUCATION CLASSES

These cultural events will present fantastic works by the students of Special Needs Education Classes (*Tokubetsu Shien Gakkyuu*) in *Hamura* municipal elementary and junior high schools. Anyone is welcome!

< Art Exhibition >

The art works were created by the students of special-needs education classes of: *Sakae*, *Musashino*, *Hamura Higashi* and *Shourin* Elementary Schools, and *Dai-ichi* and *Dai-san* Junior High Schools.

Date & Time: December 13th(Fri) ~ 15th(Sun) 9:15AM~3:45PM, and 17th(Tue) 9:15AM~2PM

Place: *Yutorogi Tenji-shitsu* (Exhibition Room) Admission: Free *No reservation is required.

< Stage Performance >

Performances by students of special-needs education classes of: *Sakae & Musashino* Elementary Schools, *Dai-ichi & Dai-san* Junior High Schools.

Date & Time: December 14th(Sat), 9:30AM~0:15PM (The doors open at 9:15AM) Place: *Yutorogi* Main Hall

Admission: Free *No reservation is required. Inquiry: *Hamura Dai-san* Junior High School ☎555-5131

HAMURA ZOO ☎579-4041

< Holiday Decoration! >

The illumination decoration will adorn the welcome gate and its surrounding for the winter holiday season. Our Reindeer "Chopper" will well come your visit during this season. The illumination will be on display from December 3rd(Tue) to 25th(Wed), except on the closing days.

*Zoo will be open every day during the year-end / new-year holidays, except on January 1st(Tue).

KYODOU HAKUBUTSUKAN (Folk Museum) ☎558-2561

< Bird Watching & Lecture ~ Let's go to Sengendake and find winter birds ~ >

Sengendake is a hill(235m) right by the Folk Museum. Don't you want to find the wild birds in nature?

Date & Time: December 14th(Sat), 9AM ~ Noon (light rain or shine) application starts at 8:30AM Fee: Free

Meeting & Observation Place: meet at *Kyoudo Hakubutsukan* and walk around the nature site in the area

Capacity: First 30 people *Pre-schooler or younger must be accompanied by an adult

Items to bring: writing materials, binoculars, drinks, hat, and rain coat *Please wear walking shoes.

Instructor: Ms. *Kimiko Suzuki* (Member of Wild Bird Society of Japan *Okutama* Chapter)

How to apply & Inquiry: Starting December 3rd(Tue) 9AM~, call or visit the museum ☎558-2561

COMING OF AGE CEREMONY 2014

There will be a coming-of-age ceremony for the residents who were born between April 2nd, 1993 ~ April 1st, 1994. *Those who are eligible to attend the ceremony will receive an invitation in December.

Date & Time: January 13th (Mon), Reception 10:30AM~, Ceremony 11AM~ Place: *Yutorogi* Main Hall

Inquiries: *Shougai Gakushuu Soumu-ka Shougai Gakushuu Shuishin-kakari* ☎Ext.363

2013 LAST WASTE COLLECTION DAYS by CATEGORY

Please be notified that the waste collection schedule will be temporarily modified in some areas in the late December and during the New Year Holidays. We appreciate your cooperation very much.

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

Area	Recyclables A	Recyclables B	Hard Plastics & Pet Bottles	Metals & Non- combustibles	Toxic waste
<i>Kawasaki, Tamagawa, Seiryuu</i>	25 th (Wed)	24 th (Tue)	27 th (Fri)	6 th (Fri)	20 th (Fri)
<i>Hane Higashi</i>	25 th (Wed)	27 th (Fri)	17 th (Tue)	24 th (Tue)	10 th (Tue)
<i>Hane Naka</i>	24 th (Tue)	27 th (Fri)	18 th (Wed)	25 th (Wed)	11 th (Wed)
<i>Hanekami, Hane Nishi</i>	25 th (Wed)	24 th (Tue)	27 th (Fri)	20 th (Fri)	6 th (Fri)
<i>Ozakudai</i>	24 th (Tue)	27 th (Fri)	18 th (Wed)	11 th (Wed)	25 th (Wed)
<i>Shinmeidai 1 & 2</i>	27 th (Fri)	25 th (Wed)	24 th (Tue)	3 rd (Tue)	17 th (Tue)
<i>Shinmeidai 3 & 4</i>	23 rd (Mon)	25 th (Wed)	19 th (Thu)	26 th (Thu)	12 th (Thu)
<i>Futaba-chou, Midorigaoka 3, Hane Musashino, Gonokami Musashino, Kawasaki Musashino</i>	25 th (Wed)	23 rd (Mon)	26 th (Thu)	5 th (Thu)	19 th (Thu)
<i>Fujimidaira</i>	26 th (Thu)	25 th (Wed)	16 th (Mon)	23 rd (Mon)	9 th (Mon)
<i>Gonokami</i>	25 th (Wed)	26 th (Thu)	16 th (Mon)	9 th (Mon)	23 rd (Mon)
<i>Midorigaoka 1, 2, 4 & 5</i>	23 rd (Mon)	26 th (Thu)	25 th (Wed)	25 th (Wed)	18 th (Wed)
<i>Sakae-chou</i>	26 th (Thu)	23 rd (Mon)	25 th (Wed)	18 th (Wed)	4 th (Wed)

< Temporary Schedule for the entire Hamura City >

- Last collection day for Plastic Containers: December 29th(Sun). *No cans and bottles collected on this day.
- Last collection day for Combustibles: December 30th(Mon).

< Tips for waste disposal >

- Please be sure to take out waste **by 8AM**.
- Temporary collecting hours are different from regular routine collecting hours.
- To take out plastic containers, please wash them and place them in clear/half clear trash bags.

< Spot-Collection : How to dispose of Pet Bottles, White Trays, and Paper Packs >

December 29th(Sun) will be the last day to dispose of this trash before the New Year. The spot-collection container will be closed and locked on December 30th, and will be re-opened on January 6th, after 8AM.

< Excreta Collection >

The last day for Excreta Collection before New Year is December 27th(Fri). If you wish to have this service on the 27th, please make an appointment at Excreta Collection Center (☎570-7733) by 26th(Thu), 3:30PM.

*Any appointment made later than this time will be served in January, starting on the 7th(Tue).

CAUTIONS for WASTE DISPOSAL TOWARDS THE END OF THE YEAR

In Japan, there is an end-of-the-year cleaning custom called "Oo-Souji". In this custom, people tend to do extensive house/office cleaning. By the influence of this custom, *Hamura* Recycle Center will see the busiest time of a year in December, and also the city waste collection schedule will be adjusted.

If you are planning to take out oversized trash, please plan ahead and take action at your earliest chance. Also, when you dispose of items of a kind that you rarely take out, please check the disposal rules of them.

HOW TO DISPOSE OF FABRIC GOODS

Please do not put out fabrics for collection on rainy days. Wet fabrics cannot be accepted.

*Thick blankets, bedding linens and curtains

Feather/Down-filled beddings cannot be recycled. Please dispose of them as oversized trash.

Other large fabric items have to be folded and bundled tightly, then put out for Recyclable A collection.

*Un-recyclable Fabric Goods

Only heavily soiled garments cannot be recycled. When you discard such items as burnable trash, please attach a note written "よごれもの" (soiled) onto the trash bag for an indication of correct disposal.

Floor mats that measure more than 50cm in flattened state, regardless of its' material and condition, have to be disposed as burnable trash or oversized trash. If it is cut into pieces less than 50cm each, it can be disposed in a burnable waste bag, otherwise, it is an oversized trash even as rolled up or folded.

HOW TO DISPOSE OF OVERSIZED TRASH

■ Home Collection by appointment

Simply call *Sodaigomi Uketsuke* Center and make a pick-up appointment ☎570-7733.

Collection requests are accepted until December 27th(Fri), however, the collection is not guaranteed to happen before the end of year. *Collection request received on 27th will be scheduled after the New Year holidays.

■ Carry-in Collection

You may bring the items directly to the Recycle Center. December is a very busy time for oversized trash collection and recycling. Please plan ahead.

Recycle Center's final service day of 2013 will be December 27th(Fri), open until 4PM.

The Center will reopen at 9AM, January 6th(Mon) 2014. *The Recycle Center will be open on January 6th(Mon).

*Oversized trash sticker is not required for carry-in collection, however, the handling fee will be charged at Recycle Center (¥20 per kg, minimum of 5kg=¥100).

* What is "Oversized Trash"

In principal, an oversized trash is an item whose longest side measures 50cm or longer. However, smaller items that cannot be processed (crushed) with machinery are also considered oversized trash. Examples of such items are listed on the bottom-half part of *Hamura* Trash Recycling Manual page 27.

Some home appliances, such as video decks, electric heaters, rice cookers, vacuum cleaners and etc., are often mistaken as oversized trash. These appliances, as well as umbrellas, can be disposed as non-burnable trash.

* Electric appliances that need to be processed by manufacturers

Under the Electric Appliance Recycling Law, televisions, refrigerators, freezers, washing/drying machines and air conditioners may not be processed by municipal waste management facilities. Consumers must pay the recycling fee specified for each type of appliance, and follow one of these disposal methods;

- Ask the shop where you purchased the appliance to take it with fee.
- Ask the shop where you are purchasing the item's replacement to take the old one with fee.
- Pay for the fee at Postal Bank or Post Office and receive *Kaden Risai-kuru-ken*, then transport the item by;
 - Taking the item by yourself to the manufacturer's handling station → Contact the item's manufacturer.
 - Using home pick-up service, or taking the item to an intermediate waste collection site.
 - Contact *Marujun Shouji* ☎554-2229, 9AM~5PM, weekdays only (pick-up/transport fee charged)

HUMAN RIGHTS AWARENESS WEEK

December 4th ~ 10th

The Japan National Government designates the week of December 4th as Human Rights Awareness Week in Japan, which aims to promote the awareness, understanding and respect for human rights of all people. Let's work together to create a society where every life is cherished and respected.

Inquiry: *Soumu-ka Soumu-kakari* ☎Ext.332

❖ **Protect Women's Human Rights**

There are a lot of human rights-related problems going on, such as domestic violence, sexual harassment, both in the home and at work. It is absolutely necessary to establish good environments for both men and women to be equal.

❖ **Protect Children's Human Rights**

There have been a lot of child's human rights violation witnessed, such as bullying, physical/mental abuse, child prostitution and more. Every child should be respected as a human being just as adults.

❖ **Stop Human Rights Violation Acts in Cyberspace**

Some people hurt certain individuals online and/or discriminate against others without revealing who he/she is. Everyone should learn about human rights to eradicate discriminations.

❖ **Nurture Society-Wide Respect for Elderly People**

A lot of elderly people are suffering from employment discrimination or physical/mental abuse by their care takers. Let's make our society free from human rights violation on vulnerable persons.

❖ **Support Handicapped People's Equal Rights and Social Participation**

There are some cases that people in wheelchairs were refused access to public transportation, and rejected for renting apartments. Our society should never have such discrimination.

❖ **Protect Human Rights of Crime Victims and Their Family**

Some crime victims and their families are suffering from slander against them.

❖ **Human Rights Violation related to Great East Japan Earthquake**

Some disaster victims of Great East Japan Earthquake and Tsumami, especially the victims of *Fukushima* Nuclear Disaster, have been suffering from discrimination. It is very important for everyone to learn correct knowledge about the radiation effects on human and nature to prevent discrimination.

< **Human Rights Awareness Campaign Events** >

• Message Panel Exhibition - Human Rights Messages from the Leading Personalities -

Date & Time: December 4th(Wed) ~ 10th(Tue), 8:30AM~5PM Place: City hall 1st floor Lobby

Admission: Free Inquiries: *Soumu-ka Soumu-kakari* ☎Ext.333

< **Legal Consultation for Troubles Concerning Human Rights Violation** >

Free Consultations for Human Rights Issues is available at *Hamura* City Hall on the 3rd Thursday monthly, 1:30PM~4:30PM, at 1st floor *Shimin Soudan-shitsu*. No appointment needed.

Inquiries: *Kouhou Kouhou-ka Shimin Soudan-kakari* ☎Ext.199

DISABILITY AWARENESS WEEK

DECEMBER 3rd ~ 9th

From December 3rd to the 9th, it is the campaign period for the promotion of Disability Awareness.

This campaign was initiated under the Basic Act for Persons with Disability to promote and support social, economical and cultural participation of handicapped people in mainstream society.

At this opportunity, let's deepen our understanding of Social Welfare, and consider again what each one of us can do to support better living of handicapped people in our society.

Inquiries: *Shougai Fukushi-ka Shougai Fukushi-kakari* Ext.173

SAIMATSU TASUKEAI UNDOU BOKIN (YEAR-END CHARITY CAMPAIGN)

Your Contribution Will Be Deeply Appreciated!

Contributions collected during this campaign will be used to support the local residents who are in need of financial help, and to fund the various activities by *Shou-Chiiki*(small community) Network Project.

Your community's fundraising volunteers will visit some homes to advocate this campaign before December 19th(Thu). Individual or Organization-based contributions are accepted until December 27th(Fri) at *Shakai Fukushi Kyougikai Soumu-ka Soumu-kakari* at *Fukushi Center* ☎554-0304.

FRESHLAND NISHITAMA ☎570-2626

< Coupon Ticket Sales ☆ 20% Off! >

Coupon Book of eleven 3-hour tickets will be on sale!

Sale Period: December 7th(Sat) ~ 20th(Fri) *Except on closed day

Coupon Price: Residents of *Hamura, Ōme, Fussa, and Mizuho* - ¥4,000 for Adult, ¥2,000 for Child

< Yuzu Japanese Citrus Bath > On December 22nd(Sun) Winter Solstice at Outdoor Bath (*Rotenburo*).

< Christmas Event > Children will receive Christmas gift! Date: December 21st(Sat) ~ 25th(Wed)

< New Year Holiday Schedule >

Closing Schedule: December 30th(Mon) ~ January 1st(Wed)

Opening Schedule: Bath... January 2nd(Thu) noon ~ / Gym & Meeting Rooms... January 4th(Sat) ~

*Hula Dance class starts on January 8th(Wed), and Yoga class starts on January 9th(Thu).

SENIOR CITIZEN HUMAN RESOURCE CENTER ☎554-5131

< Computer Class >

This is a free schedule class. Come at your convenience during the class hours listed below. Experienced tutors will be standing by to assist your learning. Fee: ¥1,000 for 2 hours

Facility Hours: Mon... 10AM ~ Noon / Wed, Thu, and Fri... 10AM ~ Noon & 1PM ~ 3PM

Class Detail: Making *nengajyou*(new year's post card)/ Word & Excel / Internet & Email / design printing on fabric / editing of digital camera data

Application / Inquiry: call or visit Silver *Jinzai* Center (Senior Citizen Human Resource Center)

THE 6th HAMURA KARAOKE CONTEST "HAGOROMO no SEKI"

The theme song for this contest is "*Hagoromo no Seki*", a song about the famous *Hamura* Water Gate and *Tamagawa Jousui* Canal. Join us and let's have fun!

Date & Time: February 11th(Tue), 2PM ~ Place: *Yutorogi* Small Hall Capacity: First 30 people

Entry Fee: ¥3,000 *Sorry, professional singers cannot register for stage appearance.

Compulsory Song: "*Hagoromo no Seki*" or "*Hagoromo no Seki - Ondo Version*" (verse 1, 2 or verse 1, 3)

*No other song can be sung at this competition.

Awards: Gold, Silver, Bronze, Special Award and Participation Prize

How to Apply & Inquiry: Please fill in an Entry Form and pay Entry Fee before January 6th(Mon) to "*Hagoromo no Seki*" Karaoke Contest Executive Committee located within *Hamura-shi Shoukoukai* Office ☎555-6211.

TV HAMURA in DECEMBER

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~.

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

This Month's Special Program: "Convention & Festival For Healthy Development Of Adolescent Youth and Children" & "10 Most Rerun-requested Programs of 2013"

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

EVENT INFORMATION for CHILDREN & PARENTS

CENTRAL CHILDREN CENTER (Chuuou Jidoukan) ☎554-4552

< Winter Festival >

Date & Time: December 15th(Sun) 10AM~Noon/1PM~3PM (Food Stalls 10:30AM~2PM, Last Order 1:30PM)

Event Attractions: Food Stalls, Craft Making Corner, Games, Experiments, etc...

Tickets: Pre-date Tickets are sold from December 1st(Sun) to 12th(Thu). Additional 20 tickets will be sold on the event date. ¥100 per person (limit of 100 persons) bought pre-date or on the event date. A numbered ticket will be given starting 9AM on the event day for people wanting to purchase the tickets on the event day.

WEST CHILDREN CENTER (Nishi Jidoukan) ☎554-7578

< Hand-crafts workshop ~ Christmas Ornaments ~ >

Christmas week! Come join and make some Christmas ornaments!

Date & Time: December 1st(Wed)~ 25th(Wed), 9AM ~ 4PM *No reservation required.

Eligibility: Elementary School Student ~ 18 years old

< Christmas party ~ Let's eat Christmas cupcake tree~ > クリスマス会

Date & Time: December 23rd(Mon), 10AM~Noon Fee: free Things to bring: Indoor shoes, hand towel

Eligibility: Hamura resident elementary school students ~ 18 years old Capacity: First 20 applicants

How to apply: Please call or visit the center between December 4th(Wed) ~ 16th(Mon), 9AM ~ 4:30PM.

EAST CHILDREN CENTER (Higashi Jidoukan) ☎570-7751

< Hand-crafts Workshop ~ Stamp for Nengajyou(new year's post card)~ >

Date: December 7th(Sat) Time: 10AM~11:30AM Fee: ¥70

Things to bring: Indoor shoes and the fee. Please wear clothes that you don't mind getting dirty.

Eligibility: Hamura resident elementary school students

How to apply: Please call or visit the center before December 4th(Wed) between 9AM ~ 4:30PM.

< Sports Day ~ Let's play with balls ~ >

Date & Time: December 11th(Wed), 3PM ~ 4PM *No application is required to join the game.

Eligibility: Elementary School & Junior High School Students

< Christmas Party >

☆ **For Preschoolers**

Date & Time: December 20th(Fri) 10:30AM~ Eligibility: Preschoolers and parents Admission: Free

Programs: Fun performance by staff of children center and hand craft workshop *No reservation required

☆ **For Elementary School Students**

Date: December 21st(Sat) Eligibility: Elementary School Students Admission: Free Capacity: first 40

Program① Games, hand craft workshop and etc. Time:10AM~

Program② magic show, puppet show by ventriloquist, game Time: 2PM~

*To participate, please register in advance by calling or visiting the center between Dec. 14th(Sat) ~ 20th(Fri).

*Preschoolers with parents are also welcome for the program②.

YUTOROGI ☎570-0707

< Movie Screening for Children >

Date & Time: December 8th(Sun) 10:30AM~11:30AM Admission: Free Reservation: Not required

Program: 4 titles scheduled Supported by: Hamura Eiga Club

< Story Telling Dream Festival >

The volunteer members from many organizations will get together and host this event. There will be story telling, panel theaters, and more! This event is enjoyable for everyone at any age. No reservation needed.

Date & Time: December 14th(Sat), 11AM ~ noon Place: Library 2nd floor Volunteer Room

Participating organizations:

- *Ohanashi Pocket* – Mainly organizes activities for babies. Enjoy their book reading using puppets.
- *Ohanashi Ippai Nezumi-kun* - Panel theater group providing entertainments catered for small children.
- *Ehon no Ki* - Performs voiced reading of books.
- *Kiichigo* - Performs story telling by oral method only, without using picture panels or books.

*These groups are recruiting new members any time. If you are interested, please contact them for details.

< Story Telling for Elementary School Students > 小学生向けおなほし会

Date & Time: December 21st(Sat), 11AM~ *Fee and reservation are not required for story telling events.

OSAKUDAI BRANCH LIBRARY ☎579-1523

< Christmas Story Telling >

Date & Time: December 25th(Wed), 3PM~ *Fee and reservation are not required for story telling events.

CHATTING PLACE for PARENTS

This month's topic is "Rebellious Phase". Child Care Volunteers will attend your children during the event. 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 – Dec. 10th(Tue) Time: 10:30AM~11:30AM for all dates

Central Children Center – Dec. 12th(Thu) Inquiries: *Kodomo Katei Shien Center* ☎578-2882

West Children Center – Dec. 27th(Fri)

GAKUDOU CLUB APPLICATION for 2014

Gakudou Club is after-school child daycare for 1st ~ 3rd grade students where children are provided safe and sound environment for play and learning under the supervision of qualified staff. It is open during after school hours as well as on some non-school days and during school holidays. There are 14 *Gakudou Club* facilities in *Hamura City*. For more information, please contact *Jidou Seishounen-ka*.

Eligible Children: Elementary School 1st ~ 3rd Graders living in *Hamura City* as of April 2014.

Application Form: Available from December 2nd(Mon) at *Jidou Seishounen-ka* in city hall 2nd Floor, city hall branch offices, Children Centers, *Gakudou Clubs* and *Hamura City Official Website* for download.

Application Period: January 7th(Tue) ~ 21st(Tue) except National Holidays, 8:30AM~5PM.

*Application is also accepted on weekends. (except 11:45AM~1PM)

Inquire or File Application to: *Jidou Seishounen-ka Jidou Seishounen-kakari* Ext263

MEDICAL EXPENSE SUPPORT for SINGLE-PARENT HOUSEHOLDS

Medical expenses for a child of single-parent household or other household under qualifying financial status can be partially or fully subsidized by the public medical program. A child of qualifying household may benefit from this subsidy program until, at latest, first March 31st following his/her 18th birthday.

If you would like to apply for this subsidy, please complete the application procedure by December 27th (Fri).

* Current beneficiaries must immediately file a current state report, if not yet filed.

* There is an applicant eligibility restriction. Please inquire for details.

* Person who has the *Iroushou* and has not completed the application yet, please apply immediately.

File Application to: *Kosodate Shien-ka Shien-kakari* Ext.235, Mon. ~ Fri. 8:30AM~Noon / 1PM~5PM

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... January 9th(Thu) - Lecture by a midwife,

Day2... January 16th(Thu) - Lecture by OB/GYN doctor and Dietician

Day3... January 30th(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

< Preventing Influenza Virus Infection >

When winter starts and air humidity drops, influenza virus infections may spread rapidly. Please take precaution measures for yourself and others. The followings are basic tips to prevent getting/spreading flu:

- ▶ Wear a mask when having symptoms with coughing/sneezing
- ▶ If you don't have a mask with you, cover your nose and mouth when coughing/sneezing
- ▶ Properly dispose of used tissues after blowing your nose and wash your hands thoroughly
- ▶ Avoid going out in public if you are coughing a lot
- ▶ Sleep well and eat well-balanced meals to keep up your immunity
- ▶ Take flu immunization

< "Measurement-Only" Diet Method (3 months course) >

All you have to do on this diet method is to weigh yourself 3 times a day and keep a weight change record!

	Date	Time	Class Details
①	January 21 st (Tue)	9:15AM ~ 0:30PM	Lecture on Measurement-Only Diet Method Cooking healthy lunch (cooking class)
②	January 28 th (Tue)	9:30AM ~ 0:30PM	Let's try exercising the same calories as a piece of chocolate (exercise class)
③	February 19 th (Wed)	9:30AM ~ 0:30PM	Recipe of low-calorie satisfying meal (cooking class)
④	March 25 th (Tue)	9:30AM ~ 0:30PM	Lecture and easy exercise on how to avoid rebound weight gain (exercise class)

Place: Hoken Center Eligibility: Anyone who is 64 years or younger as of January 21st 2014. Who has a digital scale (50 ~ 100g reading). (So you can measure your weight at home.)

Capacity: First 20 people Fee: ①③... ¥300, For ②④... Free

Please bring: For①③... Apron, head cloth, writing materials, & 300yen, For②④...exercise outfit, towel, pen & notepad How to apply: Starting December 3rd(Tue), 8:30AM~, call or visit Hoken Center. ☎Ext.625

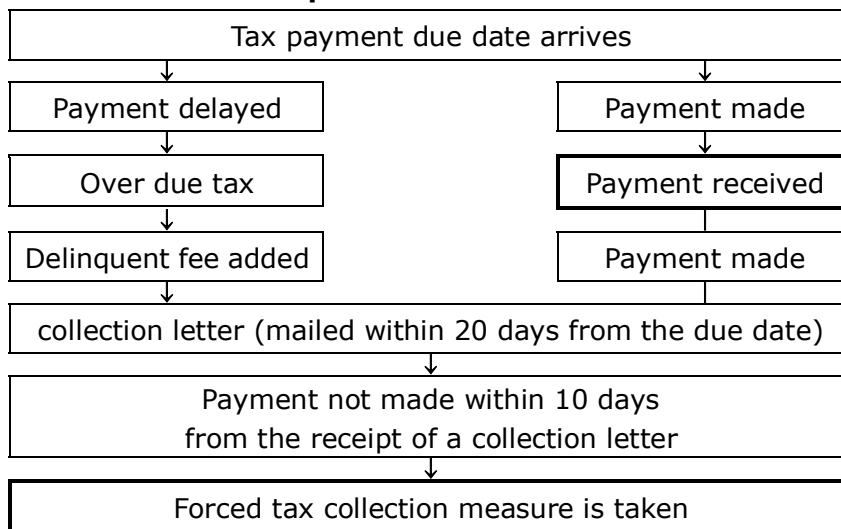
◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
1 st (Sun)	<i>Ozaku Ekimae</i> Clinic	578-0161	<i>Heijitsu Yakan</i> <i>Kyuukan</i> Center	555-9999	<i>Nakano Shika Iin</i>	554-7053
8 th (Mon)	<i>Futaba</i> Clinic	570-1588	<i>Fussa-shi</i> <i>Hoken</i> Center	552-0099	<i>Tsushima Shika</i> <i>Iin</i>	579-1800
15 th (Sun)	<i>Hamura Sougo</i> <i>Shinryoujo</i>	554-5420	<i>Fussa-shi</i> <i>Hoken</i> Center	552-0099	<i>Hanenaka Shika</i> Clinic	554-2202

Tokyo Metropolitan Campaign ! STOP TAX ARREARS ACCUMULATIONS !

Tokyo metropolitan government designates December for a month of the Tax Arrears Recovery Campaign. At this opportunity *Hamura* City will enhance its' efforts in recovering taxes in arrears, because it recognizes the importance of stability of tax income and of ensuring the fairness in tax obligation for all tax payers. *Hamura* City acts on a serious delinquency cases with forcible measures, for instance, by placing attachment on a delinquent's properties (salary, real estates, fixed assets, savings) and recover the tax in arrears directly from their monetary assets or from the proceedings from selling the seized properties at a public auction. If you are having financial difficulty with paying taxes.... Please do not hesitate to consult us about your financial problems; lost job, low income, being out of country for long period, etc. We would like to know the reason for tax delinquency so we can assist you. Inquiry: *Nouzei-ka Nouzei-tantou* Ext.168

Procedural Steps toward Forced Tax Collection



DECEMBER 25th (Wed) – Due Date for Some Tax Payments

Payments for the 3rd installment of Property Tax and City Planning Tax, and payments for the 6th 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 December 25th (Tue). Inquiry: *Nouzei-ka Nouzei-tantou* Ext.190

HAMURA CITY PUBLIC HOUSING (*Shiei Juutaku*)

Shiei Juutaku housings are managed by the city government in purpose of providing affordable housings for low-income earners and residents having housing problems.

The application brochures for the current application term will be available from December 2nd(Mon) to 11th (Wed), at *Kenchiku-ka* (8:30AM~5PM) in city hall 2nd floor and at city hall branch offices (9AM~1PM) on weekdays, or at city hall Main Reception on the weekend. There are applicant eligibility requirements such as income level, resident registration history, etc. For more information, please see the brochure or consult *Kenchiku-ka Iji Kanri-kakarii* ☎Ext.256.

Availability: An apartment in *Mihara Danchi* Apartment Complex (address: *Hanenishi* 1-7-7), 3DK

Rent: It will be determined according to the tenant's household income level

Applicant Eligibility: a household of 3 persons or more, with more than 2 years history of *Hamura* City Resident Registration, and has no taxes in arrears.

How to Apply: Please come to *Kenchiku-ka* in city hall 2nd floor between December 2nd(Mon) ~ 11th(Wed), 8:30AM~5PM on weekdays. *The tenants will be selected by open drawing on December 24th(Tue).

TOKYO METROPOLITAN PUBLIC HOUSING (*Tomin Juutaku*)

Tomin Juutaku housings are managed by Tokyo Metropolitan Government and offered for rent to middle-income earners raising children, providing them a chance for affordable housings with partially subsidized rent. *Tomin Juutaku* applications are handled by *Toukyou-to Juutaku Kyoukyuu Kousha*. The application brochures of the current application term will be available from December 2nd(Mon) to 10th (Tue) at *Kenchiku-ka* in city hall 2nd floor (8:30AM~5PM), at city hall branch offices (9AM~1PM weekdays only), and at city hall Main Reception on the weekend. Please refer to the brochure for the application details.

Inquiries: *Toukyou-to Juutaku Kyoukyuu Kousha* (JKK Tokyo Application Center) ☎03-3498-8894

Offered for: Family tenants only Number of availability: 132 housings

Eligibility: Applicant must be currently residing in Tokyo metropolitan area, whose income is within the qualifying range, and needing a residence for him/herself with family, etc.

How to Apply: Application form must be mailed and received by JKK Tokyo Application Center by December 13th(Fri). The form is also available at JKK Tokyo Website (in Japanese).

*The tenants will be selected by the open drawing on January 21st(Tue) 2014 starting at 10AM.

PUBLIC CONSULTATIONS Schedule of DECEMBER

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠	13 th (Fri), 20 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 ㉠	Dec. 4 th (Wed), Jan. 8 th (Wed)	1:30pm ~ 4:30pm	
Tax ㉠	Dec. 3 rd (Tue), Jan. 7 th (Tue),		
Public Administration and Human Rights	19 th (Thu)		
Japanese Law ㉠	Dec. 5 th (Thu), 13 th (Fri), 21 st (Sat) Jan. 9 th (Thu), 17 th (Fri), 25 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 ㉠	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 21 st (Sat)	1pm ~ 4pm	
	Mental Handicap 24 th (Tue)	1pm ~ 4pm	
▽ Child Rearing Consultations Available Daily ▽			
Mon ~ Fri	8:30am ~ 5:00pm	City Hall	<i>Kodomo Katei Shien Center</i> 578-2882
		Nursery Schools	<i>Sakura Hoikuen</i> 554-2046, <i>Shiraume Hoikuen</i> 555-1019 and Private Nursery Schools
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