

# HAMURA NEWS

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☆☆☆ **!! HAPPY NEW YEAR !!** ☆☆☆  
~ Let's Enjoy New Year's Holiday Special Events ~

## NEW YEAR EVENTS at HAMURA ZOO ☎579-4041

~ Zoo opens from January 2<sup>nd</sup>(Thu)! ~

### < 2014 Oriental Zodiac New Year Memorial Tickets >

2014 Memorial Tickets will be sold from our first opening day of the new year, January 2<sup>nd</sup>(Thu), 9AM~. We have been selling Oriental Zodiac Memorial Tickets every year since 1983. The beautiful work of art printed on the ticket is drawn by a *Hamura* resident, Mr. *Tsunenobu Namiki*, a renowned lacquer artist.

Sold at: Hamura Zoo Front Entrance Price: ¥300 (expires on December 28<sup>th</sup>(Sun), 2014)

### < Come To See This Year'S Zodiac Animal At The Zoo >

In Hamura Zoo there are some animals that belong to the horse family, this year's zodiac animal. Come and meet our beautiful zebras, lovely ponies and cute donkeys!

### < Complimentary Welcome Snack "Oshiruko (Sweet Beans Soup)" >

Date & Time: January 2<sup>nd</sup>(Thu) 10AM~ Place: Shop at the lawn ground \*Limited to 500 servings

### < Mochi (Rice Cake) Making >

Come on kids, join in the *Mochi* making! Let's pound sticky rice into *mochi* using wooden pestle and mortar.

\*But you won't get to eat it due to the public health regulation. Sorry! Capacity: 50 each group

Date&Time: January 3<sup>rd</sup>(Fri) ①10:30AM~ ②Noon~ ③1:30PM~ Place: Welcome Garden

\*Some of these events may be canceled in adverse weather.

## VITAL MARKET & DARUMA NEW YEAR MARKET

*Daruma* is a Japanese talisman doll of good luck which has a deep history. Its unique figure is rich in auspicious symbolisms such as perseverance. Let's get a *Daruma* doll and wish for prosperous business and happiness in 2014! You can also have your names and favorite sayings put on your *Daruma* Doll. Inscription service is available for an additional fee. Please make a reservation at *Shougyou Kyoudou Kumiai* prior to the market day, or order at the site. \*It may take about a week if ordered at the site.

At the Vital Market you will also find food stalls, fresh fruits, vegetables, and flowers from local farmers.

Date & Time: January 11<sup>th</sup>(Sat) & 12<sup>th</sup>(Sun), 9:30AM~5PM Place: Parking Lot of *Nousanbutsu Chokubaijo*

Inquiries: *Hamurashi Shougyou Kyoudou Kumiai* ☎555-5421, *Sangyou-ka Shoukou Kankou-kakari* Ext.658

## FRESHLAND NISHITAMA ☎570-2626

\*Our first opening day in 2014 is January 2<sup>nd</sup>(Thu) from Noon

### < New Year Gift Give Away! > January 2<sup>nd</sup> (Thu) & 3<sup>rd</sup> (Fri)

Come to Fresh Land on these dates and get a New Year gift! (limited availability)

### < New Year's Art Exhibition > January 2<sup>nd</sup> (Thu) ~ 13<sup>th</sup> (Mon)

### < Magnificent Origami Cranes Exhibition > January 15<sup>th</sup>(Wed) ~ February 2<sup>nd</sup>(Sun)

## **DONDO YAKI – NEW YEAR BONFIRE**

When the first week of the New Year passes, New Year's decoration ornaments are collected, then thrown over 'Dondo Yaki', a teepee-like large structure made of straw, to be set on fire. Burning the New Year's decorations symbolizes the act of moving forward. Come gather 'round the bonfire with everybody to wish for wellness in the New Year, and snack on some *mochi* roasted over the bonfire!

This annual event is hosted by *Seishounen Taisaku Higashi-chiku Iinkai* and *Nishi-chiku Iinkai*.

\*Please do not throw on any metal or vinyl products, dolls and stuffed animals to the bon fire.

\*Please refrain from coming by a personal car. Using public transportation or bicycles are recommended.

Date & Time: January 13<sup>th</sup>(Mon), 8:30AM~ (In case of bad weather, it will be postponed to 19<sup>th</sup>(Sun))

Place: *Dondo Yaki* structures are built at two sites. (within 15-minute walking distance from each one)

- At the river shore by *Hamura Sekishita* Bridge

Inquiry: Mr. *Ishikawa*, Manager of *Seishounen Taisaku Higashi Chiku Iinkai* ☎555-7519

- At the river shore by *Miyanoshita* Sports Ground

Inquiry: Mr. *Sashida*, Manager of *Seishounen Taisaku Nishi Chiku Iinkai* ☎080-5473-4500

## **NEW YEAR'S CEREMONY of FIRE BRIGADES 2014**

Fire fighters' hose skill demonstrations will be on show to the public audience, accompanied by the *Hamura Daiichi* junior high brass band! \*Please note that the fire buzzer will go off for the ceremony at 8AM on this day.

Date & Time: January 12<sup>th</sup>(Sun), 10AM~ Place: *Hamura Daiichi* (First) Junior High School

Inquiries: *Bousai Anzen-ka Bousai-kakari* Ext.207

## **NEW YEAR PARADE by the ASSOCIATION FOR TRAFFIC SAFETY PROMOTION**

The Traffic Safety Promotion Association is performing various activities -- guiding traffic rules in public streets, promotion activities, etc. Their parade and training demonstration will be accompanied by the *Hamura Fujimi* Elementary School Junior Band. Place: Sports Center

Date & Time: January 19<sup>th</sup>(Sun), 10:30AM~ Inquiries: *Bousai Anzen-ka Koutsuu Bouhan-kakari* Ext.216

## **KYODOU HAKUBUTSUKAN (FOLK MUSEUM) ☎558-2561**

\*We will be open on January 13<sup>th</sup>(Mon) National Holiday \*No admission fee for any of these events

### **< New Year Special Events >**

Why don't you enjoy some Japanese New Year customs at the Folk Museum? Try playing *Fukuwarai* board game and *Karuta* Card game, then listen to Japanese Harp (*Taishou Koto*) concert. Traditional new year decorations with *Hagoita* (Battledores), *Hamaya* (ceremonial bow), and Japanese kites will be on display.

Date: Jan. 4<sup>th</sup>(Sat) ~ 19<sup>th</sup>(Sun) 9AM~5PM Place: Orientation Hall

Concert: January 18<sup>th</sup>(Sat) ①2PM~2:30PM ②3PM~3:30PM

### **< Mayudama Kazari >**

When silk cultivation was a thriving industry in *Hamura*, people used to make a new year's decoration out of pounded rice called "*Mayudama Kazari*", which will be recreated for displaying at the museum.

\*On January 11<sup>th</sup>(Sat), you will get to experience making *Mayudama Kazari* at the workshop. For more details please refer to *Hamura News* December 15<sup>th</sup> issue, or contact the museum.

Date: January 12<sup>th</sup>(Sun) ~ 19<sup>th</sup>(Sun), 9AM ~ 5PM (Until 4PM at Old *Shimoda* Residence)

Place: Orientation Hall and Old *Shimoda* Residence

### **< Exhibition "Old Days Livelihood" >**

All sorts of day-to-day tools and utensils will be displayed in a style comparing those before and after 1950's, the era when household electronics industry started its rapid growth.

Date: January 10<sup>th</sup>(Fri) ~ 26<sup>th</sup>(Sun), 9AM~5PM (Until 4PM at Old *Shimoda* Residence)

Place: Old *Shimoda* Residence, *Jousetsu Tenji-shitsu*, and *Gakushuu-shitsu*

## JAPANESE TRADITIONAL CULTURE WEEK at YUTOROGI

Inquiry: Yutorogi ☎570-0707

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

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

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

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

A creative *Ryuukyuu* culture-influenced dance group *Izena no Kai* will present their unique performance. They are active worldwide receiving high acclaims from both in and outside Japan.

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

The classical *Ryuukyuu Buyou* performances will be presented in collaboration by several *Okinawan* traditional performing arts preservation societies.

### < Traditional Instrumental Music "Tsugaru Shamisen" & Folk Dance "Etchu Owara-bushi" >

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

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

- Program I - "Tsugaru Shamisen" String music from *Tsugaru* region, the north-end of Japan main land *Shamisen* is a traditional Japanese three-stringed instrument, played with a large pick. *Tsugaru Shamisen* originates in *Tsugaru* region. Its play style is characterized by fast tempo and dynamic inflection.

#### - Program II - "Owara-bushi" from *Etchu Yatsuo* Region

*Owara-bushi* is a folk dance and accompanying ballad which started as part of a ritual to pray for the appeasement of calamity, particularly of wind damage on crops, and to pray for abundant rice harvest. It is danced to the melancholic melody by men and women, in long rows with their faces covered by low-brimmed straw hats. It will be performed by the *Etchu Yatsuo Owara* Preservation Society.

\*For more detailed introductions of these programs, please see *Hamura News* October 15<sup>th</sup> issue.

Tickets for above events: available at *Yutorogi*, Sports Center, *Nishitama Shinbunsha* Ticket Service (except weekends), and *Marufuji* stores (*Hamura*, *Ōme*, and *Fussa* area)

Child care service: Available with fee. Please make a reservation by Jan. 4<sup>th</sup> for *Okinawan* dance event, and by Jan. 10<sup>th</sup> for *Tsugaru Shamisen* & Folk dance event. Please call *Yutorogi* for reservation.

### < Traditional Culture Performance ~ *Matsuri Bayashi* - Festival Music ~ >

Performances by *Hamura Taiko* Promotional Association and Federation of *Hamura Matsuri Bayashi* Preservation.

Date & Time: January 19<sup>th</sup>(Sun) 1:30PM~ (doors open at 0:30PM)

Place: Main Hall Admission: Free \*No reserved seats, no reservation required.

### < Photo Exhibition ~ 3 *Shishimai* Lion Dance: the *Tama* region's new year tradition ~ >

A real *Shishimai* mask will be specially on display thanks to cooperation from *Shirahige* Shrine in *Okutama*.

Date & Time: January 11<sup>th</sup>(Sat) ~ January 19<sup>th</sup>(Sun), 10AM ~ 5PM (on 19<sup>th</sup> closing at 4PM)

Place: *Tenji-shitsu* Photographer: Mr. *Yasuaki Sakurai*

### < Let's Play New Year's Games! >

You can enjoy trying *Hatsugama*, *Hatsuike*, *Hanetsuki* and *Koma*!

Date & Time: January 12<sup>th</sup>(Sun), 11AM ~ 3PM Place: *Kouryuu Hiroba* and *Howaie*

\*Fee required only for *Hatsugama* (¥100). No fee required for other games.

### < Traditional Japanese Music Salon Concert >

There will be poetry reading, *Koto* (Japanese Harp) and *Shakuhachi* (vertical bamboo flute) concert.

Date & Time: January 12<sup>th</sup>(Sun), Noon ~ 0:45PM Place: *Howaie*

### < New Year *Mayudama* Decoration >

Date & Time: January 12<sup>th</sup>(Sun) ~ January 19<sup>th</sup>(Sun), 9AM ~ 10PM (on 19<sup>th</sup> closing at 5PM) Place: *Howaie*

## EVENT INFORMATION for CHILDREN & PARENTS

### MAIN LIBRARY ☎554-2280

< **Story Telling for Babies** > Date & Time: January 25<sup>th</sup>(Sat), 11AM~

< **Story Telling for Preschoolers** > Date & Time: January 11<sup>th</sup>(Sat), 11AM~

< **Story Telling for Elementary School Students** > Date & Time: January 18<sup>th</sup>(Sat), 11AM~

\*Fee and reservation are not required for the story telling events.

### FIJIMIDAIRA LIBRARY ☎ 555-5301

Come to the picture panel theater show "Shinsetsu na Tomodachi". Also join the craft workshop!

Date&Time: January 22<sup>nd</sup>(Wed) 3PM~ Location: 1-18 Fujimidaira, Hamura City \*Reservation not needed.

### YUTOROGI ☎570-0707

< **Movies for Children** >

Date & Time: January 12<sup>th</sup>(Sun) 10:30AM~11:30AM Admission: Free \*No reservation required

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

### CENTRAL CHILDREN CENTER (*Chuuou Jidoukan*) ☎554-4552

< **Day-time Moon Observation** >

Date & Time: January 8<sup>th</sup>(Wed), 4PM ~ 4:30PM Fee: Free \*No reservation required.

Eligibility: Elementary School Students ~ 18 years old

< **Astronomical Observation with Family** >

Date & Time: January 8<sup>th</sup>(Sun), 6:30PM ~ 7:30PM Fee: Free \*No reservation required.

Eligibility: Elementary School Students ~ 18 years old

\*Junior High School students or younger children must be accompanied by an adult

\*The above events will be replaced by astronomy lecture. \*Please make sure to dress warmly.

### EAST CHILDREN CENTER (*Higashi Jidoukan*) ☎570-7751

< **Hand Crafting Toy Class ~ Straw-made Windmill ~** >

Date: January 11<sup>th</sup>(Sat) Time: ①10AM~ ②1PM~ Fee: Free \*No reservation required.

Eligibility: Preschoolers (must be accompanied by an adult) up to Elementary school students

< **Sports Day ~ Dodge Ball ~** >

Date & Time: January 29<sup>th</sup>(Wed), 3PM ~ 4PM \*No application is required to join.

Eligibility: Elementary School & Junior High School Students

### ASOBI POCKET

Preschool-age kids will have fun with parents playing physical exercises and hand games, lead by the *Asobi* Creators (play facilitator / trained instructor). No reservation and fee needed. Feel free to join!

Place & Date:

West & East Children Center – Jan. 17<sup>th</sup>(Fri)

Central Children Center – Jan. 30<sup>th</sup> (Thu)

Time: 11AM~11:30AM for all dates

Eligibility: 2 years old ~ preschooler, parents

Inquiries: *Kodomo Katei Shien* Center ☎578-2882

### CHATTING PLACE for PARENTS

This month's topic is "Refreshment for Moms". Feel free to join and share some thoughts and tips for child rearing. Child care volunteers will look after your children during this gathering. Reservation is not needed.

Place & Date: East Children Center – Jan. 14<sup>th</sup>(Tue) Time: 10:30AM~11:30AM for all dates

Central Children Center – Jan. 16<sup>th</sup>(Thu) Inquiries: *Kodomo Katei Shien* Center ☎578-2882

West Children Center – Jan. 31<sup>st</sup>(Fri)

## MEDICAL SEMINAR ~ Maintaining Mental Health ~

Application for these events: Please call or visit *Hoken* Center in advance. ☎555-1111 Ext.624

### < Understanding Depression with Accurate Information >

Headache, shoulder ache, insomnia... Knowing the early symptoms can help prevent mental depression develop farther. Detection of the early symptoms by someone close to the patient is also important.

Date&Time: February 27<sup>th</sup>(Thu) 2PM~4PM Place: *Yutorogi* Reception Hall Capacity: First 50 people

Eligibility: *Hamura* residents/workers Application: Starting on January 7<sup>th</sup>(Mon), call/visit *Hoken* Center.

Counselor: Dr.*Hiroki Ueda* (Director, *Akigawa* Hospital)

### < Health Seminar ~ Relaxation Seminar for Busy Mothers ~ >

This seminar will be hosted by an expert counselor of child psychology. If you are a mother juggling an extremely busy life, we hope you can make some spare hours to join us. Inspirational tips for facing your child raising with more relaxed mood may be discovered through this seminar.

Date & Time: February 28<sup>th</sup>(Fri) 10AM~Noon Place: *Yutorogi* Reception Hall Capacity: First 50 people

Eligibility: *Hamura* residents/workers Counselor: Ms. *Atsuko Yamashina* (Certified School Counselor)

## 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 Central Children Center on January 23<sup>rd</sup>(Thu) and at East Children Center on January 28<sup>th</sup>(Tue). The time is 10AM~Noon for both dates.

Please feel free to visit to talk about your child's psychological development, parent's mental stress and etc.

\*Fee/Reservation not required.

Inquiries: *Kodomo Katei Shien* Center ☎578-2882

## GAKUDOU CLUB APPLICATION for 2014

Parents who wish to apply for *Gakudou* Club 2014 registration are advised to complete the procedure at their earliest convenience between January 7<sup>th</sup>(Tue) ~ 21<sup>st</sup>(Tue), except on National Holidays.

For more information about *Hamura* City *Gakudou* Clubs and where to obtain an application form, please refer to *Hamura* News December 1<sup>st</sup> issue or contact *Jidou Seishounen-kakari* ☎Ext.263.

## NOTIFICATION of SCHOOL DESIGNATION and ENTRANCE DATE

Notification of School Designation and Entrance Date (入学期日および学校指定通知書) will be mailed to the households of children who are newly entering to an elementary or a junior high school from April 2014.

◆ If any of the following cases apply to you, or if you are expecting the notification but it does not reach you by late January, please contact *Gakkou Kyouiku-ka Gakumu-kakari* ☎Ext.357.

- Home address will change due to moving before the end of March 2014.
- Your child will be admitted to a private school.
- Foreign resident whose child is planning to enter to a *Hamura* City municipal school.
- Home address is within the *Yokota* Air Base.

◆ You can request to change the designation of school if you have any of the following reasons.

- The family has a definite plan to move out of the current school district to another.
- Your child is graduating from an elementary school located outside of the school district of the current residence, and wishes to continue on to a junior high school within the current school's district.

## **JANUARY 31<sup>st</sup> (Fri) – Due Date for Some Tax Payments**

Payment for the 4<sup>th</sup> installment of Resident Tax, and payment for the 7<sup>th</sup> 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 January 31<sup>st</sup> (Fri).

Inquiry: *Nouzei-ka Nouzei-tantou* Ext.190

## **TAX FILING for FIXED PROPERTY and DEPRECIABLE ASSET**

**Filing Period : January 4<sup>th</sup>(Sat) ~ 31<sup>st</sup>(Fri) 8:30AM~5PM, except on National Holidays**

For tax related inquiries regarding your properties, please contact *Kazei-ka Shisanzei-kakari* Ext.157

### **< Depreciable Assets Tax Filing >**

If you own a business registered in *Hamura* City as of January 1<sup>st</sup> 2014, you will receive a Notification of Depreciable Assets Tax Filing (償却資産申告書(償却資産課税台帳)) from *Hamura* City office, which were already mailed to the applicable business entities in December based on the registration database of 2013.

If you are expecting the notification but have not yet received it, please contact *Shisanzei-kakari*.

### **< Fixed Property Condition Reports >**

If you own any real estate property and/or land property, and any of the following cases apply, please file necessary notifications. For details of filing procedures, please contact *Shisanzei-kakari*.

#### **▶ Real Estate Value Inspection**

If you newly built a residence or expanded the existing property in FY2013, you need to have your taxable residence value (re)evaluated for the taxation purpose. Please make an appointment for Real Estate Value Inspection (*Kaoku Chousa*) with *Shisanzei-kakari*.

#### **▶ Report of Demolished Real Estate**

If you have a registered property demolished within the year of 2012, please file a Lost Property Registration (*Messhitsu Touki*). In a case of demolishing an unregistered property, please also file a report. In case of failing to file the report, property tax will continue to be levied.

#### **▶ Registration of Land Use**

If you had any of the following cases in 2012 regarding your land property, please file a required report.

- Shifted the use purpose (residential/commercial) of land property due to building a new house
- Had existing house demolished, and changed the use purpose of land property.
- Built a business property within the (former) residential land property
- Changed a residential real estate to a commercial space

\* If a residential building was demolished before the property tax assessment base date (January 1<sup>st</sup>) and the works on building a new residential building had already started on the site, the land can be assessed for taxation under residential use upon verification of certain requirements.

#### **▶ Property Tax Reduction**

For details regarding the following tax reduction systems, please contact *Shisanzei-kakari*.

- Property Tax Reduction for Energy-Saving Renovation
- Property Tax Reduction for Quake-Resistance Improvement
- Property Tax Reduction for Certified Quality Housing
- Property Tax Reduction for Barrier-Free Renovation

## THE 15<sup>TH</sup> HAMURA COMMUNITY EDUCATION SYMPOSIUM

~ Let's imagine and create the future of *Hamura* together ~

The theme for this year's symposium is "building our hometown filled kindness".

This would be a great opportunity to meet and talk with your community members about our town.

There will be a small skit performed by Drama Club members from *Hamura Daiichi* Junior High School at the beginning, then, the participants will separate into small discussion groups.

Date & Time: January 18<sup>th</sup>(Sat), 2PM ~ 4:30PM (The doors open at 1:30PM)

Place: *Yutorogi* Small Hall Admission: Free \*No reservation required.

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

Hosted by: *Hamura-shi Kyouiku Iinkai*, The 16th *Hamura Chiiki Kyouiku Symposium Jikkou Iinkai (Hamura Elementary Schools & Junior High School PTA, Hamura-shi Seishounen Taisaku Chiku Iinkai Renraku Kyougikai, Hamura-shi Seishounen Ikusei Iinkai, Hamura School Vice Principal Association)*

### JOGGING CLASS FOR BEGINNERS

If you are one of those who have been always interested in jogging exercise but could not quite get a chance to start, here is a perfect opportunity for you! Join this class with others like you. A sport instructor will teach the class step-by-step from the proper warm-up stretching to effective walking / running style.

Date & Time: January 26<sup>th</sup> (Sun) 10AM ~ Noon \*in case of adverse weather, postponed to Feb. 2<sup>nd</sup>(Sun)

Place: In the area from *Suijou Kouen Water Park* to *Sakura Zutsumi Kouen* Capacity: 30 people

Eligibility: Anyone over 16 years old Fee: ¥500 (please pay on site)

Thing to bring: Fee, drink, towel. Please be ready in exercise outfit and jogging shoes.

How to apply: Please call or visit the *Suijou Kouen Jogging Class Office* located in the Sports Center between January 7<sup>th</sup> (Tue) ~ 17<sup>th</sup>(Fri). ☎579-3210 Fax:579-3212

### SWIMMING CENTER ☎573-3210

#### < In-Water Walking Exercise Class >

Date & Time: January 25<sup>th</sup>(Sat), 10AM ~ 10:50AM Eligibility: Anyone who is 16 years or older

Capacity: First 30 applicants Things to bring: Swimsuit, Swimming cap, and Towel

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

How to Apply: Visit the Swimming Pool Front Desk between 9AM ~ 9:50AM.

### 2013 TRAINING CLASSES for SPORTS LEADERS

Interested in becoming a Sports Leader of your community? Join this class!

After completing all the classes, you can become a certified *Hamura City Sports Leader*.

Eligibility: Anyone at age 20 or older Capacity: First 80 applicants Place: ①*Yutorogi* ②&③Sports Center

Fee: Free Things to bring: Writing materials \*On the day ② and ③, please wear exercise outfit.

How to apply & Inquiry: Fill in the application form (available at Sports Center) then fax, e-mail, or bring to the Sports Center by January 25<sup>th</sup>(Sat). ☎555-0033, Fax: 554-9974, Email: s705005@city.hamura.tokyo.jp

\*You can also download the application form from the Sports Center website.

Date	Hours	Class Details
① February 2 <sup>nd</sup> (Sun)	1:40PM ~ 2:40PM	Japan's Sports Basic Act and <i>Hamura's</i> Sports Promotion Policies
	3PM ~ 4:30PM	Prevention of the use of violence in the world of sports
② February 9 <sup>th</sup> (Sun)	1:30PM ~ 3PM	Sports Activities and Diet (including hydration during exercises)
	3:30PM ~ 5PM	Theory and method of stretch exercise – Warming-up & Cooling down
③ February 15 <sup>th</sup> (Sat)	1:30PM ~ 3PM	Legal Liability in case of accidents and the responsibility as a Leader
	3:30PM ~ 5PM	Learning CPR (cardiopulmonary resuscitation) and AED usage

## HOKEN (Public Health) CENTER

### < The 24<sup>th</sup> Hamura Blood Donation Campaign >

Date & Time: January 15<sup>th</sup>(Wed), 10AM ~ 3:30PM (donation also accepted during Noon ~ 1PM)

Place: *Gonokami Kaikan* Community Hall on *Hamura* Station East Rotary Quantity: 400ml or 200ml

Eligibility: Age 16~69 (Those over age 65 or older without a donation record in the past 5 years are ineligible)

Inquiry: *Hoken* Center ☎Ext.623 \*No reservation required. \*There is no parking near this site.

### < Tachikawa Blood Donation Center >

There tends to be fewer blood donors during winter time. Your blood donation will be much appreciated. *Tachikawa Kenketsu* Room is a facility open daily where you can stop by and contribute to Blood Donation. It is located in B1 floor of LOFT shopping building, 2 minute walk from JR *Tachikawa* Station North Rotary. Address & Contact : 2-7-17 *Akebono-chou*, *Tachikawa* City ☎042-527-1140. \*Please call for closing dates.

### < Free Screening for Stomach / Lung Cancer & Tuberculosis >

Date & Time: February 22<sup>nd</sup>(Sat), 24<sup>th</sup>(Mon), 26<sup>th</sup>(Wed) 7:30AM ~ Noon Place: *Hoken* Center (☎Ext.623)

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: Jan. 6<sup>th</sup>(Mon) ~ 30<sup>th</sup>(Thu) postmark deadline

\* If there are too many applicants, selection will be made by drawing names. All applicants will be notified of the drawing results by mail which will be sent out on February 5<sup>th</sup>(Wed)).

\* To receive the examinations, a Medical Questionnaire Sheet (予診票) needs to be filled. If you prefer to fill out in advance, please visit the *Hoken* Center after receiving the screening notification.

Application Method①: Fill in necessary information on an application form and turn it in at *Hoken* Center on weekdays, or paste the form on a post card and send it to *Hoken* Center.

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

Application Method②: Fill out a post card as instructed below and send to *Hoken* Center.

- 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 date (first and second choices) ·Screening/Examination 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				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
1 <sup>st</sup> (Wed)	<i>Izumi Clinic</i>	555-8018	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Honda Shika Iin</i>	554-5902
2 <sup>nd</sup> (Thu)	<i>Ozaki Clinic</i>	554-0188	<i>Takasawa Byouin (Mizuho-machi)</i>	556-2311	<i>Masuda Shika Iin</i>	551-8686
3 <sup>rd</sup> (Fri)	<i>Wakakusa Iin</i>	579-0311	<i>Hikari Clinic (Fussa-shi)</i>	530-0221	<i>Minagawa Shika Clinic</i>	555-8219
5 <sup>th</sup> (Sun)	<i>Takiura Iin</i>	555-2655	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Yano Shika Iin</i>	555-3363
12 <sup>th</sup> (Sun)	<i>Yokota Clinic</i>	554-8580	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Watanabe Shika Iin</i>	570-1688
13 <sup>th</sup> (Mon) Holiday	<i>Hamura Sougo Shinryoujo</i>	554-5420	<i>Nanohana Clinic (Mizuho-machi)</i>	557-7995	<i>Honda Dental Clinic</i>	554-4184

**DIOXINS LEVEL ANALYSIS for HAMURA CITY AIR and SOIL**

The results of the Dioxins level analysis conducted in *Hamura* City in August 2013 were released.

According to the results, all readings came out qualifying for the environmental safety standard.

\*Values in the following chart are converted to the most strong toxic dioxins (2,3,7,8-tetrachloride dioxins)

\*The next analysis is scheduled in February. Observation of the analysis works is open to public.

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

**Dioxins Level in Air(1m<sup>3</sup>) of Hamura**

Date	Location	Dioxins Concentration	Environmental Standard
August 2013 8 <sup>th</sup> (Thu) ~ 15 <sup>th</sup> (Thu)	Roof of <i>Hamura</i> City Hall	0.011 picograms/m <sup>3</sup>	0.6 picograms/m <sup>3</sup>
	<i>Ozakudai</i> Elementary School	0.010 picograms/m <sup>3</sup>	

**Dioxins Level in Soil(1g) of Hamura**

Date	Location	Dioxins Concentration	Environmental Standard
August 15 <sup>th</sup> (Thu) 2013	<i>Fujimi</i> Park	0.23 picograms/g	1000 picograms/g
	<i>Ozakudai</i> Elementary School	1.3 picograms/g	

**PUBLIC CONSULTATIONS**  
**Schedule of JANUARY**

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠	10 <sup>th</sup> (Fri), 24 <sup>th</sup> (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 ㉠	Jan. 8 <sup>th</sup> (Wed), Feb. 5 <sup>th</sup> (Wed),	1:30pm ~ 4:30pm	
Tax ㉠	Jan. 7 <sup>th</sup> (Tue), Feb. 4 <sup>th</sup> (Tue)		
Public Administration and Human Rights	16 <sup>th</sup> (Thu)		
Japanese Law ㉠	Jan. 9 <sup>th</sup> (Thu), 17 <sup>th</sup> (Fri), 25 <sup>th</sup> (Sat) Feb. 6 <sup>th</sup> (Thu), 14 <sup>th</sup> (Fri), 22 <sup>nd</sup> (Sat)	Thu & Fri 1:30 ~ 5pm Sat. 9:30am ~ 1pm	
Health	9 <sup>th</sup> (Thu), 23 <sup>rd</sup> (Thu)	1:30pm ~ 3pm	<i>Hoken Center</i> city hall ext.624
Finance ㉠	21 <sup>st</sup> (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> 15 <sup>th</sup> (Wed), 29 <sup>th</sup> (Wed)	1:30pm ~ 4:30pm	<i>Shimin Soudan-shitsu</i> city hall ext.199
	at <i>Fussa City Hall</i> 8 <sup>th</sup> (Wed), 22 <sup>nd</sup> (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 ㉠	22 <sup>nd</sup> (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 25 <sup>th</sup> (Sat)	1pm ~ 4pm	
	Mental Handicap 28 <sup>th</sup> (Tue)	1pm ~ 4pm	
<b>▽ Child Rearing Consultations Available Daily ▽</b>			
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