

HAMURA NEWS

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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 CITY COMPREHENSIVE NIGHT EMERGENCY DRILL September 6th (Sat) 2014

This event is held annually to practice and improve the coordination among residents, emergency response organs and the local government. It also promotes disaster awareness and preparedness.

Repeated practices will foster better capability for disaster response with practical knowledge.

Not only the adults, but also young residents, because they are all recognized as community members, should participate in the drill. Please make sure that your young family members join this opportunity.

Date & Time: September 6th (Sat) 6PM ~ **Inquiries:** *Bousai Anzen-ka Bousai-kakari* Ext.207

*In case of cancellation due to bad weather, it will be announced at 4PM through outdoor public address system.

Assumed Scenario: Severe earthquake (scale 6-strong) occurs at 6PM and evacuation order is issued.

Shortly before 6PM, an emergency earthquake warning is issued by J-Alert (nationwide alert system) which is broadcasted through the outdoor P.A. system city wide. Then at 6PM, the strong earthquake happens. Following the earthquake, the public emergency siren goes off, and Disaster Occurrence Notice is distributed to the subscribers of *Hamura* Information Email Service.

On the Drill Day

Practice ①~④ steps explained below, and come to the public shelter site nearest to your home. At the site, various emergency response methods will be practiced on neighborhood association bases - Putting off fire, dealing with major problems on evacuation routes, spotting and providing first-aid to injured persons, etc.

◆ **The main evacuation site of this year's drill is *Sakaecho* Elementary School**

In all *Hamura City*, the drill demonstrations will take place at 10 public evacuation sites, among those *Sakaecho* school is designated as the main evacuation site this year.

This year's drill is at night. The Fussa Fire Station will set up special vehicles which provide lighting and exhibition booths. Disaster Preventive Associations will offer evacuative shelter experiences (overnight) on the day of drill.

What To Do When A Strong Earthquake Happens...



① When a strong earthquake happens, the first and most important thing is to protect yourself. If there is a sturdy furniture near you, drop underneath the furniture, be covered and hold-on to the furniture until the shaking comes to a stop. * For the drill, make-up an assumed scenario (place, time of a day, what you are doing, etc.), and try acting according to the assumed situation.

② After the shaking stops and you make sure it is safe to take the next action, the first important thing is to check all the fire risk sources (if you are at home or office). Tightly close the main gas tap and switch off the electricity circuit before leaving the place.

- ③ Practice the actual evacuation plan. Make assessment of dangers which may occur and discuss among family members. This year's evacuation drill is at night. Please be prepared to move in the dark.
- ④ Evacuate to the nearest public shelter as a group. (designated elementary and junior high schools)

NTT's 171 DISASTER LINE

for keeping in touch with your people in time of emergency

NTT (Nippon Telegraph and Telephone Corporation) provides a voice/text messaging service that is initiated when a major disaster occurs. The regular telecommunication is often interrupted in the disaster-stricken area. In such situation this service allows people to post and retrieve voice/text messages through telephone or web based system. An individual message account is made per phone number registered upon usage and it is accessible by concerned family and friends who know the registrant's phone number.

The voice messaging service is accessible only from within Japan, however the text messaging service, which is a web based service, can also be accessed from overseas and available in English, Korean or Chinese.

To use these services, preliminary contract with NTT is not required.

It is strongly recommended that you print the English instructions and keep them in your emergency kit.

* These services are currently closed, but will be opened in the event of an emergency.

▶ How to use Disaster Message Dial (災害用伝言ダイヤル)

For detailed English information on this service → <http://www.ntt-east.co.jp/en/saigai/voice171/index.html>

- ① Dial 171
- ② Choose whether to record or to playback : Record > "1" Playback > "2"
To record/playback using a PIN : Record > "3" Playback > "4" then input four-digit PIN
- ③ Enter the phone number of the person in the disaster-stricken area, starting with the area code.
→ Your attempt will be connected to the message dial center.
- ④ After prompt is played, if calling from touch-tone phone press 1 and #, if calling from dial-tone phone just remain on the line. Then...
Recording: after the beep, speak your voice message. When finished, press 9 and #, or hung up.
Playback: a voice message recorded in the accessed account will be played.

* The automated voice prompts are played in Japanese only.

▶ How to use Disaster Message Board "web171" (災害用伝言板)

English instruction → http://www.ntt-east.co.jp/saigai/web171/web171manual_eng.pdf

Korean Instruction → http://www.ntt-east.co.jp/saigai/web171/web171manual_kor.pdf

Chinese Instruction → http://www.ntt-east.co.jp/saigai/web171/web171manual_chn.pdf

- ① Access <https://www.web171.jp/> and click on your language choice listed at the top center of the page
- ② Message sending and receiving
Receiving : Input telephone number of person whose message you want to read
Sending : Input telephone number of person who you want to send message to
- ③ Following the instructions shown, images, video, voice, and text messages can be sent and received

!! Public Transportation May Become Out-Of-Service In Time Of A Disaster

If public transportation is shutdown in time of a major disaster, you may not have a way to return home immediately, especially if your work place is many train-stops away from home. Walking more than 20km distance with adverse road condition in earthquake aftermath is difficult and dangerous than most inexperienced people imagine.

Under such situation, people will be advised to remain at work place or nearest safe building, such as public facilities and schools, until the transportation system recovers. To be prepared for such case, please take this chance and discuss with your family/friends about options for communication method other than using mobile phones.

HAMURA INFORMATION EMAIL SERVICE

Hamura City provides a public information service which distributes local information via emails.

With this system emergency related information will be sent to all subscribers. In addition, you can receive local affairs information in various categories upon your request. There is no fee charged for subscription.

*Subscription instruction and email contents are available in Japanese only.

*Mobile internet access fee may apply for receiving the emails from this system.

Information Categories:

① Emergency, Fire, Natural Disaster 災害情報 and others

Please look at Hamura City's official website for details regarding other categories offered.

<Main Page> → <メール配信サービス>

How to subscribe:

(1) First, Set up your email account able to receive emails from mail@city.hamura.tokyo.jp.

Then send a blank email (no title/message) to hamura@entry.mail-dpt.jp

(2) You will receive an email titled "仮登録受付メール". Open the message, and click on the URL in it which links to the Site Policy page (in Japanese only).

You must complete the registration within 30 minutes from the time you open the page.

(3) After you indicate that you agree with the terms and conditions (click on 同意する), choose your desired information categories, and click on the icon "確認". Then on the next page, click on "登録"

(4) If successfully registered, you will receive a confirmation email with title containing "本登録完了".

Inquiries: Kouhou Kouchou-ka Kouhou-kakari , ☎Ext.339

CLASSES & EVENTS

~ CULTURE & COMMUNITY ~

"HAMURIN GOODS"



Hamurin Character Items are being sold since July of 2014.

Please view various items on the website

Inquire at Kikaku Seisaku Ka ☎Ext.314

The dessert HAMURIN OBANYAKI (Crust with filling) can be purchased at the confectionary store "Trophy" located out the west side of Ozaku Station. Obanyaki costs ¥120 for one piece. Please make an order in advance for this Obanyaki. (Turn toward the right after exiting the station area. It is approximately 10 minutes by foot). ☎555-5320

RECRUITING FAIR for YOUNG PEOPLE in HAMURA

Hamura city is providing a recruiting fair in cooperation with Hello Work Ōme for young people.

About 12 business entities are planning to provide job interviews in this event.

*For more information about participating Business entities, please check Hello Work Ōme or their website.

Date & Time: September 19th(Fri), 1:20PM ~ 4PM (Sign-in time: 1PM ~ 3PM)

1:20PM ~ 1:40PM Speech by Companies / 1:40 ~ 4PM Interviews

Place: Fussa City Civic Hall 3F *No reservation required Fee: Free

Eligibility: Those who are approximately 39 years old or younger

Things to bring: Resume (you can have interviews with a few companies. make sure to bring multiple sets), and writing materials

Job Supporting Seminar ~ How to do well at Interviews ~

Date & Time: September 19th(Fri), 10AM ~ Noon Place: Fussa City Civic Hall 3F

Fee: Free Capacity: First 30 people How to apply: Call Hello Work Ōme

Sangyou-ka Keizai Taisaku-kakari, ☎ Ext.657 / Hello Work Ōme Mensetsukai Tantou ☎0428-24-9163

Send a Candidate Recommendation for MODEL YOUTH & EXCELLENT SUPPORTER OF SOUND YOUTH DEVELOPMENT

If you know any *Hamura* residents whom you consider to be worthy of public recognition for their efforts in supporting youth development, or for being an ideal model of young youth in your community, please send us candidate recommendations. The finalists among the candidates who are selected based on their recognized contributions by the judge committee will receive a certificate of commendation and a commemorating gift on November 8th(Sat), The Sound Youth Development Day.

Candidate Eligibility: *Hamura* residents, workers, and students who meet the following qualifications

Award Categories: *Previous award recipients are not eligible for this award.

< Excellent Supporter of Sound Youth Development >

Those at age 18 or older who engaged in youth support activities for more than 5 years

- Providing guidance and education to young people
- Activity to improve social environment of young people
- Promotion activity for supporting young people

< Model Youth >

Those under age 18 who apply to the following:

- Engaged in public volunteer activities for more than 3 years
- Engaged in communal activities with an excellent attitude.

Recommendations Deadline: September 8th(Mon) Inquiries: *Jidou Seishounen-kakari* , ☎Ext.264

HAWK Crossing over Tama River

Hawks are frequently sited around Tama River every year between mid-September to October on their way south for breeding. There will be an exhibition which will feature various types of hawks. Actual size stuffed hawk specimens will be on display, and explanation on how to distinguish between different hawks is scheduled. Date: August 30th (Sat) ~ November 30th (Sun)

Time: 9AM~6PM (~5PM on Oct 1st (Wed)) Closed on Monday, however will be open if Monday is a holiday.

Place: *Kyodo Hakubutsukan* Orientation Hall *KYODO HAKUBUTSUKAN* ☎558-2561

PARAKEETS WILL BE SHOWN TO PUBLIC

Young parakeets which were born on April 24 will be shown to the public. They have grown enough to be able to go outside of their nest. For more information, please contact HAMURA ZOO.

TEMPORARY CLOSURE of PUBLIC FACILITY RESERVATION SYSTEM

Public Facility Reservation System will be stopped temporarily on September 1st (Mon). Facility reservation cannot be made during September 1st (Mon) 12AM to September 2nd (Tue) 9AM. Access to view existing reservations will not be possible during the term August 31st (Sun) 5PM to September 2nd (Tue) 8:40 AM. Results of the drawing for time frames which had multiple entrants will be posted on September 2nd (Tue) 8:40AM. For more information, please call *Yutorogi*, ☎570-0707.

TEMPORARY CLOSURE KYODO HAKUBUTSUKAN

The *Kyodo Hakubutsukan* will be closed temporarily for maintenance (lighting fixture) from August 26th (Tue) to 29th (Fri).

2014 SUMMER CAMPAIGN for EARTHQUAKE RESISTANT IMPROVEMENTS

August 24th (Sun) ~ September 6th (Sat)

< Earthquake Resistance Forum >

Date & Time: September 2nd (Tue), 1:30PM ~ 4:15PM Capacity: First 500 people

Place: Tokyo Metropolitan Government Building No.1, 5th floor Main Hall (in *Shinjuku*)

< Individual Consultation >

Date & Time: September 2nd (Tue), 2PM ~ 5PM Capacity: First 55 people

Place: Tokyo Metropolitan Government Building No.1, 5th floor Reception Hall (in *Shinjuku*)

< Bus Tour >

Date & Time: Sep 4th (Thu), Tour of *Honsho Bo-sai Kan* (Life Safety Learning Center Facility at which you can experience tremor /disaster) & Tokyo University Seismic Research Lab Capacity: First 20

Tour of Building Renovation Site for Anti-Seismic Improvement

Date & Time: September 4th (Thu), September 5th (Fri) Capacity: First 20 people / per course

A course Sep 4th (Thu) PM B course Sep 5th (Fri) AM C course Sep 5th (Fri) PM

Shinjuku Center Building and two other facilities are scheduled to be viewed.

●**How to apply**: Apply to the Campaign Office by a phone call, fax, or e-mail with the name of the event you want to participate in, your name, telephone number, and number of participants; ☎03-6809-2726, Fax: 03-5776-2482, e-mail: taishin2014@ohwada-gumi.co.jp

Inquiry: TMG Bureau of Urban Development Urban Building Division ☎03-5388-3362

REGIONAL HEALTH COORDINATOR CLASSES AT *Kyorin University*

Kyorin University will offer classed for *chiiki hokenn* coordinator certification. The course is aimed to help develop skills as a coordinator who will communicate between university, community, and various agencies to promote physical wellbeing in the community. Four courses will be offered.

Term: September 2014 ~ March 2015. Every Mon and Tues (schedule subject to change)

Place: *Kyorin University* Hachioji Campus Eligibility: high school graduate, or equivalent

Classes are free for all 4 courses, however a registry fee of ¥22,500 is needed for each course.

Application: Please apply no later than August 29th (Fri) Forms are available at City Hall 3F *Kikaku Seisaku Ka*, ☎314 Inquiry: *Kyorin University Chiiki Koryu Ka*, ☎042-691-8725

~ SPORTS & EXERCISE ~

< Aquabics (In-Water Aerobics) >

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

Date & Time: Every Thursday between September 4th and October 30th, 3PM~3:50PM

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

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

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

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

Swimming Center, ☎555-3210

~ CHILDREN & PARENTS ~

< Fluoride Ion Treatment ~ For Your Children's Dental Health ~ >

Fluoride Ion will be applied on your child's teeth to prevent cavities.

Date/Time/Place: September 9th(Tue)~13th(Sat), 16th(Tue) from 9:15AM~10:30AM at *Hoken Center*

*September 13th(Sat) is for Elementary School Students only. Congestion is expected to occur.

Fee: Free Eligibility: Children in *Hamura* who are 3 years old up to 3rd graders as of September 30, 2014

Things to Bring: face towel, clothes-pin, and application form (available at *Hoken Center*)

*Please make sure to have your child's teeth brushed before attending to this event.

*If you don't have the application form, please fill out on the day of treatment.

*Parking is limited. Please walk or come by bicycle if possible. *Children must be accompanied by an adult

Hoken Center, ☎555-1111, Ext 623

CHILDREN'S CRAFT WORKSHOP MAKE YOUR OWN AIRPLANE

Date: August 19th (Tue) ~ 24th (Sun) 9AM ~ 5PM Place: Yutorogi Fee: Free

Some programs have capacity limit. For more information, please call *Yutorogi Center* ☎570-0707

HEALTH & MEDICAL

GROUP HEALTH CHECK UP *Shudan Tokutei Kenshin*

If you previously received the voucher for health check-up yet were not able to use it due to the originally scheduled date not being convenient for you, you are eligible to apply for group health check-up. This group check-up will be held on Sunday.

Date: October 26th (Sun) Place: *Hoken Center* Eligibility: If applicable to the following:

1. You received the health check-up voucher from Hamura City, and you are NHI member
2. If you are younger than 65
3. If you have not yet had the check-up for 2014

※ You may not participate if you are pregnant.

Capacity: 100 persons Time: 9AM ~ Noon

Term for Application: August 18th (Sun) ~ September 30th (Tue) (post mark due within dates)

How to Apply: ① Come directly to *Hoken Center* ② Send postcard with necessary information as shown below:

Front	Back
〒205-0003 "Shudan Tokutei Kenshin Tantou" Group Health Check-Up Hamura Hoken Center 5-5-2 Midori-Gaoka, Hamura City	Your Address Name in Full with pronunciation Date of Birth Telephone Number

KENKO TECHO - A free booklet offered by *Hoken Center* for persons 40 and over is available at the City Hall 1F. This booklet is called *Kenko Techo*, and has pages on which you can record your medical history.

Health Consultation is offered by certified nurse/nutritionist. Date: Every 2nd and 4th Thursday from 1:30PM ~ 3PM by health care specialist Place: *Hoken Center* Fee: Free

< Workshop For Family Caregivers >

~ Get-together event for family caregivers 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 and share your questions/tips with other caregivers. Male family members are also welcome!

Date & Time: September 10th(Wed), 1:30PM~3PM Place: Community Center 2nd floor *Dai-ichi Kenshuu-shitsu*

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

Application & Inquiry: Contact *Chiiki Houkatsu Shien* Center, ☎Ext.197 in advance.

Health Lecture ~ HIDDEN DIABETES AND TIPS FOR DIABETICS ~

There will be a lecture made by a doctor/ certified nutritionist open to the public with the theme "Hidden Diabetes and Tips for Diabetics held as shown below.

Date & Time: September 6th (Sat), 2PM ~ 5PM Fee: Free

Place: *Fussa* Municipal Hospital Multi-Purpose Hall (address: 1-6-1 Kamidaira, *Fussa* City)

Eligibility: Residents of *Hamura*, *Fussa*, and *Mizuho* How to apply: Call *Nishitama Ishikai* prior to the lecture day at ☎0428-23-2171

< Pneumococcal Vaccination for Elderly Residents >

In order to prevent the spread of pneumococcal and to avoid the symptoms to become severe, *Hamura* City will include the pneumococcal vaccination in vaccination subject to coverage. Provisions of the Scheduled Vaccination Laws of the City is applied from now. As of October, pneumococcal vaccination will be added to list of regularly scheduled vaccinations for residents at age 65, 70, 75, 80, 85, 90, 95, and 100 or older.

Details regarding the costs will be addressed in September. Please receive vaccination at the earliest opportunity if you have not done so yet. 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 as of the vaccination date, ② at age 60 to 64 years as of the vaccination date 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)

Vaccination Period: ~September 30th (Tue) Capacity: First 900 applicants

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

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

NATIONAL HEALTH INSURANCE MEDICAL EXPENSE REPORT

If you are a N.H.I member who have received medical service in May and/or received physical therapy from a judo healing practitioner in June, and your total co-pay medical fee in those months was more than ¥3000, you will receive National Health Insurance (NHI) Medical Expense Report (国民健康保険医療費通知) by mail. It is a letter from municipal government to N.H.I. insured persons which notifies his/her record of received medical services under N.H.I. policy coverage, with the list of original medical service fees at 100%, the amount before the insurance coverage was applied.

This report is issued in purpose of promoting the understanding of N.H.I. coverage system as well as the awareness of health management importance. There is no required procedure to be done with this report.

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

PUBLIC SERVICE & ADMINISTRATION

APPLICATION For CHILD-REARING ALLOWANCE

Child-Rearing Allowance (*Jidou Fuyou Teate*) Program is established to provide independence support to single parent households. Application is needed to receive the allowance. After the approval of qualification, a household may receive the allowances until the first March following the child's 18th birthday.

*If the child has a handicap certification of grade 1~3, the allowance is provided until he/she is 19 years old

Monthly Allowance: First child ¥9,680~¥41,020 (determined according to the household income),

Second child ¥5,000, Third child and younger ¥3,000 per additional child

Eligibility: The applicant's (parent) child meets any of the following conditions (1)~(5), and does not have any of the disqualifying conditions ①~⑥.

(1) Parents are divorced (2) Father or mother is deceased (3) Father or Mother has severe disability

(4) Death or survival of father or mother cannot be confirmed

(5) Other (duty to support is neglected over one year by a parent, or a parent is imprisoned over one year, etc.)

① The child is living in a child care institution ② The child is receiving any public pension support

③ The parent is receiving any public pension excluding Old-age Welfare Pension (*Rourei Fukushi Nenkin*)

④ The parent or the child does not have a residential address in Japan

⑤ The household income of the preceding year exceeded the qualification ceiling

⑥ The parent living with the child is in a de facto relationship (common-law marriage)

Paperwork needed for application:

① Family Registry (*Koseki Tohon*) of Hamura City (official document issued) providing the proof of valid relationship with child who is eligible to receive allowance.

② Bank Book from Financial Institution

③ Official Stamp "INKAN" which is not the casual stamp type.

④ If parents have physical or mental disabilities and are certified accordingly, current certificate

⑤ If you were not registered as a resident in Hamura at January 1, 2014, please submit tax certificate of previous city of residence. To know more about this allowance program, please inquire to *Kosodate Shien-ka Shien-kakari*, ☎Ext.235.

NOTIFICATION OF CURRENT STATUS for VARIOUS CHILD-RAISING ALLOWANCES

Recipients of Child-Rearing Allowance (児童扶養手当), Single-Parent Household Medical Support (ひとり親家庭医療費助成), and Special Child-Raising Allowance (特別児童扶養手当) are required to submit a Notification of Current Status (現況届) along with the required documents during the designated filing period. The application forms to be filled out were already mailed to the applicable households. Please do not delay to take the procedure. If submission is not made, the city cannot make assessment as to validity of child, and will affect the payment schedule for allowance or issuance process for medical cards. For procedure details and required documents, please inquire.

Inquire / File to: *Kosodate Shien-ka Shien-kakari*, ☎Ext.235

Information from Consumer's Center – Please be Aware of Fraudulent Sales

There have been incidents recently in which a sales rep will make home visitation in the intent to make sales scams. When you encounter such visits, it is important to be cautious not to let them into your home. You are not required to listen to them, and you must refuse if not interested. Cases of victims of fraud in the past: Residents were told at the beginning that inspection for their fire extinguisher will be free. The residents allowed this sales rep to enter their home, signed some paperwork which the sales rep showed to them, and the fire extinguishers were replaced with new ones without the consent of the resident. Three

days later, a bill was sent to the resident. Payment for this charge, if not a valid one, can be refused if within 8 days of purchase under the "Cooling Off" return policy laws of Japan. For more information, *Shohi Seikatsu Center.*, Ext ☎641.

Recyclable Garbage Should Not be Removed

The City is responsible for the recycling program. The revenues gained from this program are very valuable. Reports have been made by citizens about persons removing recyclable garbage from collection sites, and awareness is being promoted in the form of flyers and pamphlets to prevent such crimes. The City has been taking measures such as patrolling the neighborhood, however cooperation from citizens is very needed. When disposing of recyclables, please make a clear marking on item to show that it is collectable item for the City. The Environmental section has marking sheets available for citizens as well (downloadable). If you happen to witness any removal activity, make note of the vehicle registration number and report. Inquiries should be referred to *Seikatsu Kannkyo Kakari* , Ext☎205

MAINTENANCE of WATER TANK

Schools, hospitals and other multistoried buildings are equipped with water tanks. *Hamura* City is responsible of the water quality until the water enters the tank of a private building. Once water is in the tank, the responsibility of water quality management is on the building owner.

Building owners, please do not neglect the required maintenance works for the system – periodical water quality check, cleaning and checking the inside of tank as well as the surrounding devices, etc.

Inquiries: *Suidou Jimusho*, ☎554-2269

IF YOU HAVE WATER LEAKS, please contact the Waterworks Department, or call *Shima Setsubi Kougyou* (Shima Furnishings Industry Co.) at ☎555-3603.

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
August 17 th (Sun)	<i>Yamakawa Iin</i>	554-3111	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Kusaka Shika</i>	555-7793
August 24 th (Sun)	<i>Hamura Sougo Shinryoujo</i>	554-5420	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Fukutome Shika Iin</i>	555-7064
August 31 st (Sun)	<i>Sakae-chou Shinryoujo</i>	555-8233	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Tsushima Shika Iin</i>	579-1800

If you need assistance in hours other than above, please call:

"HIMAWARI" 03-5272-0303 (24 hour assistance) Please call Hoken Center for Inquiries, ☎Ext.623

= CONTACT NUMBERS for the contents in this issue =

Hamura City Hall (*Shiyakusho*) ☎555-1111, "Trophy" ☎555-5320 *Kyodo Hakubutsukan* (Folk Museum) ☎558-2561
Yutorogi Lifelong Learning Center (*Shougai Gakushuu Center*) ☎570-0707, Hello Work *Ōme* ☎0428-24-9163
Hoken Center ☎555-1111 *Hamura Waterworks Bureau Suidou Jimusho* ☎554-2269 *Nishitama Ishikai* ☎0428-23-2171
Swimming Center ☎555-3210 *Hamura Zoo (Doubutsu Kouen)* ☎579-4041