

HAMURA NEWS

Published by: *Hamura City*

May 1st, 2015

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>

THE NEW "MY NUMBER" REGISTRY FOR SOCIAL SECURITY AND TAX SYSTEM WILL START

Each person who is listed under the city's registry will be assigned a separate number by which each individual will gain an accurate identity. Effective records keeping by the government will become possible for records of social security, tax and other information, and it will be easier to keep consistency throughout the overall system for the individual. In accordance with the legislature which is going into effect, we will prepare procedures for the system from October of this year.

The "My Number" is a twelve digit number which will be issued to all individuals which will not be changed throughout the duration of their life. Each resident will receive notification in October.

1. This also offers convenience and is beneficial to the citizen as well by lessening the number of documents being handled. Records which are maintained orderly are easier to handle, and enables the tracking of the number of times a record was used.
2. It is necessary for administrative efficiency. Less time is required for handling records.
3. More attention to enhancing public assistance will be allowed.

Upcoming Procedures:

Each registrant will be issued a "my number" notification card in accordance with the legislature for social security, tax, disaster preparedness. Then, an identification card can be issued for those who apply for it. This card can be used as an identification card, and will be convenient for tax procedures. The "my number" notification card is necessary for applying for the identification card.

For further details, you can look at the website→ <http://www.cas.go.jp/jp/seisaku/bangoseido/index.html>

Please call the information center; Japanese at ☎0570-20-0178, or English at ☎0570-20-0291.

Hours of Operation: weekdays from 9:30 AM ~ 5:30 PM

SHIZEN KYUUKAMURA in KIYOSATO MOUNTAIN RESORT

~ *Hamura Municipal Resort Lodging Facility* ☎0120-47-4017 ☎0551-48-4017 ~

< **Bath of May** > You can enjoy Yomogi Bath.

< **Event of May** > 500 magnificent *Koinobori*, colorful carp-shaped windsock that in tradition flown to symbolize the wish for child's healthy growth and prosperity, are at the site until May 9th (Sat)

< **Golden Week Event** > Stargazing which is held each Saturday will be held every day during golden week

< **Lodging** > You can create unforgettable memories here at this resort

Adult: from ¥6000 including 2meals for a *Hamura City* Resident

< **Facebook** > Recent news about Yatsugatake area and its splendid view, along with useful information is available. Please look up "Facebook 羽村市自然休暇村" (*Hamurashi Shizen Kyuukamura*)

THE OHTAMA "B-CLASS GOURMET" FAIR 2015

The term "B-Class Gourmet" was invented in Japan to describe a category of cheap and popular casual food. This event promotes Food-Tourism supported by "*Chisan Chishou* (local production for local consumption)." Food vendors from 10 cities will appeal 20 of their local products used for their original dish.

In this year's contest, *Hamura City* will enter three menus; *Hamu-raisu* (ham & rice) Burger, "*Hamurai* Stick" (rice/vegetable spring roll) and "*Maimaizu* Potato", the popular spiral-cut and skewed fried whole potato.

Let's go indulge ourselves with one-of-a-kind Japanese local food!!

Date & Time: May 16th(Sat) 11AM~4PM & 17th(Sun) 10AM~3PM Place: *Ōme City* Hall West Side Parking

Inquiry: *Sangyou-ka Shoukou Kankou-kakari* - city hall ext.658

< Hamura Health Day >

Let's join this event and find the best way for you to keep yourself at good health! You can get various health information and also free physical check-ups at the event site.

Date & Time: May 17th(Sun), 10AM ~ 2PM *Please refrain from coming by personal car to this event.

Place & Inquiry: Hoken Center at city hall ext.624 Hosted by: Hamura City

✦KENKO HAMURA 21

This year's event feature will introduce *Kenko Hamura 21*. Health tips of methods that are easy to keep up. Health is based on the bodily exercise, striving for emotional wellbeing, and good nutritional intake.

✦Healthy Recipe and Tasting

Promotion of "Nutrition Balance with 5 colors" method. Your meal will be well-balanced by including red, yellow, green, white and black foods. Recipes of this health method will be introduced followed by tasting.
Tasting: 10:45AM ~. Tofu *Hijiki* Hamburger, Colorful Rice.

✦Locomotive Syndrome

Prevent deterioration of bone structure and muscular fitness by becoming aware of the dangers of locomotive syndrome.

✦Body-Touch Care for Babies

Body contact and massaging care is very effective for increasing emotional bonds between parent and child. Let's try together and find out the best way for your child.

Time: ①for 4 months old ~ 18 months 10:30AM ~ 11AM

②for 19 month old ~ 36 months old 11:30AM ~ NOON

Capacity: 10 pairs each session *Registration is needed in advance. Please call Hoken Center for registration from May 1st (Fri) 8:30 AM.

✦**Health Check-up Promotion** Inquiries about checkups can be made.

✦**Foot Care** (also free foot massage) Experience the refreshing sensation after foot care.

✦**Quick Health Seminars** Locomotive Syndrome Prevention/Pole Walking 10:10 AM ~10:40 AM,
Other Exercises 11:15 AM~11:45 AM Yoga 12:40 PM ~ 1:10 PM

✦Bone Density Test

Eligibility: Hamura Resident of age 18 years or older Capacity: First 220 people

*Starting 9:45AM, numbered tickets will be given at the front door of *Hoken* Center. One ticket per person.

✦Tuberculosis Check-up

Tuberculosis is not a disease of old time. Why not take this chance for an X-ray examination.

Testing Methods: Chest X-ray Eligibility: Hamura Resident of age 18 years or older

✦Physical Check-up Booth ~ *Hokenshitsu* ~

You can have the following health conditions checked: Blood Pressure, Weight, Body Fat, BMI (Body-mass index), Visceral Fat, Basal Metabolism, Skeletal Muscle Rate, and Physical Age.

The individual briefing will be provided based on the test results (Check-up Registration will close at 1PM).

✦**"Hamusupo" Promotion** The *Hamura Sports Club*, "*Hamusupo*" for short, conducts various sports activities. Maybe you can discover the perfect activity and the joys of exercise!

✦Special Attractions

♪ A special prize will be given to participants who figure out the mystery word!

♪ Free Diaper Giveaway!! from the *Hoken* Center. You get a chance to make entry for the diaper giveaway if you figure out the mystery word. You will get free diapers if you get the right number when you roll the dice. The game will finish when we run out of diapers.

♪ MEET HAMURIN!!! *Hamurin* is the official mascot symbol of *Hamura* City.



LET'S TRY! FREE PHYSICAL CHECK-UP

Date: May 31st(Sun) Place: Sports Center Hall 1 Eligibility: Hamura Residents/Workers at age 20 ~ 79

For those 65 ~ 79 years old: 10AM~Noon

Testing Category: Measuring hand grip strength, Trunk Strength, Sit and Reach, Balancing on one leg, Walking 10m Obstacle Course, and Walking for 6 minutes

For those 20 ~ 64 years old: 2PM~4PM

Testing Category: Measuring hand grip strength, Trunk Strength, Sit and Reach, Side Step Jump, 20m Shuttle Run, and Standing Long Jump

Fee: ¥100 Items to bring: Indoor Shoes, Drink, and Towel

How to Apply & Inquiry: Preliminary Registration is required. Between May 2nd (Sat) ~ 30th (Sat), 9AM ~ 3PM, (You cannot apply on the 11th (Mon), 18th (Mon), 25th (Mon).) Fill in your mailing address, name, phone number, age and place of work (if you work in the city) as of April 1st, and then fax, email, call or directly bring it to "NPO Hamura-shi Taiiku Kyoukai", located at the Training Room, 2nd floor in Sports Center.

☎555-1698, Fax 555-1699, email: taikyou-m@sage.ocn.ne.jp

Please note that the Aerobics 3 Program for this day will not be held.

TRAFFIC SAFETY FESTIVAL

Date: May 9th (Sat) 2PM~ doors open at 1PM Place: Yutorogi Main Hall Fee: Free No reservation required.

Part 1: *A One-Day Police Chief inauguration ceremony. *Traffic Safety Class

Part 2: *Youth Fife and Drum Performance *Police Department Brass Band Performance

*Comedy Show of traditional Japanese style; guest performance by Mr. Toyomaru Shiono Kouji

Please use public transportation. Inquiries: Bousai Anzen Ka, Koutsuu/Bouhan Kakari, ☎Ext. 216

< Exercise Class For Fall Prevention & Improving Physical Fitness >

Wouldn't you like to stay healthy and fit to enjoy senior life? Let's learn effective exercises for preventing falling & improving stamina.

Date & Time: Every Friday in June (5th, 12th, 19th, 26th), 1:30PM ~ 3:30PM

Place: Sports Center Dai-san hall Eligibility: Age 65 years or older Capacity: first 30 people

Items to bring: Exercise outfit, Indoor exercise shoes, Towel, and Drink

Application & Inquiry: Contact Kourei Fukushi Kaigo-ka Chiiki Houkatsu Shien Center - City Hall ☎ext.197

VOLUNTEERS WANTED for DIGGING-UP TULIP BULBS

Volunteers are wanted for the maintenance works of Hamura's scenic tulip field. Now we need to dig out the tulip bulbs and prepare the field for rice cultivation. Please come enjoy the works together!

Date & Time: May 8th (Fri), 10th (Sun), 11th (Mon), and 12th (Tues), 9AM ~ Noon

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

Things to bring: work gloves *Please wear something suitable for yard works.

How to Apply & Inquiries: Call or Fax to Hamura-shi Kankou Kyoukai (Hamura Tourism Association) with your name and phone number by May 7th (Thu). ☎555-9667, Fax: 555-9673 weekdays 8:30AM ~ 5PM

For Tulip Owners ... The tulip owners who participate in the digging-up work can take tulip bulbs home.

Date & Time: May 10th (Sun), 9AM ~ Noon *Privilege for the tulip owners of Tulip Festival 2014.

HAMURA ZOO ☎579-4041

< Free Admission for Children >

The Zoo Admission will be free for children under age 15 on May 5th, the National Children's Day!!

< Great Koinobori Streaming >

A special presentation to celebrate the Children's Day is on view at the zoo. The families of Koinobori, colorful carp-shaped windsock that in tradition flown to symbolize the wish for child's healthy growth and prosperity, lively stream in the wind above the Sankun Garden's fountain as if they are climbing up the waterfall.

THE 44th HAMURA OUTDOOR FLEA MARKET

Hamura Citizens will sell daily commodities and clothes. It's a great chance to find something nice!

Come and promote the recycle society by enjoying shopping!

Date & Time: May 16th (Sat), 9AM ~ Noon (Cancelled in case of heavy rain) Place: Fujimi Park C Field

Inquiry: Shouhi Seikatsu Center -City Hall ext.640

< Men's Cooking Class ~ Learn basic cooking that will improve skills ~ >

Date & Time: June 2nd (Tue), 9:30AM ~ 0:30PM **Place:** *Hoken Center* **Eligibility:** Male *Hamura* residents

Capacity: First 20 applicants **Program:** Healthy diet seminar & Cooking class **Fee:** ¥300

How to apply: Starting May 8th (Fri) 8:30AM~, call or visit *Hoken Center* at 555-1111, ☎Ext.625 to apply.

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

NATIONAL HEALTH INSURANCE - KOKUMIN KENKOU HOKEN

All residents of Japan are required by the law to have health insurance coverage. The aim of the Japanese National Health Insurance Program (N.H.I.) is to minimize the burden of medical expenses for residents who are not covered by Employee's Medical Insurance or any other health insurance.

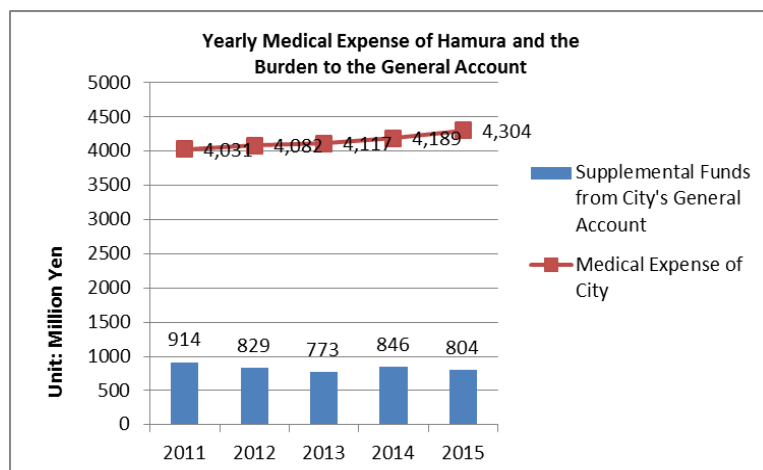
Foreign residents who are granted a permission of residence over 1 year and are not enrolled in Employee's Health Insurance must enroll in N.H.I., and others who stay in Japan with legal status for over 3 months are also subject to the enrollment obligation.

The N.H.I. program fund is dependent on the pool of member's premium contributions from citizens enrolled (*Hokenzei*), the rate of which varies among municipalities.

The premium contributions alone are not enough, therefore the metropolitan government has spent medical expense. The federal and metropolitan government insurance system subsidizes a large part of medical fees and medicine costs for municipalities subject to the coverage. In order to secure the funds, on top of the contributions and government grants, the city government has been supplementing the balance with special funds from the City's General Account Budget. *Hamura* City's medical expenses showed increase increase of 1% to 2% from 2012. Funding is still dependent on supplementing the balance with special funds from the city's General Account budget. As a measure to increase the contribution revenue, the city has decided to increase tax ceiling amount for the insurance rates. We appreciate your understanding on this matter, and would like to strongly encourage our people for making efforts on keeping good health.

NHI Premiums for 2015 (Figures in () are previous year's figures)

	Income Ratio	Per Capita Basis	Limit of Tax Base
Medical Expenses	5.1 %	¥23,000	¥520,000 (¥510,000)
Premium for Supporting the Late Elderly	1.4 %	¥7,800	¥170,000 (¥160,000)
Premiums for Nursing Care	1.2 %	¥11,000	¥160,000 (¥140,000)



※2014 and 2015 figures on graph are a rough estimate

Yearly Medical Costs per Person and Premiums to Cover for It (Unit: Yen)

2011	2012	2013	2014	2015
286,088	291,892	300,497	311,472	318,763
Medical Expenses				
71,504	78,033	78,226	76,998	76,619
Premium				

Health Premium Reductions (maximum 20 % or 50 % reduction)

Citizens can be eligible for reduced health premiums. The City has broadened its standards for exemption. If the household's total income for 2014 is less than standard, premium costs can be reduced. The various reductions are, 70% Reduction (unchanged), 50% Reduction, and 20% reduction. Please make an inquiry to City's Medical Insurance Section *Shiminka Hoken Kakari* for details. You must register to be eligible.

If you have been terminated from your position and have no income

If you fulfill the following requirements, you can be eligible for reduction of premium payment.

1. If you are 65 or younger at the age of termination
2. If termination was after Mar 31st, 2009
3. If you are eligible for worker's compensation and hold a certificate, and the reason for termination falls under special circumstances from the employing organization's bankruptcy or which are from the termination of contract on the company's behalf.

- Paperwork Which is Necessary

Certificate for Recipient of Worker's Compensation (can be obtained at the "Hello Work" Unemployment Agency)

- Period for Which Reduction of Premium Payment is Applicable

From day following date of termination to end of the Fiscal Year

- Method of Reduction

The premium which is based on the income of previous year, will be calculated based on income at 30/100.

<Exemption from Payment of Premiums>

If your situation is as described below, you will be eligible to receive exemption from payment.

Please do not leave over-due taxes accumulating, just consult with *Nouzei-ka Nouzei-tantou* about special measures provided for those in difficult financial situation.

Exemption is for

- The victims of severe property damage from fire or flood.
- IF Employee Insurance (*SHAKAI HOKEN*) is no longer available, and policy holder must make change of health care category to enrollment in *Kokumin Kenko Hokenn* (NHI) insurance at age 65 or older who has enrolled in premiums for supporting the elderly as well.

There is also a premium reduction of outpatient costs and grace policy regarding premiums for persons who fulfill the following requirements. You must apply for assistance

1. The victims of severe property damage from fire or flood severe enough to prevent normal living standards.
2. Steady income has not been possible due to recent termination or due to a business being suspended or terminated
3. If you have extraordinary circumstances for which you require assistance. (There are certain standards upon which urgency will be determined.)

Please inquire, for there are conditions by which evaluation will be made for validity.

< May is "Burnable Waste Accurate Separation Month" >

Hamura City has a long term plan on waste management: The goal is to reduce the amount of waste and recycle reusable resources more by 2016.

Comparing the figures of goal and actually collected waste amount in FY2014, it tells that we need to reduce waste by 1,358 tons, which, if divided by *Hamura* city population, 21kg per person. The amount of burnable waste is 60% of all waste, so decreasing burnable garbage will be very important and an effective tactic for achieving the goal in time or even sooner. To promote this policy, the city has designated February, May and September as "Burnable Waste Accurate Separation Month."

Less burnable waste being processed results in less city budget spent, and the more recyclable resources collected the more recycle profit gained for the city. Let's separate our garbage more carefully into waste and recyclable resources. 「*Hamura* City Trash Recycling Manual」 is available free of charge at city hall.

Thank you for your cooperation! Inquiry: City Hall, *Seikatsu Kankyou-kakari* - ☎Ext.205

< Exhibition at City Hall > at the City Hall first floor lobby. There will be display of garbage separation tips from May 1st (Fri) ~ 15th (Fri) 8:30AM ~ 5PM *Seikatsu Kankyou Ka, Seikatsu Kankyou Kakari*, ☎Ext. 204

HAMURA CITY HAS SENT RELIEF AID MONEY to TOUHOKU

Hamura City had sent relief aid money and food several times to the Great East Japan Disaster victims through prefectural governments of the severely stricken areas. The total of the aid money sent up the past was ¥3,160,000. In addition to that, the city has recently made another aid money remittance of ¥700,000 on March 27th to *Fukushima* Prefecture.

This disaster relief support was made possible thanks to the generous donations entrusted with *Hamura* City from the local residents and enterprises. Thank you sincerely for your contributions.

The city will continue accepting donations towards the disaster recovery efforts.

Inquiries: *Kikaku Seisaku-ka Kikaku Seisaku-tantou* ☎Ext.314

< Kids' Work-Study Summer Camp in Ōshima Island >

We are seeking for youth volunteers who can support the participating children during the preliminary training and camp tour as a group leader. There is no special requirement to become one. The tour expense will be free for volunteers. Let's join the camp and enjoy together!

◆How to become a Leader

Eligibility: High school student or ~ 30, who can attend in all scheduled programs and additional meetings

Activities: Supporting the participating children throughout the pre-tour training and camp tour.

Capacity: Total of 5 people

(If the applicants are more than 5, leaders will be selected by having interviews)

How to apply: By May 18th(Mon) fill in the application form and turn it in directly to *Jidou Seishounen-kakari* (city hall ext.262) where the form is available. The form is also available on the city website.

◆Schedule of Work-Study Summer Camp in Oshima Island

Pre-Tour Training: July 12th(Sun)

Tour Date: August 5th(Wed) ~ 9th(Sun) (4 nights and 5 days, including one night on a ship)

Activities: Climbing on Mt. *Mihara*, swimming in the sea, country-life experiences and etc.

After-Tour Meeting: August 22nd (Sat) *There will be additional staff & leader meetings too.

INFORMATION FOR SPECIAL PERMANENT RESIDENTS LIVING IN JAPAN WHO STILL HAVE AN ALIEN REGISTRATION CARD

On July 9th, 2012, the alien registration system was abolished, and we ask that you convert your alien registration card to the special permanent resident certificate under the new registration system. You must complete this procedure before the end of the term that the alien registration card is considered valid (expiration date) as follows:

- (1) If you were older than 16 years old at July 9th, 2012, please complete by expiration date.
 1. If you will reach your birthday before or on July 8th, 2015, which is the start of switchover term for replacing your card, the deadline for converting is July 8th, 2015. To avoid congestion, as many people will be taking these procedures, we recommend that you come at your earliest opportunity.
 2. If your birthday falls after July 9th, 2015, replacing your card is not required until your birthday.
- (2) If you were younger than 16 years old at July 9th, 2012, convert by your 16th birthday.
(Validity runs out on the 16th birthday for persons who were under this age at this time.)

Please make the application for conversion to special permanent resident certificate between Monday through Friday, from 8:30 AM ~ 5 PM. Closed on holidays. Come to the 1st floor of the City Hall *Shimin Ka Uketsuke Kakari* (reception). For details, please view the Immigration Bureau Website at:

<http://www.immi-moj.go.jp/keiziban/pdf/kirikaenoosirase.pdf>

Inquiries: City Hall, *Shimin Ka Uketsuke Kakari* ☎Ext. 122

"AKACHAN KYUUEKI-SHITSU" for CARING BABY'S NEEDS

Hamura City is promoting "Akachan Kyuukei-shitsu あかちゃん休憩室 (Baby and Child Room)." It is a privacy-protected room set up for mother/father and baby so they can take a rest for feeding and diaper change while on the go. Currently there are 40 locations around the city, at childcare facilities, city public facilities, business locations, and city hall. Any of the rooms can be used free of charge at anytime during the facility's open hours.*Please knock before entering a break room. There might be a mom breast-feeding her baby.

Two new locations were added: "Beauty Crayon" Beauty Parlor, and *Shimoda Clothing Store*
List and Map of *Akachan Kyuukei-shitsu* is available at *Kosodate Shien-ka* in city hall and on the web.

→ <http://www.city.hamura.tokyo.jp/cmsfiles/contents/0000003/3077/25.12map.pdf> (in Japanese)

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

< Hamura City Subsidy Programs for Environment Friendly Lifestyle >

~ Promoting Energy Generation & Conservation * Greenery Creation ~

Hamura City has been supporting local residents and businesses with their effort on reducing environmental impact by providing public subsidies for eco-friendly retrofitting and increasing greenery in city landscape, also promoting efforts of the environmentally friendly business industry. Starting from FY2014, the city had expanded its view on the promotion of eco-friendly lifestyle and the support capacity on the issue. Now the subsidy menu includes more improvement works and devices. If you are considering application of eco-friendly improvement or greenery creation to your home or business entity, or even if the work is already completed, please feel free to consult and find out if these subsidy programs can help you.

Inquiry: City Hall, *Kankyō Hozen-ka Kankyō Hozen-kakari* – ☎Ext.226 (weekdays)

◆ Subsidy for Clean Energy Generation & Energy Conservation ◆ (*Soushou Energy*)

Subjects: Building improvement works aiming for conserving energy, installation of devices for clean energy usage / generation, purchase of next-generation vehicles, other energy efficiency improvement works.

Eligibility: *Hamura* residents and local small enterprises.

*the work must complete between January 1st 2015 and December 31st 2015.

Subsidy Application Period: May 1st (Fri) ~ January 31st (Sun), 2016 *Processed in order of receipt.

Subsidy Amount: 10% of the work cost will be reimbursed by Eco-point. (1 Eco-point = ¥1) There is an amount limit individually set for each type of work.

Please ask before starting construction for details. If the procedure has been finished, please inquire about requirements. Items must be purchased at stores within the *Hamura* City.

Flow of Subsidy Payment:

- ①Apply for subsidy. After approval, you will receive Eco-points issued by the city.
- ②Use Eco-points for shopping any items at stores in *Hamura* City
- ③Apply for cash reimbursement for the amount you spent with Eco-points. *Shopping receipts needed.
- ④Cash amount of the reimbursement will be deposited to your bank account.

◆ Subsidy for Greenery Creation in City Landscape ◆ (*Midori Soushitsu*)

Subjects: Installing green hedge, planting trees / lawn in garden, roof garden, façade/outer-wall greening.

Eligibility: *Hamura* residents and local small enterprises.

*the work must complete between April 1st 2015 and March 31st 2016.

Application Period: May 1st (Fri) ~ March 31st (Thu), 2016 *Application processed in order of receipt.

Subsidy Amount: one-third or up to half of the cost.

Flow of Subsidy Payment: Apply for the reimbursement with original receipts. After the approval, subsidy amount will be deposited to your bank account.

PLEASE USE THE FOREIGN RESIDENT CONSULTATION SERVICE

There is a foreign resident consultation service on the 2nd and 4th Fridays every month, which is operated by the registered volunteer of the city. Consultations regarding issues in daily life will be handled. No fee is necessary to receive this service. Spanish and Korean speakers will be available for your assistance, depending on the day on which consultants are present. Please inquire about the specific schedule.

Consultations for May and June: May 8th, 22nd, June. 12th, 26th 1:30PM ~ 3:30PM

If you know someone in your neighborhood or someone who you know that lives in *Hamura*, please let them know. Inquire at City Hall, *Kohō Kochō Ka, Shimin Soudan Kakari*, ☎Ext. 199

< Light Vehicle Tax >

Light Vehicle Tax is imposed on the registered owner based on the ownership registration as of April 1st.

Tax Notification for Light Vehicle (軽自動車税納税通知書) will be mailed to the applicable vehicle owners in early May. Light Vehicle Tax payment is accepted at designated financial institutions and at convenience stores (participating stores are listed on back side of the notification).

◆There is a tax exemption measure for light vehicles owner with disability. Application for the exemption must be filed before May 25th (Mon). Those who were Light Vehicle Tax Exempt during last year need to file an application again only if the registered vehicle was replaced with an another vehicle.

Inquiries: City Hall, *Shiminzei-kakari* ☎Ext.165

< Baby Food Class for 7 months old and older >

When a baby gets better at swallowing weaning food, it's time to try solid food. Let's learn some easy recipes!

Date & Time: June 4th(Thu), 10AM~11:30AM Place: *Hoken Center* Capacity: First 15 pairs

Eligibility: Babies born between August 1st ~ October 15th 2014 & parents *Sorry, siblings not allowed in class

Details: Tips for mid to later stage of baby food / cooking demonstration & tasting for parents / Lecture & discussion about baby food and parenting

Application: Starting May 7th(Thu) 8:30AM, please call *Hoken Center* ☎555-1111, Ext.625

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 tenant waiting-list program is resumed from FY 2015. The application for the waiting list of housings for general household or for elderly household are now accepted. The application brochures will be available from May 7th(Thu) to 15th(Fri), 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 Saturday and Sunday. There are applicant eligibility requirements such as income level, resident registration history, etc.

For more information, please see the brochure or consult City Hall, *Kenchiku-ka Iji Kanri-kakarai* ☎Ext.256.

Waiting List: You will be registered by order or acceptance for application. Please register at this time.

Rent: Will vary, depending on income.

Applicant Eligibility: Person with more than 2 years history of *Hamura City Resident Registration*, and has no taxes in arrears. Property Details: Several housing complexes are currently available. Please inquire.

How to Apply: Please come to *Kenchiku-ka* in city hall 2nd floor between May 7th (Thu) ~ 15th(Fri), 8:30AM~5PM on weekdays. *The candidates will be selected by open drawing on May 26th (Tue).

< Tokyo Metropolitan Public Housing >

The application brochures for the current offer term will be available from May 7th(Thu) to 15th(Fri), 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 Saturday and Sunday.

These public housings are managed by the metropolitan government in purpose of providing affordable housings for low-income earners and residents having housing problems. There are required applicant eligibility qualifications such as income level, period of resident registration history, etc. For more details, please refer to the brochure or inquire to the office of *Tokyo Juutaku Kyoukyuu Kousha* at contact number provided at the bottom of this article.

Availabilities for this Application Term are for the following household types;

[general family, family of young parents, family with many children]

Application: The completed application form must reach *Shibuya Post Office* by mail before May 19th(Tue).

*Tenants will be selected by drawing held on June 24th(Wed) at Tokyo Metropolitan Government Office.

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

During May 7th ~ 15th ☎0570-010-810 / Other Times ☎03-3498-8894 Office closed on weekends
http://www.to-kousya.or.jp/toeibosyu/t_2015/5/index.html (in Japanese)

TV HAMURA IN MAY

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/3-17-9-0-0.html>

Selected Topic: "*Hamura Flowers and Water Festival 2015*" One of the largest tulip fields in Kanto

This Month's Special Program: ~ **Tokubetsu Bangumi – Gonokami Sha no Matsuri Temple Festival**~

On May 3rd, 5PM ~ , the regular channel 055 will not show our programs. They can be seen at ch.101

Inquiries: *Kouhou Kouhou-ka Kouhou-kakari* – city hall ext.505

SWIMMING CENTER ☎579-3210

< In-Water Walking Exercise >

Date & Time: May 23rd (Sat), 10AM ~ 10:50AM Place: Swimming Center Eligibility: Age 16 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)
Instructor: Hamura-shi Taiiku Kyoukai Sports Trainer How to Apply: Visit the Swimming Pool Front Desk between 9AM ~ 9:50AM.

< Fitness Program: Pilates >

By training inner muscles, pelvic and spine gets in the correct position and helps improve intestinal functions.
Date: Every Thursday 11AM ~ noon Fee: ¥800 per lesson

< Belly Shape Dance >

How about dancing with music, moving your shoulders, hip and belly, especially around your pelvis and improve the circulation of the blood. Makes your body fit and prevents from storing visceral fat.

Date & Time: Every Friday 9:30AM~10:30AM No reservation needed. Place: Swim Center Kaigi-shitsu 2

For both activities: (共通)

Capacity: first 20 people Fee: ¥800 per lesson Things to bring: exercise wear, drink and towel

Application: Come directly to Sauna Reception Desk 2nd floor

FRESHLAND NISHITAMA ☎570-2626

< Opening Hours during Golden Week (the first week of May) >

We will be open between May 1st(Fri) ~ 6th(Wed) and will be closed on the 7th(Thu).

< Freshland Nishitama Children's Day Gift >

Child visitors, elementary school students or younger, will get a gift on the Children's Day, May 5th(Tue)!

< Shoubu-yu (Iris Bath) at Freshland Nishitama >

On the fifth of May, it is a traditional custom to have fresh iris leaves float in hot bath. You can enjoy this practice at *Freshland Nishitama*. On May5th(Tue, Holiday).

< Bonkei and Kousekiga Exhibition > May 8th(Fri) ~ 24th(Sun)

Bonkei: The beauty of nature scenery is recreated in a pot.

Kousekiga: Colorful picture drawn with the colored, powdered marble.

SILVER JINZAI CENTER (Senior Citizen Human Resource Center) ☎554-5131

COMPUTER CLASS

This is a free schedule beginners to advanced class. Come at your convenience during the open class hours. Experienced tutors will assist your learning. Fee: ¥1,000 per class

Hours: Monday 10AM ~ NOON and Wednesday, Thursday, Friday... 10AM ~ NOON, 1PM ~ 3PM

Class Detail: Word & Excel / editing digital photo Reservation / Inquiry: call or visit Silver Jinzai Center

SMALL CANDY POUCH SEWING CLASS

A senior citizen of the *Silver Jinzai Center* will teach you how to make a crape cloth material candy pouch.

Date: May 26th (Tue) 10AM ~ 3PM Place: Silver Jinzai Center, Kenshuushitsu Capacity: 20 people

Fee: ¥700 (includes material fee) Things to Bring: Sewing Kit, Lunch Reserve: by May 20th (Wed).

EVENT INFORMATION for CHILDREN & PARENTS

Children Centers: Central ☎042-554-4552 East ☎042-570-7751 West ☎042-554-7578

< Hand-made Toy Workshop ~ Fluttering Yoyo ~ >

Date & Time: May 9th(Sat), ①10AM~ ②1PM~ Place: Central Children Center *No reservation required
Fee: Free Eligibility: Toddlers (must be accompanied by an adult) up to 6th graders

< Home Cooking Class ~ Okonomiyaki ~ >

Date & Time: May 10th (Sun), 10AM~11:30AM Place: Central Children Center Fee: ¥80 (Ingredient fee)
Eligibility: Elementary School Students ~ 18 year olds residing in *Hamura* Capacity: First 20 applicants
Things to bring: Indoor shoes, apron, head cloth, hand towel, drink(tea) and the fee.
How to apply: May 2nd (Sat) ~ 7th (Thu), 9AM ~ 5PM, Call or visit the Center.

< Sports Day ~ let's play "Line Kubb" ~ >

Line Kubb is a sport which is was originally "kubb" played in Sweden, and modified by the Japanese into "Line Kubb". It can be enjoyed by anyone.

Date & Time: May 20th (Wed), 3PM~4PM Place: East Children Center
Eligibility: Elementary and junior high students *No application required

< Movie Screening for Children > at Yutorogi ☎570-0707

Date & Time: May 3rd (Sun, holiday) 10:30AM~11:30AM Admission: Free Reservation: Not required
Program: 3 titles scheduled Supported by: *Hamura 16mm Eizou Kenkyuukai*

< Day-time Moon Observation >

Date & Time: May 27th(Wed), 4PM ~ 4:30PM Place: Central Children Center *No reservation required.
Fee: Free Eligibility: Elementary School Students ~ 18 years old Will be cancelled in bad weather.

< Astronomical Observation with Family >

Date & Time: May 27th(Wed), 8PM ~ 9PM Place: Central Children Center *No reservation required.
Fee: Free Eligibility: Elementary School Students ~ 18 years old
*Junior High School students or younger children must be accompanied by an adult
*Observation events will be change to an astronomy lecture in case of rain or cloudy sky.

< Story Telling Events >

Voiced reading of children's stories from picture books and picture panel shows (*Kamishibai*) are enjoyed by children of any culture. Japanese-translated stories from various cultural origins are selected for respective age-groups with consideration to their comprehension level. Admission and reservation are not needed.

▶ at the Main Library ☎554-2280

Story Telling for Preschoolers >> May 9th(Sat), 11AM~

Story Telling for Elementary School Students >> May 16th(Sat), 11AM~

▶ Kami Branch Library ☎554-0130

Story Telling for all children >> May 27th (Wed), 3PM~

< Chatting Place for Parents >

This month's topic is "How to Encourage and How to Discipline". Child Care Volunteers will attend your children during the event. Inquiries: *Kodomo Katei Shien* Center ☎578-2882
Feel free to join and share some thoughts and tips for child rearing. No reservation needed.

Place&Date: Central Children Center – May 7th (Thu) Time: 10:30AM~11:30AM for all dates
East Children Center – May 19th (Tue) Inquiries: Children and Family Support Center
West Children Center – May 22nd (Fri)

FACTORY TOUR AND LECTURE EVENT COMMEMORATING THE 10th ANNIVERSARY OF HAMURA CITY'S COMMUNITY BUS SYSTEM "HAMURAN"

The community bus system will reach its 10th year of operation on May 29th, 2015. In celebration of this, there will be a factory tour to *Hino Jidousha* Factory, which is an automobile factory located in the city. There will also be a lesson on how to ride the community bus held by the *Nishi Tokyo* Bus Company. The meeting place will be 1PM at the main entrance of the *Hamura City Hall* for both events. The community bus system will be used to reach each location.

<HINO JIDUOSHA FACTORY VISITATION> Date: May 27th (Wed) 1:30PM ~ 3:30PM

Elegibility: Residents of *Hamura City* Elementary school age or older (Elementary students must be accompanied by their guardian.) Capacity: First 30 people Location: *HINO Jidousha* Factory, *Hamura City* (This is not the factory which manufactures the bus which the community bus system uses.)

<HOW TO RIDE THE COMMUNITY BUS> Date: May 30th (Sat) 1:30PM ~ 4:30PM

Elegibility: Children and their Parents Capacity: 30 Location: *NISHITOKYO BUS COMPANY*, *Ome* Branch.(on outskirts of neighboring *Ome City*) The official symbolic character of *Hamura City*, "*Hamurin*", and the official symbol of the *Nishitokyo Bus Co.*, "*Nishi Chun*" will appear!

Inquiries: Please call and give your address, name, date of birth, and telephone number to the *Bousai Anzen Ka Koutsuu Bouhan kakari*, *City Hall* ☎Ext. 216 between 8:30AM ~ 5PM on weekdays.

~ STUDY BUS TOUR to MISO FACTORY ~

This study tour will take you to visit *Miso* Factory in *Chichibu Saitama* prefecture. This wonderful learning opportunity cannot be missed! *The guidance will be in Japanese. Date: May 27th (Wed)

Schedule: Please come to the *City Hall Main Entrance* no later than 8:15AM. We will depart at 8:30.

After the event, the group will return to city hall at 5PM.

Fee: ¥500 (insurance) Things to bring: drink, your own lunch Capacity: First 25 applicants

Application / Inquiry: Please call *Shouhi Seikatsu Center* 555-1111, ☎Ext.640

HOLIDAY LODGING SUBSIDY FOR SINGLE PARENT FAMILY

Hamura City partially subsidizes accommodation fee of "*Shizen Kyuukamura*" for single parent families.

Shizen Kyuukamura is our municipal lodging facility in *Kiyosato* mountain resort in *Yamanashi* Prefecture.

Eligible Stay: Subsidy is applied one time per family for one night charge on any day from April 1st, 2015 until March 31st 2016

Eligibility: Single parent households with child(ren) up to 18 years old as of March 31st 2016

Subsidy Amount: parent or junior or high school student ¥2500/person, younger children ¥1600/person

※Starting in 2015, junior high school students will receive the same subsidy amount as adults.

※This subsidy is offered to single parent and dependent(s) who has not reached the age of 18.

How to Apply: After making an accommodation reservation, please fill in a subsidy application form at

Kosodate Shien-ka in city hall 2nd floor and receive a subsidy coupon. Call *City Hall*, ☎Ext.239

VOLUNTEERS WANTED for HAMURA TOURISM ASSOCIATION

The Tourism Association (*Kankou Kyokai*) gathers information which can be posted onto the website which is of interest to people who visit *Hamura City*, and they organize various events, such as the "*Hamura Flowers and Water Festival*", "*Beautiful Garden Photo Contest*", and "*Flowers of Spring and Summer Contest*".

Currently, new members who can provide support for these sort of events are wanted. You can join any time of the year. There is a membership fee of ¥1000 per contribution, and you can make as many contributions as you wish.

Members will receive special information pamphlets from the Tourist Association, and also gain the right to booth space during the 'Flowers and Water Festival'. If you are interested in participating please contact us!

Inquiries: *Hamura Shi Kankou Kyokai* (Tourist Association) ☎555-9667

FAX 555-9673 E-mail: hamurashi_kankoukyokai@yahoo.co.jp

DIABETES LECTURE AT NISHITAMA ISHIKAI

This lecture about diabetes, sponsored by the local doctor's association, is open to citizens.

Date: Every fourth Thursdays from 1:30PM ~ 3PM (will not be held in August and December)

Place: *Nishitama Ishikai* Building, 1-167-12 *Higashi Ome*, *Ome City* Elegibility: persons who have diabetes or have been warned of the possibility Fee: Free Please utilize the consultation services available as well.

By appointment, (also from 1:30PM ~ 4PM) Inquiries: *Nishitama Ishikai*, ☎0428-23-2171

◆ LOCAL MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
May	9AM~5PM		5PM~10PM		9AM~5PM	
3 rd (Sun) Holiday	<i>Yokota Clinic</i>	☎554-8580	<i>Ishihata Shinryoujo (Mizuho-machi)</i>	☎557-0072	<i>Yano Shika Iin</i>	☎555-3363
4 th (Mon) Holiday	<i>Shinmeidai Clinic</i>	☎554-7370	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Minagawa Sougou Shika Clinic</i>	☎555-8219
5 th (Tue) Holiday	<i>Ozaki Clinic</i>	☎554-0188	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Hamura Station Dental Clinic</i>	☎570-5621
6 th (Wed) Holiday in lieu	<i>Matsuda Iin</i>	☎554-0358	<i>Mizuho Clinic (Mizuho-machi)</i>	☎568-0300	<i>Masuda Shika Iin</i>	☎551-8686
10 th (Sun)	<i>Yamaguchi Naika Clinic</i>	☎570-7661	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Uno Shika Iin</i>	☎555-8241

*Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily

PUBLIC CONSULTATIONS Schedule of May

Category	Date	Time	Contact
Traffic Accident ㉠	May 7 th (Thu), Jun. 4 th (Thu)	1:30pm ~ 4pm	* In addition to Spanish and English, Korean interpretation service is also available by appointment for Foreign Residents Consultation <i>Shimin Soudan-shitsu</i> city hall ext.199
Tax ㉠	May 12 th (Tue), Jun. 2 nd (Tue)	1:30pm ~ 4:30pm	
Public Administration and Human Rights	21 st (Thu)		
General Consultation for Foreign Residents ㉠	8 th (Fri), 22 nd (Fri)	1:30pm ~ 3:30pm	
Japanese Law ㉠	May 13 th (Wed), 22 nd (Fri), 30 th (Sat) Jun. 3 rd (Wed), 12 th (Fri), 27 th (Sat)	Wed & Fri 1:30 ~ 5pm Sat. 9:30am ~ 1pm	
Women's Affairs ㉠	at <i>Hamura City Hall</i> 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
Health Consultation	14 th (Thu), 28 th (Thu)	1:30pm ~ 3pm	<i>Hoken Center</i> 555-1111 Health Consultation ext. 627
Child Rearing Consultation	21 st (Thu)	10am ~ 11am	Child Rearing Consult. 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
Education ㉠	Mon ~ Fri	9am ~ 6pm	<i>Kyouiku Soudan-shitsu</i> 554-1223
Consultation for Elderly Affairs	Mon ~ Fri	City Hall 8:30am ~ 5pm	<i>Regional Public Assistance Center Chiiki Hokatsu Shien Center</i> 579-7785, 555-1111 ext 197 or <i>ASAHI</i> 555-8815
Nursing Care		Asahi 8:30am ~ 5pm	
Single-Parent Family Independence Support	Mon ~ Fri	8:30AM ~ 5PM	<i>Kosodate Shien-ka</i> city hall ext.239
General Consultation for Handicapped Residents	General Counseling Mon~Fri	8:30AM ~ 5PM	<i>Shougaisha Chiiki Katsudou</i> Support Center 555-1210 Toll Free Dial 0120-294-992 (for Mental Counseling)
	Physical Handicap 23 rd (Sat)	1pm ~ 4pm	
	Mental Handicap 26 th (Tue)		
Welfare Legal Consultation ㉠	27 th (Wed)	1:30pm ~ 4:30pm	<i>Fukushi Center</i> 554-0304

▽ Child Rearing Consultations Available Daily ▽

Mon ~ Fri	8:30am ~ 5:00pm	City Hall	<i>Kodomo Katei Shien Center</i> 578-2882
		Nursery Schools	<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 Centers	<i>Chuuou Jidoukan</i> 554-4552
Tue Thu Sun			<i>Higashi Jidoukan</i> 570-7751

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