

# HAMURA NEWS

Published by: *Hamura City*

June 1<sup>st</sup>, 2015

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*Hamura News* Back Numbers = <http://www.city.hamura.tokyo.jp/category/2-4-1-7-1.html>

## SPECIFIED HEALTH CHECKUPS 2015

An annual checkup report of Specified Health Checkups (*Tokutei Kenkou Shinsa*) will help you gain knowledge of the current condition of your health, and will provide insight for maintaining your health in the future. It is important to take your annual medical check-ups in order to detect minor irregularities, and also you can take lifestyle diseases preventive measures if you had been diagnosed as having the tendency. This medical examination program with a particular focus on the detection and treatment of lifestyle diseases, especially metabolic syndrome, is carried out by medical insurance, and is free of charge.

Inquiry: *Hoken Center* ☎555-1111- ☎Ext.622~627

### \* Metabolic Syndrome \*

This syndrome is identified as the presence of two or more of the metabolism risk factors such as high blood-sugar, high blood-pressure, dyslipidemia (blood fat disorders) in addition to having excessive visceral fat. This condition may lead to health complications with high risk of cardiac or cerebral infarction.

For the following people :

■ National Health Insurance (NHI) Members (and their dependents)  
who are at age 40 ~ 74 in FY2015 (April 2015~ March 2016)

■ Those who are enrolled in the Late-Elderly Medical Insurance Program/System

Specific Health Checkups Notification (特定健診のご案内) were mailed out in late May by *Hamura City* to National Health Insurance subscribers at applicable age and all Late-Elderly Medical Insurance subscribers.

2015 Program Period: June 1<sup>st</sup> (Mon) ~ October 31<sup>st</sup> (Sat) ※ Please bring your Specific Health Checkups Ticket (受診券), Medical Insurance Card

■ We recommend early checkup by around August. ■ Non-NHI members will not be eligible for check-up.

Check-up Ticket is: Green for NHI member / Pale Skin Color for Late Elderly Insurance Members

Individuals who are covered by Welfare Annuity, Mutual Aid Association or company health insurance union should receive the notification and ticket from their health insurance provider or employer.

### ○ Healthcare Guidance

As part of this medical examination program targeting lifestyle diseases for persons who are 74 or younger, healthcare guidance as post-checkup counseling is provided for individuals concerned to be "at risk" due to above average for both waist measurements and BMI calculations, and also high counts in blood pressure, blood vessel fat, blood sugar. Certified Nurse and Dietitian will provide individual advice. The city will mail a counseling information (特定保健指導) to those whose checkup report indicates the risk.

### ○ "Health-up" Additional Check-ups

If you take this checkup in one of the participating medical facilities in *Hamura City* listed below, additionally 6 more medical-check categories are available free of charge

Clinic	Telephone	Clinic	Telephone
<i>Izumi Clinic</i>	555-8018	<i>Futaba Clinic</i>	570-1588
<i>Ozaki Clinic</i>	554-0188	<i>Maeda Surgical Clinic</i>	578-8875
<i>Ozaku Ekimae Clinic</i>	578-0161	<i>Matsuda Iin</i>	554-0358
<i>Sakae-chou Shinryoujo</i>	555-8233	<i>Matsubara Naika Iin</i>	554-2427
<i>Shinmeidai Clinic</i>	554-7370	<i>Yanagida Iin</i>	555-1800
<i>Nishitama Byouin</i>	554-0838	<i>Yamakawa Iin</i>	554-3111
<i>Hamura Sankei Byouin</i>	570-1130	<i>Yamaguchi Naika Clinic</i>	570-7661
<i>Hamura Orthopedic &amp; Rheumatic Clinic</i>	570-1170	<i>Yokota Clinic</i>	554-8580
<i>Hamura Sougo Shinryoujo</i>	554-5420	<i>Wakakusa Iin</i>	579-0311
Ophthalmologist *Only funduscopy can be performed as a part of this health checkup program.			
* <i>Manabe Clinic (Ozakudai 2)</i>	554-6511	* <i>Shinai Clinic</i>	554-7019

< **The 40<sup>th</sup> Hamura Summer Festival ☆ Participants Wanted !** >

Date & Time: July 25<sup>th</sup>(Sat) & 26<sup>th</sup>(Sun), 3PM~8:30PM on both days     2015 Event Theme: "光"(Hikari)

Place: Areas Near JR Hamura Station West Rotary & East Rotary

Hosted by: The 40<sup>th</sup> Hamura Summer Festival Executive Committee

◆ **"Nimba Odori" Dance on July 25<sup>th</sup>(Sat) Participants Wanted!**

*Nimba Odori* is a slow-rhythm Japanese folk dance that large number of dancers can join together. Participating groups will dance in their matching *Yukata*, *Hanten*, or any original costumes!

Eligibility: Groups of 5 people or more. Each group needs be authorized by the event executive committee.

◆ **Event Volunteer Staff Wanted**

Feel free to participate on either or both festival dates. Let's make our Festival together!

Eligibility: Anyone who wishes to volunteer     What to do: Guide people, cleaning, help with programs.

◆ **Performers wanted for the Sub-Stage**

A Stage Truck will be set at the Festival. Dancers, musicians, and other entertainers are welcome!

Eligibility: Individuals or groups who are authorized by the event executive committee and willing to give (無償) pro bono stage performances. \*If there are too many applicants, performers will be selected by lottery.

◇ **How to apply to the listings above**

Submit a completed registration form via email or bring to city hall *Sangyou-ka* in city hall *Nishi Bunshitsu* building 2<sup>nd</sup> floor (on weekdays only from 8:30AM ~5PM).

For the *Nimba odori* and Volunteer: June 1<sup>st</sup> (Mon) ~ 19<sup>th</sup> (Fri), 5PM.

For Performers: June 1<sup>st</sup> (Mon) ~12<sup>th</sup> (Fri), 5PM.

Application forms are available at *Sangyou-ka*, and on *Hamura City Official Website* for download.

◎ **Sales Booth Registration Food Stalls and Sales of Merchandise**

Eligibility: Members of *Hamurashi Shoukoukai*, or public organizations that have been active in *Hamura*

\*Some public organizations may be required to turn in a form of operation history.

How to Register: Submit a registration form (available at *Shoukoukai*), requested documents and fee to *Shoukoukai* in person from June 1<sup>st</sup> (Mon) ~ 12<sup>th</sup>(Fri), 5PM.

\* The guideline handbook will be given along with an application form. It may also be downloaded.

\* Based on Public Health Center Guideline, food sellers must provide their food supplier information on a Temporary Business Registration Form. Food products need be issued permission by the *Hokenjo* in advance.

For more details: Contact the 40<sup>th</sup> Hamura Summer Festival Executive Committee formed by these offices;

- City Hall, *Sangyou-ka Shoukou Kankou-kakari* ☎Ext.658 or e-mail: s206000@city.hamura.tokyo.jp

- *Hamura-shi Shoukoukai* ☎555-6211

**KYODO HAKUBUTSUKAN ☎558-2561**

< **Please Contribute your Photos of the Hamura Seki (Water Intake Sluice) for Exhibition** >

The *Kyodo Hakubutsukan*, or Folk Museum of *Hamura City* will be holding a commemorative photo exhibition for its 30<sup>th</sup> Anniversary. We would like to gather photographs of the *Hamura-Seki* (water intake sluice) which were taken by citizens. For example, the scenery of the photograph can be kids playing along the river if it includes an image of the water intake sluice somewhere in the frame. Photographs will be accepted from June 2<sup>nd</sup> (Tues). They will be included in the exhibition, copied, and returned later.

How to Apply: walk ins will be accepted from 9AM ~ 5PM with the exception of Mondays, and

by postal mail <address>: 〒205-0012 741 Hane, *Hamura-shi*, or e-mail: s709000@city.hamura.tokyo.jp

# CLASSES & EVENTS

## YUTOROGI ☎570-0707

### < Cultural Lecture "Cleopatra and the Egyptian Queen" Exhibition >

There will be an exhibition from June 11<sup>th</sup> (Sat) ~ September 23<sup>rd</sup> (Wed, Holiday) at the Tokyo National Museum called "Cleopatra and the Egyptian Queen". The Egyptian Historical Research Center's Mr. Kondo offered supervision in the making of this, and he will offer prior insight which will enhance the cultural experience. He will be lecturing about the wonderful artworks collection from worldwide regions, and the history of ancient Egypt and its Queens and Princesses. You will receive 1 (one) ticket to the exhibition.

Date: July 12<sup>th</sup> (Sun) 2PM ~3:40PM (doors open at 1:30PM) Place: *Yutorogi* Small Hall

Capacity: First 252 people (all seating is non-reserved) Fee: Free Lecturer: Mr. *Jiro Kondo*, Director of Egyptian Historical Research Center and Professor at *Waseda* University's Literature and Academic Institute

Application: Call or come directly to *Yutorogi* Center from June 2<sup>nd</sup> (Tue) ~, 9AM~5PM (excluding Mondays).

### < Youth Chorus Members Wanted for The Children's International Exchange Music Festa >

We are now accepting applications for chorus members to perform at the Children's International Exchange Music Festa on October 12<sup>th</sup> (Mon, Holiday) at *Yutorogi* in *Hamura* City. This is a wonderful opportunity to sing to the accompaniment of Vienna Philensemble and a pianist *Emu Sada*. After the chorus performance, you will also enjoy the live Viennese classic music. Don't worry, chorus experience is not required!

Eligibility: *Hamura* resident junior high students ~ 18 year olds who can participate in rehearsals and show

Capacity: About 100 chosen from applicants from *Hamura* City, *Hinohara* Village and *Okutama* Town.

Fee: Free Songs: Japanese song and foreign song. 2 or 3 songs (not yet selected) to be performed.

Conductor: Mr. *Takehiko Okabe* (Director of the Child Music Festival), and two other pianists

Training: About 10 times from mid June to early October, mostly on Sundays, 2PM~5PM, at *Yutorogi*.

Application & Inquiry: Please file an application before June 14<sup>th</sup> (Sun) between 9AM ~ 5PM, excluding Mondays to *Yutorogi*. The form is available at junior high schools, at *Yutorogi* and on web for download.

## HAMURA ZOO ☎579-4041

### < Paint Chicken Eggs in Your Own Original Design >

Date: June 20<sup>th</sup> (Sat) and June 21<sup>st</sup> (Sun) 2PM ~3PM on both days (Registration is from 1:45PM)

Have fun painting chicken eggs in your own design! Eggs are available for the first 15 people per day.

Place: Study Room at the Welcome Garden Area of the Zoo.

### < Tanabata Decorations >

There are bamboo trees in the premises of the zoo, and they will be picked for display as traditional Tanaba Decoration. You can hang your wish-for-fortune paper strip onto it.

Date: June 23<sup>rd</sup> (Tue) ~ July 7<sup>th</sup> (Tue)=(*Tanabata* Day) Place: Open Field in front of the Study Hall

\*Admission fee must be paid at the gate in order to enter the zoo.

### < "Tenagazaru" Monkeys Panel Exhibition on Display >

2015 is the international year of the gibbon monkey, and a "tenagazaru" monkey panel habitat exhibition will be on display until September 30<sup>th</sup> (Wed) at the Study Room at the zoo.

## FRESHLAND NISHITAMA ☎570-2626

### < Artworks Exhibition >

30 items of splendid artworks in water color painting and oil paintings will be on display.

Term: June 9<sup>th</sup> (Tue) ~ 21<sup>st</sup> (Sun)

### **The Tama Fresh Music Concert 2015 Piano and Vocal >**

The Tama Fresh Music Concert 2015 is a collaborative effort between 25 cultural /concert halls in the region. Young, prominent vocalists and instrumental performers from the *Tama* area who have a renowned record of being winners in various contests will be sharing their talent. Six (6) contestants will be narrowed down to 1 (one) finalists for each category. Please encourage these hard working individuals who have been raised in the Tama Area, that will appear on stage.

Vocalist Category: Date: June 23<sup>rd</sup> (Tue) 6PM (doors open at 5:30PM)

Performers: *Touko Kanesugi, Maho Saitou, Yukari Saitou, Kei Satou, Ayano Furusawa, Kenshou Maekawa*

Instrumental Category: Date: June 26<sup>th</sup> (Fri) 6PM (doors open at 5:30PM)

Performers: *Soujyu Iijima, Arashi Kawamoto, Yoshitsugu Kitahara, Ayana Tamura, Kousei Hachiya, Haruka Mori*

#### Both Events:

Place: *Risuru Hall in Tachikawa* Fee: ¥500 Preschool age and nursery age children cannot attend.

Hosted By: *Tokyo Tama Cultural Facilities Committee, Concert Executive Committee*

Co-Hosted By: *Yamaha Music Co. Music Retailing Ikebukuro Branch*

Inquiry: *Tachikawa Cultural Promotion Foundation (Public Interest Foundation)* ☎526-1312

### **< Wedding Dress Memorial Photo Session >**

Recollect your memories of the younger days when you wore a wedding dress. You can pose for a photograph at this time! Date: June 12<sup>th</sup> (Sun) 9:30AM ~ 3PM (reception)

Eligibility: those who are 65 or older. Place: *Yutorogi Reception Hall A* Capacity: First 15 Fee: ¥1,000

Inquiry: Please call and provide your address, name, phone number, age, and dress size at from June 1<sup>st</sup> (Mon) ~ 25<sup>th</sup> (Thu) at *Shoukoukai* ☎555-6211

## **~ CULTURE & COMMUNITY ~**

### **< Rice Farming Workshop ~ Picking Rice Seedlings & Rice Planting ~ >**

Do you know how rice is grown? This experience is a great chance to learn about and appreciate your rice.

Date & Time: Picking Seedlings - June 6<sup>th</sup>(Sat) 8:30AM~, Rice Planting - June 7<sup>th</sup>(Sun) 8:30AM~

\*The event will be held in rain or shine. \*You will also get to harvest and thrash these rice in October.

Place: *Negarami Mae Suiden (Hanenaka 4 Choume)* Eligibility: Elementary & Junior high school students

Fee: Free \* Reservation is not required. Everyone is welcome! \*Parking spaces are limited

\*Be prepared for working in muddy field. Hosted By: *Seishounen Taisaku Chiku IinKai Renraku Kyougikai*

Contact: City Hall, *Jidou Seishounen-Ka, Jidou Seishounen-kakari* ☎Ext.264

### **< Hotaru (Firefly) Watching >**

*Hamura Hotaru Kenkyuukai (Hamura Firefly Study Group)* is breeding fireflies every year at Firefly Nursing Field near *Aso Jinjya Shrine* per *Hamura City's* request. At the end of June, you can observe the fireflies flying around Tama river bank in *Hamura City*. Let's enjoy the fantastic view of firefly lights!

Date & Time: June 20<sup>th</sup> (Sat), 7:30PM~ Meeting Place: Front Entrance of "*Iko-no Sato*" Fee: Free

Guided by: *Hamura Hotaru Kenkyuukai*

\*No reservation needed. \*Parking spaces are limited. \*Please do not capture the fireflies around the breeding site! The breeding project has given great effort to protect and increase the firefly population. Please respect the rules when coming to watch these fireflies.

Contact: City hall *Kankyuu Hozen Ka, Kankyuu Hozen-kakari* ☎Ext.226

## COMMUNITY WORKSHOP TO DISCOVER THE RESOURCES AND SPLENDOR UNIQUE TO HAMURA

Hamura City possesses much useful resource and splendid attributes. Discussions will be about a project to create fascinating *Hamura* specialty products and other services by efforts on the part of citizens and local businesses making use of resources found in the City's merchandise, dynamics, and people. Ideas or opinions about the splendors and the resources unique to *Hamura* City which should be emphasized will be gathered from citizens, utilized in the project.

Date: June 23<sup>rd</sup> (Tue) and July 15<sup>th</sup> (Wed) 2PM ~ 5PM Place: *Sangyou Fukushi Center*

Application: Please provide your name and telephone number by e-mail, calling, or faxing the *Sangyou -Ka, Keizai Taisaku-Kakari*. Tel: City Hall, ☎Ext. 657 Fax: 579-2590, e-mail: s206000@city.hamura.tokyo.jp

### AGRI-WALK Participants Wanted

Agri-walk is a tour of the local farm fields in *Hamura* City. People will get a chance to talk to the farmers who harvest the land, and then gather/ taste the harvested crops and during the walk through. Delicious "*Hamura Grown*" vegetables which were dug up can be taken home!

Date: July 7<sup>th</sup> (Tue), 8:30 AM ~ 1:30 PM

(Will be held as scheduled in rain)

Eligibility: Residents and Commuters, not to exceed 4 in a group Capacity: First 30

(If applicants exceed capacity, there will be a lottery to choose participants.)

Fee: ¥500 per person (pay on the date of event)\_

Apply by: Send double postcard to the indicated address on right no later than June 16<sup>th</sup> (Tue):

The list of all participants must be provided for purposes of applying for insurance

A double postcard is a 2 section postcard which is detached at the perforation line by the recipient and reply form is returned to the sender

Send Postcard To

POST CARD TO SEND	
〒205-8601	
Hamura-shi	
Sangyou-Ka	LEAVE BLANK
Nousei-Kakari	

Entries on Return Post Card

RETURN POST CARD	
	Address
〒 YOUR 7-DIGIT ZIPCODE	Name
	Gender
YOUR ADDRESS	DATE OF BIRTH
Group Leader's Name	TEL NO.
	NAME OF ALL PARTICIPANTS

Inquiry: Please send the application on weekdays during 8:30AM ~ 5PM by postal mail or bring to the *Sangyou-Ka Nousei Kakari* located on 2<sup>nd</sup> Floor of City Hall (Ext.☎663).

### < Consumers' Workshop ~ Making a Food Compost with Card Board Box ~ >

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

\*If you register to become the compost monitor, you will take home the cardboard composter with you.

Food Waste Composter made of Cardboard is a device in which kitchen vegetable wastes are placed to make fertilizers through microscopic organisms' decomposition of the kitchen wastes.. Also included in this box are rich soil producing substances. Monitors will be interviewed about the usage effects of the composter.

Date & Time: June 20<sup>th</sup> (Sat) 10:30AM~NOON Place: *Yutorogi* 2<sup>nd</sup> Fl. Seminar Room 2 Fee: Free

Eligibility: *Hamura* residents Capacity: First 20 applicants \*Please bring writing materials

Detail: How to make and use a composter using card board box. / various food waste devices

Application: Call or visit during June 1<sup>st</sup> (Mon) ~ June 11<sup>th</sup>(Thu) 8:30AM ~ 5PM. City Hall, *Seikatsu Kankyou Ka, Seikatsu Kankyou-kakari* at ☎Ext.204.

## HEALTH & MEDICAL

### < Hepatitis Virus Screening >

Date: June 1<sup>st</sup> (Mon) ~ October 31<sup>st</sup> (Sat) Fee: Free Testing Method: Blood test for type B and C viruses

Eligibility: *Hamura* residents who fall in one of the following categories:

- ① Those who turn(ed) age 40 or older in FY2015 and have never taken Hepatitis Screening before.
- ② Those who had a health check-up this year and their hepatic function rate was abnormal.

How & Where: Take the screening with your health insurance card at one of the participating medical facilities. For the list of facilities, please contact Hoken Center ☎555-1111(ext.624).

\*Those without any of above conditions may take the screening at *Nishitama Hokenjo* ☎0428-22-6141.

### < Rubella(*Fuushinn*) Immunization for Adults >

Rubella, also known as German Measles, is part of the immunization program of which costs are partially subsidized by the City.

For expectant mothers, contracting rubella poses a threat to cause her fetus to be born with congenital rubella syndrome which is characterized by hearing impairments, cardiac disease or cataracts.

#### **Application**

Please complete an application form and send or bring to Hoken Center by March 25<sup>th</sup> (Fri), 2016.

The application forms are downloadable from the City website, or can be obtained at the Hoken Center.

\* Female *Hamura* residents at age 19 or older who wish to be pregnant in the future, whose Rubella antibody titer is proven low by a test. If you have never taken the test before, it can be provided for free.

If you have rubella antibody results, please attach a copy of them to your application.

#### **Appointment / Procedures for Immunization:**

In order to have a subsidy applied to your immunization charge, you have to first apply for the subsidy at *Hoken Center* and be issued a subsidy certificate, then make a vaccination appointment at medical facility participating in this program. Please take with you your identification card. You will first take your antibody test. Depending on the result of this, you will be advised to take your immunization.

**Subsidy Amount:** *Hamura* City provides: Measles and Rubella ¥5000, for Rubella-only immunization ¥3000. The balance must be paid by an individual at the medical facility.

**\* Woman who is pregnant or having possibility of being pregnant should not get Rubella or MR vaccination. The vaccine could lead to the fetus developing a disorder. Women also should not get pregnant for two months after receiving Rubella vaccination for the same reason.**

Inquiry: Call *Hoken Center* 555-1111, ☎Ext.623 Address: 〒205-0003 5-5-2 *Midorigaoka, Hamura-shi*

### < Healthy Cooking Class ~ Recipes for Slow Digestion for Diabetes Prevention ~ >

Date & Time: June 24<sup>th</sup> (Wed) 9:30AM ~ 0:30PM Place: *Hoken Center* Capacity: First 30 people

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

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

Inquiry and Application: Call or visit on weekdays, from June 2<sup>nd</sup> (Tue) , between 8:30AM ~ 5PM

*Hoken Center* (city hall ☎ 042-555-1111, Ext.625)

## ~ CHILDREN & PARENTS ~

### TOKYO METROPOLITAN SPECIAL NEEDS EDUCATION HAMURA SCHOOL OPEN-SCHOOL DAY

To promote the public understanding and support for Special Needs Education Program, the *Hamura School* will be open for everyone to visit and learn how its' students study in classes and through activities. Counseling for school entrance and academic planning will also be available on this open-school day.

Date & Time: June 18<sup>th</sup> (Thu), 9:15AM ~ Noon

Place: Tokyo Metropolitan Special Needs Education *Hamura School* (*Toritu Hamura Tokubetsu Shien Gakkou*)

Visitor Application & Inquiry: school office Phone or Fax before June 11<sup>th</sup> (Tue). ☎554-0829 / Fax555-3853

## < Participants wanted for Youth Eco-Study Tour in Hachijou-jima Island >

Let's learn about the natural environment through this summer study tour in Hachijou-jima!

Opportunities to try scuba diving, touring the island at nighttime, and environmental studies and stargaze barbeque will be an inspiring experience. Eligibility: *Hamura* resident students in 6<sup>th</sup> ~ 12<sup>th</sup> graders (3<sup>rd</sup> year of high school) who meet the following requirements:

- ① Those in sound health condition and willing to participate in outdoor activities
- ② Those who can participate in all events that are part of this program
- ③ Those who wish to make good use of the experiences and knowledge learned in this tour in future activities

Capacity: 20 children (in case applicants number exceeds the capacity, participants will be selected by lottery and interview) Fee: ¥18,000 (If the trip is extended due to bad weather, this fee may increase)

How to Apply & Inquiry: Between June 1<sup>st</sup> (Mon) ~ 24<sup>th</sup> (Wed), fill in an application form attached with your photo and mail or bring it to city hall 2F *Kankyou Hozen-ka Kankyou Hozen-kakari*, 〒205-8601 (no address necessary). The form is available at local schools, city hall and *Hamura City Official Website*.

Program Schedule	
Date	Detail
June 29 <sup>th</sup> (Mon), 30 <sup>th</sup> (Tue)	Interview
July 12 <sup>th</sup> (Sun)	Youth Eco Study Tour Group Getogether / Pre-tour training ~ all day ~
July 31 <sup>st</sup> (Fri) evening ~ August 4 <sup>th</sup> (Tue) night	<i>Hachijou-jima</i> island Youth Eco-Study Tour (Group stays on ship for one night on the way, and takes a plane on the way back.)
Weekday in 2 <sup>nd</sup> week of August.	Post-tour study meetings (water biology, water quality) in the morning
Latter October	Post-tour study meetings (environmental study group) in the morning
First part of November	Post-tour study meetings (recycle activities) for half day
Latter November	Presentation of tour reports and workshop experiences
June 2016	Presentation at The 5 <sup>th</sup> Environmental Festival

\* The project has been made possible by donations from *Tama Tousho Kouiki Renkei Katsudou*.

\* For more detail, please contact City Hall, *Kankyou Hozen-ka Kankyou Hozen-kakari* ☎Ext.225.

## < Participants wanted for Kids' Summer Camp 2015 in Ōshima Island >

The Ōshima Island Summer Camp will leave the night lighted *Takeshiba Sanbashi* (dock in Tokyo Bay) at night, and in the morning will be welcomed by the sunrise at sea. The aim of this camp is to learn the importance of cooperation through hiking, playing at the beach, and various activities with residents.

Program (provisional):

- Before Event Meeting ... July 12<sup>th</sup> (Sun)
- Trip to *Izu-Ōshima* ... August 5<sup>th</sup> (Wed) ~ 9<sup>th</sup> (Sun) (4 nights & 5 days, including one night on board), Program on the island includes climbing Mt. *Mihara*, playing at the beach and nature conservation activity
- After-Event Meeting ... August 22<sup>nd</sup> (Sat) ※Briefing for Parents: July 22<sup>nd</sup> (Wed).

Eligibility: 5<sup>th</sup> ~ 9<sup>th</sup> graders in *Hamura*, who are able to participate in all scheduled events, and willing to take a leadership in local community activities in the future.

Capacity: 35 (If there are too many applicants, the members will be chosen by lottery)

Fee: ¥10,000 which should be paid at the briefing. (due to bad weather, this fee may increase)

\*Please pay the fee at the Briefing for Parents.

How to Apply: Please file an application by postal mail or directly to City Hall *Jidou Seishounen-ka*, ☎Ext.264. no later than June 17<sup>th</sup> (Wed).

The application form is available at Elementary Schools and Junior High Schools, *Jidou Seishounen-ka* at City Hall 2<sup>nd</sup> Floor, and at the *Hamura City Official Website* for download. If mailing by postal system, please address to 〒205-8601 (no address necessary).

\*Note: You may only apply for one activity only. Please pick between Hachijou-jima Island Tour or the Ohshima Island Summer Camp. You cannot participate in both tours.

## < Children's Human Rights Protection Campaign Week >

If you need professional help for troubled cases concerning children's human rights such as Child Abuse, bullying or any other act of human rights violation, please do not hesitate to give us a call!

Consultation Date & Time: June 22<sup>nd</sup> (Mon) ~ 28<sup>th</sup> (Sun), weekdays 8:30AM~7PM, weekends 10AM~5PM

Toll Free Dial for Phone Consultation: ☎0120-007-110

For other inquiries: *Tokyo Houmu-kyoku Jinken Yougo-bu Dai-2 ka* ☎03-5213-1234 Ext.2512

(Tokyo Legal Affairs Bureau Human Rights Protection Department Second Section)

## PUBLIC SERVICE & ADMINISTRATION

### SHIZEN KYUUKAMURA in KIYOSATO MOUNTAIN RESORT

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

*Shizen Kyuukamura* (自然休暇村) in *Kiyosato* mountain resort, *Yamanashi-ken*, is a lodging facility owned by *Hamura* City. Hotel accommodation, private lodges and camping sites are available at reasonable fees to cater for each guest's travel style. The *Kiyosato* area is full of rich greenery. Rain nourishes the plants, and forests, skies and the meadows are all part of the nature which you can feel to be a part of when here.

For more details please visit the website (in Japanese) → <http://hamura-kyukason.jp/>

Inquiries: *Shizen Kyuukamura*

▶ Bath of July ... relax and be healed in *Hinoki* (wood) Bath.

▶ Events being held around the facility:

Rose Garden at Heidi Village ~ call ☎0551-25-4700

Azalea Garden and Art Festival ~ call ☎0551-48-2200

### OME TRAIN LINE GROUP JOB INTERVIEWING EVENT

Hello Work *Ôme* is providing a group job interviewing event in cooperation with *Hamura* city for people who wish to work in local enterprises along the Ome Train Line. It is aimed to support the people who seek employment. Date and Time: June 19<sup>th</sup> (Fri) 1:30PM ~ 4PM (Sign-in: 1PM ~ 3PM)

Introduction of Companies: 1:30PM ~ 1:50PM / Interviews with Applicants: 1:50PM ~ 4PM

Place: *Fussa* Civic Hall 3<sup>rd</sup> floor (2455 *Fussa*, *Fussa* City) Elegibility: people who seek employment at local areas. About 10 local business entities will participate to hold job interviews. \*For more information about participating business entities, please check Hello Work *Ôme* or various company websites.

Things to bring: Your resume (Please bring multiple copies so you can hand them to various companies)

Fee: Free Inquiries: Hello Work *Ôme* Employment Consultation Services ☎0428-24-9163

< "Hello Work Services" Special Booth > Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays from 1:30PM ~ 4:30PM

(not on holiday)., there is a visitation by the federal Hello Work Unemployment Agency *Shokugyou Soudan*, or employment consultation at the *Sangyou Fukushi Center* 2<sup>nd</sup> Floor Conference Room.

Inquiries: City Hall, *Sangyou Ka Keizai Taisaku Kakari*, ☎Ext. 657 No Reservation Needed

### < You can write a letter addressed to the Mayor or Hamura City >

The City has been accepting letters which contain constructive views, as a measure to hear the opinion, recommendation from citizens. A reference to these views will be made for city planning. The collection boxes are located at the public facilities operated by the Hamura City marked "*Shichou É No Tegami*".

Inquiry: City Hall, *Kouhou Kouchou Ka*, *Shimin Soudan Kakari* ☎Ext. 192



## < Property Tax – necessary status reports and tax deductions >

If any of the following cases apply to your fixed property, please file a report of change of property condition. For details regarding the filing procedures, please contact city hall *Kazei-ka Shisanzei-kakari* at ☎Ext.157.

### ● Real Estate Value Inspection

If you newly build a residence or expand the existing property, you need to have your real estate value (re)evaluated within the same year. Please contact *Kazei-ka Shisanzei-kakari* and set up an appointment for *Kaoku Chousa* (Real Estate Value Inspection).

### ● Report of Demolished Property

When you have all or part of your registered residential property demolished, please file a Lost Property Registration (*Messhitsu Touki*) without delay, otherwise, property tax will continue to be imposed towards the demolished (non-existing) property.

### ● Residential Land Property

When any of the following cases apply to your land property, please file a required report without delay.

- Built a new house on your land property and changed the use purpose from commercial to residential
- Had existing house demolished, and the use purpose of your land property is no longer residential
- Built a real estate for business within your (former) residential land property
- Changed your residential real estate to a property of commercial use

### ◆ Property Tax Reductions

To know more about the following tax reduction systems, please inquire at ☎Ext.157.

- Property Tax Reduction for Energy-Saving Renovation 省エネ
- Property Tax Reduction for Barrier-Free Renovation バリアフリー改修
- Property Tax Reduction for Seismic Retrofitting 住宅耐震改修

★The city will conduct a site survey for property in 2015, which is held every three years. We appreciate your cooperation. Thank you very much.

## < 2014 Dioxins Level Analysis for Flue Gas >

### Report from *Nishitama* Sanitary Association Environment Management Center

Dioxins analysis on the flue gas output from *Nishitama* Sanitary Association Environment Management Center (our local waste management facility) and on the air of the facility's neighborhoods were conducted 7 times during FY2014 and 4 times in 2015 until now. All those analysis results showed that dioxins levels in the tested flue gas and the air achieved the safety standards regulated under The Environmental Air-Quality Standard and The National Pollution Control Agreement. The air samples were taken at the following locations:

*Hamura Dai-3* Junior High School (at rooftop), *Hamura Shourin* Elementary School (at rooftop), *Hamura Asahi Kouen* (at standing height), *Mizuho Dai-4* Elementary School (at rooftop), *Mizuho Fujimi Kouen* (at standing height ).

Inquiries: *Nishitama Eisei Kumiai Kanri-ka* ☎554-2409

## < Protruding Objects such as Limbs and Branches are Very Dangerous >

Mirrors and signs on sidewalks and roadways are sometimes covered by overgrown trees and plants, and can disturb traffic. Signs on the side of the road can narrow the width, and in some cases causes tripping of pedestrians or bicycles. If cases such as these occur, the owner may be liable for damages which occurred. Trash disposed of on the roadside should be placed inside your space closest to the road. The road belongs to the citizens, and should be a safe and comfortable place for everyone. Please manage items on your property so that they do not extend into the street. City Hall, *Doboku Ka, Douro Kanri Kakari* ☎Ext. 294

## < Notification was Sent to Citizens Regarding Resident Tax Payment for "Jyuumin Zei" >

2015 Notification of "Jyuuminzei" Resident Tax Payment (市民税・都民税 納税通知書) was mailed to the tax payers in early June.

Residents Tax amount is calculated based on the income of the preceding calendar year at the municipality in which you reside as on January 1<sup>st</sup>. It is paid in 4 installments during the year in which notification was made, however if you have taxes deducted from your public pension, it will be deducted in 6 installments. We kindly ask that you make these payments by the deadline shown on the payment slip. Please refer to the reverse side of the slip for locations at which you can make payment. \*If your payment total at one time exceeds ¥300,000, you must go to a financial institution or to the City Hall accounting section, as the convenient stores do not accept such a large sum.

Recent Changes to the Tax System: ①Tax Exemption for Housing Loan (Mortgage) for your Home ②Reduced tax rate was discontinued, and taxation for Dividends and Capital Gains were returned to standard rate.

City Hall, Kazei Ka, Shimin Zei Kakari, ☎Ext. 164

児童手当・児童育成手当を支給します

**Child Allowance and Child Raising Allowance Recipients** - June is the month in which payment of February ~ May is made by bank transfer to those applicable citizens' designated bank accounts. Date of payment is scheduled for the 12<sup>th</sup> (Fri). Inquiries City Hall, Kosodate Shien Ka ☎Ext. 236

児童手当・児童育成手当現況届の提出を

## < Notification of Current Status for Child Allowance and Child Support Allowance >

Recipients of Child Allowance (*Jidou Teate*) and recipients of Child Support Allowance (*Jidou Ikusei Teate*) are required to fill out a Notification of Current Status (現況届) which will be mailed to the applicable households by June 10<sup>th</sup>(Wed). Please be sure to submit it during the filing period. Failing to do so may result in the disqualification for the benefits of this year's program. You can also send it by mail.

Filing Period: June 11<sup>th</sup>(Thu) ~ June 26<sup>th</sup>(Fri) everyday Hours: Mon. to Fri., 9AM~Noon / 1PM~5PM

»June 13<sup>th</sup>, 14<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup> are Sat. & Sun. The hours are 9AM~11:45AM / 1PM~5PM

Location: Large Conference Room 4<sup>th</sup> Floor of City Hall. Inquiries: Kosodate Shien-ka - City Hall ☎Ext.236

子育て世帯臨時特例給付金の申請

### **(Kosodate setai rinji tokurei kyuuufukin)**

Eligibility: Registered households included in June 2015 payment of Child Allowance(\*which are not eligible for Tokurei Kyuufukin which is ¥5000 for households of income which exceeded the limit of income. )

Benefit Amount: ¥3,000 paid one time per eligible child.

Application: These application forms for *Rinji Tokurei Kyuufukin* will be mailed to the applicable households by June 10<sup>th</sup>(Wed) along with the *Genkyou Todoke* Notification of Current Status for Child Rearing Allowance. Please fill in the form and submit by mail or in person at city hall.

Designated office for this program will be opened and administered by Child Care Support Section.

Filing Period: June 11<sup>th</sup>(Thu) ~ June 26<sup>th</sup>(Fri) at Large Conference Room B on 4<sup>th</sup> Fl of City Hall Mon. to Fri. 9AM~12/1PM~5PM »June 13<sup>th</sup>, 14<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup> are Sat. & Sun. The hours are 9AM~11:45AM / 1PM~5PM

Inquiries: City Hall Kosodate Shien-ka Shien-kakari ☎Ext.427

**< Sing Parent Household Assistance for High School Graduation Equivalency Program >**

In the aim to promote the financial stability of the single parent household, the city will assist the parent in their acquiring high school graduation equivalency qualifications in order to broaden their chances at obtaining employment with better conditions. Financial assistance for tuition fees for study courses available.

Eligibility: a single parent who is a *Hamura* City Citizen, who is a Child Rearing Allowance (*Jidou Fuyou Teate*) recipient or having the similar financial level of recipients, who graduated middle school.

Amount of Assistance: 60% of costs up to ¥150,000 per household. You must consult with the City prior to applying for these courses. Inquiry: City Hall, *Kosodate Shien Ka, Shien Kakari* ☎Ext. 239

**< Long-Term Care Insurance Premiums deducted from your Public Pension >**

For those who have been paying Long-Term Care Insurance Premiums consecutively from 2014, that will see a change in the June and August Payments, a 2015 Notification of Amount of Special Collection (Premium) Letter has been sent to these applicable citizens.

If you have been issued a payment slip or have been paying through bank transfer, and your special collection will start from June 2015, you will receive "Commencement of Long Term Care Insurance Special Collection".  
City Hall, *Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari*, ☎Ext. 149

**< Tokyo Metropolitan Public Housing – Tomin Juutaku >**

*Tomin Juutaku* is managed by Tokyo Metropolitan Government and offered for rent to middle-income earners raising children in purpose of providing affordable housings for them with partially subsidized rent.

Applications for *Tomin Juutaku* housings are handled by *Toukyouto Juutaku Kyoukyuu Kousha* (JKK Tokyo). Please refer to the brochure for more details. 20 units are available for rent this time.

How to Apply: Application form must be mailed and received by JKK Tokyo Application Center by June 15<sup>th</sup>(Mon). The form is also available for download at JKK Tokyo Website (in Japanese).

\*The tenants will be selected by open drawing on July 9<sup>th</sup>(Thu) from 10AM in JKK Office

The brochures of the June application term will be available from June 1<sup>st</sup> (Mon) to 10<sup>th</sup>(Wed) at city hall and on JKK Tokyo Website for download.

Eligibility: Registered residents in Tokyo metropolitan area, with income level that meets the qualification.

→ [http://www.to-kousya.or.jp/to/bosyu/h27\\_6/index.html](http://www.to-kousya.or.jp/to/bosyu/h27_6/index.html)

Brochure Handout: at City Hall 2<sup>nd</sup> Floor *Kenchiku Ka* and the 1<sup>st</sup> Floor Reception from 8:30AM ~ 5PM and the branch outpost of the city hall 9AM ~ 1PM (available on Sat and Sun at 1<sup>st</sup> Floor Reception only)

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

**< Library : Temporary Closure for Collection Inspection >**

Main library, *Ozakudai* library, and other branch libraries will be closed during the collection inspection.

Closure Period: June 15<sup>th</sup>(Mon) ~ 25<sup>th</sup>(Thu)

\*During this period, please use Book Posts for returning books.

\*To return any Audio-Visual materials, please return them at counters after June 26<sup>th</sup>(Fri).

\*Due to this closure, the rent-out period will be temporarily changed.

\*Magazines scheduled to become available for rent during the closure period can be rented from June 13<sup>th</sup>.

### < Please be Prepared for the Floods >

At the City Waterworks Bureau, June is the Flood Preparedness Month since it is the rainy season. Protective measures are taken to be ready for flood disasters. Please clear the opening of water intake trench or manhole surface of any debris that may avoid water from entering. Tokyo Waterworks Bureau ☎527-4828

### < TV Hamura in June >

TV *Hamura's* 30-minute program is broadcasted daily on Tama Cable Network (digital channel 055).

New program is released on every Thursday. The daily program times are ①9AM~ ②5PM~ ③9PM~.

On Saturdays it is also broadcasted on digital ch.101 at ①1:30PM~ ②5PM~ ③9PM~.

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

This Month's Special Program: "**Agriculture Groups of Hamura**" and "**Rejuvenation for Mom and Dad**"

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

## EVENT INFORMATION for CHILDREN & PARENTS

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

### < Hand-made Toy Workshop ~ Let's Dye Cloth with Onion Skin Dye ~ >

Place: East Children Center Date & Time: June 7<sup>th</sup> (Sun), ①10AM~ 11:30AM (meet at 9:50AM)

Eligibility: Elementary Students living in *Hamura* City Capacity: First 20 Fee: ¥ 65 (materials cost)

Items to bring: Indoor shoes, apron, hand towel, head cloth, drink (tea) and fee

How to apply: June 1<sup>st</sup> (Mon) ~ 4<sup>th</sup> (Thu), 9AM~5PM, Call or visit the Center

### < Hand-made Toy Workshop ~ a Fluttering Yo-Yo ~ >

A cup with a string attached to the sides have a wing like part which looks like it is fluttering when it falls.

Place: West Children Center Date & Time: June 13<sup>th</sup> (Sat), ①10AM~ ②1PM~ Fee: Free

Eligibility: Preschool children (must be accompanied by an adult) ~ 6<sup>th</sup> graders \*No reservation required.

### < Coloring Contest for Elementary Students >

Color a provided illustration as you like and enter it for the contest! Place: East Children Center

Entry Period: June 3<sup>rd</sup> (Wed) ~ 14<sup>th</sup> (Sun) \*Enter on Wednesdays or weekends between this term.

Voting Period: June 17<sup>th</sup> (Wed) ~ 24<sup>th</sup> (Wed) Result Announcement: June 29<sup>th</sup>(Mon)

Eligibility: Elementary Students Come to the Child Center during entry period. \*No reservation required

### < Day-time Moon Observation >

Place: Central Children Center Date & Time: June 24<sup>th</sup>(Wed), 4PM ~ 4:30PM Eligibility: Elementary School Students ~ 18 years old Fee: Free \*No reservation required. Event will be cancelled if moon is not visible.

### < Astronomical Observation with Family >

Place: Central Children Center Date & Time: June 24<sup>th</sup> (Wed), 8PM ~ 9PM Fee: Free

Eligibility: Elementary School Students ~ 18 years old \*Junior High School students or younger children must be accompanied by an adult. Fee: Free \*No reservation required.

\* If weather is bad, whether or not event will take place will be determined after 3PM. Please confirm if event will be held as scheduled after this time.

### < Movie Screening for Children >

Place: *Yutorgi* Date & Time: June 7<sup>th</sup> (Sun) 10:30AM~11:30AM \*No reservation required.

Admission: Free Program: 3 titles scheduled Supported by: *Hamura Eiga* Club

### < Story Telling for Children >

Voiced reading of children's stories from picture books are enjoyed by children of any culture. Friends and family are welcome to join, as well as adults. Admission and reservation are not needed.

#### ▶ at the Main Library ☎554-2280

Story Telling for Preschoolers >> June 13<sup>th</sup>(Sat), 11AM~

Story Telling for Elementary School Students >> June 27<sup>th</sup>(Sat), 11AM~

#### ▶ at Fujimidaira Branch Library ☎ 555 - 5301

Story Telling for all children >> June 10<sup>th</sup>(Wed), 3PM~

### **Other Information for Children**

#### **KOGUMA HIROBA (CUB SPACE) at Children Centers**

Parents and small children can learn fun activities for exercise!. Join and have fun!

Eligibility: Parents and Children younger than 2 years old. Sessions are free.

Place & Date: East Children Center – June 2<sup>nd</sup> (Tue) Time: 11AM ~  
West Children Center – June 3<sup>rd</sup> (Wed) Admission: Free  
Central Children Center – June 4<sup>th</sup> (Thu) \*No reservation needed

#### **ASOBI POCKET at Children Centers**

Game creators/instructors will play with children with fun games using hands and bodies. Join and have fun!

Eligibility: Children from 2 years old to preschool age, and their parents.

Place & Date: West Children Center –June 10<sup>th</sup> (Wed) Time: 11AM ~  
Admission: free \*No reservation needed.

### < Chatting Place for Parents >

This month's topic is "Meals". Child Care Volunteers will attend your children during the event.

Feel free to join and share some thoughts and tips for child rearing. No reservation needed.

Place&Date: Central Children Center – Jun. 18<sup>th</sup>(Thu) Time: 10:30AM~11:30AM for all dates  
East Children Center – Jun. 23<sup>rd</sup> (Tue) Inquiries: Children and Family Support Center  
West Children Center – Jun. 26<sup>th</sup>(Fri) ☎578-2882

### **CHILD REARING CONSULTATION at CHILDREN CENTER**

Clinical Psychologists assigned from *Hamura* City Child And Family Support Center (*Kodomo Katei Shien* Center) will be available for consultation at West Children Center on June 12<sup>th</sup> (Fri), East Children Center on Jun. 16<sup>th</sup>(Tue), and Central Children Center on Jun. 30<sup>th</sup> (Tue), between 10AM~Noon on all dates.

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

Inquiries: *Kodomo Katei Shien* Center ☎578-2882 \*Fee/Reservation not required for consultation.

### < Saturday Chatting Place For Parents >

Let's play with your children using hands and bodies. You can gain tips on entertaining your child through play, with hand motion and fun activities. Father and mother, also grandmothers and grandfathers are welcome. You will also get to see the *Hamura* city mascot, *HAMURIN*!

Date & Time: June 20<sup>th</sup> (Sat) 10:30AM ~ NOON Place:East Children's Center *Hoiku-shitsu*

Fee: free Eligibility: Pre-school children and family (program designed for 1 year old ~ toddler years)

Details: playing with hand motion, song, picturebook, and child rearing tips \*No reservation required.

\*Parking is limited. Please come by walking or ride bicycle. Inquiry: *Kodomo Katei Shien* Center ☎578-2882

◆ LOCAL MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
June	9am~5pm		5pm~10pm		9am~5pm	
7 <sup>th</sup> (Sun)	<i>Matsubara Naika Iin</i>	☎554-2427	<i>Heijitsu Yakan Kyuukan Center</i>	☎555-9999	<i>Kaneko Dental Clinic</i>	☎554-1503
14 <sup>th</sup> (Sun)	<i>Sakae-chou Shinryoujo</i>	☎555-8233	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Kusaka Shika</i>	☎555-7793

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

**CONSULTATIONS**  
**Schedule of JUNE**

Category	Date	Time	Contact
Traffic Accident ㉠	June 4 <sup>th</sup> (Thu), July. 2 <sup>nd</sup> (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 ㉠	June 2 <sup>nd</sup> (Tue), July. 7 <sup>th</sup> (Tue)	1:30pm ~ 4:30pm	
Public Administration and Human Rights	18 <sup>th</sup> (Thu)		
General Consultation for Foreign Residents ㉠	12 <sup>th</sup> (Fri), 26 <sup>th</sup> (Fri)	1:30pm ~ 3:30pm	
Japanese Law ㉠	June 3 <sup>rd</sup> (Wed), 12 <sup>th</sup> (Fri), 27 <sup>th</sup> (Sat) July 1 <sup>st</sup> (Wed), 10 <sup>th</sup> (Fri), 25 <sup>th</sup> (Sat)	Wed & Fri 1:30 ~ 5pm Sat. 9:30am ~ 1pm	
Women's Affairs ㉠	at Hamura City Hall 3 <sup>rd</sup> (Wed), 17 <sup>th</sup> (Wed)	1:30pm ~ 4:30pm	<i>Shimin Soudan-shitsu</i> city hall ext.199
	at Fussa City Hall 10 <sup>th</sup> (Wed), 24 <sup>th</sup> (Wed)	9am ~ 1pm	<i>Kouhou Kouchou-kakari</i> 551-1529
Health Consultation	11 <sup>th</sup> (Thu), 25 <sup>th</sup> (Thu)	1:30pm ~ 3pm	<i>Hoken Center</i> 555-1111 Health Consultation ext. 627
Child Rearing Consultation	18 <sup>th</sup> (Thu)	10am ~ 11am	Child Rearing Consult. ext.626
Finance ㉠	9 <sup>th</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
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</i> <i>Chiiki Houkatsu 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>Shougasha Chiiki Katsudou</i> Support Center 555-1210 Toll Free Dial 0120-294-992 (for Mental Counseling)
	Physical Handicap 27 <sup>th</sup> (Sat)	1pm ~ 4pm	
	Mental Handicap 23 <sup>rd</sup> (Tue)		
Welfare Legal Consultation ㉠	24 <sup>th</sup> (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→ <a href="http://www.city.hamura.tokyo.jp/0000000466.html">http://www.city.hamura.tokyo.jp/0000000466.html</a>
Mon Wed Fri	9am ~ Noon	At	<i>Nishi Jidoukan</i> 554-7578
Tue Thu Sat		Children	<i>Chuuou Jidoukan</i> 554-4552
Tue Thu Sun		Centers	<i>Higashi Jidoukan</i> 570-7751

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