

HAMURA NEWS

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

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羽村市の水道水は地下水100%

THE TAP WATER IN HAMURA CITY IS 100% GROUNDWATER

Hamura City's tapwater is 100% sourced in groundwater, which is taken from the 3 wells located in the city. Membrane filtration plant filters the raw water before it is sent to the water treatment at which the water is cleansed by chlorine sterilization, and then supplied to everyone's households. The average daily usage amount is 330 liters per person. This is about one and a half bathtubs full (from the 2013 research). Waterworks facilities were opened for the public to visit during the term of June 1st ~ 7th by *Hamura City* in commemoration of the Waterworks Promotion Week.

The biggest feature of the water operations in *Hamura City* are the safe delicious water which takes its source from 100% groundwater. This system started in 1961, more than 50 years ago. The water of *Hamura City* is a part of the daily life for its citizens, and this service must be continued. The Waterworks Bureau will strengthen its operational foundations, and its facility's earthquake resistant piping structuring and refurbishing for its aging facility will be scheduled accordingly. We appreciate your cooperation.

Hamura City's water supply is potable water which is safe. The water quality is always monitored to sustain the good quality of the water supply. Water examination for 51 items which are required by the laws regarding water safety are tested in addition to test items for water purity control which consist of 26 items and 23 substances which are required for carrying out good water quality. It is ensured that water is supplied using all measures which are possible to enable water safety, including testing for radioactive substances which are made on a regular basis.

The 100% groundwater 500ml plastic bottle of 「水はむら」 (*Mizu Hamura*) is available in stores and vending machines city-wide for ¥100.

ウエルカムベビークーポン券を交付します

< The "Welcome Baby" Coupon will be Offered >

Households which are raising children will be given "Welcome Baby" Coupons from the City. This policy has been established in order to reduce the cost of living burden for child rearing households, and to revitalize the economy of *Hamura*. These coupons which will be given to applicable persons, of ¥20,000 value per household, can be used at city-wide membership stores as payment for goods.

Eligibility: Citizens who have been registered under the Pregnant Persons Registry during 2014, and are also presently registered as a *Hamura City* Resident. ※The Maternal and Child Health Book registration date is between April 1st, 2014 ~ March 31st, 2015. Dates for Application: July 1st (Wed) ~ November 30th (Mon) On weekdays excluding holidays from 9AM ~ Noon, 1PM ~ 5PM Method of Application: Please come to the reception with your Maternal and Child Health Book Where to Go: 2nd Floor of City Hall *Kosodate Shien Ka*, *Shien Kakari*.

Reception on Saturday and Sunday: July 4th, 5th, 11th, 12th from 9AM ~ 5PM (closed 11:45AM ~ 1PM)

Place: 1st Floor of City Hall *Tamokuteki Shitsu* Coupon Effective Period: July 1st (Wed) ~ December 31st (Thu)

Inquiries: City Hall, *Kosodate Shien Ka*, *Shien Kakari* ☎Ext. 235

図書館システムを一時停止します

< Temporary Closure of the Online Library Service >

The library website will be closed on July 6th (Mon) for maintenance. We apologize for the inconvenience.

6月1日改正道路交通法が一部施行されました

< Partial Revision Traffic Rules from June 1st>

It will be mandatory for bicyclists who repeatedly drive recklessly to attend the riders "safety lecture". If viewed as a violation of traffic rules, dangerous bicyclists who are given repeated official warning for 2 offenses within a 3 year period for endangering the safety must attend the riders "safety lecture". If you do not comply, you will be levied a fine of ¥50,000 or less. Some violations are described below.

1. Running a red light
2. Entering restricted zones / area
3. Failure to drive slow in pedestrian lane
4. Failure to acknowledge sections designated for specific vehicles
5. Hampering the pedestrian's way when on roadside
6. Entering tracks after train crossing signals
7. Crossing intersection in dangerous manner
8. Interference to vehicles who have the right of way in the intersection
9. Violating rules by unsafe running in traffic circle
10. Neglecting to stop at a stop sign
11. Failure to pass on pedestrian way as required
12. Riding with bicycle that is not equipped with brakes
13. Riding under the influence of alcohol
14. Failure to follow the rules regarding safety.

Inquiries: City Hall, *Bousai Anzen Ka Koutsuu Bouhan Kakari*, ☎Ext. 216

愛の献血にご協力を

< Blood Donation and Bone-marrow Donor Registration Needed! >

Date & Time: July 13th(Mon), 10AM~Noon, 1:15PM~4PM Place: In front of city hall main entrance

• **Blood Donation** (400ml or 200ml)

Eligibility: Those who are Age 16 ~ 69 years old (Age 65 or older without a blood donation record in past 5 years are not eligible)

Inquiry: *Hoken Center*, 555-1111 ☎Ext.623

人権・身の上相談を利用してください

< FREE PUBLIC COUNSELING for PUBLIC ADMINISTRATION & HUMAN RIGHTS >

Consultation is offered at city hall. Take this chance to consult a professional about your troubles/problems regarding harassment, bullying, damage to your reputation, discrimination, violation of human rights, and others. Consultation are: on the 3rd Thursday of each month. Confidentiality is kept, and it is free of charge

Date & Time: June 18th (Thu) 1:30PM~4:30PM Place: City Hall, 1st floor *Shimin Soudan Shitsu*

Reservation and Inquiry: City Hall, *Kouhou Kouchou-ka Shimin Soudan-kakari*, ☎Ext. 199

東京都ひきこもりサポートネット訪問相談

< Tokyo Hikikomori Support Net >

Tokyo *Hikikomori* Support Net is one of the places you can turn to for help if you are having concerns on your child who is in "Hikikomori" state, withdrawal mental state. Their consultants will support you through phone or email-based consultations, or by home-visits if necessary.

Handled Cases: ①regarding a person living in Tokyo ②at age from 15 up to around 34 years and
③has been in *Hikikomori* state for more than 6 months.

*Please make an appointment through *Hamura City Jidou Seishounen Ka* at City Hall. *Consultations are free of charge. (up to 5 sessions) *For details, please search "Tokyo Hikikomori Support Net" online.

Inquiry: City Hall, *Jidou Seishounen Ka, Jidou Seishounen Kakari*, ☎Ext. 262 or Tokyo Metropolitan Office for Youth Affairs and Public Safety ☎03-5388-2257

< **Public Explanatory Meeting for Installation of School Zone Security Camera** >

The effort to send kids safely to and from school on the part of the School Guard Leaders local citizens are very effective in helping with *Hamura* city's efforts in building anti-crime environment, which include the street security camera installation project. Plans to newly install cameras are underway, and if installed will make vision blocked locations watchable. Cameras will be installed in the area leading to municipal elementary schools. An explanatory meeting of the installation plan will be held for residents. *No reservation needed

Date & Time: ① June 19th(Fri) 7PM~ *Hamura Dai 1 Junior Highschool* 2F Lecture Room
② June 23rd (Tue) 7PM~ *Hamura Dai 2 Junior Highschool* Gymnasium Basement Hall
③ June 30th (Tue) 7PM~ *Hamura Dai 3 Junior Highschool* 3F Hall *Tamokuteki Hall*

Inquiry: City Hall, *Gakkou Kyouiku Ka, Gakumu Kakari* ☎Ext.372

< **Enjoy Herbs in the Library Roof Garden!** >

Now is the season for Lavender. There is also a wide variety of herbs in our roof garden. Let's enjoy together some fresh herb tea and hand-making lavender sticks!

Date & Time: July 4th(Sat), 10AM ~ 2PM (Light rain or shine) Place: Roof of the Main Library

Fee: Free Hosted by: Herb *Hamura* *No reservation required. Inquiry: Main Library ☎554-2280

< **The Kyoudo Hakubutsukan (Folk Museum) Seasonal Exhibition ~ Tanabata Decoration ~** >

There will be bamboo trees decorated at the Folk Museum and the Old *Shimoda* Residence (July 7th is "Tanabata". According to a Japanese folklore, it is the day the lovers, *Orihime* (Vega) and *Hikoboshi* (Altair), separated by the Milky Way can meet once a year in the starry night sky.) In the tradition of *Tanabata*, you can hang your wishes on *Tanzaku* paper and hang it on bamboo tree and decorate *Tanabata* Bamboo Trees with ornaments and our wishes! Please enjoy the crafting space in the museum.

Date & Time: June 27th(Sat) ~ July 12th(Sun), 9AM~5PM (At the Old *Shimoda* Residence, *Tanzaku* crafting until 3:45PM, and visiting time until 4PM) The Folk Museum is closed on Monday. Admission: Free

Place: Folk Museum Orientation Hall and the Old *Shimoda* Residence Inquiry: Folk Museum ☎558-2561

< **Publication of the "Journal of Hamura-shi Kyoudo Hakubutsukan" #29 Edition** >

The *Kyodo Hakubutsukan* (Folk Museum) has published its journal which includes an analytic literary composition regarding the history of *Hamura* City hometown. Price for one: ¥400 Format: A5 size 92 page
Sold at: *Kyoudo Hakubutsukan*, City Hall 1st Floor *Shisei Jyuhou* Corner

Contents: *Literary work of *Kaizan Nakazato* (2)

*To become a museum which citizens can relate to, in the context of the 120 years of Ome Train Line
Editorial:**Nishitama Village* (now *Hamura*-city) and *Hamura* Water Intake Sluice (*Hamura-seki*)
Maimaizu Water Well and *Gonokami* Village

Please call to have a publication mailed to you from the *Kyoudo Hakubutsukan*. ☎558-2561

< **Plastic Water Bottle Decoration Crafting Class** >

Date: July 14th (Tue) 10AM ~ 3PM Place: *Silver Jinzai* Center Capacity: first 20 people

Things to Bring: Sewing Kit (if you own one), Lunch Fee: ¥500 Reserve: by July 7th (Tue)

Please call or visit (excluding Saturdays and Sundays) the *Silver Jinzai* Center. ☎554-5131

第34回羽村市高齢者レクリエーションのつどい

< The 34th Recreation Gathering For Elderly Residents >

Hamura City and the Elderly Citizen's Club will hold a senior citizen event. Join even if you are not a member. Nursery school students' 5 year old classes from child care facilities, *Fujimi Dai Ni Hoikuen and Matsubokkuri Hoikuen*, in the city will also be present. They will play with the senior citizens during the event.

Date & Time: June 26th(Fri), 1:30PM ~ 4:30PM Place: Sports Center Hall 1 Eligibility: Hamura residents at age 60 or older Please inquire for details

*Bring indoor shoes. Inquiry: City Hall, *Kourei Fukushi-Kaigo-Ka, Kourei-Fukushi-kakari* ☎Ext.177

第35回障害者スポーツ・レクリエーションのつどい

< The 35th Sports Recreation Event for Physically-Challenged People >

The event program holds a variety of activities to be enjoyed together by all participants with or without handicap. Everyone is welcome. Let's share a great time! This year's event program includes a demonstration of Blind Soccer to promote sport activities for physically challenged persons.

Date & Time: June 28th (Sun), 10AM~0:30PM Place: Sports Center Hall 1 *No reservation required.

*Please wear comfortable cloth and bring indoor shoes. 8 games are scheduled. Please inquire for details.

Inquiry: City Hall, *Shougai Fukushi-ka, Shougai Fukushi-kakari* ☎Ext.173

中学校交通安全教室

< Traffic Safety Class at Junior Highschool >

In addition to the traffic lecture, demonstrations of common traffic accidents will be performed by stunt men. Any Hamura residents can participate in this school event. Feel free to join!

Date & Time: June 23rd (Tue), 1:35PM~(about 1 hour 50 min.) Place: Hamura Dai 2 Junior High School

Stuntman Demonstration: ■crash at 40 k per hour ■bicyclist violating traffic laws■bicycle hits pedestrian ■accident due to bad visibility at intersection ■accident between bicycle and pedestrian on the crosswalk will be followed by a traffic lecture from police staff at the *Fussa* Police Station.

*If the field is not suitable for use, the event will be held indoors.

*Children who have not reached Elementary School cannot attend, due to the stuntman demonstration being very realistic. This is in order to avoid any possible injury. *No parking is available

Inquiry: City Hall, *Bousai Anzen Ka, Koutsuu Bouhan-kakari* ☎Ext.216

羽村市学校保健会 講演会 強い体にやさしい心 ~ 運動遊びからの学び ~

< Hamura-shi Gakkou Hoken Kai Lecture Event ~ Having Physical Strength and Kindness ~ >

Can you squat down in sitting position leaving your feet grounded or bend your wrist backward? Muscular strength has reduced due to the spread of activities which do not require any movement. The physical ability of children is deprived by these circumstances. This lecture will provide tips for healthy daily exercise.

Date & Time: July 4th(Sat), 2:40PM ~ Place: Community Center Hall on 3rd Floor *No Reservation Needed

Capacity: First 200 people Admission: Free Lecturer: Ms. *Ritsuko Yamazaki* (Director of *Yoka Mondai* (extracurricular activities) Research Center) Sponsor: Hamura-shi Gakkou Hoken Kai

Application & Inquiry: City Hall, *Gakkou Kyouiku Ka, Gakumu Kakari*, ☎Ext. 358

< Four Serval Babies Born at Hamura Zoo >

On April 3rd, four Serval Babies were born at the Hamura Zoo. There are only two to three kittens normally, however this time four kittens were born. It is very rare for a serval to have quadruplets.

They've grown strong enough to be displayed. We hope you can come to see them. Hamura Zoo ☎579-4041

始まっています 市史編さんのための調査

< Research Efforts for Historical Articles by the Hamura City >

In Hamura City Hall, there is an editing room for preserving valuable articles from its ancient collection. These articles depict the forming of cultural assets and scenery of the nature, and the transition of the lifestyle of the citizen seen in Hamura City over the decades. Workers of the City Hall will research the relative information resources available from local chapters of neighborhood societies in order to gain a better picture of the history which occurred.

Some research may be conducted on weekends and at nighttime, or on holidays. We would like to gain your support and appreciate your understanding regarding this matter. *Research is made after authorization given by owner of rights to the material. *The researchers wear appropriate identification at all times. *Please see the Editing Room Press Bulletin available called "Hamura Shi Shi Hensan Dayori ~ Nobiyuku Hamura" or the Hamura City website for details. Inquiries: City Hall, Shi Shi Hensan Shitsu, Shi Shi Hensan Tantou, ☎ Ext. 365

「認知症予防ファンリテーター」育成研修参加者募集

< Dementia Preventing Facilitator Skills Workshop >

Hamura City is holding a workshop for citizens who are interested in offering help with the Dementia Prevention Project. You can contribute by offering assistance with the scheduled lectures, or help with the "Nou no Wakagaeri Kouza" (Rejuvenation of the Brain) Workshop in which you will guide the participants through the course which will commence in September. *There will be a 3 day readiness session.

Dates of Readiness Session: July 8th (Wed), 9th (Thu), and 13th (Mon) Location is yet to be decided on.

Number to be Accepted: about 3 people (If capacity is exceeded, there will be a lottery.)

Inquiry and Application: Call or come between June 16th (Tue) and 29th (Mon) on weekdays from 8:30AM ~ 5PM to the City Hall, Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari, ☎Ext. 176

日本赤十字社ネパール地震の救援金 < Red Cross Monetary Aid to Nepal's Earthquake Stricken Areas >

Japan Red Cross is accepting monetary aid to send to victims of the Nepal Earthquake.

[2 0 1 5 Nepal Earthquake Relief Fund]

Name of Fund: [2 0 1 5 年ネパール地震救援金] (Nisen Jyuugonen Nepal Jishin Kyuuen Kin)

Deadline: July 31st (Friday)

<u>Bank Account Name</u> :	Nihon SekijyuujiSha 日本赤十字社 (must be in Japanese) all 3 below SuzuranShiten Futsuu
Mitsui Sumitomo Bank	すずらん支店 (普) account number: 2 7 8 7 7 4 5 Yamabiko Shiten Futsuu
Mitsubishi Tokyo UFJ Bank	やまびこ支店 (普) account number: 2 1 0 5 7 5 0 Kunugi Shiten Futsuu
Mizuho Bank	クヌギ支店 (普) account number: 0 6 2 3 3 3 1

Please be prepared to pay for bank transfer service charge.

Yuucho Bank Post Office account number: 0 0 1 1 0 - 2 - 5 6 0 6

Nihon SekijyuujiSha

Bank Account Name: 日本赤十字社 (must be in Japanese) Counter service charge free for postal bank.

Indicate on notations column on edge of slip "2015年ネパール地震" to clarify purpose of donation.

Inquiries: 日本赤十字社組織推進部海外救援金担当 Nihon Sekijyuuji Sha

Overseas Disaster Relief ☎03-3437-7081

光化学スモッグの発生に注意してください

< Be Aware of "Photochemical Smog Warning" >

Photochemical Smog is an air pollution derived from sunlight-induced chemical reaction of elements contained in vehicular emission and industrial fumes output into the atmosphere, It occurs during a hot season, on a day of sunny or hazy weather combined with minimum air current.

Hamura City issues Photochemical Smog Warning as needed. When the warning is released, a signboard "光化学スモッグ注意報発令中" will be posted at some of the city public facilities, and schools and children's facilities will be alerted.

▶ **Tokyo Bureau of Environment** provides Photochemical Smog Warning Online Information Center.

You can see the warning status and subscribe to the Photochemical Smog Warning Email Alert at this site.

→ <http://www.ox.kankyo.metro.tokyo.jp/> (in Japanese)

The Hamura City's e-mail service will also provide this information to registrants' cellular phones.

Inquiries: City Hall, *Kankyou Hozen Ka*, *Kankyou Hozen kakari*, ☎Ext.226

雨水浸透施設設置費を助成しています

< Partial Grant for Purchase of Rainwater Ground Infiltration System >

A partial grant for fees for rainwater ground-infiltration system installed in your premises are being offered. Installing this system allows the rainwater to flow into the ground. The results are well-received by users who installed this system. It is the responsibility of the owner to remove leaves and objects from the water intake opening. For more about the system, please contact City Hall, *Gesuidou-ka Koumu Kanri-kakari* ☎Ext.244

漏水修理・増改築の際には

< If you have a Plumbing Problem >

When you need a professional for plumbing repairs or renovation of water-related areas of your home, please contact one of the city-certified water works contractors (羽村市指定給水装置工事事業者).

List of them (in Japanese) is available in *Hamura City Official Website*.

→ <http://www.city.hamura.tokyo.jp/0000001169.html> (click on 事業者一覧1~4. listed in order of registration)

Inquiries: Waterworks Department ☎554-2269

軽自動車税の税率改正

< Revision of Light Vehicle Tax >

The Light Vehicle Tax was schedule to change in April 2015, however it has been decided on that the revision will not take place as previously posted. Revision will take place one year later than when originally scheduled, than as announced in January and will remain unchanged until 2016.

VARIOUS MOTORBIKES AND LIGHT VEHICLE TAX AMOUNTS (ANNUAL) Chart 1

Classification of Tax Type		Tax Presently In Effect	Tax to be Effective
		Up Till Mar. 2016	From April 2016
Low Powered Bicycles (Bicycles with Engine)	Less than or equal to 50cc	¥1,000	¥2,000
	More than 50cc less than 90cc	¥1,200	¥2,000
	More than 90 cc less than 125cc	¥1,600	¥2,400
	Mini Cars	¥2,500	¥3,700
Light Two Wheel (125 cc ~ Less than 250 cc)		¥2,400	¥3,600
Vehicles Designed to Tread on Snow		¥2,400	¥3,600
Small Two Wheel Vehicles (over 250 cc)		¥4,000	¥6,000
Small Sized Special Motor Vehicles	Agricultural Work Vehicles	¥1,600	¥2,400
	Others (such as forklifts)	¥4,700	¥5,900

LIGHT MOTOR VEHICLE TAX AMOUNT Such as 3 or 4 wheeled light vehicles (ANNUAL) Chart 2

Classification of Tax Type		Tax Rate (Yearly)		
		① Tax Presently In Effect Initial Vehicles Registered by March 31 st , 2015	② Tax to be Effective Initial Vehicle Registration after April 1 st , 2015	③ Rate of Weight Tax (levied from 2016) Vehicles with 13 Year History of Registry (Used Vehicles Also)
3 Wheel Light Vehicle		¥3,100	¥3,900	¥4,600
4 Wheel Passenger	Business	¥5,500	¥6,900	¥8,200
	Private	¥7,200	¥10,800	¥12,900
4 Wheel Cargo	Business	¥3,000	¥3,800	¥4,500
	Private	¥4,000	¥5,000	¥6,000

※1- First time for license plate to be issued is considered to be the year and month for initial vehicle inspection indicated on Vehicle Registration Document.

※2 - The moderately high Weight Tax which is 20 % more than amount of new tax, is levied on vehicle owners whose vehicles has a history of 13 years or more. The tax is adopted for environmental protection and will be applied from the 14th year of registration.

If your Light Motor Vehicle is registered by March 31st, 2015, the present tax rate (Chart 2①) will be applied until the period of 13 years after initial registration The new tax rate will be applied for a Light Motor Vehicle 's initial registration procedures after April 1st, 2015 (※1) .. If your vehicle has had a history of registration for 13 years at FY2016, the Weight Tax (excluding Electric Vehicles, Natural Gas Vehicles, Methanol Vehicles, Blended Methanol Fuel/ Electrical Hybrid Vehicles, and Trailers) (*2)(Chart 2③) will be applied

REDUCED TAX BURDEN FOR "GREEN" QUALIFIED LOW EMISSION LIGHT VEHICLE OWNERS

If your 3 or 4 wheeled light motor vehicle discharges low amounts of emission gasses meeting the emission standards for reducing pollutants which are harmful to the environment, it can be registered as a low emission vehicle under the "Green Qualified Vehicle Tax Alleviation Measure". The tax rate will be lowered for these vehicle owners.

This tax will be applied for Initial First Time license plate issuance for the 3 or 4 wheeled vehicle between April 1st, 2015 ~ March 31st,

2016 (The vehicle must not be a vehicle that has already been registered before). Criteria must be fulfilled to receive the alleviation for tax, and it will **only** be applied for 2016.

■ELECTRIC LIGHT MOTOR VEHICLES, NATURAL GAS LIGHT MOTOR VEHICLES

(Vehicles which meet the standards for 2009 gas emission by 10%) shown at below chart ④

■GASOLINE / HYBRID VEHICLES as shown on below chart ⑤

"GREEN" QUALIFIED LOW EMISSION LIGHT VEHICLES TAX AMOUNT

TYPE OF VEHICLE	REDUCED TAX BURDEN (ONLY FOR 2016)				
		ELECTRIC LIGHT MOTOR VEHICLES, NATURAL GAS LIGHT MOTOR VEHICLES		GASOLINE / HYBRID VEHICLES	
		④	⑤	⑥	
Three Wheeled Vehicle		¥1,000	¥2,000	¥3,000	
Four Wheeled Passenger	Business	¥1,800	¥3,500	¥5,200	
	Private	¥2,700	¥5,400	¥8,100	
Four Wheeled Cargo	Business	¥1,000	¥1,900	¥2,900	
	Private	¥1,300	¥2,500	¥3,800	

Vehicles must qualify for the levels of ♣emission gas and ∞standard for fuel efficiency shown below

Emission Standard for "Green" Qualified Low Emission levied as shown at Chart No. ⑤

Passenger

- ♣75% under 2005 Emission Standard
- ∞ 2020 Fuel Efficiency Standard+20%

Cargo

- ♣75% under 2005 Emission Standard
- ∞ 2015 Fuel Efficiency Standard+35%

Emission Standard for "Green" Qualified Low Emission levied as shown at Chart No. ⑥

Passenger

- ♣75% under 2005 Emission Standard
- ∞ 2020 Fuel Efficiency Standard

Cargo

- ♣75% under 2005 Emission Standard
- ∞ 2015 Fuel Efficiency Standard+15%

※These figures are indicated on the vehicle inspection registration certificate.

集団乳がん検診を行います

GROUP BREAST CANCER SCREENING (*Shudan Nyuugan Kenshin*)

If you have reached 40 years of age at date of checkup, the free breast cancer screening voucher has been sent to you, you are eligible to apply for group health check-up.

Date: August 2nd (Sun) 8AM ~ 4PM Place: *Hoken Center* Eligibility: applicable to 1 or 2 of the following:

1. (Paying Patient) If you are 40 years of age or older, If you have not yet had the screening for FY2014
2. You received the free breast cancer screening voucher from *Hamura City* in FY2015, and you have not received screening yet (applicable to ① and ② for the FY2015 Free Breast Cancer Screening Eligibility)

Eligibility for 2015 Free Breast Cancer Screening Voucher:

① Birthdate is April 2nd, 1974 ~ April 1st, 1975

② Born on April 2nd, 1972 ~ April 1st, 1973 / April 2nd, 1967 ~ April 1st, 1968 / April 2nd, 1962 ~ April 1st, 1963 / April 2nd, 1957 ~ April 1st, 1958 and have not received breast cancer screening in the past

※ Eligibility will not be offered to persons who have had breast augmentation or have pacemakers implanted.

Capacity: First 95 Fee: ¥1,600 for the paying patient, and free for coupon recipients

Examination Detail: Health interview, clinical breast examination, and mammography screening (X-ray)

Term for Application: June 16th (Tue) ~ July 7th (Tue) (post mark due within dates)

How to Apply: ① Come directly to *Hoken Center* (8:30AM ~ 5PM, closed on weekends)

② Send postcard with necessary information as shown below:

Front	Back
〒205-0003 "Nyuugan Kenshin Tantou" Breast Cancer Screening Hamura Hoken Center 5-5-2 Midorigaoka, Hamura City	Your Address Name in Full with pronunciation Date of Birth Telephone Number

Inquiry: *Hoken Center* 555-1111, ☎Ext. 625

30 & 35歳健康診査の受診を

< Health Checkup for 30 & 35 Year Old Residents >

Hamura City offers a health check program in which several health examinations are provided free of charge to *Hamura* residents who turn 30 or 35 years old in FY2015. It aims to help prevent the Life-style Disease.

Program Period: June 1st (Mon) ~ October 31st (Sat) 2015

Eligibility: persons who meet all of the following conditions;

- Registered *Hamura* residents
 - born between April 2nd 1985 ~ April 1st 1986, or between April 2nd 1980 ~ April 1st 1981.
 - having no other opportunity for a similar health checkups
 - not being pregnant or not recovering from giving birth
- Fee: Free

Examination Items: Measurements of height, weight, waist girth, blood pressure, blood lipid, blood sugar, checking liver function, anemia, taking urinalysis, anemia test, electrocardiogram, etc.

How & Where: The *Hoken Center* will issue a free checkup ticket, for which you must apply for on the application form first. Once you are issued the free checkup ticket, you can receive the checkup at a participating medical facility in *Hamura City* (list provided with ticket).

Apply to the *Hoken Center* 555-1111, ☎Ext.627 / via postal mail. 〒205-0003, 5-5-2 *Midorigaoka*, *Hamura City*. Application form is available at the *Hoken Center* or can be downloaded (in Japanese Only).

ご存じですか？自立支援医療(精神通院医療)

< Medical Costs for Psychiatric Treatment >

Subsidization for 10% of psychiatric treatment costs is available for patients who regularly visit a psychiatric physician for treatment of mental disturbance or other symptoms. (In some cases the whole of costs) If you have an income above the level for which subsidy is offered, you will not be eligible. Please inquire.

Inquiries: City Hall, *Shougai Fukushima Ka, Shougai Fukushima Kakari*, ☎Ext. 173

基本チェックリストへの回答をお願いします

< Have you Already Evaluated your Physical Ability on the Basic Checklist? >

Citizens who are 65 years or older will be asked to complete a questionnaire. It will be sent to them in late June. This questionnaire includes a checklist by which you can determine your possibility of needing nursing care, and if your questionnaire is returned, we will provide you with useful information based on the results. Advise on health and class offerings for exercise and diet, oral care will be enclosed. Deadline is July 5th (Sun). Inquiries: City Hall, *Kourei Fukushima Kaigo Ka, Chiiki Houkatsu Center*, ☎Ext. 197

「食品衛生実務講習会A」を行います

< Food Hygiene Seminar A >

Date and Place: June 30th (Tue) at Tokyo Summerland July 2nd (Thu) at *Ome Civic Hall (Shimin Kaikan)*
July 7th (Tue) at *Yutorogi Center* Time for all places: 2PM ~ 4PM Eligibility: Owners and workers of eatery or food manufacturing business Details: about food poisoning, nutrition information, etc.

Lecture by: Public Health Center Personnel *You can attend any class. *No reservation needed

* Public transportation is recommended. Inquiry: *Nishitama Hokenjyo Seikatsu Kankyou Anzen Ka, Shokuhin Eisei kakari* ☎ 0428-22-6141

ハロー赤ちゃんクラス(両親学級)

< Childbirth Preparation Class for Parents >

Date & Time: July 26th(Sun), ①10AM ~ Noon, ②2PM ~ 4PM please choose Place: *Hoken Center*

Eligibility: Expectant mothers residing in *Hamura City* (family member can also participate)

Capacity: First 15 pairs Class Detail: How to bathe a baby, change diapers, make formula and etc.

Things to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook), Father's Handbook, & writing utensils Hours of Operation: Weekdays, and not on holidays from 8:30AM ~ 5PM

Call or visit *Hoken Center* in advance and choose the time ① or ②. *Hoken Center* 555-1111 ☎Ext.626

プレママサロン

< Childbirth Preparation Class for Mothers >

This is a class about pregnancy, giving birth, and after childbirth.

Date & Program: Day1... July 2nd (Thu) - Lecture by a midwife,

Day2... July 9th(Thu) - Lecture by OB/GYN doctor and Dietician

Day3... July 23rd (Thu) - Lecture by a dentist and talking with experienced moms

Place: *Hoken Center* Class Time: Day 1 & 3 - 1:15PM~3:45PM, Day 2 - 2PM~4PM

Eligibility: Expectant mothers residing in *Hamura City* *No appointment required.

Things to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook) , & writing utensils

*You are not required to participate all 3 days. Please pick your desired classes.

*If bringing your child(ren), please contact *Hoken Center* 555-1111 ☎Ext.627

私立幼稚園等園児の保護者へ補助金を交付しています

< Subsidy for Parents of Kindergarten Children >

Hamura City provides child care subsidy to parents whose children are going to kindergarten or the like to support them with part of the kindergarten expenses.

Eligibility: Hamura residents whose child is enrolled in a private kindergarten or the like facility.

①Subsidy Encouraging Kindergarten Attendance

→ funding provided by Federal Government and Hamura City.

②Subsidy offered for Supporting the Household with Kindergarten or the Like Tuition

→ funding provided by Tokyo Metropolitan Government and Hamura City.

*It is determined according to the household income level. *The ② Subsidy will include household with child attending *nintei kodomo en* of short term registration.*If granted eligibility, the benefit covers the whole or part of the combined amount which does not exceed total nursery fee.

How to Apply: Application form is distributed and handled at the kindergarten offices. For more details, please call City Hall, Kosodate Shien Ka, Hoiku Youchien kakari ☎Ext.233.

私立しらうめ保育園の民営化を進めます

< Privatization of Shiraume Nursery School >

Based on provision of 2010 privatization of municipal nursery school guideline issued by Hamura City, so far 3 nursery schools have been privatized (*Higashi Hoikuen, Nishi Hoikuen, and Sakura Hoikuen*). One of the remaining Hamura City, Shiraume Municipal Nursery school will be handed over to private management in the near future in accordance with the project completion time of JR Hamura Station West Area. Preparations are now being made, and following guidelines, the nursery is scheduled to complete its transition in April 2017, providing sufficient time for appropriate measures.

Inquiries: City Hall Kosodate Shien Ka, Hoiku Youchien kakari ☎Ext.232

雨の日の資源 A(紙類・布類)の出し方

< Paper Trash & Cloth Waste Collection on Rainy Day >

June is rainy season in Japan. Please follow the rules for recyclable trash A.

◆ **Paper Trash** (newspaper, commercial bill, magazine, cardboard, book, miscellaneous paper, etc.)

Wet paper trash can be recycled. It is best to use a pulp twine for bundling the papers in consideration for the recycle process efficiency. Please put it out for collection at the usual spot even on a rainy day, so the collection workers can easily find it. No need for placing it under the eaves.

◆ **Cloth Waste which become Uncollectable if Wet** (used clothing, old linen, etc.)

Wet cloth kind materials can not be recycled. Even if bagged, the clothes might get wet during the collection work. If it rains on the designated collection day for cloth kind waste, do not try to dispose of it, just put it out on the next designated collection day.

① Recyclable string should be used for recyclable A trash at collection.

② Used underwears, socks and heavily soiled cloth can not be recycled → Burnable Trash.

Inquiries: Seikatsu Kankyou Ka, Seikatsu Kankyou-kakari – City Hall ☎Ext.204

羽村フィルハーモニー管弦楽団 第24回定期演奏会

< Hamura Philharmonic Orchestra ~ The 24th Concert ~ >

Date & Time: July 28th(Sun) 2PM~ (doors open at 1:30PM) Place: Yutorogi Main Hall

Capacity: First 800 people Admission: Free Reservation: Not required

Conductor: Mr. Toshihiro Yonezu Program: Tchaikovsky – Violin Concerto, Beethoven - Symphony No.3

Violin: Mr. Tatsunori Watanabe Hosted By: The Hamura City Board of Education, etc. No reservation needed.

Inquiry: Hamura Philharmonic Orchestra: Email to the organization's office → hpo@live.jp

横田飛行場へのCV-22オスプレイの配備について要請しました

< The City has sent Request for Information Disclosure and Addressed Concerns Regarding The Deployment of CV-22 Osprey at Yokota Air Base >

Five cities neighboring the premises of Yokota Air Base create the *Yokota Kichi Shuuhen Shichouson Kichi Taisaku Renrakukai* comprised of membership from *Tachikawa City, Akishima City, Musashi-Murayama City, Fussa City, Hamura City, and Mizuho-Town*. There has been a letter of demand sent to the central authorities regarding information disclosure and demanding the absolute safety determined before allowing the CV-22 Osprey to be deployed at Yokota Air Base, dated May 28th, 2015. They have requested that the livelihood and safety of citizens must have priority, and that the US Military take measures to reduce the anxieties of its neighboring cities' citizens. The *Renrakukai* will continue to monitor this situation.

Inquiries: City Hall, *Kikaku Seisaku Ka, Kikaku Seisaku Tantai*, ☎Ext. 314

SWIMMING CENTER ☎579-3210

美ユーターBody ウェーブ

< Beauty Body Wave >

This is an exercise style using stretch band that applies adequate stress to muscles of the spinal, shoulder girdle, and pelvic girdle muscles. This strengthens these areas to make them become flexible which leads to better posture and to create an ideal figure through strengthening the inner muscles of the body's mount by which balance is maintained.

Date: Every Sunday between 9:30AM ~ 10:30AM

ベリーシェイプダンス

< 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

For Beauty Body Wave and Belly Shape Dance Classes: (共通)

Place: 2F Conference Room Capacity: first 20 applicants Fee: ¥800 per lesson Things to Bring: comfortable gym clothes, drink, towel How to Apply: Please come directly to the reception on the 2nd floor.

マーシャルアーツ

< Martial Arts > a combination of karate and kick boxing

Date & Time: Every Saturday 9:30AM~10:30AM Place: Training Room Capacity: first 20 people

Lesson Fee: ¥500 per lesson Things to bring: comfortable gym clothes, indoor shoes, drink and towel

※ For participation, please come to the Sauna front counter on the day of each class.

いきいき健康サークル

< Healthy Exercise >

Easy muscle training. Let's get rid of your lack of fitness and prevent from falling. Beginners are also welcome

Date & Time: Every Thursday 2PM ~ 3PM (closed on holidays) Place: Dai 2 Conference Room of 2nd Floor

Capacity: first 20 people Fee: ¥500 per lesson Items to bring: comfortable gym clothes, drinks, and towel

※ For participation, please come to the Sauna front counter on the day of each class.

金婚式を迎えるご夫婦へ

< **50th Wedding Anniversary Gift from Hamura City** >

On an occasion of Respect-for-Senior-Citizen Day 2015, *Hamura City* will give a 50th Wedding Anniversary (*Kinkon-shiki*) Gift to the local resident married couples. To be eligible, the certificate of marriage must be dated January 1st ~ December 31st of 1965.

To receive this gift (congratulatory letter and a gold sake cup), please apply before July 9th(Thu) by (hours of operation are from 8:30AM ~5PM on weekdays.) phone or visit the office of *Shakai Fukushi Kyougikai*. ☎554-0304 *Anniversary photo service is also available upon request. Fee will be required.

特殊詐欺などの被害を未然に防ごう！ ~自動通話録音機を無料で貸し出します~

AVOID FRAUD ~ Automatic Recording Devices will be Leased by the City ~

The number of incidents in which people become victims of scams are one the rise.

Elderly citizens can borrow recording devices on lease from *Hamura City*, which will enable the elderly to be prepared when a telephone call comes to their home from a culprit intending to do a specific crime. The pre-recorded message and recording function on the device will discourage the caller to proceed any further. If you live with a family member 65 or older, you are eligible to borrow 1 device from June 29th (Mon).

For details, please call City Hall, *Bousai Anzen Ka, Koutsuu / Bouhan Kakari*, ☎Ext. 215

全国大会などに出場した青少年を対象に補助金を交付します

< **Partial Financial Assistance for Travel Expenses for your Child's National Contest** >

If you are a *Hamura City* Resident, and your child has excelled in sport activities, eligible for competition in a well recognised contest, *Hamura City* will provide partial financial assistance for the travel costs which are incurred.* A "child" refers to the term until March 31st after their 18th birthday.

Eligibility: National, State, sponsored event which is coordinated by public organization or service group, or an international contest held after April 1st, 2015. Costs for Reimbursement: Travel and Lodging (with limits)

Inquiry: City Hall, *Shougai Gakushuu Soumu Ka, Shougai Gakushuu Suishin Kakari*, ☎Ext. 362

奥多摩町60キロウォーク

< **OKUTAMA 60 Kilometer Walking Event** > There will be a walking event in *Okutama*, which is located to the west of *Hamura City*. The autumn air is perfect for exercise, and will motivate you to challenge yourself to walk this long distance. Date: [The 60 K Course] You must be at least Junior High School October 10th (Sat) 10AM ~ ¥5000 [The 15 K Course] October 11th (Sun) 9:30AM ~ ¥1000 Please reserve in advance. (free for elementary children) If you are younger than 18, you must have consent form, and you must be accompanied by adult and have consent form if you are younger than junior high.

Detailed Route for 60K Course: 氷川小学校 *Hikawa Elementary School* → 大丹波国際虹ます釣り場 *Ohtaba Kokusai Fishing Spot* → 水と緑のふれあい館 *Water and Green Museum* → 山のふるさと村 *Mountain Top Recreation Area* → いこいの路 *Iko no Michi* → むかし道 *Mukashi Michi* → 登計トレイル *Toke Trail* → 奥氷川神社 *Oku Hikawa Jinja* → 氷川小学校 *Hikawa Elementary School*

Detailed Route for 15K Course: 氷川小学校 *Hikawa Elementary School* → もえぎ橋 *Moegi Bridge* → 鋸山林道 *Nokogiriyama Path* → 井戸入線林道 *Idonyusen Path* → むかし道 *Mukashi Michi* → 登計トレイル *Toke Trail* → 奥氷川神社 *Oku Hikawa Jinja* → 氷川小学校 *Hikawa Elementary School*

Please call the *Okutama Machi Kyouiku Ka, Shakai Kyouiku Kakari* ☎0428-85-1618.

◆ **LOCAL MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS** ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
21 st (Sun)	<i>Yamakawa Iin</i>	☎554-3111	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Takada Shika Iin</i>	☎555-5903
28 th (Sun)	<i>Hamura Sougo Shinryoujyo</i>	☎554-5420	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Tsushima Shika Iin</i>	☎579-1800

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