



HAMURA NEWS

HAMURIN Hamura City Mascot

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

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Hamura City Official Website = <http://www.city.hamura.tokyo.jp> E-mail:s102000@city.hamura.tokyo.jp

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

THE 46th HAMURA CULTURE FAIR

~ Everyone Come Learn about the Local Culture of Hamura! ~

Place: *Yutorogi* Admission: Free *No reservation required Inquiries: *Yutorogi* ☎570-0707

*Hamura News October 15th Issue will list the detailed program schedule.

< THEATER PERFORMANCE > Place: Main Hall, Small Hall & *Kouryuu Hiroba* (outdoor theater space)

- October 10th (Sat): The 25th Hamura Elementary and Junior High School Music Festival
- October 12th (Mon, Holiday): *Geinou* (Japanese Traditional Performance, etc.
- October 17th (Sat): *Nichibu* (Japanese Traditional Dance)
- October 18th (Sun): Western-Style Dance, etc.
- October 24th (Sat): Japanese Style Music, etc.
- October 25th (Sun): Western-Style Dance, etc.
- October 31st (Sat): Chorus
- November 1st (Sun): Western Musical Performance, *Geinou*, etc.

< 3 Types of Artwork on Exhibition >

Eastern Art: October 14th (Wed) ~ 18th (Sun) Western Art: October 21st (Wed) ~ 25th (Sun), and
Other Works, Tea Ceremony Display*1: October 28th (Wed) ~ November 3rd (Tue, Holiday) *1 on 3rd only

♪♪ Above events will be held from 10AM ~ 5PM, at locations throughout the Yutorogi Center ♪♪

< Performance by former Members of Hosei University Guitar Club > Date: October 25th, Noon ~
Kouryuu Hiroba (The location for event will be moved to the Small Hall if it rains.)

< Experience Culture at Introductory Workshop >

»*Shigin* (reciting of Japanese poems) »*Shodou* (Japanese Calligraphy) »Flower »*Origami*, etc!

SPECIAL EVENTS for the 10th ANNIVERSARY OF YUTOROGI CENTER for Culture Fair:

< Special Exhibition > Date: October 9th (Fri) ~ 12th (Mon, Holiday) Place: Exhibition Room

»Artworks by artists, calligraphers, traditional carved stamp

< Performance by Orchestra Inspired by Literary Works of Kenji Miyazawa >

Professional musicians will play the piano and cello. Music is combined with slideshow of shadow artist's work.

Date: October 18th (Sun) 4:30PM Place: Small Hall

❖Professional Pianist, Ms. *Amiko Yoshimura* and Cellist, Mr. *Nozomu Ehara* of the Japan Philharmonic Orchestra❖

< Cultural Lecture > Date: October 24th (Sat) 1:30PM ~ Place: Small Hall Lecturer: Mr. *Kato*, Professor

< Film Showing: "Railways" > Date: October 31st, 6PM ~ Place: Small Hall starring *Kiichi Nakai*, etc.

< Musical Performance > » "Gala Concert ~ Everyone Sing!" by Guidance of Chorus Master

Date: November 3rd (Tue, Holiday) 1PM ~ Place: Main Hall

Hosted by: The 46th Hamura Culture Fair Executive Committee

Co-Hosted by: Hamura City, Hamura City Education Committee, and Hamura City Culture Association

第25回羽村市小中学生音楽フェスティバル

THE 25th HAMURA ELEMENTARY & JUNIOR HIGH SCHOOL MUSIC FESTIVAL

This event has started back in 1991 to commemorate the establishment of Hamura City municipality. Please come see our local children's wonderful performances! *Non-reserved Seating only.

Date & Time: October 10th (Sat) Noon ~ (doors open at 11:45AM) Place: *Yutorogi* Main Hall

Participating Brass Band Groups of Local Hamura City Schools (listed in order of stage appearance):

Part 1 - *Dai-3* Junior High School, *Dai-2* Junior High School, *Dai-1* Junior High School

Part 2 - *Shourin* Elementary School, *Fujimi* Elementary School, *Sakae* Elementary School, *Musashino* Elementary School

Part 3 - *Ozakudai* Elementary School, *Hamura Nishi* Elementary School, *Hamura Higashi* Elementary School

Inquiry: *Gakkou Kyouiku-ka Shidou-kakari*, ☎Ext.377

- < "Hamurin's Illuminations Magic" Event >** *No reservation is needed, except for Couple Matching.
The "Hamurin's Illuminations Magic" Event, attributed to the efforts of the *Hamura* Illumination Executive Committee will take place. This event was started to promote and vitalize *Hamura* City.
- The JR *Ozaku* Station East Square will be decorated with lights during October 10th (Sat) ~ 25th (Sun). • This lighting will be at night, 6PM ~ 10PM each night.
 - First Lighting Ceremony • October 10th (Sat), 5:30PM~
 - Couple Matching Project • October 17th (Sat), 5:30PM~ (See September 15th Issue for details.)
 - "Hamurinic" Dance, Dance, Dance!!! Contest • October 18th (Sun), 3PM ~ 5:30PM
 - Halloween Event: "Hamuween Party" • October 18th (Sun), 2PM ~ 6PM
- Come to the event dressed up and with your face painting. Kids will have a good time, too.
(After 4:30PM, children of preschool age must be accompanied by an adult.)
- Support our Local Business Efforts • You can win a discount at participating stores by posting pictures including scenes from local eatery or business location nearing JR *Ozaku* Station during October 10th (Sat) ~ 25th (Sun). You can deliver the message about *Hamura* City and its qualities.
- Inquiries: *Hamura-shi Shoukougai* (*Hamura* City Society of Commerce and Industry) ☎555-6211

第45回青空市に出店しませんか

< The 45th Hamura Outdoor Flea Market – Vendor Booth Application – >

- Date Time: November 14th (Sat), 9AM~Noon (Cancelled in rain or if the ground condition is not suitable)
Place: *Fujimi* Park C Field This event aims to provide local residents a 'trading opportunity of reusable goods.' Applications by professional dealers for commercial purposes will not be accepted.
Eligibility: *Hamura* residents (individual or group) of high school age or older
*high school students need parental permission.
Capacity: first 100 applications (100 booths) (space size 3mx4m)
Fee: ¥500 –sales of owned, recyclable goods ¥800 - hand-made item sales (Table, tent is provided.)
Permitted Merchandise: Goods from home or Recycle-Crafts that are in serviceable condition.
*Electronic devices, food, and living creatures are not permitted for sale.
Application / Inquiries: October 18th (Sun) 9AM~Noon. Please come to *Shouhi Seikatsu* Center.
*Application by phone or mail will not be accepted. (Applications are not accepted before or after this date.) *Parking space is limited. Please refrain from coming by car. *Vendor's Orientation will be provided after the application is filed. Inquiries: *Shouhi Seikatsu* Center, ☎Ext.640

ゆとろぎ開館 10周年記念事業 劇団四季 ファミリーミュージカル 「人間になりたがった猫」

< Special Performance by Gekidan-Shiki, Family Musical "The Cat who Wished to Be A Man" >

- In commemoration of the 10th Anniversary of the establishment of *Yutorogi* Lifelong Learning Center, a musical presentation will be held: Title: "The Cat who Wished to Be a Man" performed by *Gekidan-Shiki*.
Date: January 24th (Sun), 2016 Place: *Yutorogi* Main Hall
Ticket Price: S: ¥5,000 (Ticket price "S" for children of elementary age or younger is ¥3,000)
A: ¥3,000 (Ticket price "A" for children of elementary age or younger is ¥2,000)
*Children over 3 years old and over must pay admission. (*Please refrain from placing child on lap.)
Even if child is younger than 3 years old, you must purchase a ticket for each child if you place them in a seat of the auditorium to watch the production.
Tickets go on sale from October 10th (Sat), 10AM ~ at the *Yutorogi* Ticket Counter, etc.
Inquiries: *Gekidan Shiki* ☎0120-660-442 Hosted By: The *Sato* Foundation of *Ōme*, NPO "Ōme no *Seishounen wo Sodateru Kai*", and *Gekidan Shiki* Co-Hosted By: *Hamura* City Board of Education

< Chatting Place for Parents > This month's topic is "Why Children Cry". Child Care Volunteers will attend your children during the event. Feel free to join and share some thoughts and tips for child rearing.

- Place&Date: West Children Center – Oct 9th (Fri) Time: 10:30AM~11:30AM for all dates
East Children Center– Oct 13th (Tue) Inquiries: Children and Family Support Center
Central Children Center– Oct 22nd (Thu) No reservation needed.☎578-2882

< 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. (*Shizen Kyuukamura* also hosts seasonal culture events for kids and adults every month) This month features "The 24 Sceneries of *Hokuto* City" of fall season.

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

- ▶ October's Events ... New Soba Grain grinded, and then made into soba noodles
Date: October 18th (Sun) 10AM ~ NOON Fee: ¥2,000 a kit (makes about 4 servings)
Please reserve to participate by contacting the *Shizen Kyuukamura* by phone.
- ▶ Halloween Fair ... Guess the Weight of the Pumpkin; Winners will be posted on Oct 31st in the website.
- ▶ Bath of October ... "Nihonshu", or Japanese rice wine
- ▶ Paul Rusch Festival ~ *Yatsugatake* County Fair 2015 Thanksgiving Event
Date: October 17th (Sat), 18th (Sun), 10AM ~ 4:30PM Place: *Seisenryou* Field
Inquiries: Paul Rusch Festival ~ *Yatsugatake* County Fair 2015 Executive Committee ☎0551-48-2626

第49回フィールドゴルフ大会

< The 49th Field Golf Tournament >

Date & Time: November 7th (Sat), 9:30AM~Noon (Registration: 8:45AM~9AM, cancelled in case of rain)

Place: *Fujimi* Park Ground Eligibility: *Hamura* residents and workers Fee: ¥200 (pay at site)

Host: *Hamura-shi Suport Suishin Iin Kyougikai* *Please wear appropriate clothes and shoes for the event

How to apply: October 14th (Wed) ~ 25th (Sun), call, fax, e-mail or visit the Sports Center (closed on 19th (Mon)) and provide your address, name, date of birth phone number, (☎555-0033, fax ☎554-9974).

Email: s705005@city.hamura.tokyo.jp *If calling or making a walk-in, please do between 9AM ~ 5PM.

郷土博物館 ミニ展示「ホオジロガモ」

< Exhibition: Golden Eye Duck > *Kyoudo Hakubutsukan* ☎558-2561

You can see Golden Eye Ducks wading in the Tama River by the *Hamura-Seki* (water intake sluice). A display of pictures and ducks carvings about them will be held at the *Kyoudo Hakubutsukan*. Special duck pin badges can be bought. Exhibition Term: October 3rd (Sat) ~ December 23rd (Wed, Holiday)

(Closed on Monday), from 9AM ~ 5PM This exhibition will be open on October 12th (Mon, Holiday) and November 23rd (Mon, Holiday). Place: Orientation Hall or Research Room at the *Kyoudo Hakubutsukan*

Fee: Free Special Duck Pin Badges: on sale from October 3rd (Sat) for ¥100

動物園

HAMURA ZOO ☎579-4041

< Sketching Contest >

Sketching contest for drawings of the animals and scenery at *Hamura Zoo* will be held. Winners receive a plaque and prize for excellent work. Term for Applying: October 1st (Thu) ~ November 29th (Sun)

Eligibility: Elementary Student or younger

< Drawing Session >

There will be a drawing session at the zoo. Rental crayons will FREE of charge be available for free use. Drawings can be submitted to the contest is one wishes to do so.

Date and Time: On November 1st (Sun) 10AM ~ 3PM (will be postponed to November 3rd (Mon, Holiday) if it rains)

Eligibility: Elementary Student or younger Fee: Free (admission into the zoo will be required)

< Crafting with Acorns > Date: October 11th (Sun), 18th (Sun) from 11AM ~ and 2PM ~

Capacity: first 15 Place: Study Room Fee: Free (admission into the zoo will be required)

* Please obtain a ticket handed out in front of the "Welcome Garden" if you wish to participate.

< Men's Cooking Class Part 2 – Seasoning Your Dish >

There will be a cooking class for men. Beginners can learn cooking with adequate seasoning.

Date: November 7th (Sat) 9:30AM ~ 0:30PM Place: Hoken Center Eligibility: Male *Hamura* Residents
Capacity: First 20 Fee: ¥300 Things to Bring: cloth for hair, apron, writing utensils, *kenko-techo*
Application: Please reserve from October 2nd (Fri) by calling or coming between 8:30AM ~ 5PM directly (excluding Saturday, Sunday, and Holiday) to the *Hoken* Center at 555-1111, Ext. ☎625.

10月12日(月) (体育の日) 市役所サービスを一時停止します

< Temporary Suspension of Some City Hall Services >

On October 12th (Mon, Holiday), *Hamura* city hall will be closed for electrical system inspection.

Between 8:30AM ~ 7:30PM on this day, the automated registry machine for Resident's Registry and Personal Seal Registry, *Hamura* City Official Website, *Hamura* Information E-mail Service and e-mail communication, telephone calls with city office will be temporarily unavailable due to this closure in the city hall building.

On October 3rd (Sat), 4th (Sun): Registry records system will not be accessible. Issuing of official documents by the automated registry machine will not be possible.

Inquiry: Electrical System Inspection...*Keiyaku Kanzai-ka, Kanzai-kakari* (396) / Automated Registry Machine ...*Shimin-ka, Uketsuke-kakari* (122) / e-mailing with the city offices...*Jouhou Kanri-ka, Jouhou Kanri-kakari* (512) / *Hamura* website and E-mail Service...*Kouhou-Kouchou Ka, Kouhou kakari* (337)

< The "My Number" News No. 5 >

The Implementation of the "My Number" Policy is Near» The law concerning the administrative procedure for specific number to be assigned to each individual will become effective October 5th, 2015.

Each person who is listed on the registry in Japan will be issued a 12 digit number.

Notification Card: Each residents will receive a separate Notification card which will be sent in October. This card will have the designated number assigned to you, and the sender will be indicated as:

'*Chihou Koukyou Dantai Jyohou System Kikou*' on the envelope. This notification card will be send by certified mail. The card is made of paper, and lists the 12 digit number, address name, date of birth, gender, and is counterfeit proof. Please keep it in a safe place. You must have this notification card in order to obtain the registration card. Inquiries: about Notification Card, please call *Shimin Ka, Uketsuke Kakari*, ☎Ext. 121/ about the "My Number" *Soumu Ka, Soumu Kakari*, ☎Ext. 347



< Water Leakage Inspection >

Hamura City will be sending water works contractors to each household to run a water leakage inspection starting from October 15th (Thu) 2015, and it is scheduled to complete by February 29th (Mon), 2016.

Thank you very much in advance for your cooperation. *City-contracted inspection officers carry their ID. If a suspicious inspector visits your home, please ask to show the ID.

Districts in subject: *Ozakudai 3rd ~ 5th Chome, Hanenishi 1st~3rd Chome, Hanekami 1st ~ 4th Chome Areas*

Inspection Contractor: *Rikuchi Rousui Chousa* Inquiries: *Hamura* City Water Works Bureau ☎554-2269

THE 68th HAMURA CITIZEN'S SPORTS FESTIVAL

Date: October 11th(Sun) *In case of rain, postponed to 12th(Mon) Place: *Fujimi Park Main Field*

Time: Opening Ceremony... 8:45AM, Closing Ceremony... 3:30PM

Supported by: Tokyo Coca-Cola Bottling Co.,Ltd. *Hamura Branch*, *Meiji Nyuugyou Co.,Ltd.*,
Hamura Nyuugyou Ltd., Japan Beverage Co.,Ltd. *Tachikawa Branch*

Inquiry: *Hamura City Sports Association* ☎555-1698 Fax555-1699 <http://www.hamura-taikyo.npo-jp.net/>

◆ How to Participate in the Sports Events ◆

*To participate in the events of circled numbers, please first contact your community association officer.

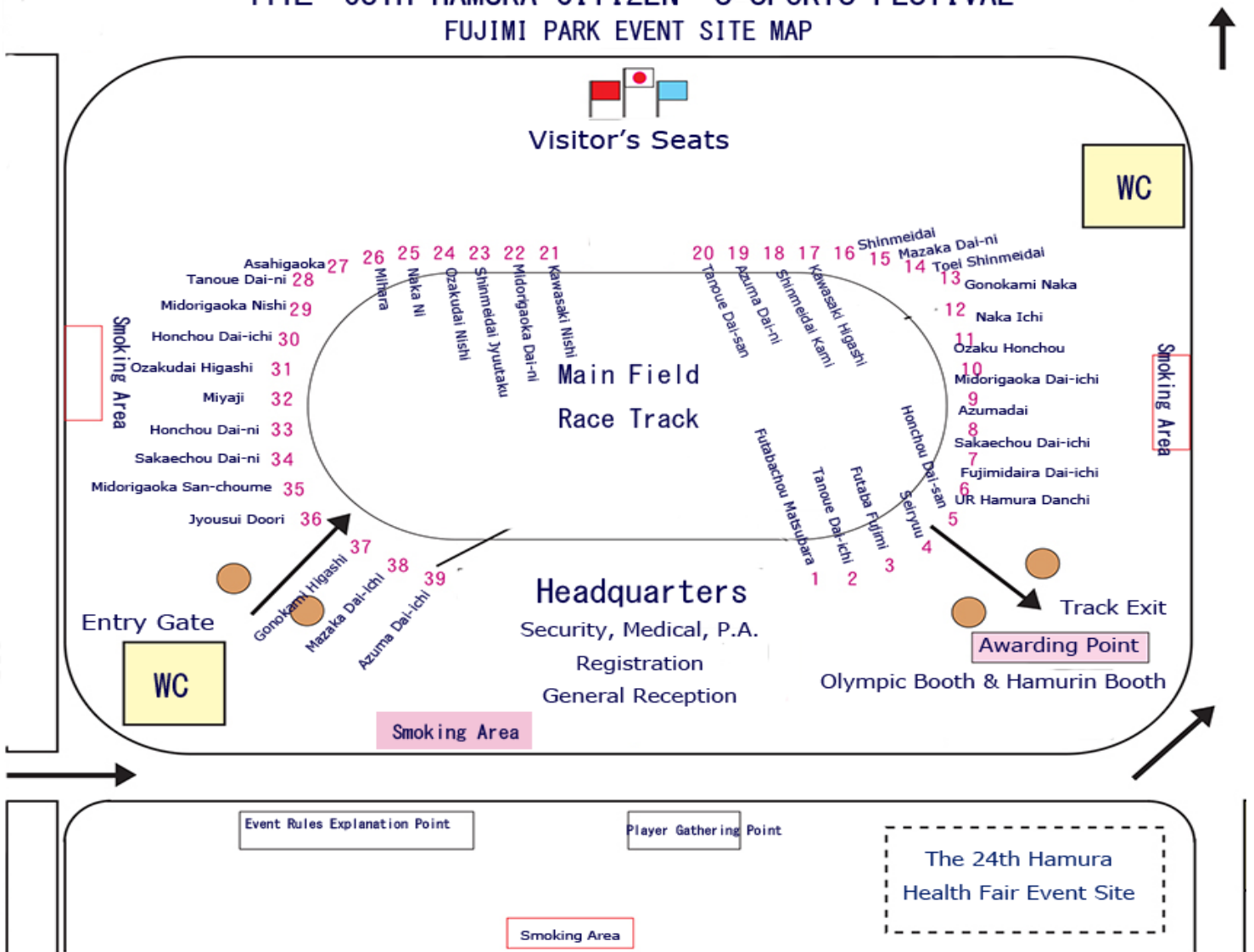
If you wish to participate in an event (except No.7, 8, 10 for which participant are already chosen), please come to the designated gathering point *Age qualification is based on the age as of the event day

Gathering point indicated(◎ = Track Entrance 入場門, ☆ = Players' Gathering Point 召集テント). Capacity is limited for each event, and the participants will be registered by the first-come first-served system.

Notes / Precautions:

- Sport event participants must be dressed in sporting wear. Also, no spiked shoes or sandals, please.
- First aid care can be given at the event site, however, the event host cannot be held responsible for further medical care in case of injury during this event.
- Be sure to accompany your child at all times. Many children got lost during this event in previous years.
- Please refrain from coming to the event by personal car. A large bicycle parking will be available.
- Please take all your trash home. There will be no trash bins in the event site.
- Smoking while walking is strictly prohibited in *Fujimi Park*. Please smoke in a designated smoking area.

THE 68TH HAMURA CITIZEN'S SPORTS FESTIVAL FUJIMI PARK EVENT SITE MAP



10月のテレビはむら < TV Hamura in October >

TV Hamura's 30-minute program is broadcasted daily on Tama Cable Network (digital channel 055). New contents come on every Thursday. You can also see it on your smartphone and the official website. The daily program times are ①9AM~ ②5PM~ ③9PM~. On Saturdays it is also broadcasted on digital ch.101 at ①1:30PM~ ②5PM~ ③9PM~. October special program: "The 15th Hamura Furusato Matsuri & "The 68th Hamura Citizen's Sports Festival"
Inquiries: Kouhou Kouchou-ka Kouhou-kakari ☎Ext.505

国勢調査2015 通信5

< Information Update: Census 2015 (Fifth Update) >

The census is once in 5 years. Foreigners who have lived in Japan for 3 months are required to take part. A packet including the questionnaire will be delivered to those households that did not reply to the Internet Census Instruction, starting in late September. Please fill it out by October 1st (Thu), and mail by using the enclosed envelope. When handing in to the census takers (certified persons by the city and town organizations, and appointed by the ministry of General Affairs. They will carry photo identification and arm band sign at all times) use the special envelope. The contents will not be checked. In early October, all households will receive a confirmation sheet to indicate any corrections. Also, a reminder notice will be sent to those who still have not made any reply. These will be collected by home visitation of the census takers in mid-October. If you participated in the online survey, any changes must be reported by October 20th (Tue)(Use your log in and password to access the address: <http://www.e-kokusei.go.jp/>) Inquiries: Census 2015 Help Desk: ☎0570-07-2015 (8AM ~ 9PM, 7 days a week in Japanese) , [Tokyo Census Consultation Service For Foreign Residents]:
•English: 03-5320-7892 •Chinese: 03-5320-7893, and •Korean: 03-5320-7894 »English service available on Mon, Wed ~ Fri and Oct 3 & 4, Chinese service available on Mon & Thu and Oct 3, and Korean service available on Tue & Fri and Oct 4. Overall Service Hours: Weekdays 9:30AM ~ 5PM (closed NOON ~ 1PM) until October 16th (Fri). or Soumu Ka, Soumu Kakari, ☎Ext. 347

高校生のための合同企業説明会

< Joint Job Interviewing Event for High School Students >

Hamura City and Hello Work Ōme organized an event where high school students can get interviewed for employment opportunities. About 15 local companies will participate to give presentation of their respective industry and details of the job offered. (Please refer to Hello Work Website as well.)
Date/Time: October 8th (Thu), 1PM ~ 4PM Place: Yutorogi Reception Hall *Reservation not needed.
Eligibility: Current 3rd year high school students expected to graduate in March 2016 Fee: Free
Inquiry: Hello Work Ōme Gakusotsu Tantou ☎0428-24-8641 or Sangyou Ka Keizai Taisaku-kakari ☎ext.657

子育て世帯臨時特例給付金を支給します。

< Special Provisional Allowance for Childrearing Households > -Payment for Special Provisional Allowance for Childrearing Households will be made by bank transfer to those applicable citizens' who completed procedures by September 18th to their designated bank accounts. Date of payment is scheduled for the 14th (Wed). Inquiries should be made to Kosodate Shien Ka, Shien Kakario ☎235.

私立幼稚園入園児募集

KINDERGARTEN APPLICATION 2016

April 2016 Entrance Application Forms for private kindergartens in Hamura City will be available from October 15th (Thu) at the accepting kindergartens, and can be submitted from November 11th (Sun). Please contact your desired kindergartens for orientation dates and other details. .
Inquiries: Kosodate Shien Ka, Hoiku-Youchien kakari, ☎Ext.233

Kindergarten Name: address / phone number
Rūteru Hamura Youchien: Hanehigashi 2-19-29 / 554-6351
Murano Kobato Youchien: Ozakudai 5-23-1 / 554-1303
Gonokami Youchien: Midorigaoka 1-10-10 / 554-6878
Tama Gakuin Youchien: Midorigaoka 1-15-8 / 554-6023
Hamura Zenrin Youchien: Futaba-chou 2-10-7 / 551-1675
Sakae Youchien: Sakae-chou 1-7-3 / 555-0723
Fuji Gakuin Youchien: Shinmeidai 1-23-3 / 555-1241

< The Third Term for Free Screening for Stomach / Lung Cancer & Tuberculosis >

Date & Time: December 10th (Thu), 13th (Sun), 14th (Mon), 7:30AM ~ NOON (Time is not specifiable)

Place: Hoken Center **Fee:** Free **Eligibility:** Hamura City residents 40 years of age and older

*You are not eligible to take this exam if any of the following conditions apply:

- ① Pregnant, or possibility of pregnancy
- ② Currently being treated for stomach or lung illness
- ③ Those who have the same cancer screening opportunity provided by the employer
- ④ If you have taken this screening already offered by Hamura City.

Capacity: 100 people each day. If there are too many applicants, selection will be done by drawing and winners will be notified by receiving a screening coupon around November 24th (Tue).

Fee: Free **Examination Details:** Stomach / Lung examination (certain conditions apply to Sputum examination)

Application Period: October 2nd(Fri) ~ November 18th(Wed) postmark deadline

How to apply: ① Fill in necessary information on an application form and turn it in at Hoken Center on weekdays, 8:30AM ~ 5PM excluding Saturday, Sunday, Holiday, or ② Paste the form on a post card and send it to Hoken Center.

*Application form is available at Hoken Center, city hall 1st floor, city hall branch offices, or official website.

- How to fill in an application postcard -

Front	Back
〒205-0003 To: "Gan Kenshin Tantou" Hamurashi Hoken Center 5-5-2 Midorigaoka Hamura City	・Your name, date of birth, mailing address, and phone number ・Your desired screening date (first and second choices) ・Screening/Exam you desire: ・Whether you wish to have sputum examination: Yes or No *If yes, please state the reason:

Please Note:

- You may apply for all the screening/exams held on the same day.
 - Those who are taking Stomach Cancer screening cannot eat or drink after 9PM in the previous night.
 - Sputum examination is provided only for people with the following conditions:
 - ① Those who had bloody sputum within past 6 months.
 - ② Smoker who has smoked (number of cigarettes per day) x (total smoking years) = 400 or more.
 - ※ Each individual must apply separately even if they are in the same household.
- For further information, please contact 555-1111, Ext. ☎623

高齢者インフルエンザ予防接種

< Influenza Vaccination for Elderly Residents >

Hamura City will partially subsidize the cost of influenza vaccination for residents of age 65 or older.

Vaccination Period: October 15th(Thu) ~ January 31st(Sun) 2016

Eligibility: Hamura residents who meet one of the following conditions on inoculation day:

- ① at age 65 or older, ② at age 60 to 64 years and has any heart, kidney or respiratory disease, or immune dysfunction caused by AIDS. (patients② must obtain a physician's certificate or present Physical Disability Certificate grade1)
- Fee:** ¥2500

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

*Flu Immunization subsidy will be provided 1 time per person.

*Free flu immunization is provided to Welfare Recipients. (Please bring Certificate of Welfare Recipient).

*Appointment is required for flu immunization. Please contact your regular doctor in Hamura City for an appointment, call Hoken Center for a list of medical facilities providing flu immunization.

Medical Institutions Administering Influenza Vaccination Shots

Medical Institution	Tel. No.	Medical Institution	Tel. No.	Medical Institution	Tel. No.
Izumi Clinic	555-8018	Hamura Seikeigeka	570-1170	Yamaguchi Naika Clinic	570-7661
Ozaku Ekimae Clinic	578-0161	Ryuumachika Clinic		Yokota Clinic	554-8580
Ozaki Clinic	554-0188	Hamura Sougo Shinryoujo	554-5420	Yorimitsu Ladies Clinic	570-5130
Sakae-chou Shinryoujo	555-8233	Matsuda Iin	554-0358	Wakakusa Iin	579-0311
Shinmeidai Clinic	554-7370	Matsubara Naika Iin	554-2427	Watanabe Seikeigeka	570-1128
Futaba Clinic	570-1588	Manabe Clinic	554-6511	Maeda Geka Clinic	578-8875
Nishitama Byouin	554-0838	Yanagida Iin	555-1800		
Hamura Sankei Byouin	570-1130	Yamakawa Iin	554-3111		

医療にかかわる各種案内・相談窓口

PUBLIC SERVICES FOR MEDICAL INFORMATION AND COUNSELING

✦ Tokyo Health And Medical Information Center "Himawari"

(Tokyo-to Hoken Iryou Joho Center)

When you are searching for a nearby medical facility or a specialized medical institute, as well as when you need guidance on health insurance and medical system in Japan, please contact Tokyo Health & Medical Information Center's telephone service "Himawari". ☎ 03-5272-0303 (Japanese)

For Hearing/Speech Impaired: ☎03-5285-8080 (FAX),

Center staff will respond in many languages. English Website: <http://www.himawari.metro.tokyo.jp/qq/qq13enmnl.asp>

☎03-5285-8181 Daily : 9AM-8PM Supported Languages: English, Chinese, Korean, Thai, Spanish

✦ Medical Emergency Translation Service

Tokyo Health & Medical Information Center also provides interpretation service over the phone for foreign patients visiting a hospital. An interpreter will provide assistance over the phone when it is needed to help a communication, especially for accurate information exchange, regarding a medical procedure.

☎03-5285-8185 Weekdays : 5PM-8PM Weekends & Holidays : 9AM-8PM

Supported Languages: English, Chinese, Korean, Thai, Spanish (for medical purpose only)

✦ Tokyo Fire Department Emergency Counseling Center

When you are not sure whether you should call an ambulance, call this number first for an instruction from a medical professional. If it is necessary, they will call an ambulance for you.

24 Hour Service. ☎#7119 (from touch-tone phones) ☎042-521-2323 (from dial-tone phones)

Supported Language: Japanese only

✦ Health Counseling Hotline for Mothers and Children (Emergency Counseling for Children)

In case of an emergency on your child's medical condition, a certified doctor will answer your questions. ☎#8000 (from touch-tone phones) ☎03-5285-8898 (from dial-tone phones)

Hours: Monday ~ Friday... 5PM~10PM / Saturday, Sunday & National Holidays..9AM~5PM

Supported Language: Japanese only

✦ Tokyo Pharmacy Information System "t-Yakkyoku Info "

It is an internet-based service for searching pharmacies within Tokyo. (in Japanese only)

Top Page → <http://www.t-yakkyokuinfo.jp/>

Pharmacies open during night time → http://www.t-yakkyokuinfo.jp/night_list_search.php

Pharmacies open on weekends and holidays →

http://www.t-yakkyokuinfo.jp/holiday_list_search.php

✦ Medical Safety Support Center Opened "Patient's Voice Consultation Service"

(Kanja no Koe Soudan Madoguchi)

It aims to support building a better relation between the patients and medical service providers. Feel free to call for consulting about finding a place to get a second medical opinion, or for an assistance to better understand a medical instruction / procedure briefing given at a clinic etc.

You can also call this service to file a complaint concerning a particular medical institute.

Supported Language: Japanese only

Kanja no Koe Soudan Madoguchi: Weekdays 9AM~Noon and 1PM~5PM ☎0428-20-2113

Inquiries about this service: Hoken Center · 555-1111, ☎Ext. 623

小学生のみでの利用時間が変わります

< Library Hours for Elementary School Children will Change from October >

To adjust to the change in time for evening bell sounded in Hamura City, the elementary school child will be able to use library facilities until 4:30PM. The child using the library after 4:30PM must be accompanied by an adult, so if it is anticipated that your child will not be able to return before this time, please take appropriate measures to ensure compliance. LIBRARY ☎554-2280

SWIMMING CENTER ☎579-3210

< Swimming Center will be Open for Free on October 12th (Mon, Holiday) >

*Both Classes: Place: 2F Training Room Capacity: first 20 people Lesson Fee: free

Things to bring: exercise wear, towel, indoor shoes, and drink

How to Apply: Come to the Sauna Reception Desk on the 2nd Floor

ロコモ美立体操 < "Locomo" Exercise for Good Posture When Standing > Time: 11AM ~ NOON

The aim of this exercise is to keep a steady posture when standing. Good for beginners.

ZUMBA (ズンバ) KIDS < Zumba Fitness Classes for Kids > Time: 1PM~2PM

Kids from age 7 ~ 11 can come to this class, designed for active movement. (Elementary school age)

SPORTS CENTER ☎555-0033

エアロビクスカーニバル(スポーツセンター)

< Aerobics Carnival > Date: October 31st (Sat)

There will be an event featuring aerobics at a spacious indoor space. Three levels can be chosen from.

Beginner: 9:45AM ~ 10:45AM Aerobics 1: 11AM ~ NOON Aerobics 2: 2PM ~ 3PM

Attendance to all classes is possible, however the fee for each class will be charged.

Place: Sports Center 2nd floor, Hall Eligibility: Junior High school student or older

Fee per class: Hamura resident/worker ¥100, Junior High school student ¥50

Non-Hamura Residents: adult ¥150, Junior High school student ¥70

Things to bring: gym clothes, towel, indoor shoes, drink Application: Please purchase a ticket or submit coupon and appear after changing at Dai 2 Hall . (Trainers will be from the below organization.)

Inquiries: Non Profit Organization *Hamura-Shi Taiiku Kyokai* ☎555-1698

FRESHLAND NISHITAMA ☎570-2626

臨時休館 < Closed on October 6th (Tue) >

Freshland Nishitama will be closed on October 6th (Tue) due to periodic inspection.

切り絵 フレッシュランド西多摩 < Paper Cutout Art Exhibition >

Pictures created by cutting papers will be on display. Date: October 7th(Wed) ~ 18th(Sun)

特別フェイシャルエステ フレッシュランド西多摩 < Facial Esthetic Treatment >

Skincare advisors will administer facial treatment at a very reasonable cost on this day.

Date & Time: October 17th(Sat) and 24th(Sat) 10AM ~ 9:30PM Place: *Freshland Nishitama*

Eligibility: 16 years old or older (one time) Capacity: First 20 people each day

Fee: ¥1,000 for 45 minutes including counselling

Reservation & Inquiry: accepted from October 3rd (Sat) 10AM at front desk in Fresh Land *Nishitama*.

フラダンス教室 フレッシュランド西多摩

< Hula Dance Class >

Every Wednesday, from 1PM ~ 2PM

Fee per class: Residents of *Hamura, Ōme, Fussa* Cities, and *Mizuho-town* ¥800 Non-Resident: ¥1,000

This fee includes 3 hour bath ticket. Coupon Booklets or Discount Tickets cannot be used on this day.

< Yoga Class >

Every Thursday, from 1:30PM ~ 2:30PM

第30回ふれあい福祉まつり

< The 30th Fureai Fukushi Matsuri >

This is a great opportunity to understand more about *Fukushi* - public welfares. At this event there will be festival stalls, stage performance, a workshop for volunteering experience. Come and enjoy this festival!
Date & Time: October 18th(Sun) (Light rain or shine), 10AM ~ 3PM Place: *Fukushi Center*
Contact: *Shakai Fukushi Kyougikai* (Council of Social Welfare) ☎554-0304 *No parking available.

法テラス巡回無料法律相談

< Free Legal Consultation by *Hou-Terasu Law Office and Bar Association* >

Hou-Terasu Law Office and Tokyo San Bengoshi-kai Bar Association will give consultations for legal advice. This free consultation is about 30 minutes for each client. You must make an appointment.

Date & Time: October 31st (Sat) 9:30AM ~ 0:40PM Place: City Hall 1st Floor *Shimin Soudan-Shitsu*
Capacity: First 10 applicants Call or visit *Hamura City Hall Kouhou Kouchou-ka Shimin Soudan-kakari* from October 1st (Thu). City Hall, ☎Ext.199 Mon-Fri 8:30 AM ~ 5PM on weekdays. (closed on holidays)

行政書士無料相談会

FREE LEGAL CONSULTATION provided by ADMINISTRATIVE SCRIVENER' ASSOCIATION

October is a special month for Notary officers of the Administrative Scrivener' Association. They will provide free counseling for your concerns regarding legal procedures for inheritance, will, contract, and obtaining permit / license / certificate of various types. *Reservation is not required.

Date, Time, Place: October 14th (Wed) 10AM ~ 4PM at Community Center 2F Training Room 1

Inquiry: Tokyo Administrative Scrivener' Association *Nishitama Chapter* (Mr.Ogata) ☎0428-23-7569

総務省東京行政評価事務所による相談(外国語対応)

Tokyo Ichi-Nichi (One-Day) Goudou Gyousei Soudanjyo by the Ministry of Internal Affairs

The administrative counseling of the Ministry of Internal Affairs Tokyo Administrative Evaluation Office provides citizens with access to government administration. Your complaints, opinions, requests, and other comments regarding the national government's administrative works will be heard through this free counseling.» Special Counseling in Shinjuku « Date: October 27th (Tue) Time: 10AM ~ 4PM

Place: JR Shinjuku Station West Square Event Space. Consultation also in English, Chinese, and Hangul is offered on this day. Inquiries: *Kouhou Kouchou Ka, Shimin Soudan Kakari*, ☎Ext. 192

市民公開講座「認知症・精神疾患・高次脳機能障害の見分け方

< How to Recognize the Different Symptoms of Neurological Conditions >

The diagnosis for dementia, mental disorder, or high order brain dysfunction is difficult. Adequate care and treatment can be delayed because of this. There will be a lecture given by experts about this subject.

Date: October 21st (Wed) 7PM (doors open at 6:30PM) Place: *Fussa Civic Hall, "Tsutsuji Hall"*

Capacity: First 200 Fee: Free Lecturer: Doctor *Akira Yazaki* of Tokyo *Fukushi University*

Inquiries: Tokyo *Kaidou Hospital* 0428-32-0111 No Reservation Required

東京防災セミナー< TheTokyo Bousai Seminar Will be Held>

A seminar about the contents in the Tokyo *Bousai* Booklet which was distributed to households, and how to utilize them during a disaster will be held. Date: Every Wednesday until October 14th(Wed) at 7PM~8PM

Capacity: 30 for each session Place:Community Center, 2F Seminar Room

Inquiries: *Fussa Fire Station Kei Bou Ka, Bousai Anzen Kakari* ☎552-0119

こどものページ **EVENT INFORMATION for CHILDREN**

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

< Hand-made Toy Workshop ~ Jumping Frog ~ >

A plastic bottle will be used to make a frog jump, attached to a wooden stick. Place: East Children Center
Date & Time: October 10th(Sat), ①10AM~ ②1PM~ Eligibility: Preschoolers (attend with Adult) ~ 6th grader
Fee: Free *No application is required. There will also be toy hospital on this day.

< Shiratama dango (traditional Japanese snack) made from tofu Cooking Class >

Date & Time: October 25th (Sun), 10AM ~ 11:30AM Place: Central Children's Center
Eligibility: Elementary School Students who are Hamura City residents up to 18 years old
Capacity: First 20 Children Fee: ¥90 Things to Bring: indoor shoes, apron, head cloth, hand towel, drink
Please call or come between October 4th (Sun) ~ 18th (Sun) 9AM ~ 4:30PM. (closed on Friday) between 9AM ~ 4:30PM.

< ASOBI POCKET at Children Centers >

Game creators/instructors will play with children with fun games using movement. Join and have fun!
Eligibility: Children from 2 years old to preschool age, and their parents.

Place & Date: West Children Center – October 14th (Wed) & 28th (Wed) Time: 11AM ~ 11:30
East Children Center – October 20th (Tue) Admission: free
Central Children Center – October 29th (Thu) *No reservation needed

< Movies for Children >

Date & Time: October 4th (Sun), 10:30AM ~ 11:30AM Place: Yutorogi Center ☎570-0707 Fee: Free
Program: Donald Duck series, etc. (3 titles scheduled) Supported by: Hamura Eiga Club
*No reservation is required.

< Day-time Moon Observation >

Date & Time: October 21st (Wed), 4PM ~ 4:30PM Place: Central Children's Center
Eligibility: Elementary School Student ~ 18 years old Fee: Free *No reservation is required.
Event will be cancelled if moon is not visible.

< Astronomical Observation with Family >

Date & Time: October 21st (Wed), 6PM ~ 7PM Place: Central Children Center
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. Event will be cancelled if the weather is bad.

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 >> October 10th (Sat), 11AM~
Story Telling for Elementary School Students >> October 17th (Sat), 11AM~
Story Telling for Babies >> October 24th (Sat), 11AM~ (Fathers are welcomed.)

▶ **at Fujimidai Branch Library** ☎ 555-5301

Story Telling for all children >> October 28th (Wed) 3PM

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
October	9am~5pm		5pm~10pm		9am~5pm	
4th (Sun)	Ozaki Clinic ☎554-0188	Heijitsu Yakan Kyuukan Center ☎555-9999	Ozawa Shika Clinic ☎579-1500			
11th(Sun)	Matsubara Naika Iin ☎554-2427	Fussa-shi Hoken Center ☎552-0099	Katou Shika Clinic ☎554-8887			
12 th (Mon) Holiday	Matsuda Iin ☎554-0358	Mizuho Clinic (Mizuho-machi) ☎568-0300	Kaneko Dental Clinic ☎554-1503			

PUBLIC CONSULTATIONS Schedule of October

Category	Date	Time	Contact
Traffic Accident ㉠	Oct. 1 st (Thu), Nov. 5 th (Thu)	1:30pm ~ 4pm	Shimin Soudan-shitsu city hall ext.199 * In addition to Spanish, Korean Interpreter service is available by appointment.
Tax ㉠	Oct. 6 th (Tue), Nov. 10 th (Tue)	1:30pm ~ 4:30pm	
Public Administration and Human Rights	15 th (Thu)		
General Consultation for Foreign Residents ㉠	9 th (Fri), 23 rd (Fri)	1:30pm ~ 3:30pm	
Japanese Law ㉠	Oct. 7 th (Wed), 16 th (Fri), 24 th (Sat) Nov. 4 th (Wed), 13 th (Fri), 28 th (Sat)	Wed & Fri 1:30 ~ 5pm Sat. 9:30am ~ 1pm	
Women's Affairs ㉠	at Hamura City Hall 7 th (Wed), 21 st (Wed)	1:30pm ~ 4:30pm	Shimin Soudan-kakari city hall ext.199
	at Fussa City Hall 14 th (Wed), 28 th (Wed)	9am ~ 1pm	Kouhou Kouchou-kakari 551-1529
Health Consultation	8 th (Thu), 22 nd (Thu)	1:30pm ~ 3pm	Hoken Center 555-1111 Health Consultation ext. 627
Child Rearing Consultation	15 th (Thu)	10am ~ 11am	Child Rearing Consult. ext.626
Finance㉠	13 th (Tue)	2pm ~ 4pm	Shoukoukaikan 555-6211
Pension	Mon, Wed, Fri	9am ~ Noon 1pm ~ 4pm	Shimin-ka city hall ext.140
Consumer's Affairs	Mon ~ Fri	9am ~ Noon 1pm ~ 4pm	Shouhi Seikatsu Center city hall ext.641
Education ㉠	Mon ~ Fri	9am ~ 6pm	Kyouiku Soudan-shitsu 554-1223
Consultation for Elderly Affairs	Mon ~ Fri	City Hall 8:30am ~ 5pm	(Regional Public Assistance) Center Chiiki Houkatsu Shien Center 579-7785, 555-1111 ext 197 or ASAHI 555-8815
Nursing Care		Asahi 8:30am ~ 5pm	
Single-Parent Family Independence Support	Mon ~ Fri	8:30AM ~ 5PM	Kosodate Shien-ka city hall ext.239
General Consultation for Handicapped Residents	General Counseling Mon~Fri	8:30AM ~ 5PM	Chiiki Katsudou Shien Center Aoba Support Center 555-1210 Toll Free Dial 0120-294-992 (for Mental Consultation Only)
	Physical Handicap 24 th (Sat)	1pm ~ 4pm	
	Mental Handicap 27 th (Tue)	1pm ~ 4pm	
Welfare Legal Consultation ㉠	28 th (Wed)	1:30PM ~ 4:30PM	Fukushi Center 554-0304

▽ Child Rearing Consultations Available Daily ▽

Mon ~ Fri	8:30am ~ 5:00pm	At City Hall	Kodomo Katei Shien Center 578-2882
		At Nursery Schools	Shiraume Hoikuen 555-1019 and Private Nursery Schools Map: http://www.city.hamura.tokyo.jp/0000000466.html
Mon Wed Fri	9am ~ Noon	At Children Centers	Nishi Jidoukan 554-7578
Tue Thu Sat			Chuuou Jidoukan 554-4552
Tue Thu Sun			Higashi Jidoukan 570-7751

*㉠=appointment required. *Some sessions will not be held on Holidays. Please make an inquiry for details.