



HAMURA NEWS

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6月は蚊の発生防止強化月間

< June is "Keep Mosquitoes from Breeding" Month >

The Tokyo Metropolitan Government has designated June as "Keep Mosquitoes from Breeding" Month, from June 1st ~ 30th. Diseases such as Dengue that are contracted by mosquitoes can be prevented by creating an environment that deters mosquito from coming, and being careful not to be bit.

- Remove unnecessary objects around the house.
- Clear your yard of water ponds. (Larvae of mosquitoes develop in stagnant water.)
- Avoid the growth of larvae by cleaning and exchanging any water in water tanks once a week.

Inquiries: Tokyo Welfare and Health Environmental Hygiene Section ☎03-5320-4391

図書館ハーブ鑑賞会

< 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 2nd (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

ウェ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 City. 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 2015, and are also presently registered as a Hamura City Resident. ※The Maternal and Child Health Book registration date is between April 1st, 2015 ~ March 31st, 2016. Dates for Application: July 1st (Fri) ~ November 30th (Wed)

Method of Application: Please come to the reception with your Maternal and Child Health Book

Place: Kosodate Shien Ka, Shien Kakari on the 2nd Floor of City Hall (closed on holidays and weekends)

Coupon Effective Period: July 1st (Fri) ~ December 31st (Sat)

Inquiries: Kosodate Shien Ka, Shien Kakari ☎Ext. 235 open weekdays from 9AM ~ Noon, 1PM ~ 5PM

第36回障害者スポーツ・レクリエーションのつどい

< The 36th 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 to promote sport activities for physically challenged persons. Everyone is welcome. Let's share a great time! This year's event program includes a demonstration of an Official Paralympic Game.

Date & Time: June 26th (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: Shougai Fukushi-ka, Shougai Fukushi-kakari ☎Ext.173

CLASSES & EVENTS

子どもゲームプログラミング教室

< Computer Programming Skills Class for Children >

Volunteers will teach children how to enjoy basic skills of computer programming, and kids can learn how to create a computer game. Date: July 16th (Sat), 17th (Sun), and 18th (Mon, Holiday) (all in Japanese)

1:30PM ~ 4:30PM Place: Yutorogi Kouzashitsu 2 Capacity: first 20 Fee: ¥2,000 for the 3 sessions

Eligibility: 5th Graders of Elementary School ~ High School Students Please Bring: your own desktop PC.

Taught By: Mr. Oni Tama Hosted By: Nishitama Programming Club Co-hosted by Hamura City, etc.

How to apply: Please send an *oufuku hagaki* with your address, name, school name, grade, your guardian's name, and telephone number, and send it to:

Mr. Chiba, Nishitama Programming Club

〒198-0082 295 Nakachou, Ōme Shi Risona Ginkou Ōme Plaza 3rd Floor

Inquiries: Yutorogi Kyoudou Jigyou Unnei Shimin no Kai ☎570-0707

雨水利用講習会に参加しませんか

< Lecture ~ Usage of Rainwater >

If you are interested in learning how to use rainwater, please participate. No reservation is necessary.

Date: July 3rd (Sun), 9:30AM ~11:30AM Place: Yutorogi Kouzashitsu 1AB Capacity: first 30

Fee: Free Taught By: a member of Global Warming Prevention Committee of Hamura City

Inquiries: Kankyou Hozen Ka, Kankyou Hozen Kakari, ☎Ext. 226

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 2016, 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 1966.

To receive this gift (congratulatory letter and a gold sake cup), please apply before July 8th(Fri) 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.

~ CULTURE & COMMUNITY ~

活力市 あさがお・ほおずき市

< Summer Market For Morning Glory & Chinese Lantern Plant >

Traditional *Asagao* (Morning Glory) and *Houzuki* (Chinese Lantern Plant) will be sold at this market. (It is the seasonal decorative flower of summer in Japanese culture.) There also will be many stalls offering fresh local vegetables, flowers, fresh *Wasabi*, and *manjyuu*, yakisoba, sausage, crepes, etc. food stalls!

Date & Time: July 2nd (Sat) & 3rd (Sun), 9:30AM~5:30PM Place: Nousanbutsu Chokubaijyo 農産物直売所

Inquiries: Hamura City Commerce Cooperative☎555-5421/ Shoukou Kankou-Kakari ☎Ext.657

季節かざり「七夕かざり」

< **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 25th(Sat) ~ July 10th(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/Old *Shimoda* Residence Inquiry: *Kyoudo Hakubutsukan* (Folk Museum) ☎558-2561

< **Tamagawa Aqueduct Exhibition** > ミニ展示: 玉川上水を調べよう

You can deepen your knowledge about the Tamagawa Jyousui (Tamagawa Aqueduct) through this exhibition which is created for the 4th Grade Elementary level student. Time: 9AM ~ 5PM Closed on Mondays

Date: ~December 18th (Sun) 5PM Place: panel along the walls of the *Kyoudo Hakubutsukan* (Folk Museum)

*This exhibition is open on the following holidays: July 18th (Mon), September 19th (Mon), October 10th (Mon)

HEALTH & MEDICAL

乳がん集団検診

< **Group Breast Cancer Screening (Shuudan Nyuugan Kenshin)** >

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

Date: August 7th (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 FY2015
2. You received the free breast cancer screening voucher from *Hamura City* in FY2016, and you have not received screening yet (applicable to ① and ② for the FY2016 Free Breast Cancer Screening Eligibility)

Eligibility for 2016 Free Breast Cancer Screening Voucher:

① Birthdate is April 2nd, 1975 ~ April 1st, 1976

② Born on April 2nd, 1973~April 1st, 1974, 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 2nd (Thu) ~ July 7th (Thu) (post mark due by last date)

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

② Call the *Hoken Center*

③ Send postcard with necessary information as shown below:

Front	Back
〒205-0003 "Nyuugan Kenshin Tantau" 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. 626

~ SPORTS & EXERCISE ~

SWIMMING CENTER ☎579-3210

< Hula Dance Exercise Class > みんなでフラレッスン

Let's exercise with tropical music and tighten your stomach!

Date & Time: Every Thursday 9:30AM ~ 10:30AM Place: Dai Ni Conference Room on 2nd Floor

Capacity: first 20 people Fee: ¥800 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.

< Healthy Exercise > いきいき健康サークル

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

Date & Time: Every Thursday 2PM ~ 3PM (closed on holidays) Place: Dai Ni Conference Room on 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.

PUBLIC SERVICE & ADMINISTRATION

後期高齢者医療制度の被保険者へジェネリック医薬品差額通知書を送付します

NOTIFICATION OF MEDICATION COST DIFFERENCE OF INNOVATOR/GENERIC DRUGS Late to Subscribers of Elderly Medical Insurance Program

A notification in the title (ジェネリック医薬品利用差額通知書) will be mailed out to applicable residents who are a National Health Insurance's Late-Elderly Medical Insurance Program member and were prescribed brand-name drugs.

This notification which is mailed in June and December, lists the names and patient's cost of purchased medicines, and also provides the cost difference between the generic products and brand-name products for those medicines. The stated cost difference is the amount the patient could have saved if he/she changes their prescription drugs to generic drugs by requesting so at a medial institution.

This notification is issued to those taking long-term medication for chronic diseases, to show how an individual can easily help reduce the medical cost for their own benefit.

There are no procedures required to be taken regarding this notification.

~ **Why not switch your medication to Generic Drug?** ~ Generic drugs are considered identical to the brand-name counterpart in efficacy, safety, dose, strength, route of administration and intended use, and are available at more affordable price. Switching the medication from brand name drug to generic drug, especially in long term use, may greatly reduce the medical cost for patients

Inquiries: Generic Drug Help Desk ☎0120-963-3222, Tokyo Metropolitan Government's Later Elderly Medical Program Regional Inspector ☎03-3222-4513

特殊詐欺などの被害を未然に防ごう！

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 July 1st (Fri).

Application forms are available at the city hall, or on the city website for download. Please bring identification. For details, please call City Hall, *Bousai Anzen Ka, Bouhan Koutsuu Anzen Kakari*, ☎Ext. 215 (closed on holidays and weekends, open weekdays from 9AM ~ 5PM)

< FY2015 Hamura City Tap Water Analysis >

According to the comprehensive water analysis in 2015, Hamura city tap water quality was confirmed well satisfying the National Safety Standard in all 51 contents categories tested. In addition to the statutory water analysis, Hamura City independently conducts 49 water analysis to make sure water source is in accord with the standards. All findings for carcinogens such as dioxin and substances that disrupt the flow of endocrine functions in the human body are satisfactory to the national standards and were not detected even at the lowest limit measurable. Test will be conducted periodically as conducted during the previous year.

Inquiries: Hamura City Waterworks Bureau ☎554-2269

Water Quality Test Results for 2015

Testing Items Required by Law		Level Detected (mg/l)
Bacterial Pathogens	general bacteria Escherichia coli	Not detected
Hazardous Lead Compounds	cadmium / mercury / lead arsenic / hexavalent chromium	Not detected
Inorganic Matter	nitrate-nitrogen nitrite nitrogen	Less Than 0.9 (Standards: less than 10)
	fluoride, nitrite-nitrogen serine / boron	Not detected
Organic Chemicals	1,4 dioxane carbon tetrachloride · dichloromethane · sith 1,2 dichloroethylene Trans-1,2-dichloroethylene · 1,2-dichloroethylene · tetrachloroethylene trichloroethylene · benzene ·	Not detected
Chlorination Disinfection Byproducts	cyanic ion / cyanogen Chloride · bromic acid · chloric acid · chloride acetic acid · dichloride acetic acid · trichloroacetic acid · formaldehyde · bromoform	Not detected
	chloroform	Less than 0.003 (Standard: less than 0.06)
	dibromochloromethane	Less than 0.001 (Standard: less than 0.1)
	bromodichloromethane	Less than 0.001 (Standard: less than 0.03)
	trihalomethanes	Less than 0.004 (Standard: less than 0.1)

Testing Items Required by Law		Level Detected (mg/l)
Color	zinc · steel · copper · manganese · aluminum	Not detected
Taste	sodium	Less than 5.9 (Standard: less than 200)
	chloride ion	Less than 1.8 (Standard: less than 200)
	hardness	Less than 69 (Standard: less than 300)
	evaporation residue	Less than 95 (Standard: less than 500)
Foaming	anion surfactant	Not detected
	non-ion surfactant	Not detected
Odor	phenols	Not detected
Water Condition	(toc)organic matter	Less than 0.3 (Standard: less than 3)
	pH Levels	Less than 7.4 More than 6.9 (Standard: less than 8.6 more than 5.8)
	taste · odor · clarity · chromaticity	No irregularities found

放射線量の測定結果

Radiation Dose Test Results at Fujimi Park

The level of radiation is lower than 0.23 µsv/h; figure by which it is considered safe if readings are below this.

(unit: µsv/h (micro Sievert per hour))

Date of Testing	Weather	Elevation at which testing was conducted		
		5cm	50cm	1m
May 11 th (Wed)	cloudy	0.049	0.051	0.054

Inquiries: Kankyou Hozen Ka, Kankyou Hozen Kakari ☎Ext 226

羽村市水道水の放射性物質測定結果

Radiation Level Analysis of Tap Water of Hamura City

Date the Water Sample was Gained	Testing Items (unit: Becquerel per kilogram)	
	radioactive cesium 134	radioactive cesium 137
May 16 th (Mon) 9AM	Not detected Limit: 0.1	Not detected Limit: 0.2
Target value	10	

The target value is figures specified by the government at which findings should be lower than (the sum of the level detected for cesium 134 and cesium 137).

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: Kankyou Hozen Ka, Kankyou Hozen kakari, ☎Ext.226

はむら市民カードのご案内

< The Hamura Shimin (Citizen's) Card >

The Hamura Shimin Card can be used at the Registry Machine with which you are able to obtain family register documents by using your 4 digit code. A separate code is used for each type of registry document. Digital output from machines does not require any paperwork, and will save time. You can register the code at the City Hall 1st Floor Reception. Please bring valid identification by which you can be confirmed as the card holder. Registration is required for acquiring new card.

Note: Since a *koseki* is only for those with Japanese citizenship, non-nationals will not have their own *koseki*, but will only be added to a Japanese citizen's *koseki* where appropriate, such as in the case of a Japanese national marrying a foreigner. However, foreign nationals living in Japan are required to register births and deaths of family members with the local city office. Foreigners are not eligible to acquire "Honseki", or registered domicile, therefore cannot register a "koseki" (family registry under registered domicile).

For more information, please call the Shimin Ka, Uketsuke Kakari at ☎122.

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. It is the responsibility of the owner to remove leaves and objects from the water intake opening, and to keep filthy water from getting into the system. For more about the system, please contact Suidou Jimusho (Waterworks Bureau) ☎554-2269

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? >

Registered citizens who are 65 years or older as of May 1, will be sent a questionnaire in late June. This questionnaire includes a checklist by which you can determine your condition for needing nursing care or not, 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 27th (Mon). Inquiries: Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari ☎Ext. 178

災害などにより甚大な被害を受けた方に対して都税を減免する制度があります

< Tax Alleviation for Those Struck By A Disaster Who Are Experiencing Great Difficulties >

Persons who have been affected by disaster can get help with taxes if they notify their municipal office before the due date. The level of alleviation will vary depending on the severity of each person's difficulty caused by the disaster. The tax related to acquiring real estate/ property, and the sole proprietorship tax (local enterprise tax) can be alleviated if you request help for the situation with documents to support your claim.

Inquiries: Hachiouji Tax Office: ☎042-644-1111

< 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. (3 year old ~)

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.

*Subsidy amount is determined according to the household income level. *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.

固定資産税の申告・減額措置など

< 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 2016, which is held three times/ years. We appreciate your cooperation. Thank you very much.

27年度ダイオキシン類の測定結果

< 2015 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 (8 times at the waste facility and 4 times at schools) during FY2015. 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

浸水への備えをお願いします

< Please be Prepared for the Floods >

June is the Flood Preparedness Month since it is the rainy season. The City Waterworks Bureau urges citizens to take measures 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

市内の保育施設などの利用を

< Child-Care Facilities in Hamura City >

Besides public and private nursery schools, there are many other authorized child-care facilities in Hamura City accepting preschool age children. Introduced here are kindergartens and day-care services. Please apply for enrollment by the 18th of every month (or weekday date prior to 18th) to the section below for general inquiries if you wish to be enrolled in Nintei Kodomoen or Katei Type Facility. To obtain more detailed information, please contact each child-care facility.

General Inquiries: Kosodate Shien Ka, Hoiku, Youchien Kakari ☎Ext.234 (closed weekends and holidays) 8:30AM ~ 5PM

◆ Nintei Kodomoen - Certified Child-Care Facility

Nintei Kodomoen accepts preschool age children and provides both nursery service and preschool education to the children, as well as childcare-related support to the parents and local communities. The accepted age of child and operation hours vary by the facilities. (施設によって預かり年齢,時間違う)

Asunaro (あすなろ)	Located at Ozakudai 1-6-32	☎570-1558
Tama Gakuin Youchien (多摩学院幼稚園)	Located at Midorigaoka 1-15-8	☎554-6023

◆ Katei Type Facility (Katei Teki Hoikusha) - Home Daycare

In principal, Home Daycare is a small-sized child-care service provided by authorized Katei Type Facility (Katei Teki Hoikusha) members (licensed nursery/kindergarten teachers) whose home environment fulfills the regulation. Accepted Age: infant ~ 2 years old

Hours: 8:30AM~4:30PM in principal (approximately 9 hours a day, except Sundays & Holidays)

Ms. Ayako Hara	Hane-naka 1-1-11	☎554-9457
Ms. Yumiko Shimizu	Hane-higashi 1-28-30	☎555-6041
Ms. Teruko Morita	Sakae-chou 1-8-86	☎578-2052
Ms. Tamie Furuhashi	Midorigaoka 1-24-14	☎554-9267
Ms. Kayoko Nakayama	Hane-nishi 2-7-1	☎555-6952

◆ Ninshou Hoikujo – Tokyo Metropolitan Government (TMG)-Certified Child-Care Facility

The Tokyo Metropolitan Government sets its own certification measures for child care facilities in Tokyo metropolitan area which aims to better cater to the specific needs of urban child rearing. There are 3 Ninshou Hoikujo in Hamura City. The accepted age of child and operation hours vary by the facilities.

Tulip Kodomo-no-Ie (チューリップこどもの家)	Located at Gonokami 4-13-10 1F	☎554-5635
Donguri-no-Ie Hoikujo (どんぐりの家保育所)	Located at Shinmeidai 3-3-12	☎579-1215
Asunaro (あすなろ)	Located at Ozakudai 1-6-32	☎570-1558

Note: These facilities directly handle enrollment applications.

~ CHILDREN & PARENTS ~

ハロー赤ちゃんクラス(両親学級)

< Childbirth Preparation Class for Parents >

Date & Time: July 24th(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, excluding holidays from 8:30AM ~ 5PM. Call or visit Hoken Center in advance to reserve (choose the time ① or ②). Hoken Center 555-1111 ☎Ext.626

< Childbirth Preparation Class for Mothers >

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

Date & Program: Day1... July 7th (Thu) - Lecture by a midwife,

Day2... July 14th(Thu) - Lecture by OB/GYN doctor and Dietician

Day3... July 28th (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

ひとり親家庭 (母・父) の自立を応援します

< Single Parent Families Can Receive Independence Support >

Single mothers and single fathers can receive financial assistance by taking courses in vocational training for career development offered by the Ministry of Labor. After completion of the course, a reimbursement will be made. (Classes are all in Japanese. A certain level of language proficiency is required.)

Eligibility: Single Parent Family of *Hamura City* who is raising a child that is 20 years of age or younger, and:

- Is a Child Rearing Allowance(*Jidou Fuyou Teate*) recipient, or low income earner with equal income to qualify for this allowance
- has the apparent need for taking courses to realize their career choice
- has never received benefits for the vocational training

❖Certified Courses: Medical Office Staff, Introductory Training for Nursing Care Giver, Cook Accountant

Amount of Subsidy: 60% of fees not exceeding ¥1,2001 ~ ¥200,000

Make an appointment one month in advance to the *Kosodate Shien Ka* for consultation. Please bring the brochure of the courses that you are interested in applying for.

❖Advanced Vocational Course: These courses last for more than a year for the following certifications: Registered Nurse, Public Health Nurse, Midwife, Physical Therapist, Occupational Therapist, Barber, and Beautician

* These courses are full-time student courses. Also, you cannot be eligible if you have received benefits for any advanced vocational course in the past.

Term of Subsidy: up to 3 years in which vocational courses are taken

Subsidy ~: Monthly ¥100,000 for tax exempt household, ¥75,000 for households who are not tax exempt

Benefit for Completion of Advanced Vocational Course: ¥50,000 for tax exempt, ¥25,000 for taxed household

Make an appointment one month in advance to the *Kosodate Shien Ka* for consultation.

❖ High School Graduation Equivalency Program

In the aim to promote the financial stability of the single parent household, the city will subsidize the members of these households 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 are available.

Eligibility: Single Parent Family of *Hamura City* with dependent that is 20 years of age or younger, who is a Child Rearing Allowance (*Jidou Fuyou Teate*) recipient, or with equal income to qualify for this allowance, that has graduated junior high 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. Make an appointment one month in advance for consultation. Please bring the brochure of the courses that you are interested in applying for.

Inquiry: City Hall, *Kosodate Shien Ka*, *Shien Kakari* ☎Ext. 239

< **Welcome! 2016 Summer Volunteers!!** >

This is a great opportunity to experience volunteering and meet a lot of people through volunteer activities, which will take place at senior citizen's homes, daycare centers or facilities for handicapped people.

Date & Time: July 19th (Tue) ~ September 9th (Fri) *Work period varies depending on the work place

Eligibility: 4th Grader or older children and adults who are living, studying or working in Tokyo, and able to participate at least 3 days. *Each project has a limited number of seats.

Fee: Free (If you are not a Volunteer Insurance subscriber, ¥300 will be required for insurance fee)

Participants Briefing: July 6th (Wed), 4PM~5PM, July 13th (Wed) 4PM ~ 5PM, and July 16th (Sat) 10AM ~ 11AM at *Fukushi Center*. Applications will be accepted from after the end of the 1st participant's briefing.

Application: Call or visit *Shakai Fukushi Kyougikai* on weekdays until July 8th (Fri).

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: *Jidou Seishounen Ka*, *Jidou Seishounen Kakari*, ☎Ext. 262 or

Tokyo Metropolitan Office for Youth Affairs and Public Safety ☎03-5388-2257

全国一斉「子どもの人権110番」強化週間

< **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 27th (Mon) ~ July 3rd (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-Ni ka* ☎03-5213-1234 Ext.2512

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

愛の献血にご協力を

< **Blood Donation Needed!** >

Date & Time: July 13th (Wed), 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

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

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
19 th (Sun)	<i>Matsuda Iin</i>	☎554-0358	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Okikura Shika</i>	☎555-4331
26 th (Sun)	<i>Shinmeidai Clinic</i>	☎554-7370	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Ozawa Shika Clinic</i>	☎579-1500

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