



HAMURA NEWS

Published by: Hamura City

May 1st, 2016

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Hamura News Back Numbers = www.city.hamura.tokyo.jp/category/3-17-2-0-0.html

< Hamura Health Day >

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

Date & Time: May 15th(Sun), 10AM ~ 2PM *Please refrain from coming by personal car to this event.

Place & Inquiry: Hoken Center 555-1111, ☎Ext.624 Hosted by: Hamura City

✦Prolong Your Healthy Life Span

This year's event feature will introduce health tips of methods for preventing life-style diseases. Health is based on the bodily exercise, striving for emotional wellbeing, and good nutritional intake.

✦Healthy Recipe and Tasting

Promotion of "Nutrition Balance with 5 colors" method. Your meal will be well-balanced by including red, yellow, green, white and black foods. Recipes of this health method will be introduced followed by tasting.

Tasting: 10:45AM ~. Korean Style Pancake with Vegetable

✦Locomotive Syndrome

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

✦Body-Touch Care for Babies

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

Time: 10:30AM ~ 11AM Eligibility: 4 months ~ 3 years old as of May 15th (No childcare is available.)

Capacity: 15 pairs each session *Registration is needed in advance. Please call Hoken Center for registration from May 2nd (Mon) 8:30 AM. (Open 8:30AM ~ 5PM, Closed Sat, Sun, Holidays)

✦**Quick Health Seminars** Locomotive Syndrome Prevention/ Walking 10:10 AM ~10:40 AM,
Song Exercises 11:10 AM~11:40 AM Exercise with "Hamurin" Mascot 12:20 PM ~ 12:50 PM

✦**Cancer Check-up Promotion** Get information about cancer, which is the #1 cause of deaths in Japan.

✦Tuberculosis Check-up

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

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

✦Bone Density Test

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

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

✦**Foot Care** Free foot massage by volunteers. Participants can get simple tips. Capacity: First 65 people

✦Physical Check-up Booth ~ Hokenshitsu ~

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

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

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

✦Other Health Events

♪ Roll the Dice!! You get a chance to win in the diaper giveaway.

The game will finish when we run out of diapers (small, medium, or large).

♪ Balloon Art Same location for Baby Body Touch Care, and is held following to that event. 11:20AM~1PM

♪ A hand made top will be given to kids who come ! ♪ Meet Hamurin, the Mascot of Hamura City



~ CULTURE & COMMUNITY ~

伝統文化交流事業 in ゆとろぎ

< Traditional Japanese Cultural Exchange Performance in Yutorogi >

Inquiries: Yutorogi Center ☎ 570-0707

"*Ecchu Yatsuo Owara Kaze No Bon*" (Bon Season of the *Ecchu* Province) is dance to calm the wind gods during the typhoon season from September 1st to the 3rd for 3 days. Dancers with wide straw hats will parade the streets for this time, and it is a scene of sensibility and is filled with local exotic atmosphere. This dance will be performed for the Japanese Cultural Exchange at *Yutorogi*.

Date: June 25th (Sat) 5PM ~ (open at 4:30PM) Place: *Yutorogi* Main Hall (All seats will be reserved.)

Fee: ¥500 for adult, ¥100 for High School Student and younger.

Free Admission for *Hamura* City students and 1 adult guardian ~ The first 100 people will be able to enter free of charge. Apply between May 1st (Sun) ~ May 31st (Tue) to the *Yutorogi* Center for this.

Various Performing Groups: *Ecchu Yatsuo Owara Hozonkai* (preservation group), *Nishitama Kyoudo Geinou*, *Hamura Taiko Fukyuu Kai* (promotion group), and the *Hinode Machi Houou no Mai* (dance group)

*The *Hozonkai* will offer skills lecture after the performance.

Childcare Service: Please register by 17th (Fri) to the *Yutorogi* Center. ¥ 700 fee is required.

Ticket Sales: Tickets will be available at *Yutorogi* from May 7th (Sat), 9AM~, and The Sports Center, *Nishitama* Newspaper, (closed on Sat, Sun holidays), *Marufuji* Supermarket (6 stores in *Hamura*, *Ome*, and *Fussa*) from May 8th (Sun), 9AM~ (*Yutogori* and Sports Center are closed on Mondays.)

Hosted By: *Hamura* City and the *Hamura* City Board of Education

チューリップ球根掘り取り < Volunteers Wanted for Digging-Up Tulip Bulbs >

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

Date & Time: May 9th(Mon), 12th(Thu), 13th(Fri), 15th (Sun), and 16th (Mon) 9AM ~ Noon

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

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

How to Apply & Inquiries: Call or Fax to *Hamura-shi Kankou Kyoukai* (*Hamura* Tourism Association) with your name and phone number by May 6th (Fri). ☎555-9667, Fax: 555-9673 weekdays 8:30AM ~ 5PM

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

Date & Time: May 15th(Sun), 9AM ~ Noon *Privilege for the tulip owners of Tulip Festival 2015.

HAMURA ZOO ☎579-4041

< Parent and Child Crafting Class >

Bird Week is from May 10th to 16th. *Hamura* Zoo will hold a crafting class, "Small Bird Toy Making Class" on May 15th (Sun). Be creative and design your own unique toy bird.

Time: ①11AM~ and also from ②2PM~ Capacity: First 15 Groups Fee: Free (entrance fee required)

< Free Admission for Children >

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

< Great Koinobori Streaming >

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

第46回青空市

< The 46th Hamura Outdoor Flea Market >

Hamura Citizens will sell daily commodities and clothes. It's a great chance to find something nice! Come and promote the recycle society by enjoying shopping!

Date & Time: May 14th(Sat), 9AM ~ Noon (Cancelled in case of heavy rain) Place: *Fujimi* Park C Field

Inquiry: *Shouhi Seikatsu* Center, 555-1111 ☎Ext.640

< The Green Curtain Workshop > The finalist who received high ratings in the "Green Curtain Contest 2015" will teach you how to create a green curtain (commonly known by this name; a wall climbing plant block such as *goya* (bitter melon) grown near the window. When the plant grows to full height, the leaves serve as a shield to avoid the scorching sun.) Inquiries: *Kankyou Hozen-ka* ☎Ext.226
Maybe, you can create your own green curtain at home this year! *No Reservation Needed
Date: May 15th (Sun), 10AM ~ NOON at *Yutorogi Sousakushitsu 1* Eligibility: anyone interested
Eligibility: First 50 applicants Fee: Free Teacher: Mr. *Matsuzaki*, Mr. *Nakano*, Mr. *Watanabe*

メンズキッチンパート1 **< Men's Cooking Class Part 1 – Seasoning Your Dish >**

There will be a cooking class for men. Learn to improve cooking with adequate seasoning.

Date: June 7th (Tue) 9:30AM ~ 12:30PM Place: Hoken Center Eligibility: Male *Hamura* Residents

Capacity: First 20 Fee: ¥300 A health tips lesson will also be offered along with the cooking class.

Things to Bring: cloth for hair, apron, writing utensils, *kenko-techo*

Application: Please reserve from May 6th (Fri) by calling or coming between 8:30AM ~ 5PM directly (excluding Saturday, Sunday, and Holiday) to the *Hoken* Center at 555-1111, Ext. ☎625.

< Shizen Kyuukamura – Hamura Municipal Resort Lodging Facility Monitors Wanted >

Shizen Kyuukamura (自然休暇村) in *Kiyosato* mountain resort, *Hokuto* City, *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.

❖ "Rediscover *Shizen Kyuukamura* and *Kiyosato* Monitor Tour" is seeking monitors to promote the utilization of this facility. Guided tour of tourist sites will be conducted, and the group will also ride local train line "Koumi Line". Please join in this opportunity. Date: May 27th (Fri) 7:30AM ~ 6:30PM Fee: ¥2,000 per person

Application and Inquiries: Apply by 5PM on May 16th (Mon) by fax, or, call the *Chiiki Shinkou Ka*, *Chiiki Shinkou Kakari* at ☎Ext. 203 (excluding Saturday and Sunday from 8:30AM ~ 5PM), or fax ☎554-2921

*Applications are available at 1st floor reception at city hall, 2nd floor *Chiiki Shinko Ka*, or at the branch offices, or on website. *If you participate, please complete a questionnaire regarding the *Shizen Kyuukamura*.

FRESHLAND NISHITAMA ☎570-2626

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

We will be open between May 3rd (Tue) ~ 6th (Wed) and will be closed on the 2nd (Mon).

< Freshland Nishitama Children's Day Gift >

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

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

On the fifth of May, it is a traditional custom to have fresh iris leaves float in hot bath. You can enjoy this practice at *Freshland Nishitama*. On May 5th (Thu, Holiday).

< Bonkei and Kousekiga Exhibition > May 10th (Tue) ~ 22nd (Sun)

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

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

< Shin Kougei Exhibition > May 24th (Tue) ~ 29th (Sun)

Shin Kougei: *Bonsai* Tree design which features the branches.

< Hula Dance > every Wednesday from 1PM ~ 2PM **< Yoga Class >** every Thursday 1:30PM ~ 2:30PM

If you reside in *Hamura*, *Ome*, *Fussa*, *Mizuho* the fee will be ¥800 per lesson. (including 3H coupon)

If you reside in other than the above locations, the fee will be ¥1,100 The fee includes bathing coupon.

~ SPORTS & EXERCISE ~

SWIMMING CENTER ☎579-3210

< Zumba Fitness Classes for Kids >

Adult Zumba Class is scheduled as follows:

Date: May 3rd (Tue, Holiday) 11AM ~ Noon Place: 2F Training Room Capacity: first 20 people
Lesson Fee: ¥800 per lesson

Things to bring: exercise wear, drink, towel, and shoes Apply directly at *Front Desk of the 2F Sauna

< Zumba Fitness Classes for Kids >

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

Date: May 5th (Thu, Holiday) 11AM ~ Noon Place: 2F Training Room Capacity: first 20 people

Lesson Fee: ¥650 per lesson Things to bring: exercise wear, drink, towel, and shoes Apply directly at *

水中ウォーキング講習会

< **In-Water Walking Exercise** >: Visit the Swimming Pool Front Desk between 9AM ~ 9:50AM.

Date & Time: May 28th (Sat), 10AM ~ 10:50AM Eligibility: Age 16 or older Capacity: First 30 applicants

Fee: Hamura residents & workers ¥400, Others ¥600 (Insurance & admission fee are included)

Things to bring: Swimsuit, cap, and Towel Instructor: Hamura-shi Taiiku Kyoukai Sports Trainer_

転倒防止教室

< Exercise Class for Fall Prevention and Improving Physical Fitness >

Wouldn't you love to stay healthy and fit even when you are old? In this class we introduce various exercises which are effective at preventing falls & improving your stamina. Please join us!

Date & Time: Wednesdays in June 8th (Wed) ~ 29th (Wed) for 4 times 1:30PM ~ 3:30PM

Place: Sports Center 2nd Floor, #3 Hall Eligibility: Age 65 years or older Capacity: first 30 people

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

Application: Please call Kourei Fukushi Kaigo-ka, Kourei Fukushi Kakari ☎Ext. 178, or come to the city hall.

体力測定 < Let's Try ~ Free Physical Check-up >

Date: May 29th (Sun) Place: Sports Center Hall 1 Eligibility: Hamura Residents/Workers at age 20 ~ 79

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

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

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

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

Fee: ¥100 (no credit cards) Items to bring: Indoor Shoes, Drink, and Towel

How to Apply & Inquiry: Preliminary Registration is required. Between May 3rd (Tue, Holiday) ~ 28th (Sat), 9AM ~ 3PM, (You cannot apply on the 9th (Mon), 16th (Mon), 23rd (Mon).) Fill in your mailing address, name, phone number, age and place of work (if you work in the city) as of April 1st, and then fax, email, call or directly bring it to "NPO Hamura-shi Taiiku Kyoukai", located at the Training Room, 2nd floor in Sports Center. ☎090-2170-7009, Fax 555-1699, email: taikyou-m@sage.ocn.ne.jp

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

~ CHILDREN & PARENTS ~

就学に関する説明会

< Briefing for School Attendance >

There will be a briefing regarding school attendance for guardians of children who will start attending a municipal elementary school in 2017. Date: May 26th (Thu), 10:30AM ~ Place: City Hall 2 Fl., Room 202
There is no reservation necessary. Inquiries: Kyouiku Shien Ka, Tokubetsu Shien Kyouiku Kakari ☎Ext. 373

< Field Day at Municipal Elementary School to Which Prospective Students Can Attend >

Prospective students who will start attending a *Hamura* City municipal elementary school in April 2017 can participate in the field day held at these schools. Preschoolers' are welcome to attend the underage group's event as part of the event schedule at each respective elementary school. Please inquire at your school.

▶ May 21st (Sat)

Hamura Higashi Elementary (☎554-5663), Hamura Nishi Elementary (☎554-2034),

Ozakudai Elementary (☎554-1431), Musashino Elementary (☎555-6904)

▶ May 28th (Sat)

Fujimi Elementary (☎554-6449), Sakae Elementary (☎554-2024), Shourin Elementary (☎554-7800)

羽村 x 八丈エコ教室 参加募集

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

Hamura City will be recruiting leaders for the summer environmental education group in *Hachijou-jima!* Opportunities to see fireflies, touring the island, and participate in aquatic environmental studies will be an inspiring experience. Eligibility: ♡*Hamura* resident/worker 19 year old (who turn 19 in 2016) ♡in sound health condition and willing to participate in outdoor activities, who meet the following requirements:

①Those who can participate in all events that are part of this program

②Those who wish to make good use of the experiences and knowledge learned in this tour in future activities

③Those who agree to terms including that they will not be entitled to any salary.(Fee for trip will be provided)

Capacity: several persons

Selection process (review of application and interviews) is scheduled for June 1st (Wed) ~ 8th (Wed).

How to Apply: Between May 2nd (Mon) ~ 31st (Tue), fill in an application form with required information and mail it to 〒205-8601 (no address necessary), or bring it to city hall between 8:30AM~5PM to 2F *Kankyou Hozen-ka Kankyou Hozen-kakari* (is closed on Saturdays, Sundays, and Holidays). The application form is available at *Kankyou Hozen Kakari* at City Hall 2nd Floor or the official city website for download.

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

* For more detail, please contact City Hall, *Kankyou Hozen-ka Kankyou Hozen-kakari* ☎Ext.226.

大島こども体験塾 参加募集

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

The Kids' Summer Camp in Ōshima Island, which will be co-sponsored with *Akirino* City, is comprised of 5th and 6th Graders, Junior High School Students. *Hamura* City is recruiting members to become leaders to help with the camp. Experience is not required.

Fee: free Eligibility: High School Student or older a(~30) living in *Hamura* City, who are able to swim and participate in all scheduled events, and willing to agree to terms including that they will not be entitled to any salary.(Fee for trip will be provided). Capacity: 5 (If applicants exceeded, the members will be chosen by lottery)

Description of Duties: Overall supervision and keeping physical wellbeing of children, etc.

How to Apply: The application must arrive no later than May 20th (Fri). Please fill in an application form with required information and mail it to 〒205-8601 (no address needed), or bring directly to city hall between 8:30AM~5PM to 2F *Jidou Seishounen-ka* (is closed on Saturdays, Sundays, and Holidays). The application form is available at *Jidou Seishounen-ka* at City Hall 2nd Floor, *Hamura* city's public facilities, and at the *Hamura* City official website for download. Tour dates: August 10th (Wed) ~ 14th (Sun)

Post Tour Briefing: August 20th (Sat)

Details: climbing Mt. *Mihara*, swimming at sea, recreational occasions to get acquainted with residents

* For more detail, please contact City Hall, *Jidou Seishounen-ka, Seishounen kakari*, ☎Ext.262

もぐもぐ教室

< Baby Food Class for 7 months old and older >

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

Date & Time: June 9th(Thu), 10AM~11:30AM Place: *Hoken* Center Capacity: First 15 pairs

Eligibility: Babies born between August 1st ~ October 15th 2015 & parents *Sorry, siblings not allowed in class

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

Application: Starting May 10th(Tue) 8:30AM, please call *Hoken* Center ☎555-1111, Ext.625 on weekdays.

EVENT INFORMATION for CHILDREN & PARENTS

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

< Hand-made Toy Workshop ~ a Pop-up Picture ~ >

Date & Time: May 14th(Sat), ①10AM~ ②1PM~ Place: Central Children Center *No reservation required
Fee: Free Eligibility: Toddlers (must be accompanied by an adult) up to 6th graders

< Home Cooking Class ~ Biscuits~ >

Date & Time: June 4th (Sat), 1:30PM~3PM Place: Central Children Center Fee: ¥40 (Ingredient fee)
Eligibility: Elementary School Students ~ 18 year olds residing in Hamura Capacity: First 20 applicants
Things to bring: Indoor shoes, apron, head cloth, hand towel, drink(tea) and the fee.
How to apply: Call or visit the Center from May 17th (Tue) ~ 31st (Tue) at 9AM ~ 5PM. (closed Fri)

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

Date & Time: May 8th (Sun, holiday) 10:30AM~11:30AM Admission: Free Reservation: Not required
Program: 3 titles scheduled Supported by: Hamura 16mm Eizou Kenkyuukai

< Day-time Moon Observation >

Date & Time: May 11th(Wed), 4PM ~ 4:30PM Place: Central Children Center *No reservation required.
Fee: Free Eligibility: Elementary School Students ~ 18 years old Will be cancelled in bad weather.

< Astronomical Observation with Family >

Date & Time: May 11th(Wed), 8PM ~ 9PM Place: Central Children Center *No reservation required.
Fee: Free Eligibility: Elementary School Students ~ 18 years old
*Junior High School students or younger children must be accompanied by an adult
*Observation events will be change to an astronomy lecture in case of rain or cloudy sky.

< Hoshizora Hiroba (Star Gaze) > Every 1st, 3rd, 5th Wednesday at Central Children Center from 3:30PM

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

Date & Time: May 25th (Wed), 3PM~4PM Place: East Children's Center
Eligibility: Elementary and junior high students *No application required

< Story Telling Events >

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

▶ at the Main Library ☎554-2280

Story Telling for Preschoolers >> May 14th(Sat), 11AM~

Story Telling for Elementary School Students >> May 21st (Sat), 11AM~

▶ Kawasaki Branch Library ☎554-7225

Story Telling for all children >> May 25th (Wed), 3PM~

おしゃべり場

< Chatting Place for Parents >

This month's topic is "Potty Training". Child Care Volunteers will attend your children during the event.
Inquiries: Kodomo Katei Shien Center ☎578-2882

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

Place&Date: West Children Center – May 13th (Fri)

Time: 10:30AM~11:30AM for all dates

East Children Center – May 17th (Tue)

Inquiries: Children and Family Support Center

Central Children Center – May 19th (Thu)

< The "Akachan Kyuukei-Shitsu" for Caring Baby's Needs >

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

List and Map of Akachan Kyuukei-shitsu is available at Kosodate Shien-ka in city hall and on the web.

→ <http://www.city.hamura.tokyo.jp/cmsfiles/contents/0000002/2290/Map.pdf> (in Japanese)

Inquiries: Kodomo Katei Shiei Center ☎578-2882

< TOY LIBRARY > トイライブラリー

The Public Social Welfare Program is hosting "Toy Library" that lends toys to handicapped children, as well as providing opportunity to handicapped children to enhance their activity and interests through playing with the toys. Trained instructors will assist the children playing and parents to get to know different types of toys.

Date & Time: Every 2nd & 4th Wednesday, 1PM~4:30PM Place: Central Children Center Fee: Free

*A child must be accompanied by an adult. *No reservation required.

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

< Katei Home Daycare 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 home day-care services available from April: Representative Name and Facility locations of small group child care . To obtain more detailed information, please contact Kosodate Shien Ka, Hoiku Youchien Kakari- ☎Ext.234 on weekdays.

◆ Katei Type Childcare- Home Daycare

In principal, Home Daycare is a small-sized child-care service provided by authorized "Katei" Type Childcare (by experienced mothers with certification) whose home environment fulfills the regulation.

Hours: 8:30AM~4:30PM in principal (Extension is possible for additional fee.)

Accepted Age: 8 weeks old ~ 2 years old Note: Day care fee amount is determined by annual income.

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. Tamiyo Furuhashi	Midorigaoka 1-24-14	☎554-9276
Ms. Kayoko Nakayama	Hane-nishi 2-7-1	☎555-6952

PUBLIC SERVICE & ADMINISTRATION

< Subsidy for Castration and Sterilization of Stray Cats >

Hamura City has a subsidy program for castration and sterilization of stray cats as a support to promote public awareness on animal welfare, as well as to maintain public health in streets environment.

It is to partially subsidize the operation fee paid through a civic organization that applies and be approved to register in the program. Conditions of approval are: ① group which consists of 2 or more Legal adult members, with the minimum number of members being 3. ② The group representative is a Hamura City resident. ③ The group is certified by city. Subsidies will be offered for: Castration surgery fees not to exceed Female ¥10,000, Male ¥5,000, and for cage purchased for transporting to the veterinarian facility not to exceed ¥10,000 per group. To find out more, please contact Kankyō Hozen-kakari ☎Ext.226.

< Temporary Welfare Benefit for Pension Recipients >

There will be a temporary welfare benefit offered to elderly citizens who are *Hamura* City residents, and whose sole income is from being a pension recipient. This measure is aimed to protect the elderly low income earners, which are a vulnerable group in society that often do not gain from wage increase, as they are not the working generation, and is also offered in the expectation that it will boost spending for FY2016.

Eligibility: Residents who met the requirements for the temporary welfare benefit for FY2015, turning 65 years old or older in 2016 (Born 1952 April 1st or earlier) .

However, if any of the below applies, the person will not be eligible for the benefits:

- If you receive benefits under the public assistance system;
- If you are a short-term resident of foreign national, or an undocumented foreign national.

Payment Amount: ¥30,000 per eligible person *This is a *one-time* relief measure

Application Acceptance: Applicable citizen will receive a packet by postal mail in early May from the city.

Please appear in person to apply for the benefit to the special reception desk which is open during May 10th (Tue) ~ Aug 10th (Wed) excluding Saturday, Sunday, and Holidays. Time: 9AM ~ 11:30AM, 1PM ~ 4:30PM on weekdays. Reception is open on the following Saturdays and Sundays: May 14th & 15th, 21st & 22nd

Place: City Hall 2nd Floor, Conference Room 201 (*Kaigi Shitsu*) until June 8th.

What to submit when applying:

- valid form of identification such as drivers' license, passport, individual number card, health insurance card
- current bank book or cash card (If same as previously received welfare benefit, it will not be necessary.)

The applications will be accepted by postal mail also. ▶〒205-8601 *Shakai Fukushi Ka, Shomu Kakari*

(No street no. needed) If mailing in your application, you must provide a photocopy of the above documents.

Inquiries: *Shakai Fukushi Ka, Shomu Kakari* ☎Ext.112

< May is "Burnable Waste Accurate Separation Month" >

Hamura City has a long term plan on waste management: The goal is to reduce the amount of waste and increase the recyclable/reusable resources (2015 goal was to reduce burnables to 7508 tons) during 2016. Comparing the figures of goal and actually collected waste amount in FY2015, it tells that we need to reduce waste by 1,262 tons, which, if divided by *Hamura* city population, 21kg per person. The amount of burnable waste is 60% of all waste, so decreasing burnable garbage will be very important and an effective tactic for achieving the goal in time or even sooner. To promote this policy, the city has designated February, May and September as "Burnable Waste Accurate Separation Month." Please separate your trash properly.

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

Thank you for your cooperation!

Inquiry: *Seikatsu Kankyou Ka, Kankyou-kakari* -☎Ext.204

< Closure of the Swimming Center for Construction >

The Swimming Center will be undergoing renovation from May to September. Users may be temporarily inconvenienced during this term. The sports sauna will be closed for 2 weeks in June. Air conditioning capabilities will also be affected. Thank you for your cooperation Swimming Center ☎579-3210

< Rent Tableware for Free and Reduce Garbage! > リユース食器の無料レンタル

Did you know that you can help reduce garbage and CO² at large by renting reusable tableware for free?

Hamura City has a tableware lease service. It is free and the used items do not even need to be washed before returning! Why not save the cost on buying disposable ones, and contribute to reducing garbage.

Items for lease: Plates, drink cups, chop sticks, spoons until March 15th (Tue), 2017.

Eligibility: *Hamura* residents group / company / organization that want to rent more than 200 pieces.

Inquiries: *Hamura Midori Tokyo Keikaku* Executive Office (*Kankyou Hozen-kakari*) at City Hall ☎Ext.226

< Hamura City Ordinance Prohibiting the Littering and Smoking in Public Space >

Hamura City had enacted a municipal ordinance pertaining to the prohibition of littering garbage and leaving dog feces, and designation of the Public Non-smoking Area. Observance of this ordinance by each person is requested. We hope that our city will become a place which one can be healthy and live in safety.

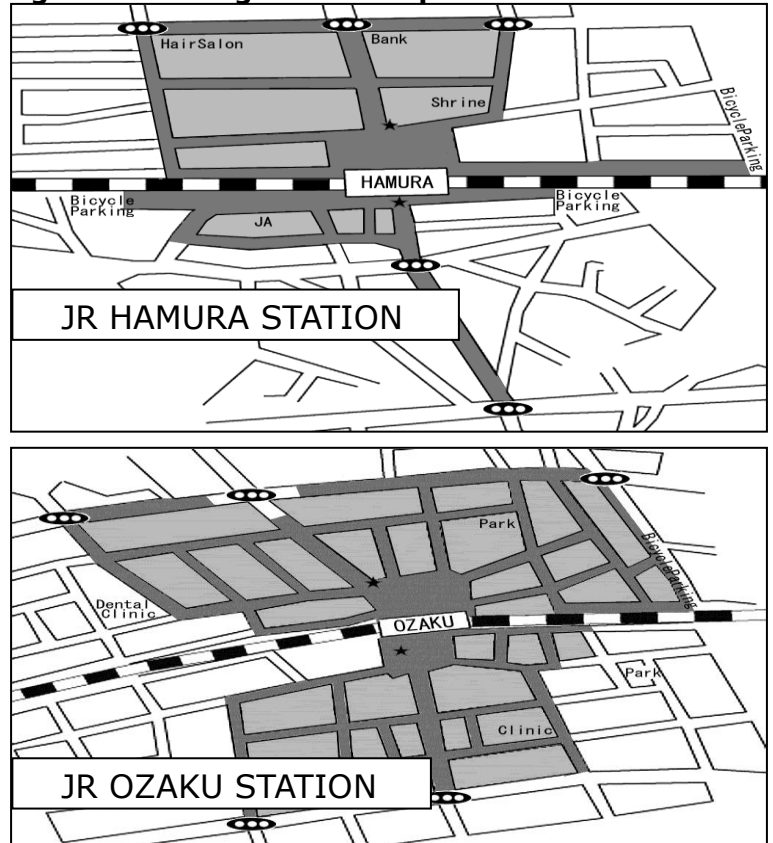
Violations are: ①[Prohibition of Littering Garbage and Leaving Dog Feces]

② [Designation of the Public Non-Smoking Area]

¥5,000 yen will be charged as a fine for violation of these articles, and not complying when warned
On these maps, the colored streets and sections indicate the areas where smoking is prohibited in outdoor places under this ordinance.

The designated smoking spots are indicated by ★ marks on the map

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



マイナンバーニュースNo. 1 0

< The "My Number" News №10 >

The "My Number" Individual Number Card which serves for identification of the Individual Number assigned to each person registered in the basic resident registration which has been in effect since October 2015, shows address, name, date of birth, gender, and a picture of the individual on the front, and on the back the assigned individual 12 digit number. An electronic IC Chip is imbedded in the card.



The "My Number Policy" for Social Security and Taxes affects foreigners who have legally resided in Japan for more than three months and have an address in Japan. It can be obtained free of charge.

"My number" notification card is necessary for applying for the identification card. (Previously sent to all) .

- Please send the above notification card to the city hall along with your photograph and identification.
- You can register online.
- You can use the automated photograph snapshot machine which is located in the lobby of the city hall.

Also see website for the "My Number Individual Number Card" <https://www.kojinbango-card.go.jp>.

We apologize for the backlog of applications which have caused delay of card issuance, and we are very grateful for your patience. When your card is ready to be handed over, you will receive an Issuance Certificate (*Koufu Tsuuchisho*) in the form of a post card. Please present your identification when you receive the card. Inquiries: Shiminka, Uketsuke Kakari, ☎Ext. 121 about issuance or the My Number Consultation Desk at ☎0120-0178-26 on weekdays from 9:30AM ~ 10PM for English, ~8PM for Chinese, Korean, Spanish.

活用しよう！エコライフ助成制度

< Hamura City Subsidy Programs for Environment Friendly Lifestyle >

~ Promoting Energy Generation & Conservation * Greenery Creation ~

Hamura City has been supporting local residents and businesses with their effort on reducing environmental impact by providing public subsidies for eco-friendly retrofitting and increasing greenery in city landscape, also promoting efforts of the environmentally friendly business industry. If you are considering application of eco-friendly improvement or greenery creation to your home or business entity, or even if the work is already completed, please feel free to consult and find out if these subsidy programs can help you.

Inquiry: Kankyou Hozen-ka Kankyou Hozen-kakari - ☎Ext.226

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

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

Eligibility: *Hamura* residents and local small enterprises.

*The work must complete by December 31st 2016.

Subsidy Application Period: May 2nd (Mon) ~ January 31st (Tue), 2017 *Processed in order of receipt.

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

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

Flow of Subsidy Payment:

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

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

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

Eligibility: *Hamura* residents and local small enterprises.

*The work should be completed or if in progress, see completion between April 1st 2016 and March 31st 2017.

Application Period: Until March 31st (Fri), 2017 *Application processed in order of receipt.

Subsidy Amount: one-third (1/3) or up to half (1/2) of the cost.

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

軽自動車税納税通知書

< Light Vehicle Tax >

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

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

◆There is a tax exemption measure for light vehicles owner with disability. Application for the exemption must be filed before May 31st (Mon). Those who were Light Vehicle Tax Exempt during last year need to file an application again only if the registered vehicle was replaced with an another vehicle.

Inquiries: *Kazei ka*, *Shiminzei-kakari* ☎Ext.165

おとなの風疹予防接種

< Rubella(*Fuushinn*) Immunization for Adults >

Rubella, which is also known as German Measles, is becoming ever more prevalent among adults in recent years.

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

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

Application and Appointment:

Please submit an application for the process to the Hoken Center no later than March 31st (Fri), 2017. You will receive a screening/immunization packet. After this is received, then make a vaccination appointment at medical facility participating in this program. You will receive antibody titer test; if figures show that antibody is low, you will be instructed to receive immunization.(Bring your identification to show proof of age, etc.)

Subsidy Amount: (The immunization fee may vary by institution.) *Hamura* City provides ¥5000 for Measles- Rubella combination immunization and ¥3000 for Rubella-only immunization received

❖Those pregnant may not be inoculated. Also please avoid becoming pregnant 2 months after receiving shot.

Inquiry: *Hoken* Center 555-1111, ☎Ext.626

< Hamura City Public Housing (Shiei Juutaku) > Shiei Juutaku housings are managed by the city government in purpose of providing affordable housings for low-income earners having housing problems. People can sign up for the FY 2016 tenant waiting-list program. The application for the waiting list of housings for general household or for elderly household are now accepted. This is the last announcement for this year. To Become a Waiting List Registrant: You must have been a Hamura City citizen for at least 2 years, who meet the income standard. Tax payment history will also be put into consideration. .
Housing at the following districts: *Sakae-cho*(general only), *Tamagawa*(general only), *Hane-Nishi*, *Hane Kami*, and *Fujimidaira*(elder only) Several housing complexes are currently available. Please inquire. The application brochures will be available from May 9th(Mon) to 17th(Tue), at *Kenchiku-ka* (8:30AM~5PM) in city hall 2nd floor and at city hall branch offices (9AM~1PM) on weekdays, or at city hall Main Reception on Saturday and Sunday. For more information, please see the brochure or consult City Hall, *Toshi Keikaku Ka*, *Jyuutaku Koutsuu Kakari* ☎Ext.276. *The candidates will be selected by open drawing on May 25th (Wed).

< Tokyo Metropolitan Public Housing >

These public housings are managed by the metropolitan government in purpose of providing affordable housings for low-income earners and residents having housing problems. There are required applicant eligibility qualifications such as income level, period of resident registration history, etc. Availabilities for this Application Term are for the following household types;
[general family, family of young parents, family with many children]
Application: The completed application form must reach *Shibuya* Post Office by mail before May 20th(Fri).
*Tenants will be selected by drawing held on June 23rd (Thu) at Tokyo Metropolitan Government Office.

The application brochures for the current offer term will be available from May 9th(Mon) to 17th(Tue), at *Kenchiku-ka* (8:30AM~5PM) in city hall 2nd floor and at city hall branch offices (9AM~1PM) on weekdays, or at city hall Main Reception on Saturday and Sunday.
For more details, please refer to the brochure or inquire to the office of *Tokyoto Juutaku Kyoukyuu Kousha Inquiries*: *Tokyoto Juutaku Kyoukyuu Kousha Boshuu* Center (JKK Tokyo Application Center)
During May 9th ~ 17th ☎0570-010-810 / Other Times ☎03-3498-8894 Office closed on weekends

< TV Hamura in May >

TV *Hamura's* 30-minute program is broadcasted daily on Tama Cable Network (digital channel 055). New contents come on every Thursday. The daily program times are ①9AM~ ②5PM~ ③9PM~. On Saturdays it is also broadcasted on digital ch.101 at ①1:30PM~ ②5PM~ ③9PM~.
*Recent past programs can be viewed online <http://www.city.hamura.tokyo.jp/category/3-17-3-0-0.html>
Selected Topic: "Hamura Flowers and Water Festival 2016" One of the largest tulip fields in Kanto
This Month's Special Program: ~ **Tokubetsu Bangumi – Nakamachi Matsuri Temple Festival**~
Inquiries: *Kouhou Kouchou-ka Kouhou-kakari* –☎Ext.505

< Japanese Red Cross Society Campaign 2016 > 赤十字活動資金にご寄付を

May is the annual promotional campaign month of Japanese Red Cross Society. Officers of your community association will visit the homes of association members to collect donation support which will be used to fund international/domestic disaster response and relief operations, medical services, education of nurses, blood program and other social welfare services. Your support for Red Cross Society's worldwide humanitarian activities will be deeply appreciated.
Inquiries: City Hall, *Shakai Fukushima-ka Shomu-kakari* ☎Ext.114

< Free HIV Test at Public Health Center > Inquiries: *Nishitama* Public Health Center ☎0428-22-6141
The *Nishitama Hokenjyo* (Public Health Center) will do HIV Testing during the HIV Testing Promotion Month.
Test Date & Time: June 7th (Tue) 1:30PM~4:30PM Fee: Free Reservation: Not required
Test Result Reporting: Please come to the center again on June 14th(Tue) 10AM~11:30AM
* The result will be reported in person only. Place: 1st Floor of *Nishitama Hokenjyo*
▶▶Those who wish can be tested also for Chlamydia, Syphilis and Gonococcal Infection with free of charge.
▶▶*Nishitama Hokenjyo* is open to public for consultations about sexually transmitted diseases at anytime.
(located at 5-19-6 *Higashi Ōme*, *Ōme* City from JR *Kabe* Sta. 13 min. walk, *Higashi Ōme* Sta. 17 min. walk)

< **2016 Aid for the Kumamoto Earthquake Disaster** >

Please offer your support for the victims of the devastating earthquake which hit the area of Kumamoto Prefecture. *Hamura* City has organized an official fund to support the recovery of the region.

Term: From April 18th (Mon) till indefinitely. Donation Box Locations: City Hall 1st Floor Reception, Branch Outposts of the City Hall, *Yutorogi*, Sports Center, Library, and the *Kyoudo Hakubutsukan* (Folk Museum)

* If you need a receipt, please donate to the box in the city hall 1st floor reception.

Or, you can send money to the below bank account.

Bank Transfer to the Relief Fund

[2 0 1 6 Kumamoto Earthquake Hamura-shi Relief Fund]

Name of Fund: [平成28年 熊本地震災害羽村市義援金]

(*Heisei Nijyuu Hachi-nenn Kumamoto Jishin Hamura-shi Gien Kin*)

Bank Account Name: NishitamaNougyou Kyoudou KumiaiHonten
西多摩農業協同組合本店 (must be in Japanese if using written format)

Type of Account: (普通) Account Number: 0121379

Inquiries: *Kikaku Seisaku Ka, Kikaku Seisaku Tantou* ☎Ext. 315

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

Date	Hospital / Clinic				Dental Clinic	
	9AM~5PM		5PM~10PM		9AM~5PM	
1 st (Sun)	<i>Yokota Clinic</i>	☎554-8580	<i>Heijitsu Yakan Kyuukan Center</i>	☎555-9999	<i>Honda Dental Clinic</i>	☎554-4184
3 rd (Tue) Holiday	<i>Yamaguchi Naika Clinic</i>	☎570-7661			<i>Honda Shika Iin</i>	☎554-5902
4 th (Wed) Holiday	<i>Wakakusa Iin</i>	☎579-0311	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Heizou Shika Iin</i>	☎554-0066
5 th (Thu) Holiday	<i>Ozaku Ekimae Clinic</i>	☎578-0161	<i>Takamizu Iin (Mizuho-machi)</i>	☎557-0028	<i>Moriya Shika Iin</i>	☎555-9872
8 th (Sun)	<i>Ozaki Clinic</i>	☎554-0188	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Asahi Kouen Douri Shika Iin</i>	☎555-7904
15 th (Sun)	<i>Izumi Clinic</i>	☎555-8018			<i>Ikoma Shika Hamura Shinryoujo</i>	☎555-3139

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

PUBLIC CONSULTATIONS Schedule of MAY

Category	Date	Time	Contact
General Consultation for Foreign Residents ①*	13 th (Fri), 27 th (Fri)	1:30pm ~ 3:30pm	Spanish and Korean interpretation service is available by appointment for Foreign Residents Consultation only. ◆ <i>Shimin Soudan-shitsu</i> city hall ext.541
Public Administration and Human Rights	19 th (Thu)	1:30pm ~ 4:30pm	

*①=appointment required.*For English and Spanish translation services, please make an appointment in advance.

◆ Consultations are by appointment only. Please do not call the *Shimin Soudan-shitsu* for consultation over the telephone.