



Hamura City

HAMURA NEWS

May 15th, 2016

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

5-2-1 *Midorigaoka*, Hamura City, Tokyo 〒205-8601 ☎042-555-1111

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/sp/category/3-17-2-0-0.html>

6月1日～7日は水道週間

< Waterworks Promotion Week - June 1st ~ 7th Annually >

The week of June 1st ~ 7th is the Waterworks Promotion Week. During this week, the *Hamura City Waterworks Department* will welcome visitors to the tour in the *Haisuitou*(Standpipe) and the *Jousuijou*(Filtration Plant). These major facilities will be open to the public to promote the understanding of our water system that local residents rely on for daily water supply, which is sourced in groundwater in *Hamura City*.

The Waterworks Department is, along with the wide range of responsibilities, currently carrying out the earthquake-resistance improvement project for the underground pipe systems as well as the regular monitoring of local water quality focusing on the detection of radio-active substances in order to maintain quality water supply. It is not necessary to make an appointment in advance to join the tours.

Jousuijou (Filtration Plant): Open to public on June 4th(Sat) and 5th(Sun), 9AM~4PM.

This plant is equipped with a membrane water filtration system of the largest scale in Japan.

Location: Hanenaka 4-10-3

Haisuitou (Standpipe): Open to public on June 1st(Wed) ~ 7th(Tue) 9AM ~ 4PM.

From the top of the tower, you can enjoy the grand view of the *Hamura city* landscape!

Both Visitations are free of charge. Each participant will be given one "Hamura Water" as a souvenir.

Inquiries: Hamura City Waterworks Department ☎554-2269

羽村動物公園



HAMURA ZOO (*Doubutsu Kouen*) ☎579-4041

< Zebra Baby was Born >

There was a new zebra baby born on March 28th, who was named "*Haruma*". He lives on the grounds with his mother, father, and his aunt who are raising him to be full of health and strength. Please come to see him!



平成28年熊本地震の被災地支援物資を搬送しました

< Relief Supplies Collected as Hamura City's Aid Effort for the 2016 Kumamoto Earthquake >

There was a devastating earthquake on April 14th and 16th in the *Kumamoto Region* of Southern Japan. *Hamura City* started a relief fund shortly after the earthquake. The relief fund details are as follows:

Term: will be continued as needed. **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

Relief Supplies Delivery: On April 20th, Hamura City made a relief supply shipment to support the region. This was made possible by Hamura City's initiative that they carried out to offer help to the Kumamoto City Hall. There were supplies such as water (10,080 bottles), various foods (rice, crackers, bread, porridge), and wipes cloths as emergency relief supplies sent to the victims as response to the requests from the region regarding the need for daily necessities.

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

CLASSES & EVENTS

グリーンカーテンコンテスト

< Green Curtain Contest 2016 >

Hamura City is encouraging residents and business to use green curtains at their facilities as one of the power saving efforts. If you are growing a green curtain, why not enter yours to this contest?

Eligibility: Residents and business growing green curtains at home or workplace in Hamura City

Application Period: July 1st (Fri) ~ September 30th (Fri) Must have ①a photo including the whole image with the building of your green curtain. ②a photo(s) showing the current state of the growing green curtain.

Both photos need to be an A4 size or larger picture. Submit these along with the application form by method of mail, e-mail, or bringing in directly to the City Hall Kankyō Hozen-ka (city hall 2nd floor) between 8:30AM ~ 5PM. An application form is also available there or downloadable at and the city website. If you would like to have a form mailed to you, please send a blank envelope to "Green Curtain Contest" with ¥82 stamp pasted on it. Walk-ins are only on weekdays and not on Saturday, Sundays, and holidays. The winners will be announced on Hamura News Japanese Edition and Hamura City Website. The best prize winner will be invited to a commendation ceremony at the 6th Hamura Environment Festival 2016 under the

Categories: Citizens or Business Owner. Inquiry: Kankyō Hozen-ka, Kankyō Hozen Kakari ☎Ext. 225

e-mail: s205000@city.hamura.tokyo.jp Post: to Green Curtain Contest, 〒205-8601 (no address needed)

< **The 5th Hamura Environment Fair** > This is an event which was organized by a cooperation of local business entities and citizen groups with an aim to raise awareness on environmental issues and challenges that we face. The theme for this year's *Hamura* Environment Fair is "Ways to Be Environmentally Friendly". At the venue, booths will offer educational insight, and there will also be some musical group performances. Let's join this educational and fun event! For more details, view the official website, or please feel free to contact the event hosts.

Contact *Hamura* Environment Fair Executive Committee or *Kankyou Hozen-kakari* at city hall ☎Ext.226.

♣**The Aquarium and Traveling Small Zoo from Hamura Zoo**

Aquarium is set up especially for this event!! Come visit the cuddly animals in the traveling small zoo!!

♣**Renewable Energy Source**

Experience the solar powered bicycle "Segway", see equipment display from The AZEMS Project

♣**Let's Get A Souvenir**

Come to participate in the event win a souvenir (see pamphlet for more details).

♣**Skateboards Reborn**

Repair skateboards which are in very bad shape (participant will pay for some materials); recreate into your original design. (Pamphlet distributed at site shows details.)

June 4th (Sat) 10AM ~ 4PM at Yutorogi

Hour	Event	Place
10AM ~ 10:20AM	Opening Ceremony	Main Hall
	Green Curtain Contest Awards Ceremony	
	"Eco Senryu" Poem Awards Ceremony	
10:20 AM ~ 3PM (* = These activities will be held at the <i>Sangyo Fukushi Center.</i>)	Presentations by citizen groups	Exhibition Room
	Exhibition by Business Entities	front street
	Flea Market (outdoor)	Parking Lower Level at *
	Demonstration ~ "Solar Cooker"/Rain Water Tank	<i>Kouryuu Hiroba</i>
	Bicycle Powered Generator	In front of Main Hall
	AZEMS Solar Power Exhibition	front street
	Next Generation Bicycles on Display	
	Aquarium/Traveling Small Zoo from <i>Hamura Zoo</i>	
	Food Stalls of <i>Hamura City Food Service Owners</i>	
	Governmental Panel /Animal Rights Activist Booth	Reception Hall
	Skateboard Reborn Workshop	front street
Miniature Windmill Generator Crafting Class		
10:20AM ~ NOON	Energy Sources which are Renewable, SEGWAY Riding Experience Space	front street
10:30AM ~ 11:10AM	Green Curtain Workshop	<i>Kouryuu Hiroba</i>
10:50AM ~	Concert by Dai 2 (Ni) Junior High School Brass Band	Main Hall
11:20AM ~ 11:50AM	Quiz Time "Who is the Environment Expert?"	<i>Kouryuu Hiroba</i>
NOON ~ 0:30PM	"Solar Cooker" Workshop	<i>Kouryuu Hiroba</i>
0:10PM ~ 0:40PM	Professional Skateboarder Show	front street
0:40PM ~ 1:10PM	Scientific Experiment	<i>Kouryuu Hiroba</i>
1PM ~ 3:40PM	Energy Sources which are Renewable, SEGWAY Riding Experience Space	front street
1:20PM ~ 1:50PM	Food Compost with Card Board Box Workshop	<i>Kouryuu Hiroba</i>
2PM ~ 2:30PM	Comedy Talk Show (by <i>Hayashiya Curry & Rice</i>)	
2:40 PM ~ 3:15PM	LIFriends Live Performance	
3:25PM ~ 3:45PM	Youth Eco-Study Tour in Hachijou-jima Island Presentation	
3:45PM ~	Closing Ceremony	

◆ **Traffic Restriction:** A section of street in front of *Yutorogi* will be closed to motor vehicles on June 4th(Sat) between 8AM ~ 6PM. Thank you for your understanding and cooperation.

◆ **Bus Stop will be moved:** June 4th(Sat) between 8AM ~ 6PM, a *Hamuran* Bus Stop in front of *Yutorogi* will be relocated near the intersection by *Yutorogi's* multi-story parking. We apologize for the inconvenience.

~ CULTURE & COMMUNITY ~

平成27年度防犯カメラ設置運用状況

< Street Security Cameras Were Installed >

As a crime preventive measure, *Hamura City* maintains street security cameras at:

City Hall, Libraries, Sports Center, Swimming Center, *Yutorogi* Lifelong Learning Center, *Kyodo Hakubutsukan* (Folk Museum), East Child Center, West Child Center, Water Park, Zoo, JR *Hamura Station* West Exit Branch Office, Elementary and Junior High Schools, Community Center, *Fukushi Center*, *Iko no Sato*, JR *Hamura Station* area, and JR *Ozaku Station* area.

Inquiry: *Soumu Ka Housei-kakari* ☎Ext.327

市内いっせい美化運動 花いっぱい運動

< Hamura City Beautification Campaign on Sunday, May 22nd (Sun) >

Let's join your community group for a day of public cleaning or gardening activity — picking up trash and cleaning around our public facilities and streets, or prepare the community gardens with flowers for Summer.

☆ Town Cleaning ☆

Let's pick up trash from public spaces with your neighborhood group, then separate them into burnable and non-burnable trash bags, then place them out for collection before 9AM on the event day.

Inquiry: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari* - ☎Ext.205

* Community Gardening *

Hamura City will distribute 106,000 pots of colorful flowers to decorate public parks and sidewalks.

Decorated flowerbeds will be entered for the *Hamura City "Hana Ippai"* Summer Competition. Ask for details

Inquiry: *Sangyou-Shinkouka Nousei-kakari* - Ext. ☎663 / *Hamura City Tourism Association* ☎555-9667

中学校交通安全教室

< Traffic Safety Class at Junior Highschool >

In addition to the traffic lecture, demonstrations of common traffic accidents will be performed by stunt men.

Date & Time: May 27th (Fri), 1:30PM~(about 2 hours) Place: *Hamura Dai 3 (san)* Junior High School

Stuntman Demonstration: ■crash at 40 k per hour ■bicyclist violating traffic laws■bicycle hits pedestrian

■accident due to bad visibility at intersection ■accident between bicycle and pedestrian on the crosswalk

These demonstrations will be followed by a traffic lecture from police staff at the *Fussa Police Station*.

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

*Any *Hamura* residents can participate in this school event. Feel free to join! *No parking is available

Inquiry: *Bousai Anzen Ka, Koutsuu Bouhan-kakari* ☎Ext.215

< On-The-Job Social Learning Program For Junior High School Students >

All *Hamura* Junior High Schools organize a social learning program which allows the students to experience semi-internship at actual work places, thanks to the cooperation from local business entities.

This social learning program provides the students a great opportunity for learning about the jobs and developing communication skills required in professional environment.

Please be informed that 8th graders of *Hamura Dai 2 (Ni)* Junior High School will start their 5-day internship starting on May 16th(Mon) to 20th (Fri). Those students do not go to their school during the internship week, but they commute directly to the assigned work places.

Inquiries: *Gakkou Kyouiku-ka Shidou-kakari* ☎Ext.376

~ SPORTS & EXERCISE ~

SWIMMING CENTER ☎579-3210

< Fitness Training >

This training session focuses on development of muscle, which helps to properly situate bone structure. Properly situated bone structure contributes to proper function of the intestine, which leads to improvement of your metabolism.

Date & Time: Every Thursday 11AM ~ Noon Conference Room on 2F Capacity: first 20 people

Lesson Fee: ¥800 per lesson Things to bring: comfortable gym clothes, drink, and towel

※ For participation, please come to the 2nd Floor Sauna front counter on the day of each class.

< Belly Shape Dance >

How about dancing with music, moving your shoulders, hip and belly, especially around your pelvis and improve the circulation of the blood. Makes your inner muscles fit and prevents from storing visceral fat.

Date & Time: Every Friday 9:30AM~10:30AM *Kaigishitsu* Room on 2F Capacity: first 20 people

Lesson Fee: ¥800 per lesson Things to bring: comfortable gym clothes, drink, and towel

※ For participation, please come to the 2nd Floor Sauna front counter on the day of each class.

< Aquabics (In-Water Aerobics) >

Can't swim? Don't worry. Let's have fun exercising in the water!

Date & Time: Every Thursday between June 2nd (Thu) and July 21st (Thu), 3PM~3:50PM

Place: Swimming Center Pool Eligibility: Anyone 16 years old and older Capacity: First 35 people

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

Items to bring: Swimsuit, swimming cap, and towel Instructor: *Hamura-shi Taiiku Kyoukai* Sports Trainer

How to attend: Come to the 1st Floor Swimming Pool Front Desk between 1:50PM ~ 2:50PM on the class day.

< **The 50th Field Golf Tournament** >

Date & Time: May 28th (Sat), 9AM~Noon (Registration: 8:45AM~9AM, cancelled in case of rain)

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

Hosted by: *Hamura-shi Sport Suishin Iin Kyougikai (Hamura City Council of Sport Promotion)*

*Please wear appropriate outfit and shoes for the event .

How to apply: May 15th(Sun) ~ 22nd (Sun), call, e-mail or visit the Sports Center ☎555-0033/fax 554-9974 and provide your address, name, phone number, and your date of birth. If bringing in, come between 9AM~5PM Email: s705005@city.hamura.tokyo.jp Facility is closed on 16th (Mon)

第 35 回羽村市高齢者レクリエーション

< **The 35th Recreation Gathering For Elderly Residents** >

Hamura City and the Elderly Citizen's Club will hold a senior citizen event. Join even if you are not a member. Elderly citizen's health will be enhanced through engaging in sport and recreational activities at this event.

Date & Time: June 3rd (Fri), 1:30PM ~ 4:30PM Place: Sports Center Hall 1

Eligibility: *Hamura residents at age 60 or older* Please inquire for details

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

HEALTH & MEDICAL

女性のための骨密度測定

< **Bone Density Test for Women** >

Women's Bone Density generally starts decreasing after 20's, and especially around the menopause. All female residents are encouraged to take this chance and check their bone condition even if you are young for the prevention of Osteoporosis (Brittle-bone Disease), a very common bone disease among women.

Schedules: Please choose from the following options;

<A> July 10th (Sun) 9AM ~ Noon July 10th (Sun) 1:15PM ~ 4:15PM

<C> July 11th (Mon) 9AM ~ Noon <D> July 11th (Mon) 1:15PM ~ 4:15PM

* Each session will take about 1.5 hours (for various test (x-ray filming) and medical counseling).

Place: Hoken Center Eligibility: Female *Hamura Residents of age 20 to 64 years as of July 10th.*

*Those who are being treated for Osteoporosis, pregnant or have a possibility of being pregnant cannot apply.

Capacity: First 45 people per time (If more applies, it will be chosen by lottery)

Inquiry: between May 23rd (Mon) to June 10th(Fri), visit *Hoken Center* from 8:30AM ~ 5PM, or call center at ☎555-1111, Ext. 627. (excluding Saturday and Sunday, holidays)

*Please choose 1st and 2nd preference of schedule. *If coming with a child, please notify when you apply.

*Please check the Bone Density Test Card that will be mailed to you for the date and time specified for you.

< **Opportunity to Become a Dementia Patient Supporter** > 介護・認知症に対する理解をふかめませんか

Interested in becoming a Dementia Patient Supporter who is knowledgeable of various aspects of the disease called dementia? You can offer great support to the families of dementia patients. Join this class!

After completing all the classes, there are no responsibilities that you must fulfill. Each person is different in terms of the level of assistance that they can offer, and it is helpful to have the correct knowledge when you happen to be acquainted with someone with dementia. Date: June 16th (Thu) 7PM ~ 9PM Fee: Free

Place: Yutorogi 2F Kouzashitsu Room 1 Eligibility: residents, commuters Capacity: First 50 applicants

~ **Get-together event for family caregivers of dementia patient** ~

You can learn how to take care of elderly family members in need of special care for dementia symptoms. Join and share your experiences / questions/ tips with other caregivers. There is no fee, but please reserve.

Date & Time: June 9th(Thu), 1:30PM~3PM Place: Community Center 2F Dai 1Kenshuu-shitsu

Eligibility: Hamura residents who are taking care of elderly family member Capacity: About 10 people

Application & Inquiry: For class and family get-together, call Kourei Fukushi Kaigo-ka, Chiiki Houkatsu Shien Center ☎Ext.141, between 8:30AM ~ 5PM on weekdays. Closed on Saturday and Sunday.

LET'S REJUVENATE YOUR BRAIN AND ENJOY LIFE MORE! みんなで脳を楽しく能を活性化しませんか

~ Lecture Event ~Dementia Prevention Method~

At this lecture you can learn about the causes of dementia and how to revitalize your brain, and you will also be briefed of courses for Brain Rejuvenation which will be held from July to November.

Date & Time: ①May 27th (Fri) and 30th (Mon), 2PM ~ 4PM Place: Community Center 3rd floor Hall

Eligibility: Hamura residents who are 65 years or older, persons taking care of a dementia patient in family, or those who are interested in learning about dementia. Reservation: not required

Instructor: Dementia Prevention Support Center Staff

Inquiry: Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari ☎Ext. 178

~ Lecture Courses for Rejuvenating Your Brain ~

You will work at your own pace for exercising. Please choose between three categories

1> Walking plus Trip. 2> Walking plus Cooking 3> Walking plus Computer Skills (must bring computer)

Classes: Tuesdays of July 5th(Tue)~November 1st (Tue), 9:30AM~11:30AM (17 sessions) *no class Aug. 16th

Place: Community Center Eligibility: Hamura residents who are around 65 years old, able to participate in

all classes Capacity: 6 people per program (Attendees of the "Lecture for Dementia Prevention Method" are prioritized over other applicants.) Fee: Free (cost required for some courses) Please call from June 6th

(Mon) ~ 17th(Fri) 8:30AM ~ 5PM on weekdays to Kourei Fukushi Kaigo ka, Kourei Fukushi-kakari ☎Ext. 178

第28回虫歯の誕生日

< **The 28th Dental Information Lecture & Interactive Event ~ Cavity's Birthday ~** >

The Dental Hygiene Awareness Campaign will be underway during this event.

Date & Time: June 4th (Sat), 2PM ~ 4PM Place: Hoken Center Fee: Free

Event Detail: Fun for Kids, oral check, dental microscope, electric toothbrush, etc. *gift giveaway to all

Also, there will be a Bingo Tournament, and a dental hygiene lecture by a dentist.

Hosted by: Hamura-shi Shika Ishi Kai Co-Hosted By: Hamura City POC: Masuda Dental Clinic ☎551-8686

~ CHILDREN & PARENTS ~

あそびのポケット

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

ASOBI POCKET at Children Centers

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

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

Place & Date: East Children Center – May 24th (Tue) Time: 11AM ~ 11:30AM

Central Children Center – May 26th (Thu) Admission: free *No reservation needed.

ノーパディーズ・パーフェクト 参加者募集

< Child Rearing Seminar “No Parents Are Perfect ” >

Parents raising small children commonly have a sense of anxiety and uncertainty accumulating from their daily tasks and responsibilities over child rearing. This seminar, group discussion gathering will provide the participants with and an opportunity for sharing and connecting with other parents, joined by the counselor. Join in this chance for finding help or an inspiration to your child-care related concerns, and learn to be confident towards parenting.

Date & Time: Thursdays between June 2nd (Thu), ~ July 7th (Thu) 6sessions

10AM~Noon Place: *Yutorogi Kouzashitsu 2* Capacity: First 10 applicants Fee: ¥300

Eligibility: *Hamura* residents raising a child of 12 months old ~ preschool, and able to attend all 6 sessions

* You cannot apply if you have already taken the course in the past.

Child Care Service: 12 month old ~ preschooler, up to 10 kids, fee ¥100 (6 sessions)

Application/Inquiry: Starting on May 2nd (Mon), call *Kodomo Katei Shien Center* ☎578-2882

Inquiries will be accepted from 8:30AM ~ 5PM on weekdays excluding Sat, Sun, & holidays.

PUBLIC SERVICE & ADMINISTRATION

東日本大震災被災地へ義援金を送金しました

< Hamura City Has Sent Relief Aid Money to Touhoku >

Hamura City had sent relief aid money several times to the Great East Japan Disaster victims through prefectural governments of the severely stricken areas. The total of the aid money sent up the past was ¥32,300,000. In addition to that, the city has recently made another aid money remittance of ¥650,000 on March 28th to *Fukushima Prefecture*. (Receipts can be viewed online on the *Hamura City Official Website*.)

This disaster relief support was made possible thanks to the generous donations entrusted with *Hamura City* from the local residents and enterprises. Thank you sincerely for your contributions.

The city will continue accepting donations towards the disaster recovery efforts.

Inquiries: *Kikaku Seisaku-ka Kikaku Seisaku-tantou* ☎Ext.315

児童育成手当の手続きを

< **Application for Child Support Allowance** > June is the month in which renewal procedures are made. If you have never applied for this allowance, or if you were no longer eligible to receive the allowance at 2015, due to increase in wages, but have met eligibility criteria for 2016, please consult and file an application by the end of May. Child Support Allowance (*Jidou Ikusei Teate*) is provided mainly to single parent households which meet the income limit requirement.

❖ Current beneficiaries will receive Notification of Current Status (現況届用紙) by mail in June.

◆ **Child Support Allowance (*Jidou Ikusei Teate*)**

Eligibility: Household of a parent/guardian with child(ren) who turns 18 year old or younger in FY2016, or are looking after the child on behalf of guardian. Eligibility is offered by any of the following conditions.

Father or mother was deceased • Parents are divorced • Child was born out of wedlock
• Parent has severe disability that prevents him/her to be employed (issued with a mental disability certificate *Ai no Techou* grade 1~3 or physical disability certificate *Shintai Shougaiasha Techou* grade 1~2)

Allowance Amount: ¥13,500 per child, monthly

Item needed for application:

①Applicant and child(ren)'s *Kosekitouhon*(official copy of family register), ②Applicant's bank book, ③disability certificate ④Individual Number Notification ⑤ valid identification such as driver's license/ individual number card ⑥ if you own one, an *Inkan*

◆ **Special Child Support Allowance for Handicapped Children (*Jidou Ikusei (Shougai) Teate*)**

Eligibility: Household of a parent/guardian with child(ren) under 20 years old with following disability
Certified by Tokyo Metropolitan Gov: mental disability or certificate (*Shintai Shougaiasha Techou*) grade 1~2 along with Intellectual Disability Certificate (*Aino Techou*) level 1 ~ 3.

Certification by City: mental disability or certificate (*Shintai Shougaiasha Techou*) grade 1~4 along with Intellectual Disability Certificate (*Aino Techou*) level 1 ~ 4.

Tokyo's Allowance Amount: ¥15,500 per child, monthly *

City's Allowance Amount: ¥12,500, ¥13,500 per child, monthly *

*depending on the disability and household income ※Multiple benefits cannot be received.

Items needed for application: ①Applicant's bank book, ②disability certificate ③ Individual Number Notification ④valid identification such as driver's license/ individual number card ⑤If you own one, an *Inkan*

Notes: If you did not live in *Hamura* on Jan 1st,2016, you must bring the *Shotoku Shoumeisho*(income certificate) or *Kazei/Hikazei Shoumeisho*(tax declaration certificate) which states your income of 2016 issued by the municipality office of where you lived then. Other documents may be needed according to the condition. To find out about qualification requirements and/or application procedure, please contact *Kosodate Shien-ka, Shien kakari* ☎Ext.236.

< Coupons for Free Screenings for Female-specific Cancers > 女性特有がん検診

Hamura City will provide coupons (subsidy certificate) for free cancer screening for Cervical or Breast Cancer. The new coupon will be mailed to the applicable residents in late May, and can start being used in June, 2016.

Cervical cancer screening coupons will be issued for female residents who turned age 20 in FY 2015, and for people who did not use the coupons previously provided in FY2014 who turn 23 during FY 2016.

Breast Cancer screening coupons will be issued for female residents who turned age 40 in FY2015 and for people who did not use the coupons previously provided in FY2014 who turn 43 in FY 2016.

Inquiries: Hoken Center 555-1111, ☎Ext.626 Open 8:30AM ~ 5PM on weekdays. The Hoken Center does not operate on weekends and holidays.

乳がん検診

< Breast Cancer Screening > Term 1

Date: By appointment between June 1st (Wed) ~ September 30th (Fri), excluding Saturday, Sunday and Holiday

Participating Medical Facilities: Fussa Hospital and Nishimura Iin (both located in Fussa City)

Eligibility: Female residents at age 40 or older as of the examination day who were not tested last fiscal year.

• These subsidy certificates are available in limited number. (Applicants will be served on first-come first-serve basis.) Fee: ¥1600 Please pay at the hospital on examination day. *Free for Welfare Recipients. Please bring the Certificate of Welfare Recipient.

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

* Screening date should be scheduled when applying for Fussa Hospital.

子宮頸がん検診

< Cervical Cancer Screening >Term 1

Date: By appointment between June 1st (Wed) ~ September 30th(Fri), excluding Saturday, Sunday and Holiday

Participating Medical Facilities: Yorimitsu Ladies Clinic, Hamura Himawari Clinic, Fussa Hospital, Taisei Hospital (Fussa and Taisei are located in Fussa City)

Eligibility: Female residents at age 20 or older as of the examination day who were not tested last fiscal year.

• These subsidy certificates are available in limited number. (Applicants will be served on first-come first-serve basis.) Fee: free * Screening date should be scheduled when applying for Fussa Hospital.

Please apply for Breast Cancer Screening and Cervical Cancer Screening from May 18th (Wed)

Please call Hoken Center 555-1111, ☎Ext.626 between 8:30AM ~ 5PM on weekdays to make an appointment. The Hoken Center does not operate on weekends and holidays.

Notes about Cervical / Breast Cancer Screenings :

- It will take about a month for the result reports of tests taken through this subsidy program. If you are already having symptoms, please make a doctor appointment on your own.
- If you apply at the Hoken Center by directly appearing at the counter, you will be given an interview sheet.
- The Term 2 applications procedures for Cervical and Breast Cancer are scheduled to start in September. We advise citizens to reserve before November, since it is easier to be scheduled. You may not be able to get a reservation after this due to the increase of patients.

< Colon Cancer Screening >

Date: June 1st (Wed) ~ October 31st (Mon) Eligibility: *Hamura* residents who are age 40 or older as of the examination date Fee: Free Testing Methods: Testing stool for occult blood (for 2 days)

How & Where: Go to one of the participating medical facilities in *Hamura City* with your health insurance card.

*To those who turned 40, 45, 50, 55, or 60 years old last fiscal year, *Hamura city* has sent out free coupons for colon cancer screening. If you have one, please also bring the coupon when taking an examination.

Please view the *Hamura City* website. Inquiry by phone can be made to the *Hoken Center* 555-1111, ☎Ext. 627



高齢者肺炎球菌予防接種

< Pneumococcal Vaccination for Elderly >

The pneumococcal vaccine was included in the vaccination schedule implemented by the City from October 1st, 2014. Vaccinations for elderly residents at age 65, 70, 75, 80, 85, 90, 95, and 100 or older will be offered.

Eligibility: *Hamura* residents who have not received this vaccination who meet one of the following:

- ① will reach age 65, 70, 75, 80, 85, 90, 95, and 100 or older at year in which the vaccination is administered
- ② age 60 to younger than 65 as of the vaccination date and have any heart, kidney or respiratory disease, or immune dysfunction caused by AIDS. (patient ② must obtain a physician's certificate or present Physical Disability Certificate grade 1)

Fee for Residents: ¥4,000 will be subsidized, so please pay the balance at a medical facility.

Location: Medical facilities in *Hamura City* Term: ~ March 31st (Fri), 2017

If vaccination is not received within the specified dates, subsidization will not be applied.

How to be Inoculated: Reserve at designated medical facility located in *Hamura City*, and bring the **Sesshu Josei Ken* (coupon), Health Insurance Card (*Kenkou Hokenshou*) on the date of appointment.

Those who are eligible have been sent a letter including the coupon from the city in early April.

The subsidy for Pneumococcal Vaccination for Elderly will be offered until fiscal year 2018.

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

割れた「はむら市民カード」「印鑑登録」

< Do Not Discard Your Chipped or Cracked Hamura Shimin Card and Seal Registration Card >

You can exchange your chipped or cracked *Hamura Shimin Card* and Seal Registration Card free of charge 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.

You can use the Automated Registry Machine if you have this card, with which you are able to obtain family register documents by using your 4 digit code. Digital output from machines does not require any paperwork, and will save time. For more information, please call the *Shimin Ka, Uketsuke kakari* ☎122.

< **One-Day Labor Consultation** >

The Tokyo Metropolitan Government will hear labor related trouble cases for the worker, employer, and others. Please feel free to participate in this event.

Date&Time: May 27th(Fri) 11AM ~ 3PM (cancelled if raining) Place: The *Tachikawa Isetan* Department Store 2nd Floor Entrance Right Side outdoor space (JR *Tachikawa* Station North Exit / The *Tama* Monorail System *Tachikawa Kita* Station street *No Reservation Needed.

Inquiry: Labor Consultation Center (Industry and Labor Bureau of Tokyo) *Kokubunji* Office ☎042(321)6110



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

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
May 15 th (Sun)	<i>Izumi Clinic</i>	☎555-8018	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Ikoma Shika Hamura Shinryoujyo</i>	☎555-3139
May 22 nd (Sun)	<i>Nishitama Byouin</i>	☎554-0838	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Inagaki Shika</i>	☎555-6018
May 29 th (Sun)	<i>Yanagida Iin</i>	☎555-1800	<i>Heijitsu Yakan Kyuukan Center</i>	☎555-9999	<i>Inoue Shika Iin</i>	☎554-7735

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

生ごみ堆肥化講習会

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

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

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

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

Date & Time: June 18th (Sat) 2PM~3:30PM Place: *Yutorogi* 2nd Fl. *Kouzashitsu* 2 Capacity: First 20

Fee: Free *Please bring writing materials

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

Application: Call/visit from May 16th (Mon)~June 17th(Fri) excluding Sat&Sun from 8:30AM~5PM weekdays.

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