



HAMURA NEWS

June 1st, 2016

Published by: Hamura City

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

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

Hamura News Back Numbers = <http://www.city.hamura.tokyo.jp/category/3-17-1-0-0.html>

特定健康診査

SPECIFIED HEALTH CHECKUPS 2016

An annual checkup report of Specified Health Checkups (*Tokutei Kenkou Shinsa*) will help you gain knowledge of the current condition of your health, and will provide insight for maintaining your health in the future. It is important to take your annual medical check-ups in order to detect minor irregularities, and also you can take lifestyle diseases preventive measures if you had been diagnosed as having the tendency. This medical examination program with a particular focus on the detection and treatment of lifestyle diseases, especially metabolic syndrome, is carried out by medical insurance, and is free of charge.

Inquiry: Hoken Center ☎555-1111- ☎Ext.622~627

* Metabolic Syndrome *

This syndrome is identified as the presence of two or more of the metabolism risk factors such as high blood-sugar, high blood-pressure, dyslipidemia (blood fat disorders) in addition to having excessive visceral fat. This condition may lead to health complications with high risk of cardiac or cerebral infarction.

For the following people :

■ National Health Insurance (NHI) Members (and their dependents)
who are at age 40 ~ 74 in FY2016 (April 2016~ March 2017)

■ Those who are enrolled in the Late-Elderly Medical Insurance Program/System

Specific Health Checkups Notification (特定健診のご案内) were mailed out in late May by Hamura City to National Health Insurance subscribers at applicable age and all Late-Elderly Medical Insurance subscribers.

2016 Program Period: June 1st (Wed) ~ October 31st (Mon)

※Please bring the Specific Health Checkups Ticket (受診券), Medical Insurance Card and Elderly Member Card

■We recommend early checkup by around August. ■Non-NHI members will not be eligible for check-up.

Check-up Ticket is: Yello for NHI member / Purple for Late Elderly Insurance Members

Individuals who are covered by Welfare Annuity, Mutual Aid Association or company health insurance union should receive the notification and ticket from their health insurance provider or employer.

○ Healthcare Guidance

As part of this medical examination program targeting lifestyle diseases for persons who are 74 or younger, healthcare guidance as post-checkup counseling is provided for individuals concerned to be "at risk" due to above average for both waist measurements and BMI calculations, and also high counts in blood pressure, blood vessel fat, blood sugar. Certified Nurse and Dietitian will provide individual advice. The city will mail a counseling information (特定保健指導) to those whose checkup report indicates the risk.

○ "Health-up" Additional Check-ups If you take this checkup in one of the participating medical facilities in Hamura City listed below, additionally 6 more medical-check categories are available free of charge

Clinic	Telephone	Clinic	Telephone
Izumi Clinic	555-8018	Futaba Clinic	570-1588
Ozaki Clinic	554-0188	Maeda Surgical (Geka)Clinic	578-8875
Ozaku Ekimae Clinic	578-0161	Matsuda Iin	554-0358
Sakae-chou Shinryoujo	555-8233	Matsubara Naika Iin	554-2427
Shinmeidai Clinic	554-7370	Yanagida Iin	555-1800
Nishitama Byouin	554-0838	Yamakawa Iin	554-3111
Hamura Sankei Byouin	570-1130	Yamaguchi Naika Clinic	570-7661
Hamura Orthopedic & Rheumatic Clinic	570-1170	Yokota Clinic	554-8580
Hamura Sougo Shinryoujo	554-5420	Wakakusa Iin	579-0311
Hamura Himawari Clinic	555-1103		
Ophthalmologist *Only funduscopy can be performed as a part of this health checkup program.			
*Manabe Clinic (Ozakudai 2)	554-6511	*Shin ai Clinic	554-7019

CLASSES & EVENTS

夏まつり参加者募集

< The 41st Hamura Summer Festival ☆ Participants Wanted ! >

Date & Time: July 30th (Sat) & 31st (Sun), 3PM~8:30PM on both days **2016 Event Theme: "夢"(Dream)**

Place: Areas Near JR Hamura Station West Rotary & East Rotary

Hosted by: The 41st Hamura Summer Festival Executive Committee

◆ "Nimba Odori" Dance on July 30th(Sat) Participants Wanted!

Nimba Odori is a slow-rhythm Japanese folk dance that large number of dancers can join together. Participating groups will dance in their matching *Yukata*, *Hanten*, or any original costumes!

Eligibility: Groups of 5 people or more. Each group needs be authorized by the event executive committee.

◆ Event Volunteer Staff Wanted

Feel free to participate on either or both festival dates. Let's make our Festival together!

Eligibility: Anyone who wishes to volunteer What to do: Guide people, cleaning, help with programs.

◆ Performers wanted for the Sub-Stage

A Stage Truck will be set at the Festival. Dancers, musicians, and other entertainers are welcome!

Eligibility: Individuals or groups who are authorized by the event executive committee and willing to give (無償) pro bono stage performances. * If there are too many applicants, performers will be selected by lottery.

◇ How to apply to the listings above

Term: June 1st (Wed) ~ 17th (Fri), 5PM.

Submit a completed registration form via email or bring to city hall *Sangyou-Shinkou ka* in city hall *Nishi Bunshitsu* building 2nd floor (on weekdays only from 8:30AM ~5PM).

Application forms are available at *Sangyou- Shinkou ka*, and on *Hamura City Official Website* for download.

◎ Sales Booth Registration Food Stalls and Sales of Merchandise

Eligibility: Members of *Hamurashi Shoukoukai*, or public organizations that have been active in *Hamura*

*Some public organizations may be required to turn in a form of operation history which proves members are *Hamura City* residents..

How to Register: Submit a registration form (available at *Hamura-Shi Shoukouka*), requested documents and fee to *Shoukoukai* in person from June 1st (Wed) ~ 13th(Mon), 5PM.

* The guideline handbook will be given along with an application form. It may also be downloaded.

* Based on Public Health Center Guideline, food sellers must provide their food supplier information on a Temporary Business Registration Form. Food products need be issued permission by the *Hokenjo* in advance.

For more details: Contact the 41st *Hamura Summer Festival Executive Committee* formed by these offices;

- City Hall, *Sangyou-Shinkou ka Shoukou Kankou-kakari* ☎Ext.656/e-mail: s206000@city.hamura.tokyo.jp

- *Hamura-shi Shoukoukai* ☎555-6211

ホタル観察会

< Hotaru (Firefly) Watching >

Hamura Hotaru Kenkyuukai (*Hamura Firefly Study Group*) is breeding fireflies every year at Firefly Nursing Field near *Aso Jinjya Shrine* per *Hamura City's* request. At the end of June, you can observe the fireflies flying around Tama river bank in *Hamura City*. Let's enjoy the fantastic view of firefly lights!

Date & Time: June 25th (Sat), 7:30PM~ Meeting Place: Front Entrance of "*Iko-no Sato*" Fee: Free

Guided by: *Hamura Hotaru Kenkyuukai*

*No reservation needed. *Parking spaces are limited. *Please do not capture the fireflies around the breeding site! (The breeding project has given great effort to protect and increase the firefly population. Please respect the rules when coming to watch these fireflies.)

Inquiries: *Kankyou Hozen Ka*, *Kankyou Hozen-kakari* ☎Ext.225

< Hamura City and the Fussa Fire Department Will Conduct a Joint Flood Drill >

There will be a flood drill conducted to train disaster prevention agencies to enhance their capabilities of administering flood countermeasures, and to improve preparedness among citizens who may encounter a flood. This year the program introduces emergency evacuation methods especially for citizens of flood / landslide risk areas. There will also be a demonstration of how to create a device which can be helpful in disaster when flooding occurs, using items available at home. Also, workers from the city hall will share their knowledge. Please feel free to come so that you will be prepared in times of emergency when there is a flood.

Date& Time: June 19th (Sun), 9:30AM ~ 11:30AM

This drill will be cancelled if it rains, and citizens will be notified by the *Hamura* City Information E-Mail Service. At 9AM, the Citywide Public Address System will announce a reminder notice, and at 9:30AM there will be a second call notifying citizens of starting time of the flood drill. If you are scheduled to participate in the drill within your district, please head toward your designated point of coordination for the flood drill.

Flood Drill Starts at 9:50AM. Details of the drill include: ▶ proper method for placement of sand bag, demonstration for device made by household items for flood countermeasures ▶ Important Flood Information (warnings issued by meteorological agency, evacuation orders, method of evacuation)

Flood / Landslide Risk Areas: Those districts located close enough to bear the impact when 457mm of rainwater floods the Tama River. It is said that floods are expected to occur every 200 years.

Inquiries: *Bousai Anzen Ka, Bousai Kakari* ☎Ext. 207



郷土博物館 企画展「羽村と周辺地域の化石」

< Exhibition ~ Fossils Found in Hamura City and Surrounding Regions >

This exhibition features fossils of elephant teeth found in the region, along with introduction of other fossils found in the region, which depicts the *Hamura* region's ancient geology and how the land was formed by gradual change. The intellectual level of this exhibition is at elementary and junior high school level.

Admission is free.

Date& Time: June 4th (Sat) ~ September 4th (Sun), 9AM ~ 5PM Closed Monday, however open Holidays

Place: *Kyoudo Hakubutsukan* Exhibition Space Inquiries: *Kyoudo Hakubutsukan* ☎558-2561

田んぼ体験 苗取り・田植え

< Rice Farming Workshop ~ Picking Rice Seedlings & Rice Planting ~ >

Do you know how rice is grown? This experience is a great chance to learn about and appreciate your rice.

Date & Time: Picking Seedlings - June 4th(Sat) 8:30AM~, Rice Planting - June 5th(Sun) 8:30AM~

*The event will be held in rain or shine. *You will also get to harvest and thrash these rice in October.

Place: *Negarami Mae Suiden (Hanenaka 4 Choume)* Eligibility: Elementary & Junior high school students

Fee: Free * Reservation is not required. Everyone is welcome! *Parking spaces are limited

*Be prepared for working in muddy field. Hosted By: *Seishounen Taisaku Chiku IinKai Renraku Kyougikai*

Contact: *Jidou Seishounen-Ka, Jidou Seishounen-kakari* ☎Ext.263

羽村市環境フェスティバルイベント

< Events Featured in the 5th Hamura Environment Festival >

The following events will be held at the 5th *Hamura* Environmental Festival. Date: June 4th (Sat)

Youth Eco-Study Tour in Hachijou-jima Island Presentation: Participants of this tour will give tour reports and workshop experiences. Time: 3:25PM ~ Place: *Yutorogi Kouryuu Hiroba*

The Kumamoto Earthquake Relief Campaign: A booth will be set up for relief efforts. There will be sales of goods made in *Kumamoto*. All of the sales will be donated to the region. Thank you for your cooperation.

Place: road in front of *Yutorogi* Center

Book Recycling: The library will be offering free books. You can find something special in this giveaway.

Place: in front of Small Hall in the *Yutorogi* Center

Inquiries: *Kankyou Hozen Ka, Kankyou Hozen Kakari* ☎Ext. 226 * No Reservation Needed.

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

Let's learn about the natural environment through this summer study tour in *Hachijyou-jima!* Although the beautiful islands of *Hachijyoujima* are located in Tokyo, they are not like the urban Tokyo that we know. Opportunities to try scuba diving, riding around on bicycle, touring the island at nighttime, and cleanup efforts and stargaze barbeque will be an inspiring experience.

Eligibility: students in 6th grade of elementary school ~ 3rd year of high school, who are *Hamura* residents that meet the following requirements:

- ① Those in sound health condition and willing to participate in outdoor activities
- ② Those who can participate in all events that are part of this program
- ③ Those who wish to make good use of the experiences and knowledge learned in this tour in future activities

Capacity: 20 children (in case applicants number exceeds the capacity, participants will be selected by lottery and interview on June 15th (Wed), 7PM. The term @application period will not take place.)

Fee: ¥18,000 **How to Apply & Inquiry:** Between ① June 1st (Wed) ~ 15th (Wed), ② June 17th (Fri) ~ 24th (Fri) fill in an application form attached with your photo and mail or bring it to city hall 2F *Kankyō Hozen-ka Kankyō Hozen-kakari*, 〒205-8601 (no address necessary). The application form is available at Elementary Schools and Junior High Schools, city hall *Kankyō Hozen-kakari*, and *Hamura City Official Website*.



Program Schedule	
Date	Detail
June 29 th (Wed), 30 th (Thu)	Interview from 7PM
July 10 th (Sun)	Youth Eco Study Tour Group Getogether / Pre-tour training~ all day ~
August 4 th (Thu) night ~ August 8 th (Mon) evening	<i>Hachijou-jima</i> island Yough Eco-Study Tour (Group stays on ship for one night on the way, takes a plane on the way back.)
Weekday in 2 nd week of August.	Post-tour study meetings (water biology, water quality) in the morning
August 20 th (Sat)	Post-tour study meetings (environmental study group) in the morning
First part of November	Post-tour study meetings (recycle activities) for half day
June 3 rd (Sat), 2017	Presentation at The 6 th Environmental Festival

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

* For more detail, please contact City Hall, *Kankyō Hozen-ka Kankyō Hozen-kakari* ☎Ext.225.



大島子ども体験塾 参加募集

< Participants wanted for Kids' Summer Camp 2016 in Ōshima Island >

The Ōshima Island Summer Camp will be co-sponsored by *Hamura City* and neighboring *Akiruno City*. The delegation will leave the night lighted *Takeshiba Sanbashi* (dock in Tokyo Bay) at night, and in the morning will be welcomed by the sunrise at sea. The aim of this camp is to learn the importance of cooperation through hiking, playing at the beach, and various activities with residents.

Program (provisional):

- Pre- Event Meeting ... July 31st (Sun)
- Trip to *Izu-Ōshima* ... August 10th (Wed) ~ 14th (Sun) (4 nights & 5 days, including one night on board), Program on the island includes climbing Mt. *Mihara*, playing at the beach and nature conservation activity
- After-Event Meeting ... August 20th (Sat) ※Briefing for Parents: July 26th (Tue).

Eligibility: Students of Elementary School: 5th ~ 6th graders & Junior High in *Hamura City*, who are able to participate in all scheduled events, and willing to take a leadership in local community activities in the future.

Capacity: 35 (If there are too many applicants, the members will be chosen by lottery)
(70 members total with *Akiruno City* members combined)

Fee: ¥10,000 *Please pay the fee at the Briefing for Parents. (This fee may increase due to bad weather.)

How to Apply: Please file an application by postal mail or bring it to city hall 2nd Floor *Jidou Seishounen-ka, Jidou Seishounen Kakari* 〒205-8601 (no address necessary) no later than June 15th (Wed).

The application form is available at Elementary Schools and Junior High Schools, *Jidou Seishounen-ka* at City Hall, and at the *Hamura City Official Website* for download.

Inquiries: *Jidou Seishounen- Ka* ☎Ext.263.

***Note for both tours:**

Direct submission of applications are accepted on weekdays from 8:30AM ~ 5PM. (Closed holiday/weekend)
You may only apply for one activity only. Please pick one of either Hachijyou-jima Island Tour or the Ohshima Island Summer Camp. You cannot participate in both tours.



< "Iki-Iki" and Volunteer Workshops at Ikoino Sato Elderly Recreation Center (second offer) >

Having hobbies is one of the keys to the healthy long life. Through these classes enjoy finding and developing your hobby, and let's make some friends! Classes are being offered at beginner level.

Class Term: July ~ March 2017 Place: *Ikoi no Sato* Eligibility: *Hamura* Residents who are at age 60 or older as of June 1, 2016 Course Fee: Free *Each student must pay for class materials.

Application: Visit *Ikoi no Sato* between June 6th (Mon) ~ 13th (Mon), 9AM~4PM. *Apply for 1 class only.

*Registration will be accepted after deadline if there are openings.

Class Name	Date & Time	Capacity	Instructor
<i>Kadou</i> (Flower Arrangement) (for male citizens as well)	Every 1 st and 3 rd Monday 10:30AM ~ Noon	Several	<i>Yasuko Ueda</i>
<i>Suibokuga</i> (Ink Painting)	Every 1 st and 3 rd Tuesday 10AM ~ Noon	Several	<i>Tomoko Okimoto</i>
<i>Suibokuga</i> (Ink Painting)	Every 1 st and 3 rd Wednesday 1PM ~ 3PM	Several	<i>Chizuko Kafuku</i>
<i>Haiku</i> (Syllabic Poem)	Every 1 st and 3 rd Wednesday 10AM ~ Noon	Several	<i>Kouichirou Sugihara</i>
<i>Taishou Koto</i> (Harp) for Beginners	Every 1 st and 3 rd Thursday 10AM ~ Noon	Several	<i>Tamae Sunohara</i>
<i>Shodou</i> (Japanese Calligraphy)	Every 1 st and 3 rd Friday 10:30AM ~ Noon	10	<i>Yoshimi Tamura</i>
◎ <i>Shigin</i> with <i>Shinpuu</i> School (recitation of Chinese poem)	Every 2 nd and 4 th Wednesday 10AM ~ Noon	15	<i>Seifuu Ichino</i>
◎ <i>Shigin</i> (recitation of Chinese poem)	Every 1 st and 3 rd Thursday 1:30PM ~ 3:30PM	15	<i>Michihiro Isogai</i>
◎Camera	Every 2 nd Thursday 10AM ~ Noon	15	<i>Atsushi Fujii</i>
◎ <i>Hyakunin Isshu</i> (traditional Japanese cards of 100 poems)	Every 2 nd and 4 th Wednesday 10AM ~ Noon	15	<i>Akiko Hara</i>
◎Making Knicknacks out of Material from the Natural Environment	Every 4 th Monday 1:30PM ~ 3:30PM	15	<i>Gen Osaki</i>
◎Flower Arrangement	Every 2 nd Monday 10AM ~ 11AM	15	<i>Kozue Ogishima</i>
◎Harmonica	Every 2 nd and 4 th Thursday 1PM ~ 3PM	10	<i>Katsuyoshi Fujimura</i>

◎These are volunteer classes; People with special knowledge, skills or experience teach for free as a volunteer to help the community.

< 2016 Juraku-En "Okonomi Kouza" Class and Volunteer Workshop (second offer) >

There will be classes offered by experienced staff at *Jurakuen* Silver Citizen's Area (In the Community Center). This is the second class offer. Class Period: June ~ March 2017 Eligibility: A *Hamura* Resident as of June 1st, 2016 over 60 years old Fee: Free (material costs required)

How to apply & Inquiry: Call or visit *Kourei Fukushi Kaigo Ka Kourei Fukushi-kakari*, between June 1st (Wed) ~ 15th (Wed) from 8:30AM ~ 5PM on weekdays *Kourei Fukushi Kaigo Ka Kourei Fukushi-kakari*, ☎Ext. 177

OKONOMI KOUZA CLASSES for Beginners

Class Name	Date & Time	Capacity	Instructor
<i>Minyou</i> (folk dance)	Every Tuesday, 0:30PM ~ 3:30PM	7	<i>Ayako Yamaki</i>
<i>Igo</i> (board game)	Every Friday, 10AM ~ NOON	6	<i>Nobuo Uno</i>
<i>Shougi</i> (board game)	Every Friday, 1PM ~ 4:30PM	8	<i>Isamu Takahashi</i>

VOLUNTEER CLASSES for Beginners

Class Name	Date & Time	Capacity	Instructor
<i>Hyakunin Isshu</i> (traditional Japanese cards of 100 poems)	Every 1 st and 3 rd Wednesday, 10AM ~ 0:15PM	5	<i>Kyoko Arai</i>
Paper Cutout Art	Every 2 nd and 4 th Wednesday, 9:30AM ~ 11:30AM	2	<i>Shinichi Naka</i>

< Healthy Cooking Class >

"Mama's Kitchen" Lecture ~Quick and easy, nutritionally balanced meal recipes will be taught in this event.

Date: June 28th (Tue) Time: 10AM ~ 0:30PM Place: *Hoken* Center Capacity: First 15

Eligibility: Child Rearing Mothers who reside in *Hamura* City. Please inform staff if you will bring child.

(Child must be 2 years old or younger. There is limit to the number of children which can be accepted.)

Fee: ¥300 Things to bring: Head cloth, Apron, Writing materials

How to apply: Starting June 2nd (Thu), call or visit between 8:30 AM ~ 5PM, excluding Saturday Sunday and Holidays. Inquiries: *Hoken* Center, 555-1111 ☎Ext.625.

子ども国際交流音楽祭 合唱団参加者・

< Youth Chorus Members Wanted for The Children's International Exchange Music Festa >

We are now accepting applications for chorus members to perform at the Children's International Exchange Music Festa on October 10th (Mon, Holiday) at *Yutorogi* in *Hamura City*. This is a wonderful opportunity to sing to the accompaniment of Vienna Philensemble and a pianist. After the chorus performance, you will also enjoy the live Viennese classic music. Don't worry, chorus experience is not required!

Eligibility: *Hamura* resident junior high students ~ 18 year olds who can participate in rehearsals and show

Capacity: About 100 chosen from applicants from *Hamura City*, *Hinohara Village* and *Okutama Town*.

Fee: Free Songs: Japanese song and foreign song. 2 or 3 songs (not yet selected) to be performed.

Conductor: Mr. *Takehiko Okabe* (Director of the Child Music Festival), and two other pianists

Training: About 10 times from mid June to early October, mostly on Sundays, 2PM~5PM, at *Yutorogi*.

Application & Inquiry: Please file an application before June 12th(Sun) between 9AM ~ 5PM, excluding Mondays to *Yutorogi*. The form is available at junior high schools, at *Yutorogi* and on web for download.

歓迎演奏出演者募集

~ Members for The Welcoming Concert Performed by Citizens ~

Eligibility: A chorus ensemble consisting of members who are attending an institution of music, or have graduated the institution, who desire to be given the opportunity to perform that reside in the *Nishitama* region of Tokyo, approximately up to the age of 30. The members will be evaluated by the conductor.

Application and Inquiry: Please file an application before June 30th (Thu) between 9AM ~ 5PM, excluding Mondays to *Yutorogi*. Please inquire regarding the details of performance.

< Enjoy Magic Workshop >

The art of magic has no boundaries for age, nationality, and language. You can learn how to perform magic tricks through this course.

Date: July 8th (Fri), 22nd (Fri), August 12(Fri), 26th (Fri) 4 sessions Time: 7PM ~ 9PM

Place: *Yutorogi Kouzashitsu 2* Eligibility: High School Student or older Capacity: first 15

Fee: ¥2,000 per person for 4 sessions (of which ¥1,000 is for supplies) Taught by: *Hamura Magic Club* Chairman, Ms. *Tsuruoka* Please call between June 1st (Wed) ~ 19th (Sun) (closed Monday) 9AM ~5PM.

羽村フィルハーモニー管弦楽団 第25回定期演奏会

< Hamura Philharmonic Orchestra ~ The 25th Concert ~ >

Date & Time: July 26th(Sun) 2PM~ (doors open at 1:30PM) Place: *Yutorogi Main Hall*

Capacity: First 800 people Admission: Free No reservation needed.

Conductor: Mr. *Takeshi Kuse* Program: Beethoven, Mozart's Symphony No.39, Brahms's Symphony No.4

Host: The *Hamura City* Board of Education, *Hamura Cultural Association*, *Hamura Music Federation*

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

PUBLIC SERVICE & ADMINISTRATION

西多摩衛生組合に搬入された燃やせるごみに基準を超過したものがまざっていました

< Large Sized Combustible Waste Was Disposed of Not Conforming to the Standard >

The *Nishitama* Sanitary Association has collected several items exceeding the limit of length in April of this year. If the standard is not conformed to, items which cannot be confirmed may destroy valuable machinery or cause an emergency halt of the incinerator. This is very disturbing to the daily operations of the waste management efforts. The limit in length that is allowed for items to be included in combustible waste is no longer than 50 centimeters. If it exceeds this measurement, it should be disposed of as oversized waste.

Inquiries: *Seikatsu Kankyou Ka*, *Seikatsu Kankyou Kakari*, ☎Ext. 204

< Paper Trash & Cloth Waste Collection on Rainy Day >

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

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

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

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

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

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

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

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

< Free Public Counseling for Public Administration & Human Rights >

Consultation is offered at city hall. Take this chance to consult a professional about your troubles/problems regarding harassment, bullying, damage to your reputation, discrimination, violation of human rights, and others. There are 4 members who will be handling the consultations.

Consultation are: on the 3rd Thursday of each month. Confidentiality is kept, and it is free of charge

Date & Time: June 16th (Thu) 1:30PM~4:30PM Place: City Hall, 1st floor *Shimin Soudan Shitsu*

Reservation and Inquiry: City Hall, *Kouhou Kouchou-ka Shimin Soudan-kakari*, ☎Ext. 541

< Protruding Objects such as Limbs and Branches are Very Dangerous >

Mirrors and signs on sidewalks and roadways are sometimes covered by overgrown trees and plants, and can disturb traffic. Signs on the side of the road can narrow the width, and in some cases causes tripping of pedestrians or bicycles. If cases such as these occur, the owner of the object may be liable for damages which occurred. Trash disposed of on the roadside should be placed inside your space closest to the road. The road belongs to the citizens, and should be a safe and comfortable place for everyone. Please manage items on your property so that they do not extend into the street. *Doboku Ka, Douro Kanri Kakari* ☎Ext. 294

< Group Job Interviewing Event >

Hello Work Ōme is providing a group job interviewing event in cooperation with *Hamura* city for people who are looking for employment.

Date and Time: June 17th (Fri) 1:30PM ~ 4PM (Sign-in: 1PM ~ 3PM)

Place: *Fussa Civic Hall 3rd floor* (2455 *Fussa, Fussa City*) The closest station is "*Ushihama*" on JR *Ome* Line.

Eligibility: Those who are looking for Job opportunities in *Hamura City* or neighboring areas. Fee: Free

Things to bring: Your resume (Please bring multiple copies so you can hand them to various companies)

About 10 local business entities will participate to hold job interviews. *For more information about participating business entities, please check Hello Work Ōme or company websites. No Reservation Needed

Inquiries: Hello Work Ōme Employment Consultation Services ☎0428-24-9163

< Having Consideration for Others When Using the Internet >

Municipalities have started to establish guidelines on the children's safe use of the internet. The *Hamura City Seishounen Mondai Kougikai* (Council Concerning Youth Affairs) has created a pamphlet for parents about ways to keep children out of unwanted circumstances when they go on the internet. We hope the information is beneficial to citizens. The pamphlet can be viewed on the official website of *Hamura City*.

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

< Notification was Sent to Citizens Regarding Resident Tax Payment for "Jyumin Zei" >

2016 Notification of "Jyuminzei" Resident Tax Payment (市民税・都民税 納税通知書) was mailed to the tax payers in early June.

Residents Tax amount is calculated based on the income of the preceding calendar year at the municipality in which you reside as of January 1st. It is paid in 4 installments during the year in which notification was made, however if you have taxes deducted from your public pension, it will be deducted in 6 installments. We kindly ask that you make these payments by the deadline shown on the payment slip. Please refer to the reverse side of the slip for locations at which you can make payment. *If your payment total at one time exceeds ¥300,000, you must go to a financial institution or to the City Hall accounting section, as the convenient stores do not accept such a large sum.

Recent Changes to the Tax System: Those who made a donation to municipal organizations in Japan will receive tax exemption for the sum not to exceed 20% of total income. The exemption will automatically be reflected in your tax information due to the special provision regarding donations.

Kazei Ka, Shimin Zei Kakari, ☎Ext. 164

介護保険料特別徴収額の変更および特別徴収開始

< Long-Term Care Insurance Premiums deducted from your Public Pension >

For those who have been paying Long-Term Care Insurance Premiums consecutively from 2015, that will have the contributions (premiums) subtracted from their pension for payments of this starting in the June, a 2016 Notification of Amount of Special Collection (Premium) Letter "Commencement of Long Term Care Insurance Special Collection" has been sent to these applicable citizens. The amount to be withdrawn in June and August is 1/5 of calculation based on 2015 premium based on income, since there are five payments of pension benefits per year.

The notification for the contribution amount for 2016 Long-Term Care Insurance Premiums will be sent in July. *Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari, ☎Ext. 144*

児童手当・児童育成手当を支給します

Child Allowance and Child Support Allowance Recipients - June is the month in which payment of February ~ May is made by bank transfer to those applicable citizens' designated bank accounts. Date of payment is scheduled for the 14th (Tue). Inquiries *Kosodate Shien Ka, Shien Kakari ☎Ext. 236*

児童手当・児童育成手当現況届の提出を

< Notification of Current Status for Child Allowance and Child Support Allowance >

Recipients of Child Allowance (*Jidou Teate*) and recipients of Child Support Allowance (*Jidou Ikusei Teate*) are required to fill out a Notification of Current Status (現況届) which will be mailed to the applicable households by June 9th(Thu). Please be sure to submit it during the filing period. Failing to do so may result in the disqualification for the benefits of this year's program. You can also send it by mail.

Filing Period: June 10th(Fri) ~ June 24th(Fri) everyday Hours: Mon. to Fri., 9AM~Noon / 1PM~5PM

»June 11th, 12th, 18th, 19th are Sat. & Sun. The hours are 9AM~11:45AM / 1PM~5PM

Location: Large Conference Rooms 2nd Floor of City Hall. Inquiries: *Kosodate Shien-ka - City Hall ☎Ext.236*

都民住宅入居者募集

< Tokyo Metropolitan Public Housing – Tomin Juutaku >

Tomin Juutaku is managed by Tokyo Metropolitan Government and offered for rent to middle-income earners raising children in purpose of providing affordable housings for them with partially subsidized rent.

Applications for *Tomin Juutaku* housings are handled by *Toukyouto Juutaku Kyoukyuu Kousha* (JKK Tokyo). Please refer to the brochure for more details. 109 units are available for rent this time.

How to Apply: Application form must be mailed and received by JKK Tokyo Application Center by July 15th(Wed). The form is also available for download at JKK Tokyo Website (in Japanese).

*The tenants will be selected by open drawing on July 13th(Wed) from 10AM in JKK Office
The brochures of the June application term will be available from June 1st (Wed) to 10th(Fri) at city hall and on JKK Tokyo Website for download.

Brochure Handout: at City Hall 2nd Floor *Kenchiku Ka* and the 1st Floor Reception from 8:30AM ~ 5PM and the branch outpost of the city hall 9AM ~ 1PM (available on Sat and Sun at 1st Floor Reception only)

Inquiries: *Toukyouto Juutaku Kyoukyuu Kousha* (JKK Tokyo Application Center) ☎03-3498-8894

HEALTH & MEDICAL

< Hepatitis Virus Screening > 肝炎（ウイルス）検診

Date: June 1st (Wed) ~ October 31st (Mon)

Eligibility: *Hamura* residents who fall in one of the following categories:

- ① Those who turn(ed) age 40 or older in FY2016 and have never taken Hepatitis Screening before.
- ② Those who had a health check-up this year and their hepatic function rate was abnormal. Fee: Free

Testing Method: Blood test for type B and C viruses

How & Where: Take the screening with your health insurance card at one of the participating medical facilities. For the list of facilities, please contact Hoken Center ☎555-1111(ext.627).

*Those without any of above conditions may take the screening at *Nishitama Hokenjo* ☎0428-22-6141.

30 & 35歳健康診査の受診を

< Health Checkup for 30 & 35 Year Old Residents >

Hamura City offers a health check program in which several health examinations are provided free of charge to *Hamura* residents who turn 30 or 35 years old in FY2016. It aims to help prevent the Life-style Disease.

Program Period: June 1st (Wed) ~ October 31st (Mon) 2016

Eligibility: persons who meet all of the following conditions;

- Registered *Hamura* residents
- born between April 2nd 1986 ~ April 1st 1987, or between April 2nd 1981 ~ April 1st 1982.
- having no other opportunity for a similar health checkups
- not being pregnant or not recovering from giving birth Fee: Free

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

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

Apply to the Hoken Center 555-11111, ☎Ext.624 / via postal mail. 〒205-0003, 5-5-2 *Midorigaoka*, *Hamura* City. Application form is available at the Hoken Center or can be downloaded (in Japanese Only).

成人歯科検診

< **Adult Dental Checkup** > Date: June 1st (Wed) ~ July 30th (Sat) Eligibility: *Hamura* residents of age 40-64 and older as of June 1st Fee: free (for one time only in a year) How to apply: Please make an appointment at a designated dental clinic listed on the Participating Dental Clinics List .

*Those who are under dental treatment or who have checkups provided by an employer are not eligible.

*Bring your Health Insurance Card *Please check *Hamura* City website or call *Hoken* Center, Ext. ☎623

日本脳炎予防接種の特例対象者

< Special Measures for Japanese Encephalitis Vaccine >

The following is specific recommendation regarding the Japanese Encephalitis Vaccine:

Japanese Encephalitis Vaccine

1st term – 2 doses within the age of 3 years old ~ 7 years and 5 months old

*There must be 6 days in between 1st and 2nd doses.

1st term booster shot – 1 dose within the age of 3 years old ~ 7 years and 5 months old
(6 month interval between 1st term shots)

2nd term – 1 dose within the age of 9 years old ~ the day before reaching 13 years old

For Those Who Could Not Receive Japanese Encephalitis Immunization in 2005-2009:

You can apply for free immunization if you are not up to date with vaccinations due to the recent discontinuance of the Japanese Encephalitis Immunization for some apparent severe side effects questioning the validity of vaccination in 2005 – 2009. Immunization with public subsidy is available.

Eligibility: if born between April 2, 2007 and October 1, 2009 who did not receive 1st term of vaccination, and if you did not meet the above Japanese Encephalitis Vaccine Schedule

Please make a reservation at the cooperating medical facility. Inquire about the immunization required for the missed schedule at *Hoken* Center. ☎Hoken Center 555-1111, Ext. 626

< Library : Temporary Closure for Collection Inspection >

Main library, *Ozakudai* library, and other branch libraries will be closed during the collection inspection.

Closure Period: June 15th(Wed) ~ 30th(Thu) *During this period, please use Book Posts for returning books.

*To return any Audio-Visual materials, please return them at counters after July 1st (Fri).

*Due to this closure, the rent-out period will be temporarily changed.

*Magazines scheduled to become available for rent during the closure period can be rented from June 11th.

SWIMMING CENTER ☎579-3210

スイミングセンター骨盤ヨガ

< Exercise Class "Pelvic Yoga" > is an exercise style yoga, which is effective for promoting healthy intestines, blood circulation, while straightening the spine, and maintaining hormonal balance.

Date: Every Saturday 7PM ~ 8PM Place: 2F *Kaigishitsu*

< AFFA Disco >

This fitness exercise class features retro 70's ~ 80's disco music, and step motions incorporated into the dance moves. Date: Every Sunday from 11AM ~ NOON Place: Training Room

▶For Both of above Classes◀

Capacity: first 20 applicants Fee: ¥800 per lesson

Things to Bring: Please bring, comfortable clothes, towel, beverage, clean indoor shoes (for AFFA)

How to Apply: Please come directly to the sauna reception on the 2nd floor.

郷土博物館 新刊の発行「羽村市郷土博物館紀要第30号」

< Publication of the "Journal of Hamura-shi Kyoudo Hakubutsukan" #30 Edition >

The *Kyodo Hakubutsukan* (Folk Museum) has published its journal which includes an analytic literary composition regarding the history of *Hamura* City hometown. Price for one: ¥400 Format: A5 size 124 page

Sold at: *Kyoudo Hakubutsukan*, City Hall 1st Floor *Shisei Jyohou* Corner

Contents:

- Literary work of *Kaizan Nakazato*
- Ozaku Village* in old days
- Satsuma Rebellion*
- Tamagawa* Water Intake Sluice
- Historical Preservation Capabilities of Rural Municipalities, etc

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

多摩パブリック法律事務所 無料法律相談会

< Free Legal Consultation By Tama Paburikku Law Office >As a commemoration event for the 8th foundation anniversary, the professional attorneys from Tama Paburikku Law Office will provide free legal consultations. *Consultations will be conducted in Japanese. This event will be held at Tama Paburikku Law Office in *Tachikawa* City. Date & Time: June 25th (Sat) 10AM ~ 4PM (30min for each client)

Capacity: First 48 Applicants Application: Deadline for reservation is June 6th (Mon). please call their office at ☎548-2450 9:30AM ~ 7PM weekdays only, closed Saturday, Sunday, and Holiday.

6月のテレビはむら

< TV Hamura in June >

TV *Hamura's* 30-minute program is broadcasted daily on Tama Cable Network (digital channel 055).

New program is released 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/2-4-3-6-2.html>

This Month's Special Program: "**Agriculture Groups of Hamura**" and "**The 11th Arts and Crafts Expo**"

Inquiries: *Kouhou Kouchou-ka Kouhou-kakari* ☎Ext.505



EVENT INFORMATION for CHILDREN & PARENTS

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

< Hand-made Toy Workshop ~ Pop Up Storybook ~ >

Place: West Children Center Date & Time: June 11th (Sat), ①10AM~ ②1PM~

Eligibility: preschool ~ elementary student *Hamura* residents (Preschools must come with a guardian.)

Fee: Free How to apply: Call or visit the Center No reservation necessary

< Banana Muffin Cooking Class for Kids >

Place: East Children Center Date & Time: June 18th (Sat), ①10AM~ 11:30AM (come by 9:50AM)

Eligibility: elementary student *Hamura* residents Capacity: First 20 Fee: ¥60

Things to Bring: indoor shoes, apron, hand towel, beverage, and fee. Call or visit the center between 9AM ~ 4:30PM on June 4th (Sat) to 12th (Sun) (Center is closed on Thursdays.)

< Movie Screening for Children >

Place: *Yutorogi* Date & Time: June 5th (Sun) 10:30AM~11:30AM *No reservation required.

Admission: Free Program: 3 titles scheduled Supported by: *Hamura Eiga* Club *Yutorogi* ☎570-0707

< Day-time Moon Observation >

Place: Central Children Center Date & Time: June 8th(Wed), 4PM ~ 4:30PM Fee: Free

Eligibility: Elementary School Students ~ 18 years old *No reservation required.

Event will be cancelled if moon is not visible.

< Astronomical Observation with Family >

Place: Central Children Center Date & Time: June 8th (Wed), 8PM ~ 9PM Fee: Free

Eligibility: Elementary School Students ~ 18 years old *Junior High School students or younger children must be accompanied by an adult. Fee: Free *No reservation required.

* If weather is bad, whether or not event will take place will be determined after 3PM. Please confirm if event will be held as scheduled after this time.

< Story Telling for Children >

Voiced reading of children's stories from picture books are enjoyed by children of any culture. Friends and family are welcome to join, as well as adults. Admission and reservation are not needed.

▶ at the Main Library ☎554-2280

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

▶ at Ozakudai Branch Library ☎579-1523

Story Telling for all children >> June 12th(Wed), 2PM~

Other Information for Children

KOGUMA HIROBA (CUB SPACE) at Children Centers

Parents and small children can learn fun activities for exercise!. Join and have fun!

Eligibility: Parents and Children younger than 2 years old. Sessions are free.

Place & Date: West Children Center – June 1st (Wed) Central Children Center – June 2nd (Thu)

East Children Center – June 7th (Tue) West Children Center – June 15th (Wed)

-Time: 11AM ~ *No reservation needed Admission: Free

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: West Children Center –June 8th (Wed) Time: 11AM ~

Admission: free *No reservation needed.

< Chatting Place for Parents >

This month's topic is "Proper Eating Habits". Child Care Volunteers will attend your children during the event. Feel free to join and share some thoughts and tips for child rearing. No reservation needed.

Place&Date: West Children Center – Jun. 10th(Fri) Time: 10:30AM~11:30AM for all dates
 Central Children Center – Jun. 23rd (Thu) Inquiries: Children and Family Support Center
 East Children Center – Jun. 28th(Tue) ☎578-2882

HAMURA ZOO ☎579-4041

< Rainy Day Animal Lecture >

June is the rainy season of Japan. The zoo has prepared an event where you can learn about how animals spend their time during rain. Animal caretakers will introduce their animal, and you may even be able to cuddle the animal or take pictures.

Date: Rainy Days during June 7th (Tue) ~ July 18th (Mon, Holiday) 1:15PM ~ 1:30PM

Place: in front of the Study Hall If event is cancelled, it will be announced

Animals to be shown: armadillo, sheep, reindeer, penguin, duck, jumbo rabbit, hawk

*Admission fee must be paid at the gate in order to enter the zoo.

◆ LOCAL MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
5 th (Sun)	<i>Futaba Clinic</i>	☎570-1588	<i>Heijitsu Yakan Kyuukan Center</i>	☎555-9999	<i>Usui Shika Iin</i>	☎579-1199
12 th (Sun)	<i>Matsubara Naika Iin</i>	☎554-2427	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Uno Shika Iin</i>	☎555-8241

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

CONSULTATIONS Schedule of JUNE			
Category	Date	Time	Contact
General Consultation for Foreign Residents ㉞	10 th (Fri), 24 th (Fri)	1:30pm ~ 3:30pm	* Spanish and English, 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	16 th (Thu)	1:30pm ~ 4:30pm	

*㉞=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.