

HAMURA NEWS

July 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/3-17-2-0-0.html>

平成28年度 子ども体験塾 真夏の北極・南極展

Children's Workshop – Kodomo Taiken Jyuku ~ The Arctic and Antarctica

* Date: August 16th(Tue) ~ 21st (Sun) *

Take a trip to the cold of the Arctic and Antarctica in Hamura City! Exhibitions, Workshops, and the Night Sky View by planetarium projector offers a bundle of experiences for the summer.

Sponsored By: Ōme City, Fussa City, and Hamura City Kodomo Taikenjyuku Jikkou linkai

(Committee for Providing Knowledge Through Various Experiences for Children)

(If capacity is exceeded, there will be a lottery to determine participating members.)

Inquiry: Yutorogi ☎570-0707

< Lecture ~ "LISA VOGT's White Gift" >

Lisa Vogt, a renowned professor, intercultural communications specialist, and photographer who traveled around the world, will present her lecture about the nature of the Arctic and Antarctica. She will talk of polar bears of the north pole and penguins of the south pole, and her love for nature. You can cuddle with the polar bear "Big Hug", and also get an autograph of the guest.

Date & Time: August 21st (Sun) 2PM~ Place: Yutorogi Main Hall Capacity: 600 people

Reservation: no later than Aug. 2nd (Tue)

< Workshop ~ Let's Become a Penguin Expert ~ >

Penguins which inhabit the continent of Antarctica have a unique lifestyle. You can learn about penguins in this workshop through motion picture obtained from studies by actually strapping a camera to a penguin. A researcher from the National Institute of Polar Research will teach you all you can learn about the penguin.

Capacity: Each Workshop below will accept 30 people

| Date & Time | Place | Application Deadline |
|--|-------------------------|-----------------------------|
| August 2 nd (Tue) 2PM ~ 3:30PM | Yutorogi Center | July 19 th (Tue) |
| August 9 th (Tue) 2PM ~ 3:30PM | Ōme City Hall | July 25 th (Mon) |
| August 13 th (Sat) 2PM ~ 3:30PM | Fussa City Main Library | July 28 th (Thu) |

*Workshops will meet and dismiss at the site. You can attend out-of your domicile (up to one workshop).

< Exhibitions ~ Animals of the Arctic and Antarctica ~ > Date & Time: August 16th (Tue) ~ 21st (Sun)

9AM~5PM for the following ▶Photographs by Ms. Lisa Vogt

▶animals which were preserved to maintain lifelike features

▶Polar Research Exhibition

Exhibition Room

~ White Gift in Hamura ~ Photographs by Ms. Lisa Vogt

Rare scenes of loveable expressions by the polar bear are captured in these photos.

Howaie Space on 1st Floor

~ Display of Animals from the Arctic and Antarctica ~ Polar Bears, Penguins, and a rare horse will be on display.

Reception Hall

- Polar Research equipment, such as coats actually used by the expedition, will be on display.
- -20°C Climate can be experienced.

Small Hall

~ Night Sky By Planetarium Projector ~ You can view scenes from Iceland, Alaska in a video production capturing dynamic nature of these regions. Experience the wonderful phenomena of aurora and understand why they occur. Date: August 16th (Tue) ~ 21st (Sun) Running at: 10:30AM~, 1:30PM~, 3:30PM (30 min each)

◆ **Application for Participating to Lecture and Workshop:**

Eligibility: Elementary to High School age residing in *Hamura City, Ōme City or Fussa City*. Fee: Free

How to Apply: Please refer to the deadline for application aforementioned in article for these events.

Method ① - On post card, fill in the event name, applicant's mailing address, name, phone number, school name and grade, parent's name if coming along and mail it to the executive office in your municipal office. *Please use one postcard for each event application. (Specify location)

Method ② - Fill in an application sheet available at executive offices in respective city halls.

Method ③ - Please drop your completed application off at the collection boxes placed at the municipal schools marked "Moshikomi Youshi Kaishuu BOX" 申込用紙回収 BOX . ④ Please download and apply online.

*It is possible that applicants will be chosen through number drawing. Drawing Results will be sent to you in the form of a postcard. *Child care service is available with fee for during the lecture event. For the service, please apply before August 12th (Fri) to *Yutorogi*. (up to 15 pre-school children)

Application Offices: (〒 refers to zipcode)

· *Hamura City – Yutorogi Kodomo Taikenjuku Tantou* ☎570-0707

〒205-0003, 1-11-5 *Midorigaoka*, *Hamura City*

· *Ōme City – Shakai Kyouiku-ka Kodomo Taikenjuku Tantou* ☎0428-22-1111

〒198-8701, 1-11-1 *Higashi Ōme*, *Ōme City*

· *Fussa City – Shougai Gakushuu Suishin-ka Kodomo Taikenjuku Tantou* ☎551-1950

〒197-8501, 5 *Honchou*, *Fussa City*

水上公園オープン

< **Hamura Sujou Kouen (Water Park) Opens for Summer 2016!** >

Come and enjoy the summer in Water Park! Lazy-River (*Nagareru Pool*), Water Slide are so much fun!!

Pre-Start Opening: July 9th(Sat), 10th(Sun) Season Schedule: July 16th(Sat) ~ Sep 4th (Sun), 10AM~6PM

Admission: Children (Junior High School Students and under)... 2hours ¥100, Day Ticket ¥200
Adults... 2hour ¥300, Day Ticket ¥600

*2nd grade or younger children must be accompanied by an adult at age 16 or older.

Hamura Sujou Kouen (Water Park) ☎555-0013

第52回 少年少女球技大会

< **The 52nd Boys & Girls Ballgame Tournament** > (Softball and Kickball)

This is held to promote the interaction of children of different age groups in the neighborhood. The young athletes have been training throughout the year. We invite you to meet the brightest smiles to cheer for them.

Date & Time: July 16th(Sat) *Fujimi Park Ground* 8:40AM~ *Musashino Park Ground* 9:10AM~

July 17th(Sun) *Fujimi Park Ground* 8:30AM~ (reserved dates are 18th (Mon, holiday)),

*Please cooperate with the prevention of traffic congestion, and refrain from coming to the event by a car.

Inquiries: *Jidou Seishounen Ka, Jidou Seishounen Kakari* ☎Ext. 263

第16回はむらふるさと祭りに参加しよう (参加者募集)

< **The 16th Hamura Furusato Matsuri – Festival Participants Wanted!** >

Hamura Furusato Matsuri is a dancing festival for various styles, such as *Yosakoi Sōran Dance*, etc.

We are seeking for Youth Groups who would like to participate in this festival! Your sport group is welcome.

Event Schedule: September 24th(Sat) & 25th (Sun) at JR *Ozaku Station East Square*

How to Apply & Inquiries: Send a fax by July 29th (Fri) with preface "*Hamura Furusato Matsuri Sanka Kibou*", 羽村ふるさと祭り参加希望 including name of group, name of a group representative and phone number to; Chairman of Festival Committee, Mr. *Furukawa* ☎ Fax: 555-2981.

プレミアリーグバレーボール教室

< **Volleyball Class by 'Premier League' Players** > Top athletes from premier volleyball league are coming to Hamura!

Date: July 27th (Wed) Place: Sports Center *Dai-Ichi Hall* Fee: Free Time: 1:30PM ~ 4:30PM

Capacity: first 100 *Beginners are welcome Taught By: members of Men's Volleyball Team "J-Tect"

Eligibility: Elementary Students, Junior High School Students who are *Hamura City Residents*

Things to Bring: beverage, indoor shoes, comfortable clothing fit for exercise *There will be a friendly interaction event after the game (autograph and picture session). How to Apply/ Inquiry: Please call, or bring your application to *Hamura Taiiku Kyoukai* ☎090-2170-7009 (Deadline: July 15th (Fri))

今年もイルミネーションがはむらの夏を彩ります！

< Decorative Lighting will illuminate the Streets at the Hamura Summer Festival!! >

This year's Hamura Summer Festival starts with the decorative lighting to create a festive mood in the days leading to the festival, displayed at the JR *Hamura* Station. On the day of the festival, there will be many events fun for everyone. Lighting is from July 1st (Fri) ~ 29th (Fri), 7pm ~ 11pm. Decorative Lighting on the festival days (July 30th (Sat) and 31st (Sun)) will also be seen at the east and west rotary exits.

Inquiries: The 41st Hamura Summer Festival Executive Committee, Tourism Section *Shoukou Kankou kakari* ☎Ext 656

HAMURAメリーリボン演劇祭

< Hamura Merry Ribbon Theatrical Performance >

Actors who perform in *Hamura* City will create this event which will be enjoyed by anyone, which will be held for the first time. Let's support their artistic movement.

"Merry Ribbon" represents a joyful, a time to be enjoyed, festive mood; the ribbon symbolizing the encounter with someone you feel a connection with, or a bond with. The performers act to offer energizing vibes to their audience. Date: July 23rd (Sat) 0:50PM ~ 6PM (doors open at 0:30PM) Place: *Yutorogi* Main Hall

Admission: Free Opening Ceremony: starts at 0:50PM.

Performing Acts are as follows:

- ☼ 1PM ~ "Gin No Suzu Ni Gou" (Silver Bell), 2PM~☼*Hamura Dai Ichi* Junior High School Drama Club
- ☼ 3PM~"*Hamura* High School Drama Club ☼"*Gekidan Sora*" (Theater Company Sky) from 4PM~
- ☼ 5PM~ "Gekidan Meister(Theater Company Meister)" ~ No Reservation Needed ~ *Yutorogi* ☎570-0707

羽村こども茶道教室

< Japanese Traditional Tea Ceremony Class for Children >

The Japanese spirit of courtesy and consideration can be nurtured through this class; Japanese traditional tea ceremony (*Sadou*). Through the lessons, children will learn how to prepare tea the traditional way of "*usutemae*". It is a great introductory course.

Date & Time: August 28(Sun) ~ November 6th (Sun). All held on Sundays. 9AM ~ Noon. Total 10 lessons

*No lesson on September 18th (On November 13th there will be a demonstration in which you will perform.)

Place: *Yutorogi* 3rd Floor "Washitsu" (tea room) Eligibility: 5th and 6th Graders of Elementary School, and Junior High School Students (Parents can participate/spectate.) Capacity: 10 people

Fee: ¥300 Sponsor & Instructor: *Hamura Sadou Kai* Inquiry: *Yutorogi* ☎570-0707

Application and Inquiry: Apply by sending an *Oufukuhagaki* (double postal card) to Mr. *Soufuku Tanaka* with the following information: your address, name, school, grade, guardian's name and phone number.

It must arrive by July 31st (Sun). 〒205-0003 1-12-13 *Midorigaoka, Hamura City, Tokyo*.

講演会 子どもの虐待～地域で支える子どもの笑顔

< Lecture ~ Protect Our Children From Ill Treatment By Neighborhood Watch Efforts ~ >

There are sad and endless incidents involving the ill treatment of the weak members of society. Abuse must be prevented and detected at an early stage by your neighbors watch. It is up to the way things are handled in cooperative efforts by agencies involved to solve the problem smoothly. Tips on how citizens can also help are shown in this lecture. Date: Aug 3rd (Wed), 2-4PM Place: Community Center 3rd Floor Hall

For workers at Kindergarten, Nursery School, Elementary or Junior High School and Federal Agencies Capacity: First 100 Fee: Free Lecture By: Mr. *Hidehiko Kawazu*, Chief of Abuse Prevention Center

please call the *Kodomo Katei Shien Center* ☎578-2882 from July 4th(Mon)~weekdays from 8:30AM ~ 5PM .

竹炭づくりに参加しませんか

< **Bamboo Charcoal Workshop** > Trimmings of bamboo from pruning releases carbon dioxide which can be harmful to the environment. By making them into charcoal, it traps the carbon.

Date: July 10th (Sun) 2PM ~ 3:30PM Place: *Miyanoshita* Park along the Tama River Capacity: first 50 (You must come with your parents if you are preschool age.) Fee: free

Bring: working gloves, towel, beverage, and wear cotton long sleeve shirts and long sleeve pants.

Taught by: Eco Net Hamura No reservation needed Parking is limited *Kankyou Hozen Kakari* ☎Ext. 225

< Visit to Historical Landmarks by Walkthrough Tour >

The special tour of many historical landmarks in Hamura city with cultural and historical value is scheduled.

Date: July 15th (Fri), meet at 9AM, and dismissed at NOON (will be cancelled if it rains, will not be if light)
Group will meet at 9AM at JR Ozaku Station Main Exit. (6 kilometers, for 3 hours, concludes at JR Ozaku St)

Course Details: ▶ walk to *Kaiko no Ido* (well) ▶ *Konpira Jinjya*(shrine) ▶ *Ozaku Ryokuchi Park*
▶ *Waterworks Ozaku Filtration Plant* ▶ Archery Field ▶ *Matsumoto Jinjya*(shrine) etc. ...

Capacity: first 30 Fee: ¥200 (collected on the event day)

Things to Bring: Hat, Towel, Raingear, and something to drink. Please wear comfortable clothing and shoes.

Inquiry and Application: Please reserve by July 11th (Mon) at Hamura Tourism Association (*Kankou Kyoukai*) between 9AM ~ 5PM by phone at ☎555-9667. (Call on weekdays only: Closed weekend and holidays)

動物公園 親子ナイトツアー

< Hamura Zoo Family Night Tour >

Let's watch the night-active animals! The tour will be led by zoo keepers with their informative commentary.

Date: ①August 6th (Sat) ②August 13th(Sat) ③August 20th(Sat) ④August 27th (Sat)

Time: 6:45PM ~ 8:45PM Place: Hamura Zoo Bring a flashlight and wear long sleeves, long pants.

Eligibility: Age 4 years or older Capacity: 60 people per day

Fee: age 4 ~ 9th Graders ... ¥350, Others ... ¥600 (Zoo admission included)

Application Deadline: postmark deadline dates for application filing are as follows;

① July 23rd (Sat) ②July 30th (Sat) ③August 6th (Sat) ④August 13th (Sat)

Application and Inquiry: on reply-paid postcard ("*Oufuku Hagaki*"), fill in the following information and send to the zoo; 〒205-0012, 4122 Hane, Hamura-shi, Hamura Zoo, "*Oyako Night Tour*"

State desired date, Names and age (grade) of people in your group, main applicant's address, phone number, and indicate whether you wish to wait for cancellation in case applications exceed the capacity.

< Hamura Zoo The Rhinoceros Beetle Tour >

Date & Time: July 31st (Sun) ~ August 7th (Sun) 7PM ~ 9PM

Eligibility: Age 4 years or older (Junior High Students or younger must be accompanied by an 20 year old adult)

Fee: age 4 ~ 9th Graders ... ¥550, Others ... ¥800 (Zoo admission included)

Please send an oufuku hagaki as shown above for family night tour. Deadline is July 11th (Mon)

*Please inquire the zoo for details. Hamura Zoo ☎579-4041

ポイ捨て禁止等条例

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

Hamura City had enacted a new municipal ordinance in July of 2012 pertaining to the prohibition of littering garbage and leaving dog feces, and designation of the Public Non-smoking Area. It has been three years since this ordinance went into effect, and seems to have contributed reducing litter, however the continued observance of this ordinance by each person is requested.

We hope to raise awareness for the purpose of city beautification, and hope that the law will not be necessary in the future. We hope that our city will become a place which one can be healthy and live in safety.

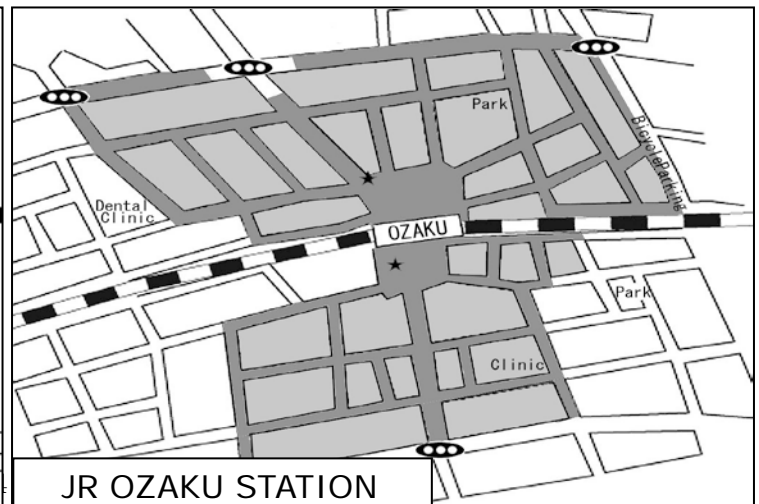
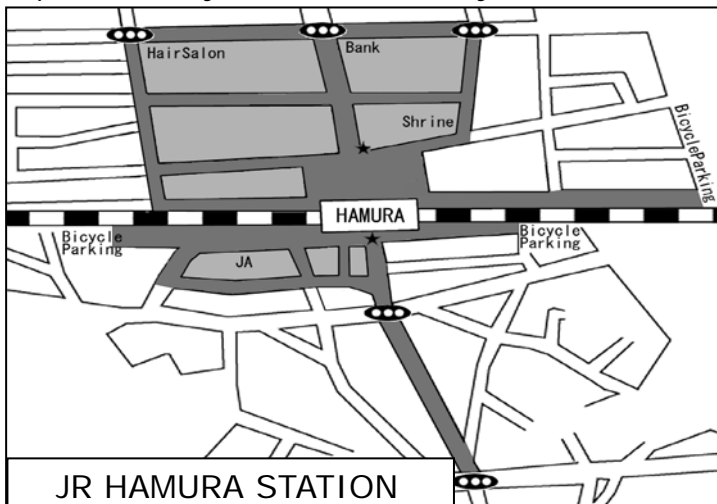
Violations are: ①[Prohibition of Littering Garbage and Leaving Dog Feces] (city wide)

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: *Kankyō Hozen-Ka*, *Kankyō Hozen-Kakari* ☎Ext. 226



< **2016 HAMURA NIGIWAI SHOPPING VOUCHER Expires on July 31st** >

These shopping vouchers which were sold in February, have an expiration date. If you have any of the *Nigiwai* Shopping Vouchers left, please do not forget to use up before expiration.

Inquiries: *Hamura-shi Shoukou-Kai* ☎555-6211 or City Hall, *Sangyou Shinkou Ka*, *Shinkou Kankou Kakari* ☎Ext.657

親子で巡ろう 公共施設見学会

< **Hamura Public Facilities Bus Tour ~ Get To Know More About Our Public Facilities** >

It is a great chance to know more about our city government through learning the functions of *Hamura* City public facilities. The public facilities tour is recommended for family participants as a summer experience.

Date & Time: July 29th (Fri), 9AM ~ about 3PM (Will be held in light rain) Tour starts and ends at: City Hall

Eligibility: *Hamura* residents, workers, and students (Please register by a pair: parent and child)

Capacity: 26 people (13 pairs If there are many applicants, participants will be chosen by lottery.)

*Participants will receive the attendance certificate. Fee: Free Things to bring: Lunch

How to apply: By July 15th (Fri) 5PM. Application forms are available at city hall 1st floor Reception /3rd floor *Kouhou-Kouchou Ka*, city hall branch offices, city public facilities. Please submit your application via postal mail / fax / e-mail / or bring it to city hall *Kouhou-Kouchou Ka* on 3rd floor.

Contact: *Kouhou-Kouchou Ka* – City Hall ☎Ext.337 Postal mail: 〒205-8601 (write zip code only)

fax: 554-2921 e-mail: s102000@city.hamura.tokyo.jp Forms are downloadable from city website.

Please come between 8:30AM ~ 5PM on weekdays, excluding holidays

Tour Course : (There may be a change)

- ① City Hall... visit inside of the city assembly conference hall and the studio of TV Hamura.
- ② *Hamura* Post Office... Participants will be given an orientation of the facility.
- ③ Yutorogi ...You can see and try operating the stage systems of recital hall! (lunch time).
- ④ Library...An exceptional chance to access the room of closed stacks of library collection

子育て応援ニュース 乳幼児ショートステイ

< **Short-Stay Child Care Facility for Babies and Pre-School Children** >

When you need care service for your child in the hours outside the nursery school or kindergarten opening hours due to circumstance such as illness, injury, ceremonial occasion, nursing of a family member, or business trip, there is a child care facility open for long hour care service. The *Tokyo Keimei Gakuen*, located in *Ōme* City, can look after your child for up to 7 days (6 nights). For more details, please contact their office.

Eligibility: 57 days old ~ pre-school age Name of Facility: *Tokyo Keimei Gakuen* ☎0428-23-0241

Hours & Location: 8AM~7PM, 2-714-1 *Tomodamachi*, *Ōme* City

Fee (per child, per day): Less than 11hours ¥3000, exceeding 11hours or Overnight Stay ¥4000

*If a child requires medical treatment during the stay, the medical expense will be charged additionally.

*The fee may be reduced for welfare recipients and resident tax-exempt households.

*Appointment must be made in advance to the date of childcare. Please contact the number below.

Please come to the city hall 2F *Kodomo Katei Shien Center* with your seal (inkan) and health card 3 days prior to your appointment to make an official registration for stay. After this, talk to the facility regarding details.

Inquiries: *Hamura* City *Kodomo Katei Shien Center* (Children and Family Support Center), ☎578-2882 closed Saturday and Sundays, excluding holidays from 8:30AM ~ 5PM

はむらんでICカードが利用できるようになります

< **Electronic Payment (Payment by IC Card) is Now Possible on the “Hamuran” Community Bus** >

The community bus “*Hamuran*”, which provides transportation within *Hamura* City, has incorporated the Electronic Card Reader using the IC Card on its buses. Now it is possible to use your PASMO or SUICA.

When you board the bus, let the electronic reading device read your card. When you exit, tap your card again. The cash payment and voucher tickets are still valid. If you don't have an IC Card, you can purchase them at train stations and the bus terminal of Nishi Tokyo Bus. You will accumulate points by each usage of the bus service, and if you accumulate 1,000 points, a bus ticket set will be offered to you.

Inquiries: *Toshi Keikaku Ka*, *Jyuutaku Kotsuu Kakari* ☎Ext.276

水道メーターの交換

< Replacement of Water Usage Meters >

Water Usage Meters with the expiring guarantee period (8 years) will be replaced with new meters.

The devices that are subject to replacement have an indication on the reverse side of cover lid as 29/○(○ is number 1~9). City approved contractors will distribute a work notification to applicable households prior to the work date. The reinstallation work is absolutely free of charge.

The contractors will be wearing an official armband, and carrying an identification issued by *Hamura City*. The work will be conducted regardless of the house owner's presence. Thank you for your understanding.

*Please test-run the water after the work is done until you see normal water condition.

Work Period: Districts of odd-numbered month meter-reading - July 11th(Mon) ~ August 5th(Fri)

Districts of even-numbered month meter-reading - August 9th(Tue) ~ September 5th(Mon)

Inquiries: Hamura Waterworks Bureau (*Suidou Jimusho*) ☎554-2269

7月のテレビはむら

< TV Hamura in July >

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~ .

You can also view them on your smartphone.

Inquiries: *Kouhou-kakari* –☎Ext.505

Special Program: "TV Hamura Programs Voted the 10 Best" & Series "Delicious Foods in Hamura "

介護保険料額決定通知書・納入通知書を送付します

< Long-Term Care Insurance (Kaigo Hoken) Notification >

There will be a FY 2016 Premium Notification and Statement (介護保険料額決定通知書・納入通知書) which will be mailed in early July to those who are enrolled in this the long term care insurance program at age 65 or older (Class 1 policy holder). Premium contribution is the main source of revenue to fund this insurance program

Age 65 or older (Class 1 policy holder)

How the Premium is Calculated: Your previous year's aggregate income is categorized into one of the 13 levels of premium coverage. (Total income is categorized accordingly. Please ask for details.)

*Long-term Care Insurance premium is reevaluated every 3 years based on the accumulation of demand for services which took place in the city.

The two payment methods for Class-1 policyholders as explained below.

• Special Collection Method (特別徴収): Premiums are automatically deducted from pension.

The annual pension amount is ¥180,000 or more.

• Ordinary Collection Method (普通徴収): Please pay by using a cash payment slip or by bank transfer

The annual pension amount is less than ¥180,000, and taxable pension does not exist.

Even if you are eligible for the special collection, you may be considered for ordinary collection if:

○You turned 65 years old during the fiscal year. ○You started earning pension after the start of fiscal year

○You transferred from another municipality ○Your pension payment was stopped

○You are paying off a credit of pension as collateral, and you do not earn any pension amount.

Age 40 to 64 (Class 2 policy holder)

How the Premium is Calculated: Your premiums are calculated based on national health insurance type that you have, and both national health insurance premiums and Long-term Care Insurance premiums are paid.

In the event when a need arises for nursing care, please consult with the *Chiiki Houkatsu Shien Center*.

Consultation is required before you use the long term care services. City hall, Ext. 196

♣ If you are having difficulty with paying the premiums... ♣

If overdue premiums accumulate without a reason of exceptional circumstances, and it may affect the benefit eligibility. Please do not let over-due taxes accumulate, just consult with *Nouzei-tantou* in city hall about special measures provided for those in difficult financial situation. There is also premium reduction and grace system for those whose property was severely damaged by fire or floods/disaster.

Inquiries: Long-term Care Insurance... *Kaigo Hoken-kakari* ☎Ext.144, Nursing Care Service... *Kourei Fukushi Kaigo Ka Chiiki Houkatsu Shien Center Kaigo Nintei Kakari* ☎Ext.196, Certification for Needed Long-Term Care... *Kourei Fukushi Kaigo Ka Kaigo Nintei-kakari* ☎Ext.146, premium payment... *Nouzei-tantou* ☎Ext.179

< Certification for Long Term Care Ceiling Amount Certification Card >

Depending on the income level, you will be able to qualify for a ceiling amount with your long-term care dwelling and meal payments, which normally are not funded by the care system. The costs which exceed this ceiling will be funded by the insurance system. Term of validity is one year from August 1st to July of the following year. The city has sent reminder in June to those who need to make renewal procedures.

①The income requirements: ○income for all members of household are tax exempt

○ Your spouse living at another household has income which is tax exempt. ②Assets ○You or your spouse (whether or not living together) has an account balance below ¥20 million, and if you do not have a spouse less than ¥10 million. Please consult with City Hall to gain certificate for Long Term Care Payment Ceiling Amount. If you are certified, your ceiling amount will be applied. Inquiries: Kourei Fukushi Kaigo Ka, ☎Ext.149

< Reduction of Costs for Care Services Used Under the Long Term-Care Insurance >

The policy which reduces cost when you use your elderly nursing care services is for eligible tax exempt households. Consult prior to the actual use of the services. You must apply to the following:

- Annual income is less than ¥1.5 million if single, and income is less than sum of each added member of household x ¥500,000.
- Account balance is ¥3.5 million for single person, and balance is less sum of each added member of household x ¥1million.
- Does not own any other assets
- Is not receiving any financial assistance from relatives.
- Has no arrears in tax payments.

Services for which costs are reduced by this policy are nursing care service at residence (or prevention services) and care at nursing home or facility, for which you gain prior approval from the City Hall.

Inquiries: Kourei Fukushi Kaigo ka Kaigo Hoken Kakari ☎Ext. 149

< Joint Job Interviewing Event for High School Students >

Hamura City and Hello Work Ōme organized an event where high school students graduating next March can get interviewed for employment opportunities. About 12 local companies will participate to give presentation of their respective industry and details of the job offered. (Please refer to Hello Work Website as well.)

Date/Time: July 15th (Fri), 1PM ~ 4PM (doors open at 0:30PM)

Place: Yutorogi Reception Hall Fee: Free *Reservation not needed.

Eligibility: Current 3rd year high school students expected to graduate in March 2017

Inquiry: Hello Work Ōme Gakusotsu Tantou ☎0428-24-8641 or Sangyou Ka Keizai Taisaku-kakari ☎ext.659

< Renewal of National Health Insurance Elderly Member Card >

The current National Health Insurance Elderly Member Card (国民健康保険高齢受給者証, issued to NHI members of age 70~74) will expire on July 31st(Sun). The new card will be mailed to the current card holders before the end of July. The validity of the new card is from August 1st(Mon) to July 31st (Mon), 2017.

The co-payment rate for treatment costs at medical facilities for those turning 70-74 years old in FY 2016 (with the exclusion of those who have been recognized as having disability specified under late elderly medical insurance) has changed.

Subscriber of NHI 70-74, ▶Income Earners exceeding annual income of ¥1,450,000 pay 30%.

▶persons with income less than annual income of ¥1,450,000.

Terms will differ if you were born on April 1st, 1944 ~ you will pay 10%, and if you were born on

April 2nd, 1944 and later ~ you will pay 20%. Inquiries: City Hall, Shimin Ka, Hoken Kakari, ☎Ext. 129

国民健康保険税納税通知書の送付

< National Health Insurance Notification >

National Health Insurance (*Kokumin Kenkou Hoken*) Notification (国民健康保険税納税通知書) for FY2016 will be mailed to the applicable households in early July. The enclosed information explains about premium amount and premium calculation system. We appreciate your cooperation for making payments on time.

❖Reduction and Exemption of National Health Insurance Premium

There is a special measure provided for victims of a disaster and for those in difficult financial situation. For details, please contact the *Shimin Ka, Hoken Kakari*, ☎Ext. 128.

国民健康保険限度額適用認定の申請

< National Health Insurance High Medical Expense Benefit Certificate > expires July 31st (Sun). Renewal procedures will start from July 20th (Wed) for new certificate effective August 1st (Mon).

High Medical Expense Benefit: By presenting a High Medical Expense Benefit Certificate or Certificate for Partial Exemption of Standard Medical Cost (限度額適用認定証 または標準負担額減額認定証) at a medical facility, you do not have to pay a portion of medical charge that exceeds the self-pay ceiling set by the National Health Insurance Regulation. To receive certificates which take effect from the month of registration, you must apply and be up to date on premium payments.

◆ Who is eligible for the High Medical Expense Benefit System

Insured members of National Health Insurance younger than 70 years old, those who are over 70 years old ~ 74 years old (Resident Tax-Exempt) are able to obtain a High Medical Expense Benefit Certificate.

Bring: ID, Insurance Card, Individual Number Notification Inquiries: *Shimin Ka, Hoken Kakari* ☎ Ext. 125

国民年金保険料の免除・猶予

< Exemption From Contribution for Pension Premium Payments >

Exemption from pension premium payments is applied to low income earners. If you are unemployed, certain conditions for exemption may be applied. The exemption application request for premiums payments due July 2016 through June 2017 will start on July 1st (Fri). Request for exemption from payments going back to 2 years and 1 month can also be submitted. Please inquire for details. You will need to submit your *Nenkin Techou* (Booklet). Please inform us if you have not filed for tax return due to having no income. The tax return is needed in order to make sufficient evaluation for exemption. A tax certificate from your previous municipality of residence is needed for people who recently moved to *Hamura City*, and if unemployed you will need your *Rishokuhyou* (separation notice from the previous employer).

The age for eligibility of exemption will be revised: Until June, the eligibility for exemption is for those younger than age 30. From July, it will be expanded to those who are younger than 50 years old.

Ōme Nenkin Jimusho ☎0428-30-3410 or City Hall *Shimin-ka Kourei Iryou Nenkin-kakari* ☎Ext.138

介護保険負担割合証を送付します

< Co-Payment Rate Determination Certificate for Long Term Care Insurance Subscribers >

From August 2015 there was a change in the co-payment rate for some Long Term Care Insurance subscribers who are 65 years old or older if that citizen holds income above standard (Please ask for details.) when nursing care services under the Long Term Care Insurance are used. They will pay 20% co-payment burden.

Given these circumstances, a "Co-Payment Rate Determination Certificate" will be mailed out in the middle of July to people who have been certified as a person in need for support or needing long term care indicating the payment rate that they will have (10 -20%). The term of validity for the certification is for one year. Present this certificate to the nursing facility after August 1st if using nursing care services.

Please ask for details at City Hall, *Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari*, ☎Ext. 144

里帰りなどの妊婦健康診査費用の一部を助成します

< Medical Subsidy for Prenatal Checkups done outside Tokyo >

For female *Hamura city* residents, prenatal checkup fees paid at a medical facility located outside Tokyo metropolitan area can be reimbursed by the *Hamura city* public medical subsidy. Application is needed.

How to apply: Visit *Hoken Center* (weekdays, 8:30AM ~ 5PM) for application within 1 year from the day of childbirth. When applying, please make sure to bring the followings: Receipts of checkup fees, *Boshi Kenkou Techou*, Unused prenatal checkup subsidy sheets (受診票), any documentation that can identify your bank account number and bank stamp (if you have). *Hoken Center* 555-1111 ☎Ext.623

児童手当・児童育成手当現況届の提出を忘れずに

< 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 in June. Please be sure to submit it as soon as possible. Failing to do so may result in the disqualification for the benefits of this year's program.

Filing Period: Mon. to Fri 8:30AM~5PM, closed on Sat. & Sun. and on holidays

Inquiries: Kosodate Shien-ka Shien Kakari ☎Ext.236

特別児童扶養手当を支給しています

< Application for Special Child-Rearing Allowance >

Special Child-Rearing Allowance (*Tokubetsu Jidou Fuyou Teate*) is provided to parents or guardians who are raising a child with physical/mental handicap. The allowance is provided until the child turns age 20. Application and eligibility certification are required to receive the benefit of this allowance program.

Eligibility: Hamura City Residents whose child or child in care of the resident has physical/mental disability or illness that is certified grade 1~3, or considered to be at a level equal to such.

Allowance Amount: Disability Level 1 ¥51,500 / Disability Level 2 ¥34,300

The application procedures vary depending on category. Inquiries: Kosodate Shien-ka Shien-kakari ☎Ext.235

理科好きになる工作塾

< Robotics Science Workshop ~ Rika Suki Ni Naru Kousaku Jyuku >

This is a 10 session workshop for kids. Learn how to create your own original robot from experts!

Workshops will be held on the following dates, which are all on Sundays:

In September: 11th, 18th, and 25th In October: 2nd, 9th, 23rd, and 30th

In November: 20th, 27th

In December: 4th only Place: Fukushi Center in Hamura City

Eligibility: 5th Graders of Elementary ~ 2nd Grade Junior High School Capacity: first 10 Fee: ¥1,500

Hosted By "Nejimawashi" Toy Repair of Hamura City* Share your skills! Members are being recruited to help with this event.

Inquiries and Application: Please send an *oufuku hagaki* to: "Rika Suki Ni Naru Kousaku Jyuku" 〒205-0002 1-10-63 Sakae-Cho, Hamura Shi Indicate address, name, grade, & telephone number.

Mr. Yamaguchi ☎ 554-4665

骨太教室 丈夫な骨を保ちましょう

< Healthy Bone Class >

▶Lecture About Nutrition ~ A nutritionist will teach us how to cook calcium-rich menus for strong bones.

Date & Time: July 28th(Thu) 9:30AM ~ 0:30PM Place: Hoken Center Eligibility: Hamura Residents

Capacity: First 30 applicants Fee: ¥300 (material costs) Bring: head cloth, apron, writing utensils

* Those who wish to measure the salt content of their home made *miso* soup may bring 50ml of it.

▶Exercising Lecture ~ Learn to maintain your exercise lifestyle and make your bones stronger and healthier!

Date & Time: August 4th (Thu) 1:30PM ~ 3PM Place: Yutorogi Reception Hall Eligibility: Hamura Residents

Capacity: First 70 applicants Fee: Free Bring: writing utensils Details of Lecture: Stopping Your Bone Aging

Lecture by: Mr. Aihara, Professor of *Kyourin* University Nursing Division

How to apply: Starting July 4th (Mon), call or visit Hoken Center – 555-1111, ☎Ext.627

Hours of Operation: Closed on Saturday and Sunday, Holiday Open Weekdays 8:30AM ~ 5PM

東京都大気汚染医療費助成

< Medical Subsidy for Patients Suffering from Air Pollution-caused Diseases provided by Tokyo Metropolitan Government > Please don't forget renewal of your medical certificate..

Eligibility: patients who meet all of the following conditions.

① Those who are 18 years old or younger (until the end of the birth month at 18 years old).

*If you are older than 18 years old, application acceptance ended on March 31st, 2016. If you are certified and possess a valid certificate, and were born before April 1st, 1997, extension procedures will be accepted

② Those who have the following symptoms:

(1) Bronchial Asthma. (2) Chronic Bronchitis (3) Asthmatic Bronchitis (4) Pulmonary Emphysema

- and (5) subsequent symptoms of the above
- ③ Have at least 1 year of continuous resident registry history in the Tokyo metropolitan area by the time of application. (At least 6 months for a child under age 3)
 - ④ Those who have any health insurance policy.
 - ⑤ Those who are able to stay as a non-smoker after the date of application.

Term of Subsidization: The valid period of this subsidy approval is either approximately 2 years (depending on the birth month), end of birth month at age 18, whichever is earlier. Renewal of certificate will be required to continue receiving the subsidy. No extension procedures will be made for those with birthdates after April 2nd, 2015 past their 18th birthday. If your card's expiration date extends beyond your 18th birthday and is still valid, and if you were born after April 2nd, 1997, card can be used, but the extension of the card cannot be made.

Extension Procedures: * If you are already receiving this subsidy, a certificate renewal application form will be mailed to you at 2 months prior to the subsidy's expiration date, or you can also obtain the form at *Hoken Center*.

Subsidization: payment of medical costs' self pay burden under health insurance for treatment of above 1-5

Inquiries: How to apply... *Hoken Center* ☎042-555-1111, Ext.623

About this subsidy program... *Tokyo Bureau of Social Welfare And Public Health* ☎03-5320-4491

熱中症に注意しよう

< Heatstroke – Please Be Aware of the Risk ! >

Heat exhaustion can occur to people in a place with high temperature, high humidity and no breeze. Little children and older people have an especially higher risk of being affected. The prevention is important.

Indoor conditions also need to be taken into account. More people are actually carried by ambulance for heat exhaustion symptoms happening in indoor places than at outdoor places. Cooperation is asked from everyone in order to protect the vulnerable people. *Pay attention to sudden rise in temperature. *Please use air conditioners or fans as needed even during the period when power conservation is advised.

How to prevent Heat Exhaustion:

- Wear hats and use umbrellas to avoid direct sunlight
- Even if you're not feeling thirsty, make sure to take drinks often
- If you sweat a lot, salt is also needed
- Use a thermometer indoor and check the temperature
- When the temperature is very high, use the air conditioner and fan
- Prevent direct sunlight coming into the room

- Get a balanced diet and sleep well

Watch out for these symptoms:

- ❖Light symptoms... Dizziness, muscle ache, sweating for a long time
- ❖Moderate symptoms... Headache, sickness, and tiredness
- ❖Severe symptoms... Unconsciousness, seizure, high fever, non-responsiveness

If you get Heat Exhaustion:

First you must move to cool place and drink a lot of fluid, then try to cool down your arm pits and leg bases.

* If someone is unconscious or cannot take in fluids, call an ambulance or call Tokyo Fire Department's *Kyuukyuu Soudan Center* ☎#7119 (available 24 hours) or *Hoken Center* –555-1111 ☎Ext.624

FRESHLAND NISHITAMA ☎570-2626

< Environmental Crafting Workshop for 4th ~ 6th Graders > 環境学習講座 夏休み工作教室

Bracelet Making on July 30th (Sat) and Solar Bug Making on August 21st (Sun) ▶10AM ~ NOON at the "Nishitama Fureai Kan" Please apply at the front desk Inquiries: ☎554-2409 *Please ask for details.

< Freshland Nishitama Bath Coupon Ticket Sales -- 20% Off! >

Coupon Book of eleven 3-hour tickets will be on special sale from July 8th(Fri) ~ 18th (Mon, Holiday)! 11th (Mon) is a closing day for the facility

Coupon Price: Residents of the Cities of *Hamura, Ōme, Fussa, and Mizuho Town-*

¥4,000 for Adult, ¥2,000 for Child People from Other Municipalities - ¥6,400 for Adult, ¥3,200 for Child

< Fresh Vegetable Sales Straight From Local Farms! >

Date & Time: July 6th (Wed)~8th (Fri), 13th(Wed)~15th(Fri), and 20th(Wed)~22nd (Fri), 4PM~6PM

Place: In front of the Gymnasium in Freshland *Nishitama*

< **The Summer Jumbo Takarakuji Lottery Tickets = on sale from July 6th (Wed) = >**

The proceeds from Jumbo *Takarakuji* lottery program will be used for the benefit of public welfare widely.

Sale Period: July 6th (Wed) ~ 29th (Fri) Lottery Drawing Day: August 9th (Tue)

Place: *Takarakuji* (宝くじ) sales booths all around Japan

Prize Money:

- ▶ Summer Jumbo 1st prize... ¥500,000,000 * *Zengoshou* prizes... ¥100,000,000 each
 2nd prize... ¥10,000,000 3rd prize... ¥30,000 4th prize... ¥3,000
- ▶ Jumbo Mini 1st prize... ¥70,000,000 2nd prize... ¥1,000,000 3rd prize... ¥100,000 4th prize... ¥7,000
- * *Zengoshou* prize is awarded to those whose ticket number comes within one digit of the 1st prize number.
- Inquiry: Tokyo Municipal Development Corporation ☎03-5210-9945

「夏休み処分場見学会」参加者募集

< **Family Study Tour to Waste Recycling Center >**

Don't miss this opportunity to learn how our garbage gets processed!

Tour 1: August 5th (Fri), 9AM~5:30PM, Meet the group at JR *Mitaka* Station

To *Fujimino* Environment Association, *Futatsuzuka* and *Yatozawa* Disposal Centers

Tour 2: August 19th (Fri), 8:30AM~5:15PM, Meet at *Akebono-cho* 2 crossing near JR *Tachikawa* Station

To *Nishitama* Sanitary Association, *Futatsuzuka* and *Yatozawa* Disposal Centers

Eligibility: 4th~6th grade children living in *Tama* area and his/her accompanying guardian who is age 18 or older (Pair of 2 persons), or *Tama* Region residents in Junior High School or older (Pair of 2 persons)

Capacity: 40 pairs (80 people) in each tour *Participants may be selected by lottery.

Fee: ¥500 per person (for Lunch Fee) *Please pay this fee on the tour day.

How to Apply & Inquiry: On Reply-paid postcard ("*Oufuku Hagaki*"), fill in the following information of both participants; name, address and age (grade), gender, home phone number & mobile number (if you have) and date you would like to participate. Then mail it before July 19th (Tue) to;

Tokyo *Tama Kouiki Shigen Junkan Kumiai "Kengakukai Kakari"* ☎597-6152.

〒190-0181, 7642 *Ōguno, Ōaza, Hinode-machi, Nishitama-gun, Tokyo*

EVENT INFORMATION for CHILDREN & PARENTS

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

< **Hand-made Toy Workshop ~ Roulette made from Old CD's ~ >**

Date & Time: July 9th (Sat), ①10AM~ ②1PM~ Eligibility: Preschool children up to 6th graders

Fee: Free Place: East Children Center *No reservation required *Toy Repair available on this day.

< **Cooking ~ "Maki Maki" Curry Burrito's > ~ West Children's Center**

Date & Time: July 10th (Sun) 10:30AM~ NOON Eligibility: Elementary to 18 years Capacity: first 20 people

Fee: ¥70 Please apply by calling or visiting the center between July 1st (Fri) ~ 8th (Fri) during 9AM ~ 5PM

< **Sports Day ~ Let's play Struck Out and Jump Rope ~ >**

Date & Time: July 9th (Wed), 2PM~3PM Eligibility: Elementary and Junior High students

Place: East Children Center *No application required

< **Spook Tour in East Children Center...! >**

Date & Time: July 23rd (Sat) 10AM~ 11:30AM & 1:30PM ~ 3PM Eligibility: preschool ~ elementary child

(Must attend with an adult.) Capacity: first 80 people Place: East Children's Center

< **Summer Break Ping Pong Class > (Bring Racket if you have one.)**

Date & Time: July 23rd (Sat), 1PM ~ 3PM Eligibility: *Hamura* resident elementary school students

Capacity: first 20 applicants Fee: free Place: Central Children Center Wear clothing for exercise.

How to apply: between July 2nd (Sat) ~ 16th (Sat) during 9AM to 5PM office hours, call or visit the center.

< **Movie Screening for Children >**

Date & Time: July 3rd (Sun) 10:30AM~11:30AM Admission: Free Place: *Yutorogi*

*No reservation required.: about 3 titles scheduled Supported by: *Hamura 16mm Eizou Kenkyuu-kai*

< **Observation of the Sun** >

Date & Time: July 7th(Thu), 4PM ~ 4:30PM Place: Central Children Center *No reservation required.
Eligibility: Elementary School Students ~ 18 years old Fee: Free

< **Astronomical Observation with Family** >

Date & Time: July 7th(Thu), 8PM ~ 9PM Place: Central Children Center *No reservation required.
Eligibility: Elementary School Students ~ 18 years old Fee: Free

*Junior High School students or younger children must be accompanied by an adult.

< **Story Telling for Children** >

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 >> July 9th(Sat), 11AM~
 Story Telling for Elementary School Students >> July 16th(Sat), 11AM~
 Story Telling for Babies >> July 13th (Wed), 11AM~

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

Story Telling for all children >> July 20th (Wed), 3PM~

おしゃべり場

< **Chatting Place for Parents** >

This month's topic is "When to Stop Breastfeeding/ Feeding Milk". 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 – Jul. 15th(Fri) Time: 10:30AM~11:30AM for all dates
 East Children Center – Jul. 19th (Tue) Inquiries: Children and Family Support Center
 Central Children Center – Jul. 21st (Thu)

ちょこっと相談

< **Child Rearing Consultation at Children Center** >

Clinical Psychologists assigned from *Hamura City Child And Family Support Center (Kodomo Katei Shien Center)* will be available for consultation at East Children Center on July 26th(Tue), at Central Children Center on July 28th (Thu), between 10AM~Noon on each date.

Please feel free to visit to talk about your child's psychological development, parent's mental stress and etc.
 Inquiries: Children and Family Support Center *Fee/Reservation not required for this consultation.

7月前半の休日診療

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

| Date | Hospital / Clinic | | | | Dental Clinic | |
|---------------------------|------------------------------|-----------|--------------------------------------|-----------|-----------------------------|-----------|
| | 9am~5pm | | 5pm~10pm | | 9am~5pm | |
| 3 rd (Sun) | <i>Baba Kodomo Clinic</i> | ☎555-3788 | <i>Heijitsu Yakan Kyuukan Center</i> | ☎555-9999 | <i>Katou Shika Clinic</i> | ☎554-8887 |
| 10 th (Sun) | <i>Sakae-chou Shinryoujo</i> | ☎555-8233 | <i>Fussa-shi Hoken Center</i> | ☎552-0099 | <i>Kaneko Dental Clinic</i> | ☎554-1503 |

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

| Category | Date | Time | Contact |
|---|---|-----------------|---|
| General Consultation for Foreign Residents (A)* | 8 th (Fri), 22 nd (Fri) | 1:30pm ~ 3:30pm | * Spanish and Korean interpretation service is available by appointment for Foreign Residents Consultation <i>Shimin Soudan-shitsu</i> city hall ext.541 |
| Public Administration and Human Rights | 21 st (Thu) | 1:30pm ~ 4:30pm | |

* (A)=appointment required.*For 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.