



# HAMURA NEWS

August 1<sup>st</sup>, 2016

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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](mailto:s102000@city.hamura.tokyo.jp)

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

平和啓発事業

## < Peace Promotion Projects ~ Various Exhibitions >

More than 70 years have passed since the end of World War II. August 15<sup>th</sup> is the commemorative day observing this historical event. Hamura City is holding several events to celebrate this, and wishes that this will promote the peace efforts among family, neighborhoods, and friends. You are welcome to participate.

### ❖Featured Exhibition❖

Material depicting the devastation of war in Hiroshima and Nagasaki will be on display.

Fee: Free No reservation is necessary. Please come directly to site.

Date: August 5<sup>th</sup> (Fri) ~17<sup>th</sup> (Wed) 10AM ~ 8PM (closed on Mondays (8<sup>th</sup>, 15<sup>th</sup>), and on 16<sup>th</sup> (Tue))

Place: Reception at Main Library \*No Reservation is necessary

### ≈ Testimony ≈

Date: August 13<sup>th</sup> (Sat) 1PM ~ Place: Volunteer Room at Library

A Hamura City Citizen, Mr. Toshiro Ozaku will offer a testimony. \*

### ≈ Voiced Readings ≈ Place: Volunteer Room at Library

Two Stories Date: August 13<sup>th</sup> (Sat) for Preschoolers from 11AM~ and for Children from 1:30PM~\*

### ≈ Peace Workshop Report ≈

Junior High Student Peace Messengers who were peace messengers for the Hiroshima Peace Project from Hamura City and Ōme City will combine their experiences with discussions about peace to create a collective peace message, and will present their accomplishments. The project included participating in the Hiroshima Peace Gathering, peace site visitation, and listening to the testimony of atomic bomb survivor.

Date: August 14<sup>th</sup> (Sun) Time: 1PM ~ 2PM Place: Yutorogi Small Hall

Capacity: first 200 \*No reservation is necessary.

### ≈ Peace Workshop ≈

Junior High School Students Peace Messengers and citizens will discuss peace.

Date: August 14<sup>th</sup> (Sun), 2:30PM ~ 4:30PM Place: Yutorogi Reception Hall Capacity: first 40

Facilitator: Ms. Urayama, representative of the Hitozukuri Koubou esuco

Please phone, fax or e-mail your name and telephone number by August 10<sup>th</sup> (Wed) 5PM to City Hall, Kikaku Seisaku Ka, Kikaku Seisaku Tantou, ☎Ext. 345 between 8:30AM ~ 5PM weekdays (not on holidays)

Fax 554-2921, e-mail: [s101000@city.hamura.tokyo.jp](mailto:s101000@city.hamura.tokyo.jp)

### ≈ August 15<sup>th</sup> is the End of the World War II Day ≈

A silent prayer in unison wishing for eternal world peace is made at noon on the End of the World War II Day to send prayers and condolences to each of the precious lives lost to the war, and toward the Hiroshima and Nagasaki Atomic Bombing Victims. We appreciate your cooperation.

< **Beetle Class!** >

Come and learn about beetles at the "Beetle Class." How about researching about beetles for your summer holiday homework? You can learn about the "life of beetle": egg → larva → pupa → imago, and bodies of beetles such as antennae, eyes, mouth, wings, legs, etc. The zoo keeper will instruct the class.

Date & Time: Until Aug 16<sup>th</sup> (Tue), 3:10PM ~ 3:30PM (15 minutes)

Place: Beetle Exhibition Place in the Zoo Fee: Free (Zoo Admission is needed)

\*Might be changed or cancelled due to the weather. Inquiries: HAMURA ZOO ☎579-4041



郷土博物館 まゆから糸をひこう!

< Culture Workshop ~ Silk Reeling from Real Cocoons ~ >

Silk is extracted from the thread produced by a silkworm's mouth. Original old-time spinning tools were used to make "kiito" from this thread. At this workshop, you can experience the making of "kiito". Museum staff offers guided tour through the Sericulture Exhibition in the Folk Museum! (each ① and ② session below)

Date & Time: Aug 20<sup>th</sup> (Sat) ①10AM~Noon ②1PM~3PM Place: *Kyoudo Hakubutsukan* Orientation Hall

Capacity: First 30 per tour \*Elementary school students or younger must have an adult guardian. Fee: Free

Items to Bring: Towel and Apron(or wear something you don't mind getting dirty) Application: Call or visit

the *Kyoudo Hakubutsukan* at ☎558-2561 between 9AM ~ 5PM from Aug 2<sup>nd</sup> (Tue) 9AM~; closed Mondays.

プレママサロン

< **Childbirth Preparation Class for Mothers** >

This is a class about pregnancy, giving birth, and after childbirth Free of charge

Date & Program: Day1... Lecture by a midwife, Sep 1<sup>st</sup> (Thu) 1:15PM ~ 3:45PM

Day2... Lecture by an obstetrician/gynecologist and Dietician, September 8<sup>th</sup> (Thu) 2PM~4PM

Day3... Lecture by a dentist Talking with experienced moms September 29<sup>th</sup> (Thu) 1:15PM ~ 3:45PM

Place: *Hoken* Center Eligibility: Expectant mothers residing in *Hamura* City \*No reservation necessary.

Things to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook), writing materials.

\*You are not required to participate all 3 days. Please pick your desired classes. \*If bringing your child(ren), please contact *Hoken* Center in advance. Inquiry: *Hoken* Center 555-1111☎ Ext.626

認知症に対する理解を深めませんか

< **Opportunity to Become a Dementia Patient Supporter** >

Interested in becoming a Dementia Patient Supporter who is knowledgeable of various aspects of the disease called dementia? You can offer great comfort 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: September 2<sup>nd</sup> (Fri) 2PM ~ 4PM

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

**Workshop for NURSING CARE of FAMILY MEMBER**

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

Participants can learn and talk about how to take care of family members in need of special care for dementia symptoms. Join to share your questions/tips with other care takers. Dealing with the elder when they show symptoms, or how some have been qualified for nursing care will rise as a topic during this event.

Date & Time: September 9<sup>th</sup>(Fri), 1:30PM~3PM Place: Community Center 2<sup>nd</sup> floor *Daiichi Kenshuu Shitsu*

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

Application/Inquiry: Please call the *Kourei Fukushi Kaigo Ka, Chiiki Houkatsu Shien* Center between 8:30AM ~5PM at ☎Ext. 141 (closed on weekends and holidays) in advance to reserve for both of the above.

### < Playtime Event for Mother and Child >

"Anpan-man" (Sweet Bean Bread Boy) is a very popular cartoon for small children in Japan. (Anpanman is the symbol of good, and he helps people fight the bad kid "Baikin-man".) The voiceover actor of a major character of this cartoon, Ms. *Rei Sakuma*, will offer song and picturebook, 2 part reading sessions.

Date: September 22<sup>nd</sup> (Thu, Holiday) Doors open at 0:30PM ~

1PM ~ 2PM First Section: for both parent and child Come gather for story time and songs!

2:30PM ~ 4PM Second Section: for adults Heartwarming Stories and Song Session

Place: *Yutorogi* Main Hall no reserved seats available Numbered tickets will be distributed starting on August 2<sup>nd</sup> (Tue) at the *Yutorogi* Center. One person can get up to 5 tickets. (Handout time is from 9AM ~ 5PM on days other than Monday.) Please apply for childcare service (¥700) no later than September 14<sup>th</sup> (Wed).

Hosted By: *Sato Zaidan* Infants/children of preschool age may enter the venue in the first section, however, may be asked to leave at the second section if they cannot be quiet. We appreciate your understanding.

▶ Exhibition ~ "Takashi Yanase's Fairy Tale" Tapestry at *Yutorogi* Exhibition Room

Dates: September 21<sup>st</sup> (Wed) ~ October 2<sup>nd</sup> (Sun)(closed Mon) 10AM ~ 5PM (closes at 4PM on October 2<sup>nd</sup>)

*Takashi Yanase* is the creator of the "Anpan-man" Series. Inquiries: *Yutorogi* Center ☎570-0707

粗大ごみの直接持ち込み・自宅回収を一時休止します。

### < Over-Sized Trash Acceptance Will Be Temporarily Halted >

Due to the facility maintenance, the Recycle Center will stop acceptance of over-sized trash. Please refrain from requesting a pick-up service or bringing in your over-sized trash between August 29<sup>th</sup> (Mon) ~ September 2<sup>nd</sup> (Fri). Please seek prior consultation if it is necessary to receive services due to moving, etc. Thank you for your understanding and cooperation. Inquiries: *Hamura* City Recycle Center ☎578-1211

### < TV Hamura in August >

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~.

Please also use the link from the City's website as well.

Recent past programs can be viewed online at: <http://www.city.hamura.tokyo.jp/category/3-17-3-0-0.html>

August Special Program: "The 41<sup>st</sup> *Hamura* Summer Festival " and

"The Mountain Climbing" Event The city official website

also broadcasts these programs. Inquiries: City Hall, *Kouhou Kouchou-ka Kouhou-kakari* ☎Ext.505

8月10日は道の日

### < August 10<sup>th</sup> is "ROAD DAY" >

#### Street Rules for Keeping Safe and Pleasant Streets for Everyone

- Do not set up banners, signboards or product displays on streets without permission.
- Do not illegally-park bicycles / motor bicycles on streets and other public places.
- Leaving ramp blocks (at the parking entrance/exit) on a street is prohibited.
- Do not dispose of trash or grease into street gutter.
- Do not neglect tree branches or plants growing out to street. It may block the sight or narrow the sidewalk.

Road Law States that:

- In case of a traffic accident caused by a personal thing or a signboard placed on street, or a tree branch growing out to the street, the owner of such item may be called to account for the accident.
- The road must be clear under the standards of the law to enable emergency vehicles to pass.

Inquiry: City Hall, *Doboku-ka, Douro Kanri Kakari* ☎Ext.293

**< Reporting of Your Depreciable Assets Owned During Fiscal Year 2016 >**

If you are registered with *Hamura City* as a business or individual who owns a depreciable asset, you are required to file for that asset under your name as of January 1<sup>st</sup> during the fiscal year. *Hamura City* has sent forms in early August to those who have not yet filed accordingly. (償却資産申告) Please report your depreciable assets with this form. Inquiries: *Kazei Ka, Shisanzei Kakari* ☎Ext. 153

児童扶養手当の受給には手続きが必要です。

**< Application for Child-Rearing Allowance >**

Child-Rearing Allowance (*Jidou Fuyou Teate*) Program is established to provide independence support to single parent households. Application is needed to receive the allowance. After the approval of qualification, a household may receive the allowances until the first March following the child's 18<sup>th</sup> birthday.

Eligibility: The applicant's (parent) child meets any of the following conditions (1) ~ (5) under your household.

\*If child has a handicap certification of grade 1~3, allowance is provided until term before he/she reaches the age of 20.

- (1) Parents are divorced (2) Father or mother is deceased (3) Father or Mother has severe disability  
(4) Death or survival of father or mother cannot be confirmed  
(5) Other (duty to support is neglected over one year by a parent, or a parent is imprisoned over one year, etc.),

Monthly Allowance: First child ¥9,990~¥42,330 (determined according to the household income)

(Amount for additional child(ren) was revised in 2016)

Added Amount for: Second child ¥5,000 ~ ¥9,990, Third child and younger ¥3,000 ~ ¥5,990 per additional child

Your application will be rejected if you have any of the disqualifying conditions

(以下の理由により承認されない場合があります):

- The child is in foster care.      The child is living in a child care institution  
The parent or the child does not have a residential address in Japan  
The household income of the preceding year exceeded the qualification ceiling

Paperwork needed for application:

- ① Family Registry (*Koseki Shouhon*) of *Hamura City* (official document issued) providing the proof of valid relationship with child who is eligible to receive allowance.
- ② Bank Book from Financial Institution
- ③ Official Stamp "INKAN" which is not the casual stamp type.
- ④ If parents have physical or mental disabilities and are certified accordingly, current certificate
- ⑤ If you were not registered as a resident in *Hamura City* at January 1 of the year for which you are requesting allowance, please submit tax certificate of previous city of residence. To know more about this allowance program, please inquire to *Kosodate Shien-ka Shien-kakari* , ☎Ext.236.

特別児童扶養手当「現況届」の提出を

**< Notification of Current Status for Special Child-Raising Allowance >**

Recipients of Special Child-Raising Allowance (特別児童扶養手当) are required to submit a Notification of Current Status (現況届) along with the required documents during the designated filing period. Please do not delay to take the procedure. For procedure details and required documents, please inquire. Recipients will be notified by Aug 5<sup>th</sup> (Fri) by mailed notice from the City.

Filing Period: August 12<sup>th</sup>(Fri) ~ Sep 9<sup>th</sup> (Fri), Office Hours: 8:45AM~11:45PM, 1PM~5PM on weekdays  
(recess between 11:45AM to 1PM)

However, a special office is open on 13<sup>th</sup>(Sat) and 14<sup>th</sup>(Sun), 20<sup>th</sup> (Sat) and 21<sup>st</sup> (Sun) in this period (recess between 11:45AM to 1PM) at the *Kosodate Shien Ka* on the 2<sup>nd</sup> floor of the City Hall.  
Inquire / File to: *Kosodate Shien-ka Shien-kakari*, ☎Ext 235

## **Breast Cancer Screening and Cervical Cancer Screening Term 2**

You can apply for Breast and Cervical Cancer Screening if you have not been examined yet. We advise you to reserve before November, since there is usually an increase in patients at the end of the year. Plan well in advance and receive the screening at your earliest opportunity.

### **< Breast Cancer Screening >**

Date: By appointment between October 3<sup>rd</sup> (Mon) ~ December 28<sup>th</sup> (Wed) excluding Saturday, Sunday and Holiday

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

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

- There is a limit to screening capacity. (first-come first-serve basis.) Fee: ¥1600 \*Pay at the hospital
- \*Free for Welfare Recipients. Please bring the Certificate of Welfare Recipient.
- \* You will not be eligible if you have had a pacemaker implanted in your chest.

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

### **< Cervical Cancer Screening >**

Date: By appointment between October 1<sup>st</sup> (Sat) ~ February 28<sup>th</sup> (Tue), 2017

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

Cancer Screening Ends on: February 28<sup>th</sup> (Tue), 2017 for *Yorimitsu Ladies Clinic*& *Hamura Himawari Clinic*  
December 28<sup>th</sup> (Wed) for *Taisei Hospital* and *Fussa Hospital*

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

- There is a limit to screening capacity. (first-come first-serve basis.) Fee: free

### **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's appointment on your own.
- If you apply at the Hoken Center by directly appearing at the counter, you will be given an interview sheet.

Inquiry and Application: Starting August 2<sup>nd</sup> (Tue), please call the Hoken Center at ☎555-1111, Ext. 626 (between 8:30AM ~ 5PM, excluding Saturday, Sunday and Holiday)

がん検診クーポンを持っている方へ

### **< To Those Who Have Not Used Your Cancer Screening Coupons Yet >**

*Hamura City* had sent special coupons for: colon cancer, breast cancer, and cervical cancer (Breast cancer and cervical cancer screening are for women only), in accord with the special health measures by federal government in May for free cancer screening. Please be reminded that the coupons will expire.

Expiration dates for cancer screening coupons: October 31<sup>st</sup> (Mon) for colon cancer, December 28<sup>th</sup> (Wed) for breast cancer, and is different depending on the schedule of the medical facility for cervical cancer.

Please make your appointment in advance so as to avoid the last month of screening. You may not be able to get an appointment because of the increase of patients receiving screening, even if your coupon is valid. If you lost your coupon, the Hoken Center will reissue it. Inquiries: *Hoken Center* 555-1111 ☎Ext. 626

< **The Second Term for Free Screening for Stomach / Lung Cancer & Tuberculosis** >

Date & Time: Sep 24<sup>th</sup> (Sat), 26<sup>th</sup> (Mon), 27<sup>th</sup> (Tue), 28<sup>th</sup> (Wed) Time: 7:30AM ~ Noon for all dates

Place: Hoken Center Fee: Free Eligibility: Hamura residents 40 years of age and older

\*You are not eligible to take this exam if any of the following conditions apply:

- ① Pregnant, or possibility of pregnancy
- ② Currently being treated for stomach or lung illness
- ③ Those who have the same cancer screening opportunity provided by the employer
- ④ If you have taken this screening already offered by Hamura City.

Capacity: 100 people per day (If applicants exceed capacity, selection will be done by name drawing and you will be either notified of your drawing result or receive a screening coupon around Sep 7<sup>th</sup> (Wed). Fee: Free

Examination Details: Stomach / Lung examination (certain conditions apply to Sputum examination)

Application Period: Aug 2<sup>nd</sup> (Tue) ~ September 2<sup>nd</sup> (Fri) postmark stamp deadline

How to apply: ① Fill in necessary information on an application form and turn it in at Hoken Center on weekdays, or ② Paste the form on a post card and send it to Hoken Center.

\*Application form is available at Hoken Center, city hall 1st floor, city hall branch offices, and on the city website Inquiries: Hoken Center 555-1111, ☎Ext. 623

- You may apply for all the screening/exams held on the same day.
- Those who are taking Stomach Cancer screening cannot eat or drink after 9PM in the previous night.
- Sputum examination is provided only for people with the following conditions:
  - ① Those who had bloody sputum within past 6 months.
  - ② Smoker who has smoked (number of cigarettes per day) x (total smoking years) = 400 or more.

– How to fill in an application postcard –

<p>Front</p> <p>〒205-0003</p> <p>To: "Gan Kenshin Tantou"</p> <p>Hamurashi Hoken Center</p> <p>5-5-2 Midorigaoka</p> <p>Hamura City</p>	<p>Back</p> <p>•Your name, date of birth, mailing address, and phone number</p> <p>•Your desired screening date (first and second choices)</p> <p>•Screening/Exam you desire:</p> <p>•Whether you wish to have sputum examination: Yes or No</p> <p>* If yes, please state the reason:</p>
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Please Note: Each individual must apply separately even if they are in the same household.

30歳・35歳集団健康診査を行います

< **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.

Examination Date: October 23<sup>rd</sup> (Sun) 9AM ~ 11:30AM at the Hoken Center

Eligibility: persons who meet all of the following conditions;

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

Fee: Free Capacity: first 47

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 by phone or by walk-in visitation between Aug 2<sup>nd</sup> (Tue) ~ Sep 30<sup>th</sup> (Fri). Application form is available at the Hoken Center or can be downloaded (in Japanese Only).

### < Tokyo Metropolitan Public Housing >

- Point Evaluation System Standards: Eligibility will depend on the level of low-income along with the urgency in need to gain housing (family household unit applicants only). Please inquire for details.
- "Silver Pier" Elderly housing (single and 2 person household) and housing for singles using wheelchairs
- Housing for Small Business Owners rebuilding their business are available if they display motivation in improvement of the rebuilding process.

There are certain income requirements・standards which apply: see brochure. Apply by Aug 12<sup>th</sup> (Fri) 6pm. The application brochures for the current offer term will be available from Aug 1<sup>st</sup> (Mon) to 9<sup>th</sup>(Tue), at *Toshi Keikau-ka* (8:30AM~5PM) in city hall 2<sup>nd</sup> floor, at City Hall Main Reception on the weekends. and at city hall branch offices (9AM~1PM) on weekdays Application forms are also downloadable online. Public housing is managed by the metropolitan government in purpose of providing affordable housings. For more details regarding applicant qualifications and application procedure, please refer to the brochure/inquire at City Hall.

Inquiries: 東京都住宅供給公社都営住宅募集センター Tokyo to Jyuutaku Kyokuu Kousha Boshuu Center between Aug 1<sup>st</sup> (Mon) ~ 9<sup>th</sup> (Tue) ☎0570-010-810(weekdays) During term other than this and for business owners, please call ☎03-3498-8894 (weekdays).

### SWIMMING CENTER ☎579-3210

身体引き締めエクササイズ

#### < Physical Fitness Exercise >

The entire body can be toned up with this exercise using a balance ball and expanding rubber items

It is a great class for beginners at exercise. Date & Time: Every Friday from 2PM ~ 3PM

Place: Training Room

からだすっきり中国体操

#### < Chinese Exercise >

It is a Chinese Exercise moving your body faster than *Taikyokuken* with Chinese music, followed by Lymph Drainage Massage for encouraging lymph flow and detoxication. It prevents stiff shoulders and back ache.

Every Wednesday from 9:30AM ~ 10:30AM Place: 2F *Kaigishitsu*

マーシャルアーツ

#### < Martial Arts > マーシャルアーツ

This is a combination of punching and kick moves. The motions are simple and they will condition and develop your inner core muscles. Date & Time: Every Wednesday from 2PM ~ 3PM or 7PM ~ 8PM

Every Saturday from 9:30AM ~ 10:30AM Place: Training Room

▶For All of above Classes◀

Capacity: 20 people per day Lesson Fee: ¥500 per lesson

Things to bring: comfortable gym clothes, drink and towel, indoor shoes (for Physical Fitness and Martial Arts) \*Come directly to the reception counter at sauna

### FRESHLAND NISHITAMA ☎570-2626

フレッシュランド 西多摩 写真作品展

#### < Photo Exhibition > August 9<sup>th</sup> (Tue) ~ 21<sup>st</sup> (Sun)

The photos are taken by the members of the group "Photo *Mai-Maizu*".

### < Junior High School Graduate Equivalency Exam >

(certifies the equivalent of junior high school graduation)

This certification which is approved by the Ministry of Education, which is provided for those who had inevitable circumstances for which they could not receive education such as illness, is needed in order to be recognized as having the equivalent academic ability that is required for entering the upper secondary education level. Upper secondary education (high school) is the education beyond compulsory lower secondary education (junior high). There are certain requirements to be granted eligibility for taking this test as follows:

- (1) You will turn older than 15 years of age by the end of March 2017, and you have been exempted from being required to fulfill the curriculum of junior high school by request of extension/ exempt status.
- (2) The parent of the child in question did not request for extension/ exempt status as stated in (1), child will turn 15 years of age by the end of March 2017, and is further required to have a reason of inevitable circumstances for which completion the compulsory education was not possible, determined by the Minister of Education as legitimate.
- (3) You will become older than 16 years of age by the end of March 2017. (Those not applicable to (1) & (4))
- (4) A foreign national who will turn older than 15 years of age by the end of March 2017

Brochures are available until September 9<sup>th</sup> (Fri) at the Tokyo Board of Education and Ministry of Education.

Inquiries: Ministry of Education, Science ☎03-5253-4111, Ext. 204 ・ 3267

TOKYO ウォーク 2016 第4回多摩川エリア

### < The Tokyo Walk 2016 - 4<sup>th</sup> Event Held in Tamagawa Area >

Visit Tokyo's famous locations during this walking event.

Date: October 22<sup>nd</sup> (Sat) 5:30AM ~ 4PM Gas Bashi Ryokuchi (ガス橋緑地) in Ōta ward, etc.

Start Points: (Long Distance) ①45km Course...Hamura Seki (Water Intake Sluice) in Hamura City,  
②30km Course...Tamagawa Ryokuchi (多摩川緑地) in Tachikawa City,

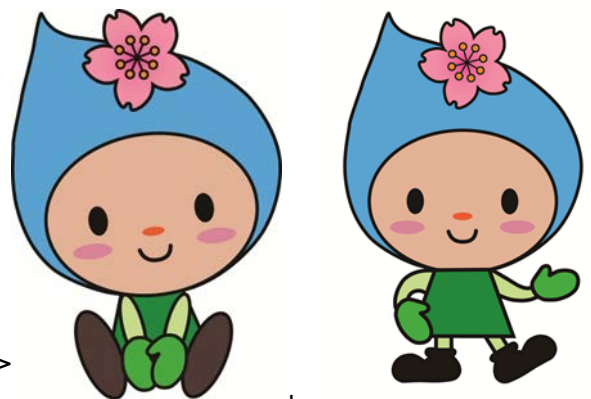
Various Courses: 8km, 12km, 20km, 30km, 45km

Fee: Adults: ¥1,000, Junior High, High School Students and Seniors at age 75 or older.: ¥500

(\*¥500 more for on-site application) Elementary Students: free Reserve by October 3<sup>rd</sup> (Mon)

For more information, see "TOKYO WALK 2016" website

/ call Japan Walking Association ☎03-5256-7855



3R促進ポスターコンクール

### < 3R (Reduce, Reuse, Recycle) Promotion Poster Contest >

Ministry of the Environment and 3R Activity Promotion Forum are seeking poster artworks for 3R promotion.

Theme: Promotion of the Reduction, Reuse, and Recycling of waste

Category: 1<sup>st</sup> & 2<sup>nd</sup> graders, 3<sup>rd</sup> & 4<sup>th</sup> graders, 5<sup>th</sup> & 6<sup>th</sup> graders, and Junior High School Students

Poster size: Gayoushi Paper (380mm x 540mm yotsugiri size) or (364mm x 515mm B3 size)

How to enter: Fill in your name, age, grade, and comment about your artwork (no longer than 50 characters), school name, school address, and phone number on a sheet of paper and attach it to the back side of your artwork, then bring it directly to Seikatsu Kankyou-ka Seikatsu Kankyou-kakari in City Hall by September 2<sup>nd</sup> (Fri) 9AM ~5PM. ☎Ext. 204 on weekdays.\*You can download the entry format and obtain details from the Hamura City Official Website.



こどものページ **EVENT INFORMATION for CHILDREN**

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: August 13<sup>th</sup>(Sat), ①10AM~ ②1PM~ Eligibility: Preschool children ~ up to 6<sup>th</sup> graders  
Preschoolers must be accompanied by their guardian.

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

< **Dyeing Clothe with Onion Skin** >

Place: East Children Center Date: Aug 20<sup>th</sup> (Sat) 10AM ~ 11:30AM (Please come by 9:50AM)

Eligibility: 1<sup>st</sup> grader ~ 18 years old *Hamura* residents Capacity: First 20 applicants Fee: ¥65

Things to Bring: indoor shoes, apron, head cloth, hand towel, fluids for hydration (tea), and fee

How to Apply: Please call or visit the center between August 1<sup>st</sup> (Mon) ~ 9<sup>th</sup> (Tue), 9AM ~ 4:30PM

< **Movies for Children** >

Place: *Yutorogi* Center Date: Aug 7<sup>th</sup> (Sun), 10:30AM~11:30AM Admission: Free

Program: 3 titles Donald Duck, and other children's movies Supported by: *Hamura Eiga Club*

Contents are subject to change without notice. \*No reservation needed ☎570-0707

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

Place: West Children's Center Date & Time: August 4<sup>th</sup> (Thu) 1PM~ 3PM Capacity: first 80 people

Eligibility: preschool ~ 18 year old (Preschoolers must attend with an adult.) Admission: Free

\*No reservation needed

< **Kids Fun Day ~** >

Place: East Children's Center Everyone come to this festival! There will be Hand Crafting Class, Games, "See-What-You-Can-Scoop" and more!! Some entertainments are free of charge!

Date & Time: Sep 3<sup>rd</sup> (Sat), 10AM ~ NOON and 1PM ~ 3PM (closed during NOON ~ 1PM)

Food Tickets ~ ¥100 \*First 180 tickets sold at each Children's Center from Aug 20<sup>th</sup> (Sat) ~ Aug 31<sup>st</sup> (Wed).

Closes early on Sep. 2<sup>nd</sup> (Fri) at NOON for preparations of Fun Day. Opens 10AM ~ 3PM on Sep. 3<sup>rd</sup> (Sat)

**Main Library ☎554-2280**

We are having fun story telling events. Come along with your friends or parents and have fun together!

< **Story Telling for Preschoolers** >

The picture book titled "*Zousan no Sanpo*" (The Elephant's Walk) and also other picture books will be read!

Date & Time: August 13<sup>th</sup> (Sat), 11AM~ Fee: Free \*No reservation is required.

< **Night Story Telling for Elementary School Students**>

Come to hear some scary ghost stories at night!

Date & Time: Aug 19<sup>th</sup> (Fri), 7PM~ Eligibility: Elementary (Please have an adult drop off and pick them up.)

Capacity: First 25 Applicants How to Apply: Please call or visit the library from August 2<sup>nd</sup> (Tue) 10AM

< **Story Telling for Children** > at Kami Branch Library ☎554-0130

Picture books will be read, and simple craft class is scheduled.

Date & Time: August 24<sup>th</sup> (Wed), 3PM~ Fee: Free \*No application is required.

## CONSULTATIONS

おしゃべり場

< Chatting Place for Parents >

This month's topic is "I Love Daddy". Any parent raising children are welcome to join. Child Care Volunteers will attend your child during the session.

Place & Date: Central Children Center Aug 25<sup>th</sup> (Thu)      West Children Center Aug 26<sup>th</sup> (Fri)  
 East Children Center Aug 30<sup>th</sup> (Tue)      Time: 10:30AM ~ 11:30AM for all dates

Inquiries: *Kodomo Katei Shien* Center ☎578-2882 \*No Reservation Required

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 West Children Center on Aug 12<sup>th</sup>(Fri),

at East Children Center on Aug 23<sup>rd</sup> (Tue), 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: *Kodomo Katei Shien* Center ☎578-2882 \*No Reservation Required

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

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
7 <sup>th</sup> (Sun)	<i>Wakakusa lin</i>	☎579-0311	<i>Heijitsu Yakan Kyuukan Center</i>	☎555-9999	<i>Nozaki Shika Clinic</i>	☎555-3316
11 <sup>th</sup> (Holiday)	<i>Ozaki Clinic</i>	☎554-0188	<i>Mizuho Clinic (Mizuho-machi)</i>	☎568-0300	<i>Hanenaka Shika Clinic</i>	☎554-2202
14 <sup>th</sup> (Sun)	<i>Yamaguchi Naika Clinic</i>	☎570-7661	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Hamura Shika lin</i>	☎570-4618

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

## PUBLIC CONSULTATIONS

### Schedule of August

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠*	5 <sup>th</sup> (Fri), 26 <sup>th</sup> (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	18 <sup>th</sup> (Thu)	1:30pm ~ 4:30pm	

\*㉠=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.