



HAMURA NEWS

HAMURIN Hamura City Mascot

September 1st, 2016

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< BE-KIND-TO-ANIMALS WEEK > September 20th ~ 26th

This special campaign week was established to promote human-animal relationship and the proper care of animals, based on the "Act on Welfare and Management of Animals".

< Animal Fureai Festival >

"Handing over the Baton of Life ~ Consider Taking in a Pet from a Shelter".

Outdoor Space Event: Date & Time: September 17th (Sat), 11AM ~ 4PM *No reservation required.

Place: Ueno Park (near the *Shinobazu Ike* (pond)/Outdoor Stage *No reservation required.

Indoor Event: Date & Time: September 24th (Sat) 11AM ~ 4:30PM

Place: Tokyo Nation Museum *Heiseikan* Auditorium Capacity: First 390 people

Please apply at *Nihon Doubutsu Fukushi Kyokai* (see number below).»September 1st (Thu) ~ 23rd (Fri)

Inquiry: *Nihon Doubutsu Fukushi Kyokai* ☎03-6455-7733

Toukyou-to Fukushi Hoken-kyoku Kankyō Hoken Eisei-ka ☎03-5320-4412

■ Love your pet and keep him/her in your family through their lifetime

Every pet owner has a responsibility to take care of their pet for its entire life as well as fully understand the pet's habits and nature so to be able to take care of them properly.

■ Sterilization/Castration for your pet

If you are not planning on having baby-pets, Sterilization/Castration is highly recommended.

Not only will your pet calm down, but it also prevents reproductive system diseases. Subsidization has been available from 2014 at *Hamura City*.

■ Tag your pet with Identification.

Many stray animals do not make it home. Please make sure to put an ID Tag on your pet. Rabies shot are required by the city for dogs.

■ Keep your cat indoors

In densely populated residential neighborhoods, keep cats indoors in order to avoid traffic accidents for them and troubles with neighbors. Arrange your furniture so that your cat can get some exercise in a house. Please have a Litter box and Nail Sand in your house for your cat.

■ Follow the public rules when taking your dog for a walk

When taking your dog for a walk, keep your dog leashed. If your dog potties, wash the spot with water that you carried from home. Also take the dog's "deposit" back to your home and dispose of it properly.

■ In case of a disaster

When a disaster occurs, please do not forget that human lives come first. If the pet owner is hurt, he/she may not be able to care for their pet. You must save your own life before saving your pet's.

When evacuating, bring your pet with you. Make sure to have an emergency supply kit for your pet with at least 5 days of pet food and water. It is important to train your pet not to be afraid to go into a cage, go to the bathroom at a specific place.

Kankyō Hozen Ka, Kankyō Hozen Kakari, ☎Ext 225

< **Human Rights Counseling for Elderly and Handicapped People** >

There still are many cases of abused elderly and handicapped people. To help reduce such abuse, "Human Rights Counseling For Elderly and Handicapped People" will be held all around Japan.

Date: September 5th(Mon) ~ 11th(Sun)

Phone Counseling: ☎0570-003-110, Monday ~ Friday, 8:30AM ~ 7PM / Sat. & Sun. 10AM ~ 5PM

Counseling Centers: Tokyo Legal Affairs Bureau Central Office (Civil Rights Department), *Hachioji* Branch, *Fuchu* Branch, and *Nishitama* Branch. *Civil Rights Commissioner or workers at Tokyo Legal Affairs Bureau will answer the inquiries. Tokyo Legal Affairs Bureau Civil Rights Department ☎03-5213-1234, Ext.2512

敬老のつどい

< **Special Gala for Respect-For-Senior-Citizen Day** >

This special event in commemoration of Senior Citizen's Day is for those who are 75, or are turning 75 in 2016. An invitation post card will be delivered to all the guests. Please make sure to bring it if coming to this event.

Date: September 19th (Mon/Holiday) Place: *Yutorogi* Center

Inquiry: *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari*, ☎Ext.176

Program: • Opening Ceremony (for the group 1 only) • Stage Performances (Song Show)

Performers: Mr. *Akira Shimizu*, Ms. *Kiyoko Suizenji* MC: Mr. *Kyousuke Azuma*

Time Schedule:

The gala is repeated 4 times to serve 4 guest groups (divided by residential districts). Please check your invitation card for your gala time.

Traffic Restriction

Temporary shuttle bus stops will be set up in the street block in front of *Yutorogi* main entrance on the gala day. Please be prepared to detour during the following time periods. Your cooperation will be appreciated.

< 9:00AM~9:20AM / 10:40AM~11:50AM / 0:50PM~2PM / 3PM~4:10PM / 5:10PM~6PM >

Please be informed...

- Admission for this event is by invitation card. It cannot be offered to anyone other than the addressee.
- For the first show, front row seating will be reserved for the Special Guests.
- Free shuttle buses will be available. For details please check the invitation card.
- Buses do not have the lift for wheelchairs. If you are using a wheel chair, please have someone to bring you.
- Please refrain from coming by your personal vehicle and try to use community bus *Hamu-ran*. There is no parking available for gala guests.
- In case all the seats are occupied, live video will be broadcasted at small hall.
- An invitation card is required for admission. At the entrance, a gift will be given to all guests in exchange for the invitation card.
- The gift can also be picked up on a later date in exchange with the invitation card at the City Hall, at *Kourei Fukushi Kaigo-ka* on the 1st Floor between Sep. 20th(Tue) ~30th(Fri) (weekdays only, closed Noon-1PM) 8:30AM~5PM, and on Sep. 24th (Sat)&25th (Sun), the 1st floor will open a temporary counter for exchange.

敬老金をお届けします

< **Complimentary Gift to Elderly Citizens from Hamura City** >

A complimentary Gift will be sent to elderly citizens by the middle of September (around the 15th(Thu)).

Gift Amount is: 77 yrs or older - ¥10,000 88 yrs old or older - ¥20,000 99 yrs old or older - ¥30,000

Inquiries: *Kourei Fukushi Kaigo Ka, Kourei Fukushi Ka* ☎Ext. 177

< Welfare Support by Hamura City for the Elderly >

Hamura City has various welfare support outreach assistance programs for elderly citizens. Please inquire about the details. Inquire at *Koreisha Fukushi Kaigo ka* ☎Ext. 176

Meal Service (IKOI no SATO)	Provided on Mon-Sat - ¥600 a meal on days requested for ages 60 or older living at home who are physically weak.
Diaper Handout	For persons certified as long term care recipients and who are bedridden, or either have constant incontinence that are 65 or older ~ limit ¥4000 per month. ※
Bed Set Drying	Bed sets drying for disabled elder of 65 and older ~ limited 5 sets per month
Bed Set Washing	Elder of 65 or older who is disabled or physically weak ~ limit 2 sets per year ※
Renovation	For persons qualifying as long term care recipients who are certified as requiring renovation for utilities at their home. ※Recipient must fund 10%-20% of fees Also: 1. hand rail 2. leveling of floor surface. Please consult regarding 10% costs before start of construction. Inquire for details
Emergency Alarm System	Installation fees for emergency alarm at residence of disabled elderly persons that require care at all times who are 65 or older living alone with chronic illness. Equipment will be loaned. (Fees vary by income.)
Fire Safety Alarm	Installation fees for fire alarm at residence of disabled elderly persons that require care at all times who are 65 or older living alone with chronic illness. Equipment will be loaned. (Fees vary by income)
Elder Detection	GPS device for those 65 or older who wander ※

10月10日(体育の日)自動交付機サービスを終日停止

< Automated Registry Machine at City Hall will not Operate >

On October 10th (Mon, Holiday), there will be a routine electrical inspection at the City Hall. The electricity will be shut down during this inspection, and following the inspection, the automated registry system will undergo system maintenance. Due to this, the services of the automated registry machine will not be provided. We apologize for any inconvenience, and ask for your understanding and cooperation regarding this matter. Inquiries: *Shimin-ka Uketsuke-kakari* ☎Ext.122

平成28年熊本地震災害 羽村市義援金を熊本県に送金しました

< Hamura City Has Sent Relief Aid Money to Kumamoto >

Hamura City has sent relief aid money to the Kumamoto Earthquake Disaster victims through prefectural governments of the severely stricken areas. The first of the aid money sent on Jun 3rd was ¥2,000,000. In addition to that, the city has recently made another aid money remittance of ¥1,000,000 on August 3rd to Kumamoto Prefecture.

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

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

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

緑の募金にご協力を

< GREEN CHARITY CAMPAIGN >

Donation boxes will be set at City Hall and other places in Hamura during the annual green campaign months; September 1st(Thu) ~ October 31st(Mon). The donated money will be centralized to The National Land Afforestation Promotion Organization, through which it will be used for the maintenance of Tokyo's forest, flower beds on roads and parks. Thank you very much for your support.

Place of donation boxes: City Hall (1st floor - Main Reception, 2nd floor - *Kankyō Hozen-ka*), *Hoken Center*, *Yutorogi Center*, Library, *Kyoudo Hakubutsukan*, Sports Center, Swimming Center, *Fukushi Center*

Inquiry: *Kankyō Hozen-ka Kankyō Hozen-Kakari*, ☎Ext.225

郷土博物館 特別展「深・墨・華・朱～中里介山の書画」

< **Special Exhibition ~ Calligraphy Artwork of Kaizan Nakazato** >

Kaizan Nakazato, who was a native of *Hamura City*, acquired calligraphy skills as a young boy. Later on as he absorbed the Western Culture, his deep vision was expressed in his artwork and literary works. A self-portrait which he drew will be on display, along with introduction of *Nakazato's* artistic endeavor.

Date: September 10th (Sat) ~ December 23rd (Fri /Holiday), 9AM ~ 5PM (The museum is closed on Mondays.)

On holidays of September 19th (Mon) and October 10th (Mon), the museum will be open.

Place: Orientation Hall and *Gakushuu Shitsu* Admission is free.

季節展示「お月見かざり」

< **Seasonal Exhibition "Harvest Moon Viewing"** >

In Japan, "*Chushu no Meigetsu*" (September 15th), or Harvest Moon Viewing is a traditional event.

Old *Shimoda* Residence will be decorated with traditional "*Otsukimi Kazari*" for the Moon-viewing event.

▶Exhibition: September 10th (Sat) ~ 18th (Sun), 9AM ~ 4PM (Closed on September 12th (Mon))

Place: Old *Shimoda* Residence Fee: Free

はじめてみませんか、バードウォッチング

< **Birdwatching for Beginners** >

There are many migrant birds which you are able to see in the late September to October period.

A Bird Watching workshop will be held at the following time. Experts will show beginners how to use binoculars to view birds. Please come directly to the meeting place. There is no reservation required.

Date & Time: October 1st (Sat) from 9:30AM~11:30AM. Place Designated for Meeting Place: *Tamagawa* Brother's Bronze Statue No reservation need Place: Locations of sighting will be near the water intake sluice and on the premises of *Kyodo Hakubutsukan*. Fee: ¥100, free for Junior High School Students and younger.ed

Bring: beverage, rain gear, binoculars Teacher: *Nihon Yacho No Kai* (Japan Wild Bird Association). Come by the *Hamuran* Bus, ride the west course and get off at *Hamura Seki* (No.15) bus stop.

若年者合同就職面接会

< **Group Job Interviewing Event for Young People** >

Hello Work *Ōme* is providing a group job interviewing event in cooperation with *Hamura* city for young people who wish to work in local enterprises under a full-time contract. It is aimed to support the youth 39 years of age and under. About 10 local business entities will participate to hold job interviews. *For more information about participating business entities, please check Hello Work *Ōme* or various company websites.

Date and Time: September 12th (Mon), 1:30PM ~ 4PM (Sign-in: 1PM ~ 3PM) Eligibility: 39 year old or younger 1:30PM ~ 1:50PM Introduction of Companies / 1:50PM ~ 4PM Interviews No Reservation Needed

Place: *Ōme* Fukushi Center 2F, Conference Room (1-177-3 *Higashi Ōme*, *Ōme* City) Fee: Free

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

To Apply: Hello Work *Ome* Consultation Services ☎0428-24-9163 Inquiries: *Sangyo Shinkou Ka*, Ext. 659

健康料理講習会

< **Healthy Cooking Class ~ Recipes for Prevention of Blood Lipid~** >

A nutritionist will offer advice on good meals, and what kind of exercise to start to prevent blood lipid.

Date & Time: September 27th (Tue) 9:30AM ~ 0:30PM Place: *Hoken* Center Capacity: First 30 people Fee: ¥300 Things to bring: Head cloth, Apron, Writing material, *Kenkou Techou* (if you have one)

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

Inquiry and Application: Call or visit on weekdays, from September 2nd (Fri), between 8:30AM ~ 5PM

Hoken Center ☎ 042-555-1111, (Ext.625) (closed on Sat, Sun, and Holiday)

自然休暇村から (湯・9月の休暇村)

< **Shizen Kyuukamura – Hamura Municipal Resort Lodging Facility** >

Shizen Kyuukamura (自然休暇村) in *Kiyosato* mountain resort, *Hokuto City, Yamanashi-ken*, is a lodging facility owned by *Hamura City*. Hotel accommodation, private lodges, and camping sites are available at reasonable fees to cater for each guest's travel style.

≈ **Bath of September**: Chamomile Bath

≈ **Kyuukamura in September**: The meals that will be offered are seasonal autumn menus.

≈ **Exhibition**: *Hamura City's Fujimi Elementary School Children's Artwork*: September 1st (Thu) ~ 30th (Fri).

第16回はむらふるさと祭り

THE 16th HAMURA FURUSATO MATSURI
September 24th (Sat) NOON ~ 6:20PM & 25th (Sun) NOON ~ 6PM
at JR Ozaku Station East Square

Traffic Restriction: Traffic around the event site will be restricted from 10AM to 8PM on both event days.

Host/Inquiry: *Hamura Furusato Matsuri Executive Committee*, Chairman – Mr. *Furukawa* ☎555-2981

Co-hosted by: *Hamura City, Hamura Chamber of Commerce and Industry, Hamura Tourism Association*

< **September 24th (Sat) Programs** >

Performances by local Kindergarten and Elementary School students, *Sōran* Dancing Teams and more!

- NOON~: *Yosakoi Sōran* dance by kindergartens & day care center children
- 1:40PM~: Opening Ceremony
- 2:15PM~: *Sōran* dance performed by all *Hamura City Elementary School* students
- 2:40PM~: *Yosakoi Sōran* dance, other dances, brass band performance, and Japanese "Taiko" drums

< **September 25th (Sun) Programs** >

Performances by *Sōran* Dance Teams and more!

- NOON~: *Yosakoi Sōran* dance, other dances, brass band performance, and Japanese "Taiko" drums
- 5:20PM~: *Yosakoi Sōran* dance finale performed by various groups
- 5:50PM~: Closing Ceremony

◆ **Community Bus "Hamu-run" route will be detoured temporarily**

Date: September 24th(Sat) and 25th (Sun) Affected course: *Ozaku* course, and *Hamura Chuuou* course

Alternate stop: *Hamuran* buses will not enter *Ozaku Station East Square*. The bus stop "*Ozaku-eki*

Higashi-guchi(小作駅東口)" will be temporarily relocated to location before reaching intersection of

小作駅北交差点 : Temporary bus stop is called小作駅北交差点南側 (*Ozaku Eki Kita Kousaten Minamigawa*)

(a short walk on main street stretching from the station, stretching toward *Ozaku Ekimae Dori*).

Inquiry: *Toshi Keikaku Ka, Jyutaku Koutsuu kakari* ☎ Ext.276

第69回市民体育祭 参加者募集

< **Participants Wanted ~ The 69th Citizens' Sports Festival** >

Date: October 9th (Sun) (In case of rain postponed to 10th (Mon, Holiday)) Place: *Fujimi Park Field*

< **Company Relay Teams Wanted!** >

This is a great opportunity for promoting your company to local people! A team must have 4 runners (including at least 1 female). Each runner runs 100m.

Eligibility: anyone who works at work place registered in *Hamura City* Capacity: first 18 teams

< **Sports Groups Wanted to Participate in the Intermission Parade** >

Join to the lunch time entertainment parade! No requirements regarding the group structure.

Application / Inquiry: To participate in these events, please turn in an application to *Hamura-shi Taiiku Kyoukai Jimukyoku* (2nd Floor at Sports Center) before September 18th (Sun), 5PM. Sports Center ☎555-1698

< **Lecture ~ Financial Issues and Career Choices after a Divorce** >

This lecture (in Japanese) will answer questions such as “How much money do I need to get by?”, “How much is education going to cost?”. “How should I keep a work style by which I can approach these challenges?”, and “What other resources are available to help me in this situation?”.

Date & Time: October 6th (Thu), 1:30PM~3:30PM Place: Yutorogi Center, 2F *Kouzashitsu 2*

Eligibility: Single Parent (father or mother) family, or *Hamura* resident who are interested in the topic

Capacity: First 20 Lecturer: consultant of Single Parent Consultation “*Tokyo Hitorioya Shien Center Heart*”

Child Care Service: available for up to 4 children at age between 18 months old ~ pre-school. Fee: ¥50

Application & Inquiry: Starting Sep. 1st (Thu) ~ 27th (Tue), *Kosodate Shien-ka Shien-kakari*, ☎Ext.239.

< 平成28年度 多摩・島しょ 広域連携活動助成事業 子ども体験塾 「子ども国際交流 音楽祭」 >

< **Children’s International Exchange Music Festa** >

Concert - October 10th 2016 (Monday, Holiday)≈

• **Program Part I:** Choir group by Junior High School students from *Hamura-shi, Okutama-machi, Hinohara-mura* and musicians from the city of music, Vienna come together for a joint presentation. Also young musicians from *Nishitama Area* will join the concert.

• **Program Part II:** A quintet of woodwind instruments mainly played by Vienna Philharmonic members.

Date & Time: October 10th(Mon, Holiday), 6PM~ (doors open at 5:30PM) Place: *Yutorogi Main Hall*

Capacity: (1st floor, non-reserved seating)

① General admission - limited to first 400 people

② 1st grader ~ 18 years old (plus one adult chaperon)- Free invitation for first 400 applicants

Ticket Price: - General Admission: ¥1,000 Tickets will be on sale at *Yutorogi’s* Ticket Counter

Please request for the ticket by September 28th (Wed).

*Preschool children and younger are not allowed admission.

*Ticket sales or given ticket are offered on a first-come first-served basis.



≈ **Vienna Philharmonic – Festival session and joint performance** ≈

Vienna Philharmonic members will teach the school bands of the 3 junior high schools in *Hamura City*, and those junior high school bands and musicians from Vienna Philharmonic will be performing together as a joint performance. This event will be open to public.

Date & Time: October 8th(Sat) about 3:40PM ~ Place: *Yutorogi Main Hall* (all non-reserved seating)

Capacity: First 650 people Admission: Free

*No reservation required Hosted by: Children’s International Music Exchange Festa Executive Committee

Inquiry: *Yutorogi* ☎570-0707

子育て応援ニュース(ファミリーサポート・センター会員研修会)

< **Childcare Support News : Family Support Center** >

The Family Support center in *Hamura City* is a local membership organization where members help each other by supporting parental care. Family Support Center Beneficiary members can use the support service for looking after a child and picking up children from a school/care center, and receive the same help from other members.

Mandatory Courses for Members

Members of the local membership organization are required to complete the following courses in order to promote the stability of the system. You can participate if you are considering the option of becoming a member, or if you are simply just interested, also. These courses are beneficial to all parents for improving their parenting skills. Please contact the *Shakai Fukushi Kyougikai* by the day before the course ☎554-0304 (Operating hours are on Monday ~ Friday, 8:30AM~5PM, closed on weekends and holidays.)

Date	Place	Details	Lecturer
Sep. 2 nd (Fri), 6:30PM	<i>Yutorogi Kouzashitsu 1</i>	Physical Rehabilitation for Impaired	Professor of <i>Kyourin Univ.</i>
Nov. 2 nd (Wed), 2PM~	<i>Fukushi Center Conf. Room</i>	Nursery Care/ The Concept of Play	Director of Day Care Center
Dec. 8 th (Thu), 10AM~	<i>Fukushi Center Conf. Room</i>	Emergency Relief for Children	Fire Department
Feb. 7 th (Tue), 2PM~	<i>Fukushi Center Conf. Room</i>	Supporting Emotional Development	Psychologist, <i>Katei Shien Ctr</i>

四季ウォーク “I”

< Seasonal Walking Event “I” ~ Walk from Todoroki to Futakotamagawa >

This time the walking course starts from *Todoroki Valley*, a green space in Tokyo. The course goes to the destination, *Futakotamagawa Rise*, a shopping center which recently opened. The course is about 5km walk.

Date & Time: September 11th (Sun) 9:15AM ~ around Noon (The event will be held in light rain or shine)

Meeting Time and Place: 9:15AM, in front of JR *Todoroki Station* (*Keikyuu Ooimachi Line*)

*Event staff will be at the gate of JR *Todoroki Station*

*Event staff will be at the gate of JR *Ozaku* and *Hamura* stations

They will leave on train from *Ozaku Station* at 7:32AM, or *Hamura Station* at 7:35AM

Route: JR *Ozaku/Hamura Station* → *Tachikawa Station*(*Nanbu Line*) → *Mizonokuchi Station*(*Tokyu Ooimachi Line*) → *Todoroki Station* Train Fare: ¥800 from *Ozaku Station* ¥710 from *Hamura Station*

Eligibility: Anyone who can walk the entire course (Preschoolers must be accompanied by an adult)

Fee: Elementary student or older ¥300 Younger than Elementary ¥100

(collected upon arrival, including insurance, does not including transportation and lunch)

Things to bring: Mobile phone (if you have one), rain gear, Drink and copy of health insurance card

*Please be dressed suitable for walking. Event Day Contact: 080-4325-1295 (7AM ~ until the end of event)

Co-hosted by: *Hamura-shi* Board of Education (*Kyouiku linkai*), *Hamura Sports Promotion Committee*

Inquiries: Sports Center ☎555-0033

羽村動物園 ふれあい縁日 動物慰霊祭

HAMURA ZOO ☎579-4041

< **Fureai Recreation** > Creative Booths for guests to enjoy where you can learn about the animals or experience animal fun will be open on September 25th (Sun), 9AM ~ 4PM (cancelled in the case of rain)

Place: Grass Lawn Area Fee: Free (Admission fee is required.)

< Memorial Service for Animals who Passed Away At Hamura Zoo >

This event is held annually during the Be-Kind-To-Animals Campaign Week (September 20th ~26th).

The Animal Memorial Service will be held for all the animals that deceased in *Hamura Zoo* in the past.

Hamura residents are also welcome to join the service and give prayers for their deceased pets.

To join the service, please register to *Ireisai* (memorial service) guests list after entering the zoo.

Date: Sep. 25th (Sun) 11 AM ~ 11:30AM Event will be held in light rain. Please arrive 15 min early.

Place: Memorial Plaque inside zoo (Entrance will cost a fee)

9月は燃やせるごみ分別強化月間

< September is “Burnable Waste Accurate Separation Month” >

Hamura City designated February, May and September as “Burnable Waste Accurate Separation Month.”

Please separate your burnable waste in order to retrieve recyclable resources from them.

♣Set up 3 types of garbage collection bags. Separation is made easier by keeping each of the following: “Paper Items” “Plastic Containers and Packaging” and “Burnable Trash” bags ready to dispose into.

♣Plastic Container and Packaging has a mark by which it can be distinguished. Wash them if they are dirty. Dispose of these in a transparent bag on “Recyclable Trash B” collection days.

♣Old Clothes and fabrics include curtains and sheets, bits of cloth. Bind with a string and dispose of them on “Recyclable Trash A” Collection days. Wet fabric is not suitable for recycling. Don’t dispose of when it is rainy.

♣Please contribute to the separation effort by decreasing burnable garbage by squeezing out the water.

»Exhibition: September 1st (Thu) ~ 9th (Fri) ,8:30AM ~ 5PM during “Burnable Waste Accurate Separation Month” at the 1st Floor of the city hall. *Seikatsu Kankyou Ka*, *Seikatsu Kankyou Kakari*, ☎Ext. 204

< Did you know the rules for burning? >

The Law Pertinent to Waste Disposal and Sanitation, / The Law Protecting Healthy and Safe Environment of its citizens enforced by Tokyo Metropolitan Government are some of the environmental protection laws.

The above regulations ban the following acts:

- Incineration of items in an unlawful manner
- Use of small incinerator to burn disposable items which does not meet standards
- Not using proper incinerator for burning disposable items (such as household size incinerator)

Exceptions are:

- traditional events or folklore, religious activities (such as the New Year's "Dondo Yaki")
- Extermination of insects to help progress farming activities
- Burning for Recreational Activities at a small capacity, (such as bonfire, cooking at camp site, barbeque)
- A Fire needed for Educational Purposes

* Burning of rubber items such as tires or vinyl is prohibited. *Inform you neighbors of the fire you are intending to start to avoid trouble. * The fire station should be notified if the smoke will rise from you fire.

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

ご存じですか？ヘルプカード・ヘルプマーク

< The Help Card and Help Mark >

The HELP Card- This is a card held by a person with disability. Even if they are not able to express their intentions verbally, each individual's request for which you can be helpful with is written on the card. The card was designed by the city so that indications can be added and it can be carried around.

❖Physical Disability Certificate, Intellectual Disability Certificate, and Health and Welfare Handbook for Mentally Disabled Holders are eligible to register.

The HELP MARK Card- This type of card is carried by persons who have weakness that are not visibly recognizable. The Tokyo Metropolitan Government created the HELP mark

If you see a disabled person with a card marked with a medical cross and a heart, please look at it closely. Be so kind as to offer them your seat in the train, or offer other acts of kindness.

❖People with prosthetic limbs, are internally impeded, or are dealing with difficult diseases, and pregnant persons are eligible to receive it. They are available at the city hall 1F *Shougai Fukushima-ka Shougai Fukushima-kakari*, ☎ Ext.172. There is a limited supply of these cards. You can also receive them at certain railway stations. If you are interested in receiving one, please inquire for details.

家族介護慰労金の支給

< Rewarding Family Members who Provide Elder Home Nursing Care >

Home nursing care providers for elders who are certified as level 4 and 5 will be eligible to receive a one-time sum. Please claim if you apply to the following:

- Have been caring for level 4 and 5 elder for at least one year counting from standard date set for evaluation, while residing on adjacent or same property as your elder
- Previous year's income counting from term of rewarding year's standard date set for evaluation of all household members is tax exempt
- Have not utilized the day care system (short stay term for total of 7 days or less total is not counted) in the past year counting from standard date set for evaluation
- The elderly receiving nursing care has not been hospitalized for more than 90 days.

¥100,000 per family For details, call *Kourei Fukushima Kaigo Ka, Chiiki Houkatsu Shien Center* ☎197

ひとり親・女性生活相談

< **Single Parent Consultation Session** > Please feel free to come. We can listen to your concerns as a single parent. Date: September 14th (Wed) 1:30PM ~ 4PM Place: *Sangyou Fukushima Center* 2F Seminar Room Inquiries: *Kosodate Shien Ka, Shien kakari* ☎Ext. 239

< **Medical Checkup 就学時健康診断 for Next Year's First Graders** >

Households with child(ren) entering an elementary school in April 2017 will receive a notification of Pre-entrance Child Medical Check-up (就学時健康診断) in early September. If you are a parent expecting the notification but it is not delivered to you, or if you plan to enter your child to a school other than the school designated to you per notification, contact *Gakkou Kyouiku-ka Gakumu-kakari* ☎Ext.358.

Time: Reception 1:15PM~1:30PM (Musashino Elementary: 1:10PM ~ 1:25PM)

Dates: Specified by the school districts; *Hamura Higashi*: Oct. 3rd (Mon), *Hamura Nishi*: Nov. 14th (Mon), *Fujimi*: Oct. 28th (Fri), *Sakae*: Nov. 7th(Mon), *Shourin*: Oct. 19th (Wed), *Ozakudai*: Nov. 31st (Mon), *Musashino*: Oct. 5th (Wed) Inquiry: *Gakkou Kyouiku Ka, Gakumu Kakari* ☎ Ext.358

< **Adult Dental Checkup** >

Date: September 1st(Thu) ~ October 31st(Mon) Eligibility: *Hamura* residents of age 65 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.

*Please bring your Health Insurance Card

*For clinic information please check *Hamura City* website or call *Hoken Center* ☎555-1111, Ext. 623

< **Blood Donation is Needed** >

There is a serious lack of blood supply for blood transfusion. Please donate your blood. Your contribution will be appreciated. Date: September 13th (Tue) 10AM ~ 3:30PM Place: JR *Ozaku Station East Square*

Eligibility: 16 ~ 69 year old (Those 65 years or older must have history of blood donation between the ages of 60 ~ 64.) Amount of Blood: either 400 ml or 200ml Inquiries: *Hoken Center* ☎555-1111, Ext. 623

< **Tachikawa Blood Donation Center** >

Tachikawa Blood Donation Center (Kenketsu Room) needs a safe steady supply of blood for patients.

(It is a facility open daily where you can stop by and contribute to Blood Donation near JR *Tachikawa Station North Rotary*.) Address: 2-7-17 *Akebono-chou, Tachikawa City* ☎527-1140. Inquiries: *Hoken Center* ☎Ext.623

SPORTS CENTER ☎555-0033

< **Diet Class "Bi'-Body Plan"** > Learn proper facts about dieting, while creating your desired figure.

Date: October 14th (Fri) ~ December 2nd (Fri) Every Friday, 2PM ~ 3PM Eligibility: Those under 65

Class Time for Oct 14 and Nov. 11th [2PM ~ 3:15] Place: Training Room Studio, *Kaigishitsu* .

Capacity: first 20 Fee: Residents/Workers ¥ 800, Others ¥1,200 (This fee is for 8 classes)

Please bring your indoor shoes, water bottle, towel Taught By: Sports Trainer

Apply for class from September 1st (Thu) ~ 30th (Fri) (Facility is closed on Monday, however application can be accepted on 19th) 9AM ~ 4PM. Please send your address, name, phone number, and age, place of work by calling, e-mailing, or sending a fax to the Sports Center or appearing directly to the Training Room on 2nd Floor. Contact: ☎090-2170-7009/ Fax 555-1699 / taikyou-m@sage.ocn.ne.jp Please make a reservation.

< **The 25th Seniors Hamura Fuerai Matsuri** >

At this event, visitors can enjoy the exhibition of calligraphy, pictures, flower arrangements, as well as unique shops, sales of hand-made goods, recycle flea market, etc. Various workshops and demonstrations are also fun – basic computer lesson, kimono, repapering of paper sliding doors, and how to sharpen a knife. Health and mental counseling for the seniors are also available. Anyone is welcome to enjoy this festival!

Date & Time: September 10th(Sat) (Light rain or shine), 10AM ~ 3PM, September 11th(Sun) 10AM ~ 2PM Health counseling... 10th(Sat)10AM ~Noon, Counseling for senior problems... 10th(Sat) 10AM ~ 3PM,

Bazaar...11th(Sun)11AM ~ Place / Inquiry: Silver *Jinzai Center* ☎554-5131

SWIMMING CENTER ☎579-3210

水中ウォーキング講習会

< In-Water Walking Exercise >

Date & Time: September 24th (Sat), 10AM ~ 10:50AM Eligibility: Age 16 or older Place: Swimming Center
Capacity: First 30 applicants Things to bring: Swimsuit, Swimming cap, and Towel
Fee: Hamura residents & workers ¥400, Others ¥600 (Insurance & admission fee are included)
Instructor: Hamura-shi Taiiku Kyoukai Sports Trainer How to Apply: Visit the Swimming Pool Front Desk between 9AM ~ 9:50AM.

トレーニングルームプログラム リラックスナイトヨガ

< Relax Night Yoga Exercise Class >

More Yoga classes are being scheduled on weekday nights. Breathing methods and poses to help you relax, with minor stress, will condition your mind and body balance.

Day & Time: Every Tuesday, 8:15PM ~ 9:15PM

Place: Swimming Center Kaigi-shitsu on 2F Capacity: first 20 people Fee: ¥800

Things to bring: Exercise wear, drink, towel Application: Come directly to Sauna Reception Desk 2nd floor
ZUMBA (ズンバ) KIDS

< Zumba Fitness Classes for Kids >

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

Date: September 19th (Mon & Holiday) Time: 11AM~NOON

Place: Training room on 2nd Floor Capacity: First 20 Fees: ¥650

Things to bring: exercise wear, drink, towel, and indoor shoes Please come directly to Sauna Reception

FRESHLAND NISHIMATA ☎570-2626

>フレッシュランド西多摩 敬老の日イベント

< Freshland Nishitama Special Event for Respect-for-the-Senior-Citizen's-Day >

The fee for the bath facility will be 50% off for those who are age 70 or older!

Event Period: September 17th (Sat) ~ 23rd (Fri)

Special Admission Fee: (all shown at half price):

Hamura, Ōme, Fussa City Residents, and Mizuho Town Residents: ¥250 for 3 hours, ¥350 for all day

Others: ¥400 for 3 hours, ¥600 for all day * Tickets won't be accepted during this offer.

*ID such as your driver's license or health card will be needed.

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

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

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

9月のテレビはむら

< TV Hamura in September >

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

New contents come on every Thursday. You can also see it on your smartphone and the official website of Hamura City. The daily program times are ①9AM~ ②5PM~ ③9PM~

On Saturdays it is also broadcasted on digital ch.101 at ①1:30PM~ ②5PM~ ③9PM~.

September special program: "Delicious Unagi (Eel) at "UNAFUJI" in Hamura City" & "Hokuto Furusato Matsuri"

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

< Chatting Place for Parents >

This month's topic is "Bodily Functions". Feel free to join and share some thoughts and tips for child rearing. No reservation needed.

Place&Date: East Children Center – Sep. 13th (Tue)

Central Children Center – Sep. 20th (Tue)

West Children Center – Sep 23rd (Fri)

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

Inquiries: (Children and Family Support Center)

Kodomo Katei Shien Center ☎578-2882

< **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 Central Children Center on September 1st (Thu), West Children Center on September 9th (Fri), and East Center on September 27th (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

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

< **Home Cooking Class ~ Okonomiyaki and Chocolate Banana~** >

Date & Time: Sep. 11th (Sun), 10AM~NOON Place: West Children Center Fee: ¥70 (Ingredient fee)
Eligibility: Elementary School Students ~ 18 year olds residing in *Hamura* Capacity: First 20 applicants
Things to bring: , apron, head cloth, hand towel, indoor shoes, drink(tea), chopstick, fork, and the fee.
How to apply: Sep. 1st (Thu) ~ 9th (Fri), 9AM ~ 5PM, Call or visit the Center.

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

Date & Time: Sep. 10th(Sat), ①10AM~ ②1PM~ Eligibility: Preschool children up to 6th graders (Preschoolers need a chaperon.) Fee: Free Place: West Children Center *No reservation required *Toy Repair Day

< **Sports Day ~ Line Kubo and Jump Rope** >

Date & Time: September 21st (Wed), 3PM ~ 4PM Place: East Children's Center Eligibility: Elementary and Junior High School Students How to Apply: Come to the East Children's Center directly.

<**Movie for Children**>

Date & Time: September 11th (Sun) 10:30AM~11:30AM Place: *Yutorogi Center* Fee: Free
Feature Movie: Japanese Folk Tale, and 2 other films will be showed. Come to *Yutorogi* on day of event.

< **Observation of The Sun ~** >☀☀

Date & Time: September 15th(Thu), 4PM ~ 4:30PM Place: Central Children's Center Fee: Free
Eligibility: 1st Grader ~ 18 years old *No Reservation Needed Will not be held if the sun is not out*.

<**Family Stargaze Event**>☆☆

Date & Time: September 15th(Thu), 6:30PM ~ 7:30PM Place: Central Children's Center Fee: Free
Eligibility: 1st Grader ~ 18 years old (Junior High School Students or younger must be accompanied by an adult.) *No Reservation Needed May not be held in bad weather. *A notice will be issued at 3PM.

MAIN LIBRARY ☎554-2280

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

< **Story Telling for Preschoolers** >

Large picture book reading: "Kyodai Na Kyodai Na"

Date & Time: September 10th(Sat), 11AM~
Fee: Free *No application is required.

< **Telling for Elementary School Students** >

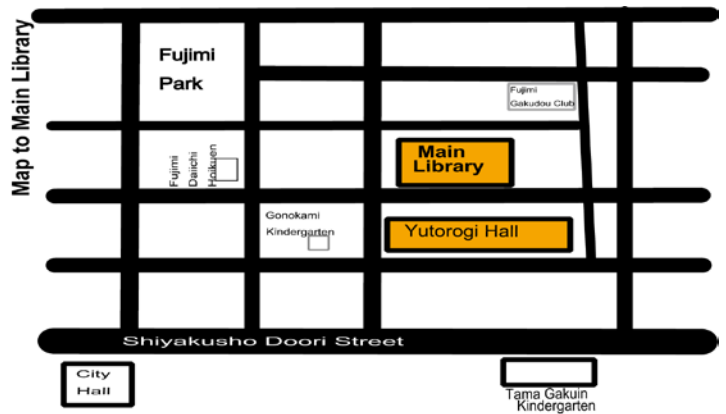
Story Book Reading: "Otsukisama no Ohanashi"

Date & Time: September 17th (Sat), 11AM~
Fee: Free *No application is required.

KAWASAKI LIBRARY ☎554-7225

< **Picture Book** >Reading of Children's Book titled "Akai Happa (leaf), Kiroi Happa" and simple craft class.

Date & Time: Sep. 28th (Wed) 3PM *No application is required Come to library on day of the event.



< Tokyo Suicide Prevention Campaign >

September is Suicide Prevention Campaign Month. Many factors contribute to the motivation for suicide. The society can prevent these incidents by acting together. Listed here are some support systems operated by various organizations.

Consultation Services Offered by Hamura City: The city offers consultation according to subject matter, and the *Hoken Center* is also open to citizens. If there are any issues that you are encountering difficulties with in life, have struggles about your mental health, please be assured that there is help. ☎555-1111, Ext. 627
Counseling Support provided by Tokyo Metropolitan Government

≈ 54 Hour Special Counseling Help-Line by Tokyo Suicide Prevention Center ≈

September 3rd (Sat) 0AM ~ 5th(Mon) 6AM ☎0120-58-9090

≈ Counseling for Problems with Multiple Consumer Loans ≈

September 5th (Mon) and 6th (Tue), 9AM~5PM ☎03-3235-1155 (Tokyo Consumer Life Center)

≈ Suicide Prevention Hotline "Inochi-no Denwa" ≈

September 10th(Sat) 8AM ~ 11th(Sun) 8AM (24 hours) ☎0120-783-556

≈ Telephone Counseling for Suicide-Bereaved Family ≈

① September 10th(Sat) ~ 12th(Mon), 11AM~7PM ☎03-3261-4350 (Suicide-Bereaved Family Support Center)

② September 13th (Tue) ~ 16th (Fri), 10AM~10PM ☎03-3796-5453 (Grief Care Support Plaza)

≈ Tokyo Suicide Prevention Campaign "Kokoro to Inochi no Hotline" ≈

September 12th(Mon) 0AM ~ 17th(Sat) 0AM (24 hours) ☎0570-087478

≈ Counseling for Work Related Problems ≈

September 13th (Tue) and 14th (Wed) 9AM ~ 5PM ☎0570-00-6110 (Tokyo Labor Consultation Center)

Lecture: Youth Suicide (in Japanese)

Date: September 13th (Tue), 2PM ~ 5PM Place: *Tochou Daiichi Honchou* 5F Large Auditorium (*Shinjuku*)

Eligibility: groups formed at municipalities, or individuals Capacity: first 200

For details, please contact: *Tokyo Fukushi Hoken Kyoku, Hoken Seisaku Ka*, ☎03-5320-4310

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
4 th (Sun)	<i>Futaba Clinic</i>	☎570-1588	<i>Heijitsu Yakan Kyuukan Center</i>	☎555-9999	<i>Heizou Shika Iin</i>	☎554-0066
11 th (Sun)	<i>Yanagida Iin</i>	☎555-1800	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Honda Shika Iin</i>	☎554-5902

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

PUBLIC CONSULTATIONS

Schedule of September

Category	Date	Time	Contact
General Consultation for Foreign Residents ①*	9 th (Fri), 30 th (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	15 th (Thu)	1:30pm ~ 4:30pm	

*①=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.