



HAMURA NEWS

March 1st, 2017

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宮城県岩沼市復興計画に見る地域コミュニティー

< The Local Community of the Region in Focus >

These days people lack ties with their neighbors. This issue has been raised frequently, and a subject case showing the benefits of keeping ties with your community can be seen through the action plan taken by Iwanuma City during recovery efforts after being badly stricken by the Great Eastern Japan Earthquake.

The Great Eastern Japan Earthquake

March 11, 2011 at 2:46 p.m., a M 9.0 earthquake that occurred off the coast of Sendai Prefecture struck Japan. Tsunami damage was severe, and human casualties were beyond belief. Evacuees counted 470,000 at peak point after the quake.

Iwanuma City is an industrial town which sustained severe damage. The eastern boundary faces the Pacific Ocean, and 29 km² of its area was damaged by floods. Hamura City has dispatched personnel to this location to help with the recovery efforts by order of the Tokyo Mayor's Association.

Iwanuma City stood by its citizens and offered various disaster management support such as drinking water made available moments after the quake. They also continued to offer information resources by radio broadcast. One week after the disaster, the emergency relief aid measure was started, with housing assistance taking less than two months to start.

Many districts suffered so much damage that they could no longer go back and live at their original location. The people who had a strong bond, decided to move to a different location as a group and through frequent discussions among citizens for an action plan thought thoroughly; the migration to a new area within the city was made as a group community effort. The bond of the community was valuable, and provided reassurance in gaining their confidence to rebuild and recover.

A Thousand Years of Hope

Iwanuma City built 15 hill parks at high elevation. This type of landscape saved many lives during the submergence of land when the tsunami hit. Within 5 years, trees will cover these hills to make a "green barricade". The parks will become a memorial called "A Thousand Years of Hope".

Disaster Prevention and Disaster Mitigation Efforts by the Community

Self-help efforts prove to be valuable, as it usually takes a week to organize food and water disaster relief supplies provided by the city. It is important to be prepared for large disasters, and local community members should get acquainted to brace for the unexpected disaster.

< Used Ink Cartridge Collection at Recycle Bins > Please bring your used ink cartridge that you are thinking of discarding to the city hall. You can contribute to the promotion of the 3R Efforts. To encourage the recycling of these used items, recycling bins will be set up at 3 locations; one being the 1st floor of the city hall, and the others being at the Sangyou Fukushi and Recycling center. (These recycle bins are for small sized electronic devices as well, on the bottom half of the bin). No fee will be necessary for disposal.

Items which will be accepted are: cellular phones, telephones, radios, cameras, , etc.

If the device will not fit in the 30cm x 15cm opening, it cannot be accepted.

Seikatsu Kankyo Ka City Hall, ☎Ext. 222



< 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. Also, supporting members, who wish to contribute to the community by helping busy parents, can become a temporary child care taker within their availability.

The Family Support Center has the capacity to support families with children up to the 6th grade; for example, providing help when a child needs to be picked up, or staying with them until someone comes home. Much help is appreciated in spring when many children start to attend newly to schools.

Support Members and Service Users Welcome!

Currently we are accepting new member applications. Please feel free to inquire about the membership.

Eligibility: Beneficiary Member... parents of child(ren) at age 6 months up to 6th grade, (as of April 1, 2017)
Supporting Member... those who are age 18 years or older with good health and spirits

Fees: Mon.~Sat. 9AM~5PM... ¥700/hour, Other time frame...¥850/hour, Sunday & Holiday... ¥850/hour

Application(in advance): Call or visit Family Support Center ☎042-554-0304 within *Shakai Fukushi Kyougikai*.

* In case of a sudden need of temporary childcare service, please consult *Kodomo Katei Shien Center* ☎042-578-2882.

羽村駅・小作駅周辺 自転車ナビマーク

< Bicycle Lane Indication on the Automobile Path of Public Streets >

The pavement on the automobile path of public streets will be painted with new symbols for bicycles.

These symbols show the route that bicycles should proceed along. ("Jitensha Navi Mark" See picture at right.)

There is no law designated requiring the placement of the symbols, but the symbols serve to enhance bicycle safety. They do not imply that this path is for bicycles only.

Inquiries: Fussa Police Station ☎042-551-0110



公共施設予約システムの停止

< The Facilities Reservation System Will Be Temporarily Suspended >

Reservation system for the Yutorogi Center, Sports Center, Schools, and Parks will not be available on:

March 6th (Mon) 8AM ~ 5PM due to routine electrical inspection.

Inquiries: *Yutorogi* ☎042-570-0707

環境フェスティバル出展(店)者募集

< The 6th Hamura Environment Festival: Participants Wanted >

Hamura City will hold the 6th Environment Festival. Let's make it a successful event again!

Event Date: June 3rd (Sat), held in rain or shine

Place: *Yutorogi* and premises of its entrance area, and *Sangyo Fukushi Center*, Library

Eco-Friendly Products or Activities

Let's promote eco-friendly products or activities. You can sell eco-friendly products or do some activities.

booth: 10 blocks(1 block: 1.8 x 2.7m) (limit is 2) Fee: ¥7,000(including table, chair, tent and power supply)

How to Apply:

Please understand the terms for sales at category in which you plan set up booth, and provide required information. Fee needed when applying. Applications will be accepted on weekdays excluding holidays.

Bring your application to *Kankyou Hozen-ka Kankyou Hozen-kakari* (☎Ext.226) in city hall 2nd floor during the application period, March 15th (Wed) ~ 31st (Fri) by 5PM. Applications are also downloadable.

Mail: fill-in the zipcode only 〒205-8601 6th Annual *Hamura* Environmental Festival Email: s205000@city.hamura.tokyo.jp

< **Environmental Orientation Tour in Sister-City Hokuto City (Yamanashi Prefecture)** >

You can learn about clean energy and the natural environment in this workshop. Hokuto City is holding an environmental orientation tour for Hamura City citizens.

Date: March 28th (Tue), 8:30AM ~ 5PM

Details of Tour: The group will depart from Hamura City Hall, visit several sites in Hokuto City (solar power plant, the "Oomurasaki" Butterfly Nature Center), and will also have lunch as a group.

Capacity: first 20 4th Graders of Elementary or younger must be accompanied by an adult.

Fee: ¥1,500 which will be collected on day of event (Children 4th grade and younger will be charged ¥500.)

Application and Inquiry: apply between March 1st (Wed) ~ 17th (Fri) Please provide your address, name, age, and telephone number by phone, e-mail or by coming directly (2nd floor of the city hall) to *Kankyō Hozen Ka, Kankō Hozen Kakari* at the following contact points:

Telephone: 042-555-1111, ext. 226 Fax: 042-554-2921 E-mail: s205000@city.hamura.tokyo.jp

(Please indicate in title "Environmental Orientation in Hokuto City")

Calls are accepted from 8:30AM ~ 5PM on weekdays.

四季ウォーク "II" 「箱根山」からコリアタウン(新大久保駅)へ

< **Seasonal Walking Event ~ Hankoneyama and Shin-Okubo** >

This time the walking course starts at "Hakoneyama", JR *Yamanote* Train Line's Shinjuku peak height.

The course goes 5km to the *Shin-Okubo* Korean Town.

Date & Time: March 25th (Sat) 8:40AM ~ 11AM (The event will be held in light rain or shine)

Meeting Time and Place: 8:40AM, at on the JR *Shinjuku* Station East Exit.

*Event staff will be at JR *Shinjuku* Station East Exit. (There will also be staff at JR *Ozaku* and *Hamura* St)

*Train Route (example): Take a train bound for *Tachikawa* Station from *Ozaku* Station at 7:32AM, or *Hamura* Station at 7:35AM go to *Tachikawa* Station (change to *Chuo* Line) → *Shinjuku* (¥720 from *Ozaku* or ¥640 from *Hamura*).

*Advance registration is not necessary. *Please be dressed suitable for walking.

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

Fee: ¥300/ ~ preschool ¥100 (collected upon arrival, including insurance, excludes transportation and lunch)

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

Contact Number on the event day: 080-4325-1295 (7AM ~ 11:30AM) Inquiries: Sports Center ☎042-555-0033

Co-hosted by: *Hamura-shi Kyōiku Iinkai, Hamura Sports Promotion Committee*

はむら部 映画「365日のシンプルライフ」

< **Movie Screening by the Hamu-Love Group** >

The Hamu-Love Group Hamura Enthusiasts will hold a movie screening event. The name of the film is "Simple Life for 365 Days". Refreshments will be provided for this event.

Date: March 20th (Mon, Holiday), 2PM ~ 5PM (doors open at 1:30PM) Place: *Yutorogi Kouzashitsu 2*

Capacity: first 15 Fee: ¥200 How to Apply: apply between March 1st (Wed) ~ 15^h (Wed) Application form

is also downloadable from the official website of Hamura City. Please provide your address, name, telephone number, and e-mail address by phone or e-mail to *Kikaku Seisaku Ka, Kikaku Seisaku Tantou* (☎Ext. 313).

Calls are accepted from 8:30AM ~ 5PM on weekdays. E-mail: s101000@city.hamura.tokyo.jp

< **Yutorogi Movie Screening Event** ゆとろぎ映画まつり >

Date & Time: March 17th(Fri), *Doors open 30 min. prior to the screening time.

- ①10:30AM~0:10PM Japanese Film directed by *Keisuke Kinoshita* "Nogiku no Gotoki Kimi Nariki"
②2PM~ 4PM "Rear Window" by Alfred Hitchcock (starring Grace Kelly and James Stewart)
③6:30PM~8:45PM "The Blues Brothers" (starring John Belushi and Dan Aykroyd)

Place: Yutorogi Small Hall Capacity: first 252 people Hosted by: Hamura City Board of Education

Fee: free A numbered ticket is necessary to gain entry. It can be obtained at the Yutorogi counter from March 1st (Wed). Limit 2 per person. *Hand out is from 9AM ~5PM. (closed on Mon) ☎042-570-0707



はむら市民ギャラリー

< **Art Gallery with Works Created by Citizens** >

Place: Community Center 2F Hall

Feature: Water Colored Drawing Inspired by the Seasons

Date: March 5th (Sun) ~ 12th (Sun), 10AM ~ 5PM (~3PM on final day) .

Please call : ☎090-6533-0229(*Ito*) if you are interested in holding an exhibition.

HAMURA ZOO ☎042-579-4041

❖Some Events❖

* Zoo is open on March 27th (Mon)

"White Day" Stamp Rally: ▶March 4th (Sat) ~ 14th (Tue) (closed on 6th (Mon)) Try to find the animal pairs!

Orientation and Feeding Experience: ▶ 12th (Sun), Morning Session from 10:30AM, Afternoon from 1:30PM.

The animal keepers will show you around, and let you feed animals! They will feature "White Day" in the orientation, and you will also receive a feather of a bird "emu" which resembles a heart.

Each food snack for feeding costs ¥500. Capacity: 20 pairs each session To participate, obtain card.

Junior Caretaker Recruitment: April 15th (Sat) and 16th (Sun), 9:30AM ~ 11:30AM

The zoo will accept applications for those who are interested in tending the animals at the above time.

A: Savanna Area (6 people), B: Guineapig (5 people), C: Pony (5 people) *Number is capacity for one day.

Eligibility: Those entering elementary school in the spring, up to 6th graders as on April 1st

How to Apply: Send postcard (reply paid postcard) with desired animal, name, age, point of contact (address, phone number), and whether or not you wish to be put on the waiting list. Also indicate "I saw advertisement in the Hamura News (Kouhou Hamura)". Address: 〒205-0012 4122 Hane, Hamura-shi

Term for Application: March 7th (Tue) ~ 31st (Fri) Please view the Hamura Zoo website for more details.

指定収集袋広告主の募集

ADVERTISE YOUR BUSINESS on HAMURA CITY-DESIGNATED WASTE BAG

Design of *Hamura* City-designated Burnable Waste Bags (blue plastic) will incorporate a section for business advertisement. It can be a great medium to effectively promote your business to local residents.

Listing Period: Starting from July 2017 for 1 year (may be subject to change by number of distribution)

Special Offer (optional): Free banner advertisement on *Hamura* City Official Website for 3 months.

Application: Please submit the draft data and completed contract form before March 31st (Fri). If using format other than illustrator, ai-File, JPEG, TIFF, PDF, please make an inquiry.

Listing Fee: Differs depending on the design size and quantity. Advertisement for packaging only cannot be placed.

On individual bags - ¥70,000~¥200,000 / On wrapping of bulk-sale package - ¥40,000~¥45,000

Please contact *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari* ☎Ext.222./ s208000@city.hamura.tokyo.jp

< **Tokyo Air Raid: Tokyo Peace Memorial Exhibition** >

Japan is relatively a safe place where you might feel unaffected by the unfortunate events which occur in other parts of the world, however a tragedy occurred in the Great Tokyo Air Raid which occurred during the World War II (year 1945) on March 10th. We need to remind ourselves about the importance of peace, and extend it to the next generation. The *Hamura City* and neighboring *Ōme City* will co-host an event to exhibit war memorabilia items in commemoration of this Memorial Day.

Place: ① *Hamura City* (closed on Monday) at Main Library Reception Counter Area

Date & Time: March 4th (Sat) ~ 14th (Tue), 10AM~8PM

② *Ome City* hall 1st Floor Lobby (closed weekends, open till 8PM on Thursday)

Date & Time: March 6th (Mon) ~ 14th(Tue), 8:30AM~5:15PM

Admission: Free *No reservation required.

~ **Please Join the Silent Prayer** ~

Tokyo metropolitan Government designated March 10th as the annual Tokyo Peace Memorial Day, in commitment of never allowing the recurring war. Every year on this day, the simultaneous silent prayer is held nationwide to dedicate our prayers to the repose of all war victims and to the world peace. Please join the one minute of silent prayer from any place where you are.

Silent Prayer: March 10th(Fri) at 1PM. (for 1 minute)

Inquiry: *Kikaku Seisaku Ka, Kikaku Seisaku Tantou* Ext. 315

< **Green Feather Charity Campaign** >

Donation boxes will be set at City Hall and other places in *Hamura* during the biannual green feather campaign months; March 1st ~ May 31st and September 1st ~ October 31st.

The donated funds will be centralized to The National Land Afforestation Promotion Organization, through which it will be used to maintain the trees, flowers and greeneries of our roads, parks and forests in Tokyo.

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

Collection Results: In 2016, ¥50,135 at City Hall, ¥90,143 at *Hamura Zoo* was collected. Thank you for valuable contributions. Inquiry: *Kankyou Hozen-ka Kankyou Hozen-kakari* ☎Ext.225

< **"Rainbow" Flea Market in Hamura** >

You can apply for a booth at this flea market online. As long as you apply beforehand, you can haul your merchandise into your car and go directly to the site, selling items from your car.

Date: April 2nd (Sun), 10AM ~ 1PM (If the weather is bad, event will be cancelled.)

Place: Sports Center #2 Parking Eligibility: *Hamura* residents 20 years old or older Available Booths: 20

Items which will be sold must be household items in serviceable condition that are not sold for profit.

Booth size: 2.5x6m Fee: ¥800 Electrical appliances, food, and pets will not be sold at this event.

Sponsored by: Nijihiro Flea Market Executive Committee Application: starting March 6th (Mon), 9AM

On the official site of the *Hamura-shi Shouhi Seikatsu Center Website*. Please read the instructions carefully.

Inquiries: Consumer's Center: ☎042-555-1111, Ext. 640

< **Please Report Ownership of Depreciable Assets** >

Business entities are required to report any depreciable assets which are owned as of January 1st of each year. You will be sent a reminder notice from the city in early March requesting current status or to come file for these assets. Please request an application form if you do not have one. They can also be filed on-line.

Inquiries: *Kazei Ka, Shisan Zei Kakari*, ☎Ext 157

愛の献血にご協力を

< **BLOOD DONATION NEEDED!** >

Blood supplies tend to be short when donors are scarce depending on the season. Your contribution will be appreciated. No reservation is required. Donation of either 400ml or 200ml can be chosen by a donor.

Date & Time: March 22nd (Wed) 10AM ~ Noon / 1:15PM ~ 4PM

Place: Hamura City Hall, by the Main Entrance

Eligibility: Age 16~69 (Those over age 65/older without a donation record in past 5 years are ineligible)

*Taking medicine for stomach ache, vitamins, or drugs to lower blood pressure will not affect the ability to donate. Those who are deemed to be unfit for donation may be referred to a medical interview on site prior to the procedure and be asked to decline. Inquiry: Hoken Center 042-555-1111 ☎Ext.623

< **Application for Child Medical Certificate** (子 医療証) > If your child was born between 4/2/2010 and 4/1/2011, and will enter an elementary school first grade in April 2017, please file an application at *Kosodate Shien-ka* for a Child Medical Certificate (子 医療証). Please note that, for those children, Infant Medical Certificate (乳 医療証) will expire on March 31st(Fri) 2017, and it needs to be returned to the city. Eligibility under Medical Program for Children of Compulsory School Age, or義務教育就学児医療費助成制度(子) must be confirmed to be included for subsidization*. You will receive the Child Medical Certificate application form and the subsidy guideline brochure by March 10th (Fri). Procedures must be made as instructed in the brochure.

▶If the application is filed between March 13th (Mon) ~ April 28th (Fri), the new certificate will take effect from April 1st, otherwise, it will take effect from the date on which the application is received.

Kosodate Shien-ka: Mon. ~ Fri. 8:30AM ~ Noon / 1PM ~ 5PM *Closed on weekend and national holidays.

Filing by Mail: Please enclose the required documents listed above. On an envelope just fill-in the city hall's zipcode 〒205-8601, and write "To: Hamura-shi Kosodate Shien-ka, Shien Kakari", senders name and address.

*To return the expired Infant Medical Certificate by mail, prepare an envelope as instructed above and enclose the card.

*Child / Infant Medical Certificates are issued upon application. If you do not have this certificate for your child at an eligible age, please apply at your earliest chance. Application is accepted throughout a year.

Required Items: child's insurance card, personal seal (non-inked type *Inkan*), My Number Individual Number Card, or My Number Notification Card along with proper identification, copy (both sides) of Residence Card.

*If you were residing in other municipality as of January 1st 2016, please also bring a taxation statement of 2016 (平成 28 年度課税・非課税証明書) issued by the municipality of former domicile.

◆* About 義務教育就学児医療費助成制度 (子) Inquiries: City Hall, *Kosodate Shien-ka*, ☎Ext. 237 (子 医療証 (Child Medical Certificate) is for the Medical Program for Children of Compulsory School Age (1st~9th grade) that subsidizes the child's hospitalization charges and medicine costs. Under this program a child's out-patient visit charge is restricted to ¥200 maximum at each visit.

◆ (乳 医療証 (Infant Medical Certificate) is for the Medical Program for Babies and Preschool Children. It fully subsidizes any medical expenses that are subject to the National Health Insurance coverage.

If you do not understand Japanese: If you are unable to read the brochure and application form printed in Japanese, we recommend that you visit *Kosodate Shien-ka* for assistance. Please bring the required items listed above.

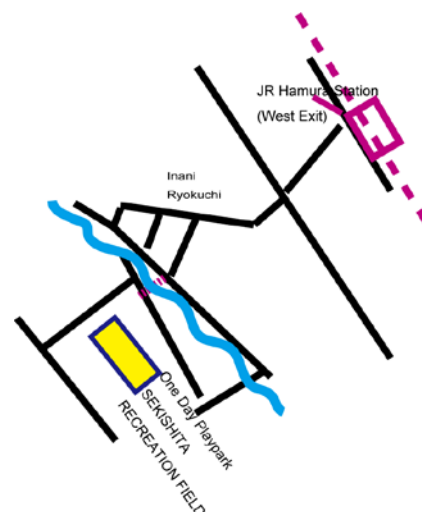
羽村市市民提案型協働事業～はむら一日プレーパーク(春の巻)

< **A One-Day Play Park for Kids Spring** >

"Playpark" is a recreational area designated to free time enjoyment, for children, where kids gain a lasting experience helping them build enthusiasm. Date: March 19th (Sun), 10AM ~ 3PM

* Children at 2nd grade of elementary school or under must be accompanied by an adult. No lunch is provided. Please prepare your own.

*Will be postponed to the 20th (Sun) if weather is bad.



Place: Sekishita Rec Field ☎Hamura Playpark Sekiguchi 080-6548-9952
(about 20 minutes on foot from Hamura St.)

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 along the Ome Train Line. 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: March 10th (Fri) 1:30PM ~ 4PM (Sign-in: 1PM ~ 3PM) Eligibility: 39 year old or younger

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)

Inquiries: Hello Work Ome Employment Consultation Services ☎0428-24-9163 No Reservation Needed

SWIMMING CENTER ☎042-579-3210

骨盤ヨガ

< Exercise Class "Pelvic Yoga" >

Pelvic Yoga an exercise style with elements of yoga incorporated in it, which is effective for promoting healthy intestines, blood circulation, while straightening the spine, and maintaining hormonal balance.

Date: Every Sunday from April 2nd (Sun) 9:30AM ~ 10:30AM Place: 2F Kaigishitsu

Capacity: first 20 applicants Fee: ¥800 per lesson Things to Bring: comfortable clothes, beverage, towel

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



短期水泳教室

SWIMMING CLASS FOR ADULTS of the 1st TERM in FY 2017

The first acceptance term of applications for swimming class will begin at the Swimming Center.

Application Term: March 26th (Sun) ~ April 8th (Sat). Please come to the Swimming Center Reception Counter between 9AM ~ 8:50PM. (closed Mondays)

Class Term: April 9th (Sun) ~ June 3rd (Sat), 8 sessions on each set day of the week for which you register. For further information, you may also view the website of the Swimming Center or inquire at the Swimming Center (☎042-579-3210).

< Swimming Class Lessons Details by Day of Week > (8 sessions for each class)

	NOON ~ 0:50PM	2PM ~ 2:50PM	3PM ~ 3:50PM	4PM ~ 4:50PM	5PM ~ 5:50PM	6PM ~ 6:50PM	7PM ~ 7:50PM
Tues	-----	-----	Preschool	Preschool	-----	-----	Swimmer's
Wed	-----	-----	Preschool	Elementary	Elementary	Elementary	-----
Thurs	-----	-----	Preschool	Preschool Elementary	Elementary	-----	-----
Fri	-----	-----	Preschool	Preschool Elementary	Elementary	Elementary	Swimmer's
Sat	Elementary	Elementary	Elementary Swimmer's	Class Tuition			-----
Sun	11PM ~ 11:50PM Elementary	-----	-----				Course
	Elementary	Preschool	¥5,600				
		Elementary	¥5,200				
		Adult	¥8,800				
Swimmer's	¥6,000						

※Elementary Children's Classes must be accompanied by an adult over 16 years old after 5PM.

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

Central Children Center ☎042-554-4552

East Children Center ☎042-570-7751

West Children Center ☎042-554-7578

< Movie Screening for Children >

Date & Time: March 5th (Sun) 10:30AM~11:30AM Admission: Free Program: several titles scheduled
no reservation required Supported by: Hamura 16mm Eizou Kenkyuukai Place: Yutorogi ☎042-570-0707

< Daytime Observation of the Moon >

Date & Time: March 8th (Wed), 4PM ~ 4:30PM Fee: Free Place: Central Children's Center
Eligibility: Elementary School Students ~ 18 years old *Will be cancelled if cloudy.

< Astronomical Observation with Family >

Date & Time: March 8th (Wed), 7PM ~ 8PM Eligibility: Elementary School Students ~ 18 years old
Fee: Free *No application required. Place: Central Children's Center
*Junior High School students or younger children must be accompanied by an adult
*Observation events will be cancelled at 3PM in case of rain. Please inquire

< Sports Day ~ let's play Dodgeball ~ >

Date & Time: March 11th (Sat), 2PM~3PM Place: East Children's Center
Eligibility: Elementary and junior high students *No application required

< Asobi no Pocket (at each Children's Center) >

Game creator/instructor will play with children with fun games using hands and bodies. Please feel free to participate. Time: 11AM ~ 11:30AM Eligibility: 2years old ~ preschool children with parent Fee: Free
•West Center: March 8th (Wed) •Central Center: March 9th (Thu) •East Center: March 14th (Tue)

< Hand-made Toy Workshop ~ Flying Squirrel ~ >

This is a plastic bottle crafting class. Make your original flying squirrel! Place: West Children's Center
Date & Time: March 11th (Sat), ①10AM~ ②1PM~ Fee: Free Reservation: Not required
Eligibility: Toddlers (Kids younger than elementary will be accompanied by an adult.) up to 6th graders
Fee: Free Toy Repair Shop will be held on same day.

*Fee and reservation are not required for story telling events.

MAIN LIBRARY ☎042-554-2280

< Story Telling for Preschoolers > Date & Time: March 11th(Sat), 11AM~

< Story Telling for Elementary School Students > Date & Time: March 18th (Sat), 11AM~



FUJIMIDAIRA LIBRARY ☎042-555-5301

< Picture Book "Tesu no Ki", etc > Date & Time: March 22nd (Thu) 3PM~

多摩川堤防の伐採木を無償配布します

< Lumber from the Tama River will be Given Away >

Lumber from the logging which was held at the Tama River bank will be given away free of charge.
Date and Time: March 11th (Sat), 12th (Sun) 10AM ~ 3PM Information is available on the website.

Place: Near Ome Riverside Golf Course Please view the *Keihin Kasen* Website

自殺防止キャンペーン

TOKYO SUICIDE PREVENTION CAMPAIGN - MARCH 2017

* Special Counseling Hotlines *

March is Suicide Prevention Month

Motivation for suicide attempts may come from complicated problems related to health, work, financial debt or many others. The challenge of finding a solution for those problems on one's own can seem overwhelming, but if tried with the help of others and social support, at least psychological stress can be greatly alleviated. If you are having serious anxiety about some problems, please do not hesitate to seek consultation.

The City assists those who need help by offering various consultation services.

In addition, you can find many other venues as introduced below.

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

March 4th (Sat) 0AM ~ 6th (Mon) 6AM ☎0120-58-9090

◇ Telephone Counseling for Problems with Multiple Consumer Loans

March 6th (Mon) and 7th (Tue), 9AM~5PM ☎03-3235-1155 (Tokyo Consumer Life Center)

◇ Suicide Prevention Hotline "Inochi-no Denwa"

March 10th (Fri) 8AM ~ 11th (Sat) 8AM ☎0120-783-556 (Toll Free)

◇ Telephone Counseling for Suicide-Bereaved Family

① March 14th (Tue) ~ 17th (Fri), 10AM~10PM ☎03-3796-5453

(Grief Care and Support Plaza)

② March 20th (Mon, Holiday) ~ 22nd (Wed), 11AM~7PM ☎03-3261-4350

(Suicide-Bereaved Family Support Center)

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

March 27th (Mon) ~ 31st (Fri) available 24hours each day ☎0570-087478

◇ Yamabiko Support for Life "Inochino Yamabiko Phone Line"

March 1st (Wed) ~ 31st (Fri) available from NOON ~ 8PM (10PM on Friday) ☎03-3842-5311

Not available on holidays and weekends

◇ Counseling provided by Hamura City

The list of free consultations on various subjects is provided on *Kouhou Hamura* 1st issue of every month.

For consultations on psychological problems, feel free to consult *Hoken* Center ☎042-555-1111 Ext.627.

写真展 (桜遊会)

< Photo Exhibition >

The works from the Silver Citizen "Photo Oyuukai" Group will be displayed. March 7th (Tue) ~ 20th (Monday, Holiday) Freshland Nishitama ☎042-570-2626

3月のテレビはむら

< TV Hamura in March >

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~.

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

You can also view it on your smartphone.

Special Programs: "Miyagi Prefecture Recovering" & "The 30th Tug of War Contest"

Inquiries: *Kouhou Kouchou-ka Kouhou-kakari* ☎Ext.339

CHATTING PLACE for PARENTS

This month's topic is "Keeping Daily Life Rythm". 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 – Mar. 10th(Fri) Time: 10:30AM~11:30AM for all dates
 Central Children Center – Mar. 16th(Thu) Inquiries: *Kodomo Katei Shien* Center
 East Children Center – Mar. 21st (Tue) ☎042-578-2882

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 at, Central Children Center on March 7th (Tue).

East Children Center on March 10th (Fri), and West Children Center on March 24th (Fri).

between 10AM~Noon on all dates. Please feel free to visit to talk about your child's psychological development, parent's mental stress and etc.

Inquiries: *Kodomo Katei Shien* Center ☎042-578-2882 *Fee/Reservation not required for consultation.

KOGUMA HIROBA (CUB SPACE) at Children Centers

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

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

Place & Date: Central Children Center – March 2nd (Thu)
 East Children Center – March 7th (Tue) Time: 11AM ~ 11:20PM
 West Children Center – March 15th (Wed) Admission: Free

*No reservation needed

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
March	9am~5pm		5pm~10pm		9am~5pm	
5 th (Sun)	<i>Yamakawa Iin</i>	☎042-554-3111	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Usui Shika Iin</i>	☎042-579-1199
12 th (Sun)	<i>Sakae-chou Shinryoujo</i>	☎042-555-8233	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Uno Shika Iin</i>	☎042-555-8241

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

PUBLIC CONSULTATIONS Schedule of MARCH

Category	Date	Time	Contact
General Consultation for Foreign Residents ①*	10 th (Fri), 24 th (Fri)	1:30pm ~ 3:30pm	<i>Shimin Soudan-shitsu</i> city hall ext.541 Public Administration Spanish and Korean interpretation service is available by appointment for Foreign Residents Consultation only. ◆
Public Administration and Human Rights	16 th (Thu)	1:30pm ~ 4:30pm	

*①=appointment required. *For English and Spanish translation services, please make an appointment in advance

◆ Consultations are by appointment only. Please do not call the *Shimin Soudan-shitsu* for consultation over the telephone.