



HAMURA NEWS

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

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5月は「燃やせるごみ強化月間」です

< May is "Burnable Waste Accurate Separation Month" >

Hamura City has a long term plan on waste management: The goal is to reduce the amount of waste and increase the recyclable/reusable resources (2016 goal was to reduce burnables to 7508 tons) during 2016. Comparing the figures of goal and actually collected waste amount in FY2016, it tells that we need to reduce waste by 643 tons, which, if divided by Hamura city population, 14kg per person. The amount of burnable waste is 60% of all waste, so decreasing burnable garbage will be very important and an effective tactic for achieving the goal in time or even sooner. To promote this policy, the city has designated February, May and September as "Burnable Waste Accurate Separation Month." Please separate your trash properly. Less burnable waste being processed results in less city budget spent, and the more recyclable resources collected the more recycle profit gained for the city. Let's separate our garbage more carefully into waste and recyclable resources. 「Hamura City Trash Recycling Manual」 is available free of charge at city hall. Thank you for your cooperation! Inquiry: Seikatsu Kankyou Ka, Seikatsu Kankyou-kakari ☎Ext.204

愛の献血にご協力を

< Blood Donation Needed! >

Date & Time: May 11th(Thu), 10AM~Noon, 1:15PM~4PM Place: In front of JR Hamura Station East Exit

• **Blood Donation** (400ml or 200ml)

Eligibility: Those who are Age 16 ~ 69 years old (Age 65 or older without a blood donation record in past 5 years are not eligible)

第48回青空市を開催します

< The 48th Hamura Outdoor Flea Market >

Hamura Citizens will sell daily commodities and clothes. It's a great chance to find something nice! Come and promote the recycle society by enjoying shopping!

Date & Time: May 13th(Sat), 8:45AM ~ Noon (Cancelled in case of heavy rain) Place: Fujimi Park C Field

Inquiry: Shouhi Seikatsu Center, 042-555-1111 ☎Ext.640

羽村動物園ニュース



HAMURA ZOO ☎ 042-579-4041



Sheep are ready to shave their coat to prepare for the warmer season. You can watch them being shaved.

Date: May 13th (Sat), 0:30PM ~ (will be cancelled if it rains) Place: Sheep Breeding Area Fee: free

Caretakers will offer a tour which introduces the birds of Hamura Zoo. May 10th ~ 16th is "Bird Week". You can gain knowledge of birds with the handbook that is given only on this special occasion.

Date: May 14th (Sun) ①11AM ~ ② 2PM ~ (cancelled if rainy) Place: Study Room Capacity: first 10

During Golden Week (from the last holiday of April to the first week in May), the usual closure date Monday will not be observed, and the zoo will be open on May 1st (Mon). 9AM ~ 4:30PM (entrance until 4PM) Also, on the Mondays of May 22nd and 29th, they will be open from 10AM ~ 3PM (entrance until 2:30PM).

< Free Admission for Children >

The Zoo Admission will be free for children under age 15 on May 5th, the National Children's Day!!

< **Commissioned Welfare Volunteers and Child Welfare Volunteers** >

As announced in the January 1st issue of Hamura News, Welfare Volunteers (*Minsei Iin*) and Child Welfare Volunteers (*Jidou Iin*) can help you with your difficulties that occur in your daily life. They are authorized private volunteers commissioned by the Minister for Health and Welfare to conduct private voluntary welfare activities including making friendly visits for counseling at homes of elderly people living alone and residents needing guidance. (Please refer to the January 1st and February 15th article for phone numbers of volunteers.) Residents are welcome to consult the welfare volunteers of their residence district on matters concerning daily life, or for an initial advice on other issues. You can find the contact information of your area's welfare volunteer below. (Some districts pending selection for the moment.)

*All welfare volunteers except the chief child welfare volunteers are concurrently commissioned as *Minsei Iin* and *Jidou Iin*, accepting consultations on matters concerning both adults and children.

Volunteers must keep client information confidential. Inquiry: *Shakai Fukushi Ka, Shomu Kakari*, ☎Ext. 112

HAMURA CITY WELFARE VOLUNTEERS / CHILD WELFARE VOLUNTEERS # =partial assignment							
Dai-Ichi District			Dai-Ni District				
1	Kawasaki Higashi Miyoko Amekura	13	Masaka Dai-ni no assignment	1	Futaba Fujimi Etsuko Iwai	13	Fujimidaira Dai-ichi# and Azumadai# Hisae Okazaki
2	Jyousui Douri Chizuko Takahashi	14	Masaka Dai-ichi Yoshino Kato	2	Futabachou Matsubara Taeko Fukui	14	Gonokami Naka # and Gonokami Higashi # Tadayoshi Yamashita
3	Kawasaki Nishi no assignment	15	Miyaji # Makoto Suzuki	3	Shinmeidai Kami # Toshiko Hirai	15	Gonokami Higashi # Kimiko Katou
4	Honchou Dai-ni # and Honchou Dai-san Kyoko Okabe	16	Miyaji # Kikuyo Watanabe	4	Toei Shinmeidai Tamotsu Kitajima	16	Gonokami Naka # Hiroko Kobayashi
5	Azuma Daiichi Ayako Kobayashi	17	Mihara # Shizuko Ishikawa	5	Shinmeidai Kami # Matsuko Kurata	17	Midorigaoka Dai-ni Hidetoshi Katou
6	Seiryuu Kimiko Higashi	18	Mihara # Yoshiaki Hashimoto	6	Shinmeidai Jyuutaku # and Shinmeidai # Yoshitaka Sakuma	18	Midorigaoka Dai-ichi Sachie Sugaya
7	Honchou Dai-ichi# and Honchou Dai-ni # Kiyoko Hamura	19	Ozakudai Nishi # Etsuko Tanaka	7	Shinmeidai # Setsuko Tozaki	19	Midorigaoka Nishi # Kiyoko Yanai
8	Honchou Dai-ichi #and Asahigaoka no assignment	20	Ozakudai Nishi # Shizuko Hiraiwa	8	Shinmeidai # no assignment	20	Midorigaoka Nishi # Eiko Uchida
9	Naka-ichi, Azuma Dai-ni Naoko Nakano	21	Ozakudai Nishi # Mieko Takematsu	9	Shinmeidai # Hatsue Shida	21	Sakae-chou Dai-ni # Yoriko Sugama
10	Naka-Ni, Tanoue Dai-san no assignment	22	Ozaku Honchou Hiroshi Izumino	10	Midorigaoka San-choume Masami Takei	22	Sakae-chou Dai-ni # Yoshie Yanaka
11	Tanoue Dai-ichi Sumie Miyazaki	23	Ozakudai Higashi # Yukio Mutou	11	UR Hamura Danchi # and Fujimidaira Dai-ichi # Toshiko Nomura	23	Sakae-chou Dai-ichi # Mutsumi Okudaira
12	Tanoue Dai-ni Fumiko Maeda	24	Ozakudai Higashi # Hiroshi Kaneko	12	Azumadai # and UR Hamura Danchi # Keiko Ichioka	24	Sakae-chou Dai-ichi # Kumiko Hashimoto
Chief Child Welfare Volunteers for <i>Dai-ichi</i> District			Chief Child Welfare Volunteers for <i>Dai-Ni</i> District				
Yoshie Taniguchi			Kazuyo Yamamoto and Mitsuko Sakurai				

チューリップ球根掘り取りに参加しませんか

< **Volunteers Wanted for Digging-Up Tulip Bulbs** >



Volunteers are wanted for the maintenance works of *Hamura's* scenic tulip field. Now we need to dig out the tulip bulbs and prepare the field for rice cultivation. Please come enjoy the works together!

Date & Time: May 9th (Tue), 11th(Thu), 12th(Fri), 14th (Sat) , 15th (Sun), 9AM ~ Noon

Meeting Place: *Odorikosou* Park (located on the north side of *Negarami-mae* Paddy Field)

Things to bring: work gloves *Please wear something suitable for yard works.

How to Apply & Inquiries: Call or Fax to *Hamura-shi Kankou Kyokai* (*Hamura* Tourism Association) with your name and phone number by May 8th (Mon). ☎042-555-9667, Fax: 555-9673 weekdays 8:30AM ~ 5PM

For Tulip Owners ... The tulip owners who participate in the digging-up work can take tulip bulbs home.

Date & Time: May 14th(Sun), 9AM ~ Noon *Privilege for the tulip owners of Tulip Festival 2016.

< Hamura Health Day >

Let's join this event and find the best way for you to keep yourself at good health! You can get various health information and also free physical check-ups at the event site.

Date & Time: May 21st (Sun), 10AM ~ 2PM *Please refrain from coming by personal car to this event.

Place & Inquiry: Hoken Center 042-555-1111, ☎Ext.623-627 Hosted by: Hamura City



✦Prolong Your Healthy Life Span

This year's event feature will introduce health tips of methods for preventing diabetes.

Health is based on the bodily exercise, striving for emotional wellbeing, and good nutritional intake.

✦Healthy Recipe and Tasting

Promotion of "Nutrition Balance with 5 colors" method. Your meal will be well-balanced by including red, yellow, green, white and black foods. Recipes of this health method will be introduced followed by tasting.

Tasting: 10:45AM ~. Soboro Don Rice Bowl

✦Locomotive Syndrome

Prevent deterioration of bone structure and muscular fitness by becoming aware of the dangers of locomotive syndrome.

✦Refreshing for Parents

 Learn how to keep exercise in your life while being busy with child rearing.

①10:30AM ~ 10:50AM ②11:20AM ~ 11:40AM (each session for 20 minutes)

Capacity: first 15 people Please call the Hoken Center for reservations. (Nursery care is available.)

✦Cancer Check-up Promotion

 Get information about cancer, which is the #1 cause of deaths in Japan.

✦Quick Health Seminars

Locomotive Syndrome Prevention/ Walking 10:10 AM ~10:40 AM,
Herb Tea Tasting 11:20 AM~11:50 AM Exercise with "Hamurin" Mascot NOON ~ 0:30 PM
Singing Children's Songs Together 0:40PM ~ 1:10PM

✦Tuberculosis Check-up

Tuberculosis is not a disease of old time. Why not take this chance for an X-ray examination.

Testing Methods: Chest X-ray Eligibility: Hamura Resident of age 18 years or older

✦Bone Density Test

Eligibility: Hamura Resident of age 18 years or older Capacity: First 230 people

*Starting 9:45AM, numbered tickets will be given at the front door of Hoken Center. One ticket per person.

✦Foot Care

 Free foot massage by volunteers. Participants can get simple tips. Capacity: First 65 people

✦ Physical Check-up Booth ~ Hokenshitsu ~

You can have the following health conditions checked: Blood Pressure, Weight, Body Fat, BMI (Body-mass index), Visceral Fat, Basal Metabolism, Skeletal Muscle Rate, and Physical Age.

The individual briefing will be provided based on the test results (Check-up Registration will close at 1PM).

✦"Hamusupo" Promotion

 The Hamura Sports Club, "Hamusupo" for short, conducts various sports activities. Maybe you can discover the perfect activity and the joys of exercise!

✦Other Health Events

♪ Diaper giveaway for young families with children! (small, medium, or large).

♪ Balloon Art For kids and adults, you can learn how to make a toy poodle, sword, or a flower!

♪ A hand made top will be given to kids who come! ♪ Meet Hamurin, the Mascot of Hamura City



< Baby Food Class for 7 months old and older >

When a baby gets better at swallowing weaning food, it's time to try solid food. Let's learn some easy recipes!

Date & Time: June 8th(Thu), 10AM~11:30AM Place: *Hoken Center* Capacity: First 15 pairs

Eligibility: Babies born between August 1st ~ October 15th 2016 & parents *Sorry, siblings not allowed in class

Details: Tips for mid to later stage of baby food / cooking demonstration & tasting for parents / Lecture & discussion about baby food and parenting

Application: Starting May 8th(Mon) 8:30AM, please call *Hoken Center* ☎042-555-1111, Ext.625 on weekdays

“ノーパディーズ・パーフェクト 完璧な親なんていない” 参加者募集

< Nobody's Perfect!! Participants Wanted for Parenting Class >

Child rearing can be full of unexpected surprises, and you may encounter a time when you lose confidence. This get-together can help you with many questions that you may have about your childrearing.

Date: Thurs of June 8th ~July 13th, 10AM ~ NOON attend all sessions Place: *Yutorogi Kouzashitsu 2* on 2nd floor

Eligibility: 1st time applicants with children 1 yr old ~ preschool age, Hamura City resident Capacity: first 10

Fee: ¥300 Reserve by calling *Kodomo Katei Shien Center* (Child and Family Support Center),

☎042-578-2882 on weekdays from 8:30AM~5PM, excluding holidays. *childcare available for first 10

子育て応援ニュース (ひとり親家庭ホームヘルプサービス事業)

< Household Chore Assistance for Single Parent Family >

The city offers household chore assistance for single parent families who struggle to maintain their daily household chores. A “home helper” will be dispatched to help with these tasks when the parent is unable to offer functional childcare or the management of household routines.

Eligibility: □ Those who have been a single parent family for less than 2 years.

□ The child is preschool age □ The parent or the child of compulsory education age is injured or ill

* Prior consultation is required to receive assistance. Please ask for details.

“Home Helper” Duties: 1 dispatch per day for each household, for 2 to 8 hours, up to 12 times a month

Fee: User will pay fees based on their annual income. Please bring your *inkan*, Resident Tax Certificate (Resident Tax Exemption Certificate) Inquiries: *Kosodate Shien Ka, Shien Kakari* , ☎Ext. 239

就学に関する説明会

< Briefing for School Attendance >

There will be a briefing regarding school attendance for guardians of children who will start attending a municipal elementary school in 2018. Date: May 25th (Thu), 11AM ~ Place: City Hall 2 Fl., Room 202

There is no reservation necessary. Inquiries: *Kyouiku Shien Ka, Tokubetsu Shien Kyouiku Kakari* ☎Ext. 373

あかちゃん休憩室の利用を

< The “Akachan Kyuukei-Shitsu” for Caring Baby’s Needs >

Hamura City is promoting “Akachan Kyuukei-shitsu あかちゃん休憩室 (Baby and Child Room).” It is a privacy-protected room set up for mother/father and baby so they can take a rest for feeding and diaper change while on the go. At some locations, hot water is available for making baby milk. Currently there are 45 locations around the city, at childcare facilities, city public facilities, business locations, and city hall. Any of the rooms can be used free of charge at any time during the facility’s open hours.*Please knock before entering a break room. There might be a mom breast-feeding her baby.

List and Map of *Akachan Kyuukei-shitsu* is available at *Kosodate Shien-ka* in city hall and on the official website of Hamura City

Inquiries: *Kodomo Katei Shiei Center* ☎042-578-2882

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

Hamura City will be recruiting leaders for the summer environmental education group in *Hachijyou-jima!* Opportunities to participate in aquatic environmental studies and join in barbeque using local foods will be an inspiring experience. After returning, the selected leaders will be required to attend various activities.

Eligibility: ❖Hamura resident/worker 19 year old (who turn 19 in 2017) ❖in sound health condition and willing to participate in outdoor activities, who meet the following requirements:

- ①Those who can participate in all events that are part of this program
- ②Those who wish to make good use of the experiences and knowledge learned in this tour in future activities
- ③Those who agree to terms including that they will not be entitled to any salary

Capacity: several persons

Selection process (review of application and interviews) is scheduled for June 1st (Thu) ~ 8th (Thu).

How to Apply: Between May 1st (Mon) ~ 31st (Wed), fill in an application form with required information and mail it to 〒205-8601 (no address necessary), or bring it to city hall between 8:30AM~5PM to 2F *Kankyou Hozen-ka Kankyou Hozen-kakari* (is closed on Saturdays, Sundays, and Holidays). The application form is available at *Kankyou Hozen Kakari* at City Hall 2nd Floor or the official city website for download.

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

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

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

The Kids' Summer Camp in Ōshima Island, which will be co-sponsored with *Akirino City*, is comprised of 5th and 6th Graders, Junior High School Students. *Hamura City* is recruiting members to become leaders to help with the camp. Experience is not required.

Activity Details: Pre-Tour Briefing July 23rd (Sun) Tour dates: August 9th (Wed) ~ 13th (Sun) climbing Mt. *Mihara*, swimming at sea, recreational occasions to get acquainted with residents



Post Tour Briefing: August 19th (Sat), etc.

Fee: free Eligibility: High School Student or older a(~30) living in *Hamura City*, who are able to swim and participate in all scheduled events, and willing to agree to terms including that they will not be entitled to any salary. (There will be no remuneration for activities).

Capacity: 5 (If applicants exceeded capacity, the members will be chosen by lottery)

Description of Duties: Overall supervision and keeping physical wellbeing of children, etc.

How to Apply: The application must arrive no later than May 19th (Fri). Please fill in an application form with required information and mail it to 〒205-8601 (no address needed), or bring directly to city hall between 8:30AM~5PM to 2F *Jidou Seishounen-ka* (is closed on Saturdays, Sundays, and Holidays). The application form is available at *Jidou Seishounen-ka* at City Hall 2nd Floor, *Hamura city's public facilities*, and at the *Hamura City* official website for download.

* For more detail, please contact City Hall, *Jidou Seishounen-ka, Jidou Seishounen kakari*, ☎Ext.265

< Rent Tableware for Free and Reduce Garbage! >

Did you know that you can help reduce garbage and CO² at large by renting reusable tableware for free? *Hamura City* has a tableware lease service. It is free and the used items do not even need to be washed before returning! Why not save the cost on buying disposable ones, and contribute to reducing garbage.

Items for lease: Plates, drink cups, chop sticks, spoons until March 15th (Thu), 2018.

Eligibility: *Hamura* residents group / company / organization that want to rent more than 200 pieces.

Hamura Shi Chikyu Ondanka Taisaku Suishin Kyougikai "Eco Net Hamura"(*Kankyou Hozen-kakari*)at City Hall ☎Ext.225

< TOY LIBRARY >

The Public Social Welfare Program is hosting "Toy Library" that lends toys to disabled children, as well as providing opportunity to disabled children to enhance their activity and interests through playing with the toys. Trained instructors will assist the children playing and parents to get to know different types of toys.

Date & Time: Every 2nd & 4th Wednesday, 1PM~4:30PM Place: Central Children Center Fee: Free

*A child must be accompanied by an adult. *No reservation required.

Inquiries: City Hall, *Shougai Fukushi-ka Shougai Fukushi-kakari* ☎Ext.173

< **Application for Child Support Allowance** > June is the month in which renewal procedures are made. If you have never applied for this allowance, or if you were no longer eligible to receive the allowance at 2016, due to increase in wages, but have met eligibility criteria for 2017, please consult and file an application by the end of May. Child Support Allowance (*Jidou Ikusei Teate*) is provided mainly to single parent households which meet the income limit requirement.

❖ Current beneficiaries will receive Notification of Current Status (現況届用紙) by mail in June.

◆ **Child Support Allowance (*Jidou Ikusei Teate*)**

Eligibility: Household of a parent/guardian with child(ren) who turns 18 year old or younger in FY2017, or are looking after the child on behalf of guardian. Eligibility is offered by any of the following conditions.

Father or mother was deceased • Parents are divorced • Child was born out of wedlock
• Parent has severe disability that prevents him/her to be employed (issued with a mental disability certificate *Ai no Techou* grade 1~3 or physical disability certificate *Shintai Shougaisha Techou* grade 1~2)

Allowance Amount: ¥13,500 per child, monthly

Item needed for application:

①Applicant and child(ren)'s *Kosekitouhon*(official copy of family register), ②Applicant's bank book, ③disability certificate ④Individual Number Notification ⑤ valid identification such as driver's license/ individual number card ⑥ if you own one, an *Inkan*

◆ **Special Child Support Allowance for Disabled Children (*Jidou Ikusei (Shougai) Teate*)**

Eligibility: Household of a parent/guardian with child(ren) under 20 years old with following disability
Certified by Tokyo Metropolitan Gov: mental disability or certificate (*Shintai Shougaisha Techou*) grade 1~2 along with Intellectual Disability Certificate (*Aino Techou*) level 1 ~ 3.

Certification by City: mental disability or certificate (*Shintai Shougaisha Techou*) grade 1~4 along with Intellectual Disability Certificate (*Aino Techou*) level 1 ~ 4.

Tokyo's Allowance Amount: ¥15,500 per child, monthly *

City's Allowance Amount: ¥12,500, ¥13,500 per child, monthly *

*depending on the disability and household income ※Multiple benefits cannot be received.

Items needed for application: ①Applicant's bank book, ②disability certificate ③ Individual Number Notification ④valid identification such as driver's license/ individual number card ⑤if you own one, an *Inkan*

Notes: If you did not live in *Hamura* on Jan 1st,2017, you must bring the *Shotoku Shoumeisho*(income certificate) or *Kazei/Hikazei Shoumeisho*(Taxation Certificate and Tax-Exemption Certificate) which states your income of 2016 issued by the municipality office of where you lived then. Other documents may be needed according to the condition. To find out about qualification requirements and/or application procedure, please contact *Kosodate Shien-ka, Shien kakari* ☎Ext.236.

【 **Temporary Welfare Benefit** 】

臨時福祉給付金 (*Rinji Fukushi Kyuufukin*)

Alleviating Economic Impact Following the Consumer Tax Increase on Households Exempt From Resident Tax
Term: April 2017 ~ September 2019

Eligibility: Registered resident who is exempt of FY2016 resident tax. *Dependents of persons taxed the resident tax, and residents receiving public financial assistance are not eligible for this program.

Benefit Amount: ¥15,000 per eligible person

Application: Application forms will be mailed to the applicable persons in late May. Please fill in the form and submit by mail or in person at city hall.

Designated office for this program will be opened and administered by Social Welfare Section.

◆ May 8th (Mon)~26th (Fri), city Hall 1st Fl. *Tamokutekishitsu* ◆ May 29th (Mon)~August 8th (Tue) Room 201
9AM~11:30AM / 1PM~4:30PM, Closed on weekends and holidays

*The office will be open on weekends of May 13th ,14th ,20th ,and 21st

Following items will be needed for application... copy of an official identification with picture (driver's license, passport, individual number card,etc.), copy of bank book, and if you were not a Hamura City resident in 2016, you need your tax exemption certificate from the municipality at which you were residing.

The welfare benefit will be transferred to your bank account.

Inquiry: Contact: *Shakai Fukushi-ka Shomu-kakari* – city hall, ☎ Ext.112

NATIONAL HEALTH INSURANCE - KOKUMIN KENKOU HOKEN

All residents of Japan are required by the law to have health insurance coverage. The aim of the Japanese National Health Insurance Program (N.H.I.) is to minimize the burden of medical expenses for residents who are not covered by Employee's Medical Insurance or any other health insurance.

Foreign residents who are granted a permission of residence over 1 year and are not enrolled in Employee's Health Insurance must enroll in N.H.I., and others who stay in Japan with legal status for over 3 months are also subject to the enrollment obligation.

The N.H.I. program fund is dependent on the pool of member's premium contributions from citizens enrolled (*Hokenzei*), the rate of which varies among municipalities.

The premium contributions alone are not enough, therefore the metropolitan government has spent medical expense. The federal and metropolitan government insurance system subsidizes a large part of medical fees and medicine costs for municipalities subject to the coverage. In order to secure the funds, on top of the contributions and government grants, the city government has been supplementing a portion (1/5 to 1/6) of the balance with special funds from the City's General Account Budget. Funding is still dependent on supplementing the balance with special funds from the city's General Account budget. We appreciate your understanding on this matter, and would like to strongly encourage our people for making efforts on keeping good health.

NHI Premiums for 2017

	Income Ratio	Per Capita Basis	Limit of Tax Base
Medical Expenses	5.1 %	¥23,000	¥540,000
Premium for Supporting the Late Elderly	2.0 %	¥9,800	¥190,000
Premiums for Nursing Care	1.8 %	¥13,000	¥160,000

Yearly Medical Costs per Person
and Premiums to Cover for It (Unit: Yen)

2013	2014	2015	2016 (estimate)	2017 (estimate)
300,497	310,368	322,796	342,260	360,858
Medical Expenses				
78,226	77,280	77,071	85,430	85,593
From Premiums				

~ Health Premium Reductions (maximum 20 %, 50 %, or 70% Reduction) ~

Citizens can be eligible for partial exemption from health premiums. If the household's total income for 2016 is less than standard, premium costs can be reduced. The various reductions are calculated based on each household's income. Please make an inquiry to City's Medical Insurance Section *Shiminka Hoken Kakari* for details. You must register to be eligible.

<Exemption from Payment of Premiums>

If your situation is as described below, you will be eligible to receive exemption from payment.

Please do not leave over-due taxes accumulating, just consult with *Nouzei-ka Nouzei-tantou* about special measures provided for those in difficult financial situation.

Exemption is for

- The victims of severe property damage from fire or flood.
- IF Employee Insurance (*SHAKAI HOKEN*) is no longer available, and policy holder must make change of health care category to enrollment in *Kokumin Kenko Hokenn* (NHI) insurance at age 65 or older who has enrolled in premiums for supporting the elderly as well.

Unemployed Persons~Steady income has not been possible due to recent termination or due to a business being suspended or terminated (Reduction or Exemption is applied, whichever is deemed as appropriate.)

The 2017 NHI health insurance premiums notifications will be mailed out to households in early July.

Please inquire, for there are conditions by which evaluation will be made for validity.

Inquiries: *Shiminka Hoken Kakari*, ☎Ext. 125

< TV Hamura in May >

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>

Selected Topic: "*Hamura Flowers and Water Festival 2017*" One of the largest tulip fields in Kanto

This Month's Special Program: ~ ***Tokubetsu Bangumi – Kawasaki Matsuri Shrine Festival***~

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

< Rubella(*Fuushinn*) Immunization for Adults >

Rubella, also known as German Measles, is becoming ever more prevalent among adults in recent years. For expectant mothers, contracting rubella poses a threat to cause her fetus to be born with congenital rubella syndrome (which is characterized by hearing impairments, cardiac disease or cataracts).

Eligibility: Female *Hamura* residents at age 19 or older who wish to be pregnant in the future, whose Rubella antibody titer is proven low by a test. *If you have never taken the test before, it can be provided for free.

Application and Appointment:

Please submit an application for the process to the Hoken Center no later than March 30th (Fri), 2018. You will receive a screening/immunization packet. After this is received, then make a vaccination appointment at medical facility participating in this program. You will receive antibody titer test; if figures show that antibody is low, you will be instructed to receive immunization.(Bring your identification to show proof of age, etc.)

Subsidy Amount: (The immunization fee may vary by institution.) *Hamura* City provides ¥5000 for Measles- Rubella combination immunization and ¥3000 for Rubella-only immunization received

❖Those pregnant may not be inoculated. Also please avoid becoming pregnant 2 months after receiving shot. Please apply for this immunization by postal mail, or by bringing in directly (Hours are 8:30AM ~5PM, closed weekends). You can also reserve for the antibody test at this time.

Inquiry: *Hoken* Center, 042-555-1111 ☎Ext.623



活用しよう！エコライフ助成制度

< Hamura City Subsidy Programs for Environment Friendly Lifestyle>

~ Promoting Energy Generation & Conservation * Greenery Creation ~

Hamura City has been supporting local residents and businesses with their effort on reducing environmental impact by providing public subsidies for eco-friendly retrofitting and increasing greenery in city landscape, also promoting efforts of the environmentally friendly business industry. If you are considering application of eco-friendly improvement or greenery creation to your home or business entity, or even if the work is already completed, please feel free to consult and find out if these subsidy programs can help you.

Inquiry: *Kankyō Hozen-ka Kankyō Hozen-kakari* – ☎Ext.225

◆ Subsidy for Clean Energy Generation & Energy Conservation ◆ (*Soushou Energy*)

Subjects: Building improvement works aiming for conserving energy, installation of devices for clean energy usage / generation (ZEH/B structure with low emission, zero emission of CO², water tank, etc.), purchase of next-generation vehicles, other energy efficiency improvement works.

Eligibility: *Hamura* residents and local small enterprises.

*The work must complete by December 31st 2017.

Subsidy Application Period: May 1st (Mon) ~ January 31st (Wed), 2018 *Processed in order of receipt.

Subsidy Amount: Depending on the work cost or subsidy amount limit, reimbursed amount will be determined. Payment will be made by Eco-point.

There is an amount limit individually set for each type of work.

Please ask before starting construction for details. If the procedure has been finished, please inquire about requirements. Items must be purchased at stores within the *Hamura* City.

Flow of Subsidy Payment:

- ①Apply for subsidy. ②After approval, you will receive Eco-points issued by the city.
- ③Use Eco-points for shopping any items at stores in *Hamura* City
- ④Apply for cash reimbursement for the amount you spent with Eco-points. *Shopping receipts needed.
- ⑤Cash amount of the reimbursement will be deposited to your bank account.

◆ Subsidy for Greenery Creation in City Landscape ◆ (*Midori Soushitsu*)

Subjects: Installing green hedge, planting trees / lawn in garden, roof garden, façade/outer-wall greening.

Eligibility: *Hamura* residents and local small enterprises.

*The work should be completed or if in progress, see completion between April 1st 2017 and March 31st 2018.

Application Period: Until April 2nd (Mon), 2018 *Application processed in order of receipt.

Subsidy Amount: one-third (1/3) or up to half (1/2) of the cost.

There is an amount limit individually set for each type of work.

Flow of Subsidy Payment: Apply for the reimbursement with original receipts. After the approval, subsidy amount will be deposited to your bank account.

< **Hamura City Public Housing (Shiei Juutaku)** > *Shiei Juutaku* housings are managed by the city government in purpose of providing affordable housings for low-income earners having housing problems. People can sign up for the FY 2017 tenant waiting-list program. The application for the waiting list of housings for general household or elderly household are now accepted..

To Become a Waiting List Registrant: You must have been a Hamura City citizen for at least 2 years, who meet the income standard. Tax payment history will also be put into consideration. .

Housing at the following districts: *Sakae-cho, Tamagawa, Mihara, Mazaka, and Hane Kami,*

for general household, and *Fujimidaira, Mihara, Hanekami* for elderly household . Please inquire.

The application brochures will be available from May 8th(Mon) to 16th(Tue), at *Kenchiku-ka* (8:30AM~5PM) in city hall 2nd floor and at city hall branch offices (9AM~1PM) on weekdays, or at city hall Main Reception on Saturday and Sunday. For more information, please see the brochure or consult City Hall, *Toshi Keikaku Ka, Jyuutaku Koutsuu Kakari* ☎Ext.276. *The candidates will be selected by open drawing on May 24th (Wed).

< **Tokyo Metropolitan Public Housing** >

These public housings are managed by the metropolitan government in purpose of providing affordable housings for low-income earners and residents having housing problems. There are required applicant eligibility qualifications such as income level, period of resident registration history, etc.

Availabilities for this Application Term are for the following household types;

[general family, family of young parents, family with many children]

Application: The completed application form must reach *Shibuya* Post Office by mail before May 19th(Fri).

*Tenants will be selected by drawing held on June 21st (Wed) at Tokyo Metropolitan Government Office.

The application brochures for the current offer term will be available from May 8th(Mon) to 16th(Tue), at *Kenchiku-ka* (8:30AM~5PM) in city hall 2nd floor and at city hall branch offices (9AM~1PM) on weekdays, or at city hall Main Reception on Saturday and Sunday.

For more details, please refer to the brochure or inquire to the office of *Tokyoto Juutaku Kyoukyuu Kousha Inquiries: Tokyoto Juutaku Kyoukyuu Kousha Boshuu* Center (JKK Tokyo Application Center)

During May 8th ~ 19th ☎0570-010-810 / Other Times ☎03-3498-8894 Office closed on weekends

割れた「はむら市民カード」「印鑑登録証」は捨てないで

< **Do Not Discard Your Chipped or Cracked Hamura Shimin Card and Seal Registration Card** >

You can exchange your chipped or cracked *Hamura Shimin* Card and Seal Registration Card free of charge at the City Hall 1st Floor Reception. Please bring valid identification by which you can be confirmed as the card holder. Registration is required for acquiring new card.

You can use the Automated Registry Machine if you have this card, with which you are able to obtain family register documents by using your 4 digit code. Digital output from machines does not require any paperwork, and will save time. For more information, please call the *Shimin Ka, Uketsuke kakari* ☎121.

赤十字活動資金の寄付にご協力を

< **Japanese Red Cross Society Campaign 2017** >

May is the annual promotional campaign month of Japanese Red Cross Society.

Officers of your community association will visit the homes of association members to collect donation support which will be used to fund international/domestic disaster response and relief operations, medical services, education of nurses, blood program and other social welfare services.

Your support for Red Cross Society's worldwide humanitarian activities will be deeply appreciated.

Inquiries: City Hall, *Shakai Fukushi-ka Shomu-kakari* ☎Ext.114

< **Light Vehicle Tax** >

Light Vehicle Tax is imposed on the registered owner based on the ownership registration as of April 1st.

Tax Notification for Light Vehicle (軽自動車税納税通知書) will be mailed to the applicable vehicle owners in early May. Light Vehicle Tax payment is accepted at designated financial institutions and at convenience stores (participating stores are listed on back side of the notification).

◆There is a tax exemption measure for light vehicles owner with disability. Application for the exemption must be filed before May 31st (Wed). Those who were Light Vehicle Tax Exempt during last year need to file an application again only if the registered vehicle was replaced with an another vehicle.

Inquiries: *Kazei ka, Shiminzei-kakari* ☎Ext.189

認知症サポーター養成講座

< **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 support 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: May 26th (Fri) 6:30PM~8:30PM Fee: Free

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

Application & Inquiry: For class and family get-together, call *Kourei Fukushi Kaigo-ka*, ☎Ext.456, between 8:30AM ~ 5PM on weekdays. Closed on Saturday and Sunday.

SPORTS CENTER ☎042-555-0033

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

Date: June 9th (Fri) ~ July 14th (Fri) Every Friday, 2PM ~ 3PM Place: Training Room Studio, *Kaigishitsu*

Eligibility: Those older than 18 Capacity: first 20 Fee: Residents/Workers ¥ 600, Others ¥900 (for 6 times)

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

Apply for class from May 2nd (Tue) ~ 23rd (Tue) (Facility is closed on Monday) 9AM ~ 4:30PM. 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 042-555-1699 / taikyou-m@sage.ocn.ne.jp Please make a reservation.

SWIMMING CENTER ☎042-579-3210

< **In-Water Walking Exercise** >:

Date & Time: May 27th (Sat), 10AM ~ 10:50AM Eligibility: Age 16 or older Capacity: First 30 applicants

Fee: *Hamura* residents & workers ¥400, Others ¥600 (Insurance & admission fee are included)

Things to bring: Swimsuit, cap, and Towel Instructor: *Hamura-shi Taiiku Kyoukai* Sports Trainer_

Visit the Swimming Pool Front Desk between 9AM ~ 9:50AM.

< **Free Pool Admission on May 5th Children’s Day** >

On May 5th (Thurs, Holiday), pool admission will be free for children from 3 years up to Junior High Students! The scheduled hours for this free admission is up to 2-hours between 9AM ~ 8:50PM (entry until 8:30PM). Please obtain an admission ticket at Front Desk.

*Children must be accompanied by a guardian in the facility during the specified hours as below;

Up to 3rd grader ... all times / 4th ~ 6th grader ... after 5PM / Junior High student ... after 7PM

*Up to 2 children can be allowed entrance with one guardian who are age 16 or older.

< **Koba Training** > every Thursday from 11AM ~NOON < **Bellyshape** > every Friday 9:30AM~ 10:30AM

Capacity: first 20 Fee: ¥800 per lesson. Please reserve at the sauna reception on the 2nd floor.

FRESHLAND NISHITAMA ☎042-570-2626

< **Opening Hours during Golden Week (the first week of May)** >

We will be on regular schedule for the Golden Week, and will be closed on the 1st (Mon).

< **Freshland Nishitama Children’s Day Gift** >

Child visitors, elementary school students or younger, will get a gift on the Children’s Day, May 5th(Fri)!

< **Shoubu-yu (Iris Bath) at Freshland Nishitama** >

You can enjoy this traditional custom to have fresh iris leaves in hot bath at on May5th(Fri, Holiday).

< **Bonkei and Kousekiga Exhibition** > May 9th(Tue) ~ 21st (Sun)

Bonkei: The beauty of nature scenery is recreated in a pot.

Kousekiga: Colorful picture drawn with the colored, powered marble.

< **Hula Dance** > Every Wednesday, 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 You will not be able to use tickets.

EVENT INFORMATION for CHILDREN & PARENTS

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

< **Movie Screening for Children** > at Yutorogi ☎042-570-0707

Date & Time: May 7th (Sun) 10:30AM~11:30AM Admission: Free Reservation: Not required

Program: 3 titles scheduled Supported by: *Hamura 16mm Eizou Kenkyuukai*

< **Day-time Moon Observation** >

Date & Time: May 31st (Wed), 4PM ~ 4:30PM Place: Central Children Center *No reservation required.

Fee: Free Eligibility: Elementary School Students ~ 18 years old Will be cancelled in bad weather.

< **Astronomical Observation with Family** >

Date & Time: May 31st (Wed), 8PM ~ 9PM Place: Central Children Center *No reservation required.

Fee: Free Eligibility: Elementary School Students ~ 18 years old

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

*Observation events will be change to an astronomy lecture in case of rain or cloudy sky.

< **Hand-made Toy Workshop ~ a Croaking Frog ~** >

Date & Time: May 13th(Sat), ①10AM~ ②1PM~ Place: Central Children Center *No reservation required

Fee: Free Eligibility: Toddlers (must be accompanied by an adult) up to 6th graders

< **Home Cooking Class ~ Fruit Punch~** >

Date & Time: June 4th (Sun), 10AM~11:30AM Place: Central Children Center Fee: ¥90 (Ingredient fee)

Eligibility: Elementary School Students ~ 18 year olds residing in *Hamura* Capacity: First 20 applicants

Things to bring: Indoor shoes, apron, head cloth, hand towel, drink(tea) and the fee.

How to apply: Call or visit the Center from May 10th (Wed) ~ 20th (Sat) at 9AM ~ 5PM.

< **Sports Day ~ Let's play Hockey ~** >

Date & Time: May 24th (Wed), 3PM~4PM Place: East Children's Center

Eligibility: Elementary and junior high students *No application required

< **Story Telling Events** >

Voiced reading of children's stories from picture books and picture panel shows (*Kamishibai*) are enjoyed by children of any culture. Japanese-translated stories from various cultural origins are selected for respective age-groups with consideration to their comprehension level. Admission and reservation are not needed.

▶ **at the Main Library** ☎042-554-2280

Story Telling for Preschoolers >> May 13th(Sat), 11AM~

Story Telling for Elementary School Students >> May 20th (Sat), 11AM~

▶ **Kami Branch Library** ☎042-554-0130

Story Telling for all children >> May 24th (Wed), 3PM~

図書館 おとなのためのお話会

< **Voiced Reading Session for Adults at the Main Library** >

There will be a book reading club for adults called "Ohanashi Hotton" started by volunteers at the main library.

Their first session will be on May 10th (Wed), from 11AM. (for about one hour) Place: Volunteer Room

No reservation necessary Fee: free *The books that will be read are in Japanese.

< **Field Day at Municipal Elementary School to Which Prospective Students Can Attend** >

Prospective students who will start attending a *Hamura* City municipal elementary school in April 2018 can participate in the field day held at these schools. Preschoolers' are welcome to attend the underage group's event as part of the event schedule at each respective elementary school. Please inquire at your school.

▶ May 20th (Sat)

Hamura Higashi Elementary(☎554-5663), Hamura Nishi Elementary(☎554-2034), Ozakudai Elementary (☎554-1431),

▶ May 27th (Sat)

Fujimi Elementary (☎554-6449), Sakae Elementary (☎554-2024), Shourin Elementary (☎554-7800)

Musashino Elementary (☎555-6904) Inquiries: *Gakkou Kyouiku Ka, Gakumu Kakari* ☎Ext. 358

おしゃべり場

< **Chatting Place for Parents** >

This month's topic is "Potty Training". Child Care Volunteers will attend your children during the event.

Inquiries: *Kodomo Katei Shien Center* ☎042-578-2882

Feel free to join and share some thoughts and tips for child rearing. No reservation needed.

Place&Date: Central Children Center – May 16th (Tue) Time: 10:30AM~11:30AM for all dates

West Children Center – May 19th (Fri)

Inquiries: Children and Family Support Center

East Children Center – May 30th (Tue)

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 East Children Center on May 16th (Tue), and West Children Center on May 26th (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.



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

Date	Hospital / Clinic				Dental Clinic	
	9AM~5PM		5PM~10PM		9AM~5PM	
3 rd (Tue) Holiday	<i>Hamura Sougo Shinryoujo</i>	☎042-554-5420	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Fukutome Shika Iin</i>	☎042-555-7064
4 th (Wed) Holiday	<i>Yamakawa Iin</i>	☎042-554-3111	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Hamura Shika Iin</i>	☎042-570-4618
5 th (Thu) Holiday	<i>Sakae-chou Shinryoujo</i>	☎042-555-8233	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Hanenaka Shika Clinic</i>	☎042-554-2202
7 th (Sun)	<i>Wakakusa Iin</i>	☎042-579-0311			<i>Moriya Shika Iin</i>	☎042-555-9872
14 th (Sun)	<i>Matsuda Iin</i>	☎042-554-0358	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Nozaki Shika Clinic</i>	☎042-555-3316

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

PUBLIC CONSULTATIONS Schedule of MAY

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠*	12 th (Fri), 26 th (Fri)	1:30pm ~ 3:30pm	Spanish and Korean interpretation service is available by appointment for Foreign Residents Consultation only. ◆ <i>Shimin Soudan-shitsu</i> city hall Ext.541
Public Administration and Human Rights	18 th (Thu)	1:30pm ~ 4:30pm	

*㉠=appointment required.*For Korean 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.