



# HAMURA NEWS

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## < The 6<sup>th</sup> Hamura Environment Fair >

June 3rd (Sat) 10AM ~ 4PM at Yutorogi

Kouryuu Hiroba & front street of Yutorogi Center, Main Library (Sangyou Fukushi Center if weather is rainy)

Host: Hamura Environment Fair Executive Committee or Kankyou Hozen-kakari at city hall ☎Ext.225.

### Events

Opening Ceremony: Band performance will be held by the Ozaku and Hamura Nishi Elementary Brass Bands at this ceremony, during which the Green Curtain Contest Awards Ceremony will be held.

- ★ Eco Science Show
- ★ Quiz Time "Who is the Environment Expert?" ~ Winners will get a prize!!!
- ★ Learn About the Earth's Atmosphere
- ★ Lecture about Saving the Earth's Environment
- ★ Youth Eco-Study Tour in Hachijou-jima Island Presentation
- ★ LIFriends Live Performance
- ★ Closing Ceremony

Early visitors receive a special souvenir!! (Eco Products, Seedlings, and Flowers) Details are on pamphlet.

### Exhibitions

- ◇ Various Business Entities Exhibition (Earth Friendly Products and Vehicles, Yogurt Tasting, etc.)
- ◇ Government Booth (Display of various activities by Hamura City raising environmental awareness)
- ◇ Food Vendor Stalls (Maimaizu Potato, Fried Chicken, Pizza, Yakisoba, Crepes)
- ◇ Experience!
  - ❖ The Aquarium and Traveling Small Zoo from Hamura Zoo ❖Aquarium is set up especially for this event!! Come visit the cuddly animals in the traveling small zoo!!
- ❖ More Fun!! ❖
- Play with Wood Craft, Sport Experience in Paralympic Sports (Blind Soccer), Make a non-battery radio
- ◇ ❖ Renewable Energy Source ~AZEMS ❖ ~ Experience the solar powered fan and audio device operated with energy gained from this solar power source.
- ◇ Decorated Streets which are Ecologically Friendly blocking the sun
- ◇ Disaster Relief Booth ~ The booth will sell goods from Fukushima Prefecture.
- ◇ Library Environmental Book Collection ~ Available during the month of June at the Main Library

- ◆ Traffic Restriction: A section of street in front of Yutorogi will be closed to motor vehicles on June 3<sup>rd</sup> (Sat) between 6AM ~ 8PM. Thank you for your understanding and cooperation.
- ◆ Bus Stop will be moved: June 3<sup>rd</sup> (Sat) between 6AM ~ 8PM, a Hamuran Bus Stop in front of Yutorogi will be relocated near the intersection by Yutorogi's multi-story parking. We apologize for the inconvenience.

This is an event which was organized by a cooperation of local business entities and citizen groups with an aim to raise awareness on environmental issues and challenges that we face. The theme for this year's Hamura Environment Fair is "Ecology". At the venue, booths will offer educational insight, and there will also be some musical group performances. Let's join this educational and fun event! For more details, view the official website, or please feel free to contact the event hosts.

「くらしのなかの「へび」」

< Snakes Featured in Ancient Relics from Old Lifestyle >

There were many stories and legends handed down from ancestors which were about snakes.

Paintings and carvings which depict snakes from relics that exist and photographs of snakes are on display.

Date: June 3<sup>rd</sup> (Sat) ~ September 3<sup>rd</sup> (Sun), 9AM ~ 5PM Closed on Mondays (if holiday, will open)

Place: Exhibition Area Fee: free

はじめてみませんか、バードウォッチング

< Woudn't You Like to Start Birdwatching? >

It is the season of summer birds. You can find them along the Tama River.

During the workshop participants will be instructed on how to use a binoculars.

Date & Time: June 10<sup>th</sup> (Sat) 9:30AM ~ 11:30AM (will be held in light rain) no reservation necessary

Site for Birdwatching: Neighboring sites of the *Kyoudo Hakubutsukan*, Hamura Seki (Water Intake Sluice)

Meeting Place: *Tamagawa* brothers statue at the Hamura Seki Capacity: about 30 people

The group will be dismissed at the small arbour in the Folk Museum Fee: ¥100 (Free for Jr. High and under)

Things to Bring: Beverage, raingear, binoculars (if you own one)

Taught By: A member of "Yacho no Kai" Okutama No reservation necessary.



市内いっせい美化運動 花いっぱい運動

< Hamura City Beautification Campaign on Sunday, May 28<sup>th</sup> (Sun) >

Let's join your community group for a day of public cleaning or gardening activity — picking up trash and cleaning around our public facilities and streets, or prepare the community gardens with flowers for Summer.

☆ Town Cleaning ☆

Let's pick up trash from public spaces with your neighborhood group, then separate them into burnable and non-burnable trash bags, then place them out for collection before 9AM on the event day.

Inquiry: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari* - ☎Ext.204

※ Community Gardening ※

Hamura City will distribute 106,200 pots of colorful flowers to decorate public parks and sidewalks.

Decorated flowerbeds will be entered for the Hamura City "Hana Ippai" Summer Competition. Ask for details

Inquiry: *Sangyou-Shinkouka Nousei-kakari* - Ext. ☎663 / Hamura City Tourism Association ☎042-555-9667

6月1日～7日は水道週間

< Waterworks Promotion Week - June 1<sup>st</sup> ~ 7<sup>th</sup> Annually >

The week of June 1<sup>st</sup> ~ 7<sup>th</sup> is the Waterworks Promotion Week. During this week, the Hamura City Waterworks Office will welcome visitors to the tour in the *Haisuitou*(Standpipe) and the *Jousuijou*(Filtration Plant).

These major facilities will be open to the public to promote the understanding of our water system that local residents rely on for daily water supply, which is sourced in groundwater in Hamura City.

The Waterworks Department is, along with the wide range of responsibilities, currently carrying out the earthquake-resistance improvement project for the underground pipe systems as well as the regular monitoring of local water quality focusing on the detection of radio-active substances in order to maintain quality water supply. It is not necessary to make an appointment in advance to join the tours.

Jousuijou (Filtration Plant): Open to public on June 3<sup>rd</sup> (Sat) and 4<sup>th</sup>(Sun), 9AM~4PM.

This plant is equipped with a membrane water filtration system of the largest scale in Japan.

Location: Hanenaka 4-10-3

Haisuitou (Standpipe): Open to public on June 1<sup>st</sup>(Thu) ~ 7<sup>th</sup>(Wed) 9AM ~ 4PM. Water Tasting: 3<sup>rd</sup> & 4<sup>th</sup>

From the top of the tower, you can enjoy the grand view of the Hamura city landscape!

Both Visitations are free of charge. Each participant will be given one "Hamura Water" as a souvenir.

Inquiries: Hamura City *Suidou Jimusho* Waterworks Office ☎042-554-2269

< **Composting Food Waste Using a Cardboard Box: Composter Tester (Monitor) Wanted** >

By composting food wastes, the total burnable waste can be reduced, and can be changed into a useful resource by recycling. *Hamura City* promotes food waste reduction, and is looking for people who want to participate in the class and become a composter tester (monitor) for recycling food waste using a composter made of card board boxes. If you become a composter tester, (monitor), your composter made during the course can be taken home. (about the standard sized *mikan* box) Fertilizers are made through microscopic organisms' decomposition of kitchen wastes inside this cardboard box with enriched soil. If you become a tester (monitor), you will be asked to fill out a questionnaire. You must be a resident or a worker to apply.

Day/Time: June 17<sup>th</sup> (Sat) 10AM~11:30PM Place: Community Center *Daiichi Kenshuu Shitsu* (2F)

Eligibility: *Hamura City* residents/worker, first 20 applicants Fee: Free Items to bring: pen/notebook

Application/Inquiry: Call or come to *Seikatsu Kankyou-ka* on the 2<sup>nd</sup> floor of city hall, in advance from May 15<sup>th</sup> (Mon) ~ June 16<sup>th</sup> (Fri) from 8:30AM~5PM (excluding weekends & holiday).

Inquiries: *Seikatsu Kankyou Ka, Seikatsu Kankyou Kakari* ☎ Ext.204

< **Exercise Class for Fall Prevention & Improving Physical Fitness** >

Wouldn't you love to stay healthy and fit even when you are old? In this class we introduce various exercises which are effective at preventing falls & improving your stamina. Please join us!

Date & Time: Every Friday of June 23<sup>rd</sup>, 30<sup>th</sup> July 7<sup>th</sup>, 14<sup>th</sup> (total 4 lessons) 9:30AM ~ 11:30AM

Place: *Iko no Sato, Shuukaishitsu* on 2F Eligibility: Age 65 years or older Capacity: 30 people

Fee: Free Items to bring: Exercise outfit, Towel and Drink

Application / Inquiry: *Kourei Fukushi Kaigoka, Kourei Fukushi Kakari* ☎Ext.178 8:30AM~5PM  
(closed weekends and holidays)

< **The 36<sup>th</sup> Recreation Gathering For Elderly Residents** >

*Hamura City* and the Elderly Citizen's Club will hold a senior citizen event. Join even if you are not a member. Elderly citizen's health will be enhanced through engaging in sport and recreational activities at this event.

Date & Time: June 14<sup>th</sup> (Wed), 1:30PM ~ 4:30PM Place: Sports Center Hall 1

Eligibility: *Hamura* residents at age 60 or older Please inquire for details

\*Bring indoor shoes. Inquiry: *Kourei Fukushi-Kaigo-Ka, Kourei-Fukushi-kakari* ☎Ext.177

**LET'S REJUVENATE YOUR BRAIN AND ENJOY LIFE MORE!**

Inquiry: *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari* ☎Ext. 178

~ Briefing for Lecture Courses for Rejuvenating Your Brain

Date/Time: ①June 20<sup>th</sup>(Tue) & 22<sup>nd</sup>(Thu), 10AM~NOON Place: *Yutorogi Kouzashitsu 1*

Eligibility: *Hamura* residents who are 65 years or older, persons taking care of a dementia patient in family, or those who are interested in learning about dementia. Reservation: not required

Instructor: Dementia Prevention Support Center Staff

~ Lecture Courses for Rejuvenating Your Brain ~ Place: Community Center 2<sup>nd</sup> floor *Kenshuushitsu*, etc.  
You will discuss activities with your group. Please choose between three categories

1> Walking plus Trip. 2> Walking plus Cooking 3> Walking plus Computer Skills (must own PC)

Classes: Tues of July 18<sup>th</sup>(Tue)~Nov 14<sup>th</sup> (Tue), 9:30AM~11:30AM (17 sessions) \*no class Aug. 15<sup>th</sup>

Eligibility: *Hamura* residents 65 years old or older Capacity: 6 per program

~ Dementia Support Facilitators Wanted ~

There will be a 3 day course from June 26<sup>th</sup> (Mon) ~ 28<sup>th</sup> (Wed), 10AM ~ 4:30PM. Those who complete the course can become facilitator to volunteer at the lecture above, etc. (You can come to the briefing.)

Eligibility: 3 persons who are able to attend all three days, no age limit. Please ask for details.

### < Traffic Safety Class at Junior Highschool >

In addition to the traffic lecture, demonstrations of common traffic accidents will be performed by stunt men.

Date & Time: May 25<sup>th</sup> (Thu), 1:30PM~(about 2 hours) Place: Hamura Dai Ichi Junior High School

Stuntman Demonstration: ■crash at 40 k per hour ■bicyclist violating traffic laws■bicycle hits pedestrian  
■accident due to bad visibility at intersection ■accident between bicycle and pedestrian on the crosswalk

These demonstrations will be followed by a traffic lecture from police staff at the Fussa Police Station.

\*If the field is not suitable for use, the event will be held indoors.

\*Any Hamura residents can participate in this school event. Feel free to join! \*No parking is available

Inquiry: Bousai Anzen Ka, Koutsuu Bouhan-kakari ☎Ext.216

### < The 52<sup>nd</sup> Field Golf Tournament >

Date & Time: May 27<sup>th</sup> (Sat), 9:30AM~NOON (cancelled in case of rain) Reception: 8:45~9AM on even day.

Eligibility: Hamura residents and workers Fee: ¥200 (pay at site) Place: Miyanoshita Sports Ground

Hosted by: Hamura-shi Sport Suishin Iin Kyougikai (Hamura City Council of Sport Promotion)

### < Field Golf Beginner's Briefing >

You can borrow equipment that is necessary. 9:30AM ~ 11AM (Cancelled in case of rain) on event day.

Fee: ¥100 (pay at site) Reception: 8:45 ~ 9AM on even day. Place: Miyanoshita Sports Ground

\*Please wear appropriate outfit and shoes for the event.

How to apply: Please reserve by May 21<sup>st</sup> (Sun), call, fax, e-mail/ visit the Sports Center ☎042-555-0033, fax 554-9974 and provide your address, name, phone number, and your date of birth. If bringing in, come between 9AM~5PM Email: [s705005@city.hamura.tokyo.jp](mailto:s705005@city.hamura.tokyo.jp) Facility is closed on 15<sup>th</sup> (Mon)

### < HTML and CSS Course for Junior High School Students and Above >

Skilled computer engineers will teach a free class on how to build a website with HTML and CSS structure.

Date: July 8<sup>th</sup> (Sat), 22<sup>nd</sup> (Sat), 29<sup>th</sup> (Sat) 3 sessions Time: 10AM ~ NOON

Place: Kouzashitsu 2 at Yutorogi Center Eligibility: those who can type on a keyboard, and use a computer to create a file (Residents of Hamura City have preference over residents of other municipalities.)

Capacity: first 20 Fee: ¥3,000 (¥800x3+¥600 for text books) Please bring your personal laptop equipped with Windows 7 or newer with you. Lecturer: Mr. Tamura, Professor at Nihon Kougyou College

Application and Inquiry: Please apply between May 16<sup>th</sup> (Tue) ~ June 23<sup>rd</sup> (Fri) by postal mail or directly bringing into the Yutorogi Center, or by registering on the official electronic service of the city hall.

For further details, please call Yutorogi Center ☎042-570-0707. Mailing address is: 〒205-0003 1-11-5 Midorigaoka, Hamura Shi. (We are seeking volunteers as well.)

### < Saturday Chatting Place For Parents >

Let's enjoy communicating with your child! You can gain tips on baby massage, which is useful in further bonding with your child. Father and mother, also grandmothers and grandfathers are welcome.

Date & Time: June 3<sup>rd</sup> (Sat) 10:30AM ~ NOON

Place: Central Children's Center Gakushuushitsu on 2F Capacity: first 15 groups

Fee: free Eligibility: Pre-school children and family (designed for 0 year old that doesn't walk yet)

Details: baby massage and child rearing tips \*No reservation required. \*Parking is limited. Please come by walking or ride bicycle. Kodomo Katei Shien Center ☎042-578-2882



< **Consultation for Single Parents / Women about Daily Matters** >

The City offers consultation to single parents and women at the *Kosodate Shien Ka* (Child Support Section). Consultation is scheduled from Monday ~ Friday, 8:30AM ~ 5PM (closed for lunch and weekends.) A dispatch of the staff to out of office location is scheduled on May 24<sup>th</sup> (Wed), 1:30AM ~ 4PM  
Place: *Sangyou Fukushi Center*, Tatami Room on 1<sup>st</sup> Floor (near Yutorogi). Please make a reservation by phone on weekdays. ☎*Kosodate Shien Ka, Shien Kakari* Ext. 239

グリーンカーテンコンテスト

< **Green Curtain Contest 2017** >

*Hamura City* is encouraging residents and business to use green curtains at their facilities as one of the power saving efforts. If you are growing a green curtain, why not enter yours to this contest?

Eligibility: Residents and business growing green curtains at home or workplace in *Hamura City*

Application Period: July 3<sup>rd</sup> (Mon) ~ September 29<sup>th</sup> (Fri) Must have ①a photo including the whole image with the building of your green curtain. ②a photo(s) showing the current state of the growing green curtain.

Both photos need to be an A4 size or larger picture. Submit these along with the application form by method of mail, e-mail, or bringing in directly to the City Hall *Kankyō Hozen-ka* (city hall 2<sup>nd</sup> floor) between 8:30AM ~ 5PM (weekdays). An application form is also available there or downloadable at and the city website. If you would like to have a form mailed to you, please send a blank envelope to "Green Curtain Contest" with ¥82 stamp on it. Walk-ins are only on weekdays and not on Saturday, Sundays, and holidays. The winners will be announced on *Hamura News Japanese Edition* and *Hamura City Website*. The best prize winner will be invited to a commendation ceremony at the 7<sup>th</sup> *Hamura Environment Festival*.

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

e-mail: [s205000@city.hamura.tokyo.jp](mailto:s205000@city.hamura.tokyo.jp) Post: to Green Curtain Contest, 〒205-8601 (no address needed)

防犯カメラ設置運用状況 (平成 29 年 3 月 31 日現在)

< **Street Security Cameras Were Installed** >

As a crime preventive measure, *Hamura City* maintains street security cameras at:

City Hall, Libraries, Sports Center, Swimming Center, *Yutorogi* Lifelong Learning Center, *Kyodo Hakubutsukan* (Folk Museum), East Child Center, West Child Center, Water Park, Zoo, JR *Hamura Station* West Exit Branch Office, Elementary and Junior High Schools and School Commute Areas, Community Center, *Fukushi Center, Iko no Sato, JR Hamura Station area, and JR Ozaku Station area.*

Inquiry: *Soumu Ka Housei-kakari* ☎Ext.327

羽村市水道水の放射性物質測定結果

**Radiation Level Analysis of Tap Water of Hamura City**

Date the Water Sample was Gained	Testing Items (unit: Becquerel per kilogram)	
	radioactive cesium 134	radioactive cesium 137
April 10 <sup>th</sup> (Mon) 2:30PM	Not detected (Below 0.1)	Not detected (Below 0.1)
Target value	10	

The target value is figures specified by the government at which findings should be lower than (the sum of the level detected for cesium 134 and cesium 137)

Hamura City

*Suidou Jimusho* Waterworks Office ☎042-554-2269

放射線量の測定結果

**Radiation Dose Test Results at Fujimi Park**

(unit: μsv/h (micro Sievert per hour))

The level of radiation is lower than 0.23 μsv/h; figure by which it is considered safe if readings are below this.

Inquiries: *Kankyō Hozen Ka, Kankyō Hozen Kakari* ☎Ext 226

Date of Testing	Weather	Elevation at which testing was conducted		
		5cm	50cm	1m
April 12 <sup>th</sup> (Wed)	sunny	0.048	0.045	0.048

5月19日(金)午前9時~11時自動交付機サービスを終日停止します

**< Automated Registry Machine at City Hall will not Operate >**

On May 19<sup>th</sup> (Friday), 9AM~11AM, there will be a routine electrical inspection for the automated registry system. 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.121

介護保険料特別徴収開始

**< Long-Term Care Insurance Premiums deducted from your Public Pension >**

For those who will be paying Long-Term Care Insurance Premiums by special collection from April, a Notification of Amount of Special Collection (Premium) Letter has been sent to these applicable citizens.

Based on income of 2016, the payments will be made bi-monthly in even numbered months. (A letter will be issued in July regarding amount to be deducted.) *Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari*, ☎Ext. 144

中学生の職場体験

**< On-The-Job Social Learning Program For Junior High School Students >**

All *Hamura* Junior High Schools organize a social learning program which allows the students to experience semi-internship at actual work places, thanks to the cooperation from local business entities.

This social learning program provides the students a great opportunity for learning about the jobs and developing communication skills required in professional environment.

Please be informed that 8<sup>th</sup> graders of *Hamura Dai 2 (Ni)* Junior High School will start their 5-day internship starting on May 29<sup>th</sup>(Mon) to June 2<sup>nd</sup> (Fri). Those students do not go to their school during the internship week, but they commute directly to the assigned work places.

Inquiries: *Gakkou Kyouiku-ka Shidou-kakari* ☎Ext.376

ひとり親家庭ホーム事業(宿泊費助成)

**< Holiday Lodging Subsidy for Single Parent Family >**

*Hamura* City partially subsidizes accommodation fee of "*Shizen Kyuukamura*" for single parent families.

*Shizen Kyuukamura* is our municipal lodging facility in *Kiyosato* mountain resort in *Yamanashi* Prefecture.

Eligible Stay: Subsidy is applied one time per family for one night charge on any day from April 1<sup>st</sup>, 2017 until March 31<sup>st</sup> 2018

Eligibility: Single parent households with child(ren) up to 18 years old as of March 31<sup>st</sup> 2018

Subsidy Amount: parent or junior / high school student ¥2500/person, elementary children ¥2300/person

※This subsidy is offered to single parent and dependent(s) who has not reached the age of 18.

How to Apply: After making an accommodation reservation, please fill in an subsidy application form at *Kosodate Shien-ka* in city hall 2<sup>nd</sup> floor and receive a subsidy coupon.

Inquiries: *Kosodate Shien Ka, Shien Kakari*, ☎Ext.239



### < Subsidy for Parents of Kindergarten Children >

Hamura City provides child care subsidy to parents whose children are going to kindergarten or the like to support them with part of the kindergarten expenses.

Eligibility: Hamura residents whose child is enrolled in a private kindergarten or the like facility. (3 year old ~)

①Subsidy Encouraging Kindergarten Attendance

→ funding provided by Federal Government and Hamura City.

②Subsidy offered for Supporting the Household with Kindergarten or the Like Tuition

→ funding provided by Tokyo Metropolitan Government and Hamura City.

\*There has been a change in the #2 subsidy, which will be increased from ¥3400 to ¥4000.

How to Apply: Application form is distributed and handled at the kindergarten offices. For more details, please call City Hall, Kosodate Shien Ka, Hoiku Youchien kakari ☎Ext.233.

### 健康料理講習会

#### < Healthy Cooking Class >

"Mama's Kitchen" Lecture ~Quick and easy, nutritionally balanced meal recipes will be taught in this event.

Date: June 30<sup>th</sup> (Tue) Time: 10AM ~ 0:30PM Place: Hoken Center Capacity: First 15

Eligibility: Child Rearing Mothers who reside in Hamura City. Please inform staff if you will bring child.

(Child must be 2 years old or younger. There is limit to the number of children which can be accepted.)

Fee: ¥300 Things to bring: Head cloth, Apron, Writing materials Menu: Yogurt Chicken Curry, salad

How to apply: Starting June 2<sup>nd</sup> (Thu), call or visit between 8:30 AM ~ 5PM, excluding Saturday Sunday and Holidays. Inquiries: Hoken Center, 555-1111 ☎Ext.625.



### 大腸がん検診

#### < Colon Cancer Screening >

Date: June 1<sup>st</sup> (Thu) ~ October 31<sup>st</sup> (Tue) Eligibility: Hamura residents who are age 40 or older as of the examination date Fee: Free Testing Methods: Testing stool for occult blood (for 2 days)

How & Where: Go to one of the participating medical facilities in Hamura City with your health insurance card.

\*To those who turned 40, 45, 50, 55, or 60 years old last fiscal year, Hamura city has sent out free coupons for colon cancer screening. If you have one, please also bring the coupon when taking an examination.

Please view the Hamura City website. Inquiry by phone can be made to the Hoken Center ☎Ext. 627

### 骨密度測定

#### < Bone Density Test for Women >

Women's Bone Density generally starts decreasing after 20's, and especially around the menopause.

All female residents are encouraged to take this chance and check their bone condition even if you are young for the prevention of Osteoporosis (Brittle-bone Disease), a very common bone disease among women.

Schedules: Please choose from the following options;

<A> July 9<sup>th</sup> (Sun) 9AM ~ Noon      <B> July 9<sup>th</sup> (Sun) 1:15PM ~ 4:15PM

<C> July 10<sup>th</sup> (Mon) 9AM ~ Noon      <D> July 10<sup>th</sup> (Mon) 1:15PM ~ 4:15PM

\* Each session will take about 1.5 hours (for various test (x-ray filming) and medical counseling).

Place: Hoken Center Eligibility: Female Hamura Residents of age 20 to 64 years as of July 9<sup>th</sup>.

\*Those who are being treated for Osteoporosis, pregnant or have a possibility of being pregnant cannot apply.

Capacity: First 170 people (If more applies, it will be chosen by lottery)

Inquiry: between May 18<sup>th</sup> (Thu) to June 9<sup>th</sup>(Fri), visit Hoken Center from 8:30AM ~ 5PM, or call center at ☎042-555-1111, Ext. 624. (excluding Saturday and Sunday, holidays)

\*Please choose 1<sup>st</sup> and 2<sup>nd</sup> preference of schedule. \*If coming with a child, please notify when you apply.

\*Please check the Bone Density Test Card that will be mailed to you for the date and time specified for you.

女性特有がん検診

### < Coupons for Free Screenings for Female-specific Cancers >

Hamura City will provide coupons (subsidy certificate) for free cancer screening for Cervical or Breast Cancer. The new coupon will be mailed to the applicable residents in late May, and can start being used in June, 2017.

Cervical cancer screening coupons will be issued for female residents who turned age 20 in FY 2016, and for people who did not use the coupons previously provided in FY2015 who turn 23 during FY 2017.

Breast Cancer screening coupons will be issued for female residents who turned age 40 in FY2016 and for people who did not use the coupons previously provided in FY2015 who turn 43 in FY 2017.

Inquiries: Hoken Center 042-555-1111, ☎Ext.626 Open 8:30AM ~ 5PM on weekdays.

The Hoken Center does not operate on weekends and holidays.

乳がん検診

### < Breast Cancer Screening > Term 1

Date: By appointment between June 1<sup>st</sup> (Thu) ~ September 30<sup>th</sup> (Sat)

Please call Hoken Center ☎Ext.626 from May 17<sup>th</sup> (Wed), excluding Saturday, Sunday and Holiday

Participating Medical Facilities: Fussa Hospital, Nishimura Iin, and Taisei Hospital (located in Fussa City)

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

• These subsidy certificates are available in limited number. (Applicants will be served on first-come first-serve basis.) Fee: ¥1600 Please pay at the hospital on examination day. \*Free for Welfare Recipients.

Please bring the Certificate of Welfare Recipient.

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

\* Screening date should be scheduled when applying for Fussa Hospital.

Please note that you will not be eligible for the free check-up if you have breast augmentation or pacemaker.

子宮頸がん検診

### < Cervical Cancer Screening > Term 1

Date: By appointment between June 1<sup>st</sup> (Thu) ~ September 30<sup>th</sup> (Sat)

Please call Hoken Center ☎Ext.626 from May 17<sup>th</sup> (Wed), excluding Saturday, Sunday and Holiday

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

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

• These subsidy certificates are available in limited number. (Applicants will be served on first-come first-serve basis.) Fee: free \* Screening date should be scheduled when applying for Fussa Hospital.

Please apply for Breast Cancer Screening and Cervical Cancer Screening from May 17<sup>th</sup> (Wed)

Please call Hoken Center 042-555-1111, ☎Ext.626 between 8:30AM ~ 5PM on weekdays to make an appointment. The Hoken Center does not operate on weekends and holidays.

### Notes about Cervical / Breast Cancer Screenings :

- It will take about a month for the result reports of tests taken through this subsidy program. If you are already having symptoms, please make a doctor appointment on your own.
- If you apply at the Hoken Center by directly appearing at the counter, you will be given an interview sheet.
- The Term 2 applications procedures for Cervical and Breast Cancer are scheduled to start in September. We advise citizens to reserve before November, since it is easier to be scheduled. You may not be able to get a reservation after this due to the increase of patients.



スイミングセンター 第二期水泳教室

**SWIMMING CLASS FOR ADULTS of the 2<sup>nd</sup> TERM in FY 2017**

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

Term: June 4<sup>th</sup> (Sun) ~ July 29<sup>th</sup> (Sat), 8 sessions on each set day of the week for which you register.

For further information, please inquire at the Swimming Center during 9AM ~ 9PM (closed Mondays).

Registration is May 28<sup>th</sup> (Sun) through June 3<sup>rd</sup> (Sat). You may also view the website of the Swimming Center.

爽やかヨガ、

**< Refreshing Yoga >**

This yoga class teaches basic posing, helps to reenergize, and will be great for any age group.

Date & Time: Every Tuesday, 0:30PM ~ 1:30PM at 2<sup>nd</sup> floor *Kaigishitsu* Room

Lesson Fee: ¥800 per lesson

Things to bring: exercise wear, drink, towel, and shoes Apply directly at \*Front Desk of the 2F Sauna

ズンバキッズ

**< Zumba Fitness Classes for Kids >**

Kids can come to this class, designed for active movement.

Date: Every Thursday 6:30PM ~ 7:30PM Place: 2F Training Room Capacity: first 20 people

Lesson Fee: ¥500 per lesson Things to bring: exercise wear, drink, towel, and shoes

Apply directly at \*Front Desk of the 2F Sauna

アクアビクス

**< Aquabics (In-Water Aerobics) >**

Can't swim? Don't worry. Let's have fun exercising in the water!

Date & Time: Every Thursday between June 1<sup>st</sup> (Thu) and July 27<sup>th</sup> (Thu), 3PM~3:50PM

Place: Swimming Center Pool Eligibility: Anyone 16 years old and older Capacity: First 35 people

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

Items to bring: Swimsuit, swimming cap, and towel Instructor: *Hamura-shi Taiiku Kyoukai* Sports Trainer

How to attend: Come to the 1<sup>st</sup> Floor Swimming Pool Front Desk between 1:50PM ~ 2:50PM on the class day.

\* Aquabics classes will not be held in August.

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HIV 検査を行います

**< Free HIV Test at Public Health Center >**

Test Date & Time: June 6<sup>th</sup> (Tue) 1:30PM~4:30PM Fee: Free Reservation: Not required

\* Tests can be made anonymously.

▶▶*Nishitama Hokenjo* is open to public for consultations about sexually transmitted diseases at anytime.

Place: 1<sup>st</sup> Floor of *Nishitama Hokenjo* located at 5-19-6 *Higashi Ōme*, *Ōme* City (Public Health Center)

Test Result: Please come to the center again on June 13<sup>th</sup>(Tue)1:30 ~ 3PM. \* Appear in person only

▶▶Those who wish can be also tested for Chlamydia, Syphilis and Gonococcal Infection as well.

Inquiries: *Nishitama Hokenjo*, *Hoken Taisaku-ka Kansenshou Taisaku-kakari* ☎0428-22-6141

図書館 システム一時停止

The library's online system will not be in operation due to system maintenance on

May 29<sup>th</sup> (Mon). During this time the website cannot be viewed. We appreciate your understanding concerning this matter. Inquiries: Library ☎042-554-2280

< **The 29<sup>th</sup> Dental Information Lecture & Interactive Event ~ Cavity's Birthday ~** >

The Dental Hygiene Awareness Campaign will be underway during this event.

Date & Time: June 3<sup>rd</sup> (Sat), 2PM ~ 4PM Place: *Hoken Center* Fee: Free

Event Detail: Fun for Kids, oral check, dental microscope, electric toothbrush, etc. \*gift giveaway to all  
Also, there will be a Bingo Tournament, and a dental hygiene lecture by a dentist.

Hosted by: *Hamura-shi Shika Ishi Kai* Co-Hosted By: *Hamura City* POC: *Masuda Dental Clinic* ☎551-8686

街頭労働相談

< **One-Day Labor Consultation** >

The Tokyo Metropolitan Government will hear labor related trouble cases for the worker, employer, and others. Please feel free to participate in this event.

Date&Time: May 26<sup>th</sup>(Fri) 11AM ~ 3PM (cancelled if raining) Place: The *Tachikawa Isetan* Department Store 2<sup>nd</sup> Floor Entrance Right Side outdoor space (JR *Tachikawa Station* North Exit / The *Tama Monorail System Tachikawa Kita Station* street \*No Reservation Needed.

Inquiry: Labor Consultation Center (Industry and Labor Bureau of Tokyo) *Kokubunji Office* ☎042(321)6110

動物公園

**HAMURA ZOO (*Doubutsu Kouen*) ☎042-579-4041**

< **Prairie Dog Babies Come out of Their Den** >

Three baby prairie dogs which were born earlier this year, started coming out of their den. They can be seen playing with each other outside when the weather is good.



あそびのポケット

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

**ASOBI POCKET at Children Centers**

Game creators/instructors will play with children with fun games using hands and bodies. Join and have fun!

Eligibility: Children from 2 years old to preschool age, and their parents.

Place & Date: East Children Center – May 23<sup>rd</sup> (Tue) Time: 11AM ~ 11:30AM

Central Children Center – May 25<sup>th</sup> (Thu) Admission: free \*No reservation needed.



◆ LOCAL MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
May 21 <sup>st</sup> (Sun)	<i>Baba Kodomo Clinic</i>	☎042-555-3788	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Heizou Shika Iin</i>	☎042-554-0066
May 28 <sup>th</sup> (Sun)	<i>Shinmeidai Clinic</i>	☎042-554-7370			<i>Masuda Shika Iin</i>	☎042-551-8686

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