



HAMURA NEWS

June 15th, 2017

HAMURIN Hamura City Mascot

Edited by: *Kouhou Kouchou-ka* (Public Information & Public Opinion Section) Published by: *Hamura City*

5-2-1 *Midorigaoka*, Hamura City, Tokyo 〒205-8601 ☎042-555-1111

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< June 23rd (Fri) ~ 29th (Thu) is Gender Equality Week >

Every year, from June 23rd ~ 29th is Gender Equality Week in observance of The Basic Act for a Gender-Equal Society. Each person must be able to freely express their will and live to their full potential at their various positions that they are placed in. Nobody should suffer from gender inequality.

Slogan of the Week ~ "Cooperation ~ The Task Completed Both Genders".

Lecture About Domestic Violence (in Japanese)

There will be a lecture about Domestic Violence and knowledge useful for you when faced with the situation. The lecture will be in Japanese

Date: July 20th (Thu), 1PM ~ 3:30PM Place: *Yutorogi Kouzashitsu 1* Capacity: first 50

Fee: free Lecturer: Ms. *Sachiko Nakajima* (Director of Non-Profit Organization "Resilience")

Childcare Service: for 8 children from 18 months to preschool age. Fee: ¥50

Please reserve for childcare no later than July 11th (Tue), 5PM, by phone (weekdays) or fax (042-554-2921).

Inquiries: *Kikaku Seisaku Ka, Kikaku Seisaku Tantou*, ☎Ext. 345 e-mail: s101000@city.hamura.tokyo.jp

Do You Know "DV"?

Once they have become the victim's partner, they become very dominant, and can keep a watch on them with vengeance, and are abusive. "Dating DV" is domestic violence which can happen to dating couples. A certain violent behavior is expressed to the partner in a relationship. The perpetrator will hit, kick, and also make insults to humiliate the victim in public, inflict emotional violence constantly or deprive the victim of their money. This kind of inappropriate behavior is considered to be a violation of human rights, and the abuser can be tried as a criminal if they inflict serious damage.



第37回障害者スポーツ・レクリエーションのつどい

< The 37th Sports Recreation Event for Physically-Challenged People >

The event program holds a variety of activities to be enjoyed together by all participants with or without disability to promote sport activities for physically challenged persons. Everyone is welcome. Let's share a great time! This year's event program includes a demonstration of an Official Paralympic Game.

Date & Time: June 25th (Sun), 10AM~0:30PM Place: Sports Center Hall 1 *No reservation required.

*Please wear comfortable cloth and bring indoor shoes. 8 games are scheduled. Please inquire for details.

Inquiry: *Shougai Fukushi-ka, Shougai Fukushi-kakari* ☎Ext.173

農ウォークに参加しませんか

AGRI-WALK Participants Wanted

Agri-walk is a tour of the local farm fields in *Hamura City*. People will get a chance to talk to the farmers who harvest the land, and then gather/ taste the harvested crops and during the walk through.

Delicious “*Hamura Grown*” vegetables which were dug up can be taken home!

Date: July 4th (Tue), 8:30 AM ~ 1:30 PM (Will be held as scheduled in rain)

Eligibility: Residents and Commuters, not to exceed 4 in a group Capacity: First 30

(If applicants exceed capacity, there will be a lottery to choose participants.)

Fee: ¥500 per person (pay on the date of event)

Apply by: Send double postcard to the indicated address (below left) no later than June 23rd, (Fri):

The list of all participants must be provided for purposes of applying for insurance.

A double postcard is a 2 section postcard which is detached at the perforation line by the recipient and reply form is returned to the sender

Send Postcard To

POST CARD TO SEND	
〒205-8601	
Hamura-shi	
Sangyou-Ka	LEAVE BLANK
Nousei-Kakari	

Entries on Return Post Card

RETURN POST CARD	Address
〒 YOUR 7-DIGIT ZIPCODE	Name
YOUR ADDRESS	Gender
Group Leader's Name	DATE OF BIRTH
	TEL NO.
	NAME OF ALL PARTICIPANTS

Inquiry: Please send the application on weekdays during 8:30AM ~ 5PM by postal mail or bring to the *Sangyou-Shinkou-Ka Nousei Kakari* located on 2nd Floor of City Hall West Annex *Bunshitsu* (Ext. ☎663).

ハロー赤ちゃん

< Childbirth Preparation Class for Parents >

Date & Time: July 23rd (Sun), ①10AM ~ Noon, ②2PM ~ 4PM please choose Place: *Hoken Center*

Eligibility: Expectant mothers residing in *Hamura City* (family member can also participate)

Capacity: First 15 pairs Class Detail: How to bathe a baby, change diapers, make formula and etc.

Things to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook), Father's Handbook, & writing utensils Hours of Operation: Weekdays, excluding holidays from 8:30AM ~ 5PM. Call or visit *Hoken Center* in advance to reserve (choose the time ① or ②). *Hoken Center* 042-555-1111 ☎Ext.693

プレママサロン

< Childbirth Preparation Class for Mothers >

This is a class about pregnancy, giving birth, and after childbirth.

Date & Program: Day1... July 6th (Thu) - Lecture by a midwife,

Day2... July 13th (Thu) - Lecture by OB/GYN doctor and Dietician

Day3... July 27th (Thu) - Lecture by a dentist and talking with experienced moms

Place: *Hoken Center* Class Time: Day 1 & 3 - 1:15PM ~ 3:45PM, Day 2 – 2PM ~ 4PM

Eligibility: Expectant mothers residing in *Hamura City* *No appointment required.

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

*You are not required to participate all 3 days. Please pick your desired classes.

*If bringing your child(ren), please contact *Hoken Center* 042-555-1111 ☎Ext.693



七夕飾り

< The Kyoudo Hakubutsukan (Folk Museum) Seasonal Exhibition ~ Tanabata Decoration ~ >

There will be bamboo trees decorated at the Folk Museum and the Old *Shimoda* Residence (July 7th is "*Tanabata*". According to a Japanese folklore, it is the day the lovers, *Orihime* (Vega) and *Hikoboshi* (Altair), separated by the Milky Way can meet once a year in the starry night sky.) In the tradition of *Tanabata*, you can hang your wishes on *Tanzaku* paper and hang it on bamboo tree and decorate *Tanabata* Bamboo Trees with ornaments and our wishes! Please enjoy the crafting space in the museum.

Date & Time: June 24th(Sat) ~ July 9th(Sun), 9AM~5PM (At the Old *Shimoda* Residence, admission for *Tanabata* decoration until 3:45PM, and visiting time until 4PM) The Folk Museum is closed on Monday.

Admission: Free Place: Folk Museum Orientation Hall/Old *Shimoda* Residence

Inquiry: *Kyoudo Hakubutsukan* (Folk Museum) ☎042-558-2561

ミニ展示・玉川上水を調べよう

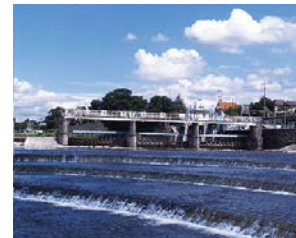
< Tamagawa Aqueduct Exhibition > ミニ展示: 玉川上水を調べよう

You can deepen your knowledge about the Tamagawa Jyousui (Tamagawa Aqueduct) through this exhibition which is created for the 4th Grade Elementary level student. Date: June 17th (Sat) ~ Dec. 17th (Sun)

Time: 9AM ~ 5PM Closed on Mondays *This exhibition is open on

July 17th (Mon), September 18th (Mon), October 9th (Mon).

Place: Exhibition Room Fee:Free Inquiry: *Kyoudo Hakubutsukan*



はむら市民ギャラリー

< Art Gallery with Works Created by Citizens >

Place: Community Center 2F Hall

Feature: Paintings by *Mikio Kurosawa* Fantastic expression with detailed design

Date: June 25th (Sun) ~ July 2nd (Sun), 10AM ~ 5PM (~3PM on final day) .

Please call : ☎090-6533-0229(*Ito*) Management Committee

羽村市学校保健会 特別講演会 親子関係が子どもの発達に与える影響

< Parents' Influence Over the Sound Development of Children Lecture (in Japanese) >

Every year, the Hamura City Board of Education holds a lecture directed toward parents, featuring the subject of child rearing advice for parents. An expert pediatric physician will speak about the actions that parents can take to comfort their children when they are in mental distress. Date: July 8th(Sat), 2:30PM ~ 4PM

Place: Yutorogi Small Hall (no reservation necessary) Capacity: first 200 Fee: free

Lecturer: Ms. *Makiko Okuyama*, Psychiatric Research Center Chief Resident Hosted By: Hamura City

Inquiries: *Gakkou Kyouiku Ka*, (Educational Guidance Section), *Gakumu Kakari*, ☎Ext. 357

< **Yutorogi Special Performance by Storyteller Koyuuzo Sanyuutei Traditional Yose and Jazz** >

Mr. *Koyuuzo Sanyuutei* is a very famous storyteller, or "*hanashika*" in Japan. He will appear on stage as a storyteller, and in the latter half of the stage, he will be accompanied by his Dixieland jazz band.

Please enjoy this cultural experience.

Date: August 26th (Sat) 6:30PM (doors open at 6PM) Place: Yutorogi Main Hall

Fee: Adults¥ - reserved ¥1,500, same day ¥1,800 high school student and younger - ¥1,000

*Preschool age children will not be allowed admission. Tickets go on sale from the June 15th, (Thu).

Tickets are sold at the following locations: during operation hours of *Yutorogi* and Sports Center, *Nishitama Shinbun* Ticket Service, *Marufuji* Supermarket located in *Hamura* City, *Ōme* City, and *Fussa* City.

Hosted By: Hamura City Board of Education Inquiries: Yutorogi ☎042-570-0707

多摩フレッシュ音楽コンサート 2017

The Tama Fresh Music Concert 2017 Piano and Vocal >

The Tama Fresh Music Concert 2017 is a musical competition for artists in the region.

Young, prominent vocalists and instrumental performers from the *Tama* area who have a renowned record of being winners in various contests will be sharing their talent. Six (6) contestants will be narrowed down to 1 (one) finalists and runner up for each category. Please encourage these hard working individuals who have been raised in the Tama Area that will appear on stage.

Vocalist Category: Date: June 29th (Thu) 6PM (doors open at 5:30PM)

Instrumental Category: Date: June 30th (Fri) 6PM (doors open at 5:30PM)

Both Events: Place: *Risuru* Hall in *Tachikawa* Fee: ¥500

Preschool age and nursery age children will not be allowed admission.

Hosted By: *Tokyo Tama* Cultural Facilities Committee, Concert Executive Committee

Co-Hosted By: *Yamaha* Music Co. Music Retailing *Ikebukuro* Branch

Inquiry: *Tachikawa* Cultural Promotion Foundation (Public Interest Foundation) ☎042-526-1312



活力市 あさがお・ほおずき市

< **Summer Market For Morning Glory & Chinese Lantern Plant** >

Traditional *Asagao* (Morning Glory) and *Houzuki* (Chinese Lantern Plant) will be sold at this market. (It is the seasonal decorative flower of summer in Japanese culture.) There also will be many stalls offering fresh local vegetables, flowers, fresh *Wasabi*, and *manjyuu*, yakisoba, sausage, crepes, etc. food stalls and thrift shop!

Date & Time: July 1st (Sat) & 2nd (Sun), 9:30AM~5:30PM Place: *Nousanbutsu Chokubaijyo* 農産物直売所

Inquiries: *Hamura* City Commerce Cooperative☎042-555-5421/ *Shoukou Kankou-Kakari* ☎Ext.657

第2回羽村市にじいろフリーマーケット開催

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

Date: June 25th (Sun), 10AM ~ 1PM (If the weather is bad, event will be cancelled.)

Place: Recycling Center If you are coming by motorvehicle, please park at the *Nishitama Eisei Kumiai* parking lot across the street. You can also use the "*Hamuran*" public transportation system *Hamura Higashi* Course and get off at "*Freshland Nishitama*" (About 25 minutes from the JR Hamura Station).

Sponsored by: Nijihiro Flea Market Executive Committee

(The Executive Committee is seeking volunteers staff for the event.)

Inquiries: *Shouhi Seikatsu* (Consumer's) Center: ☎042-555-1111, Ext. 640

光化学スモッグの発生に注意してください

< Be Aware of "Photochemical Smog Warning" >

Photochemical Smog is an air pollution derived from sunlight-induced chemical reaction of elements contained in vehicular emission and industrial fumes output into the atmosphere. It occurs during a hot season, on a day of sunny or hazy weather combined with minimum air current.

Hamura City issues Photochemical Smog Warning as needed. When the warning is released, a signboard "光化学スモッグ注意報発令中" will be posted at some of the city public facilities, and schools and children's facilities will be alerted.

▶ **Tokyo Bureau of Environment** provides Photochemical Smog Warning Online Information Center.

You can see the warning status and subscribe to the Photochemical Smog Warning Email Alert at this site.

→ <http://www.ox.kankyo.metro.tokyo.jp/> (in Japanese)

The Hamura City's e-mail service will also provide this information to registrants' cellular phones.

Inquiries: Kankyou Hozen Ka, Kankyou Hozen kakari, ☎Ext.226

You Tube 始めました

< Hamura City has an Official Page on You Tube >

The City has started using the video sharing website "You Tube" to upload images with information about Hamura City. Viewers can watch "TV Hamura" and commercials of Hamura City on this youtube account.

Official Video Channel on You Tube: <https://www.youtube.com/channel/UCYdcmO6EvypnGQaujEBuRMA>

Please view from your PC, smartphone, or tablet device. There is no fee, however the user must pay for use of the network from each device to the website.

Inquiries: Kouhou Kouchou Ka, Kouhou kakari (Public Information and Public Opinion), ☎Ext. 505

子育て応援ニュース 子育て世代包括支援センター「羽っぴー」

< "Happy" Support Section from the Regional Support Center for Families >

Assistance for Childrearing from prenatal period to the toddler years is available for young mothers.

If you have concerns regarding your child, feel free to go to the "Happy" Support Section. Inquire about any subject regarding your child's health. The health nurse will interview the expecting mother when they issue the mother and child handbook. They are available throughout your early stage of motherhood, and wish that you do not hesitate to ask for help. These people with much experience will guide you through your troubles.

Inquiry: Kosodate Shien Ka, Kosodate Shien Kakari Ext. 692 or Kodomo Katei Shien Center, 042-578-2882.

防災行政無線の放送内容をフリーダイヤルで確認できます

< Citywide Public Address System ☎0120-554-994 >

If you wish to hear again the city announcement broadcasted through the Citywide Public Address System (*Bousai Gyousei Musen*), the audio announcement system with outdoor speakers facilitated all around the city, you can call Hamura City Hall Automated Phone Directory Service.

You can hear most recent warnings that had been broadcasted from the outdoor P.A. speakers. It will be recited once, and automatically hang up. No fee is charged for this service.

*Evening chimes and daily routine announcements are not repeated in the phone service.

There has been some difficulty for use of this service by internet-based phone lines. An alternative available is to dial the city hall (042-555-1111), and extension 888. The same recording is given.

Inquiry: Bousai Anzen-ka Bousai-kakari Ext.207



< **Tokyo Hikikomori Support Net** >

Tokyo *Hikikomori* Support Net is one of the places you can turn to for help if you are having concerns on your child who is in "*Hikikomori*" state, withdrawal mental state. Their consultants will support you through phone or email-based consultations, or by home-visits if necessary.

Handled Cases: ①regarding a person living in Tokyo ②at age from 15 up to around 34 years and ③has been in *Hikikomori* state for more than 6 months.

*Please make an appointment through *Hamura City Jidou Seishounen Ka* at City Hall. *Consultations are free of charge. (up to 5 sessions) *For details, please search "**Tokyo Hikikomori Support Net**" online.

Inquiry: *Jidou Seishounen Ka, Jidou Seishounen Kakari*, ☎Ext. 262 or

Tokyo Metropolitan Office for Youth Affairs and Public Safety ☎03-5388-2257

軽自動車税のグリーン化特例

< **Special Provisions for Green Qualified Low Emission Vehicle** >

"Green Qualified Low Emission Vehicle" owners can be eligible for the alleviated tax under the "Green Vehicle Special Provision" small light motor vehicles if you purchase a vehicle between April 1st, 2017 ~ March 31st, 2019 for which initial registration was made (The vehicle must not be one that has been already registered before).

■ELECTRIC LIGHT MOTOR VEHICLES, NATURAL GAS LIGHT MOTOR VEHICLES

(Vehicles which meet the Post New Long Term NOx Reduction Standard by 10%, or Regulations for 2018)

~ approximate emission reduction at 75%, shown at below chart ① ~

■GASOLINE / HYBRID VEHICLES

Vehicles must qualify for the levels of ∞standard for fuel efficiency shown below

Emission Standard for "Green" Qualified Low Emission levied as shown at Chart No. ②

Passenger

Cargo

∞ 2020 Fuel Efficiency Standard+30%

∞ 2015 Fuel Efficiency Standard+35% (approx. 50% reduction for both)

Emission Standard for "Green" Qualified Low Emission levied as shown at Chart No. ③

Passenger

Cargo

∞ 2020 Fuel Efficiency Standard+10%

∞ 2015 Fuel Efficiency Standard+15% (approx. 25% reduction for both)

※These figures are indicated on the vehicle inspection registration certificate.

※Vehicles which fall under the ②③category below must qualify under standards in ♣2005 Emission Standard by 75%, or 2018 Emission Standards by 50%

"GREEN" QUALIFIED LOW EMISSION LIGHT VEHICLES TAX AMOUNT

TYPE OF VEHICLE		REDUCED TAX BURDEN (applicable to following year)			
		ELECTRIC LIGHT MOTOR VEHICLES, NATURAL GAS LIGHT MOTOR VEHICLES		GASOLINE / HYBRID VEHICLES	
		①	②	③	
Three Wheeled Vehicle		¥1,000	¥2,000	¥3,000	
Four Wheeled Passenger	Business	¥1,800	¥3,500	¥5,200	
	Private	¥2,700	¥5,400	¥8,100	
Four Wheeled Cargo	Business	¥1,000	¥1,900	¥2,900	
	Private	¥1,300	¥2,500	¥3,800	

Inquiries: *Kazei ka, Shimin Zei Kakari*, ☎Ext. 162

< Tokyo Olympic / Paralympic Games Update >

Some of the features of the Paralympics are not known to most. The Paralympics Games is a sports competition held every 4 years with the Olympic Games for persons with physical disabilities.

The history of the Paralympic Games dates back to 1948 when a physician in London organized an archery competition as part of their rehabilitation program. Later, the event became an international wheelchair competition.

This expanded to become the Paralympics; the "parallel Olympics", or "the other Olympics", and "Paralympics" has now become the official term for this competition. It is exciting to watch as the level of performance advances with each Olympic Event held.

These games are designed to offer fair chances to athletes who bear disability by adjusting the rules and equipment used to gain the best performance of the athlete.

We must be aware in the society of the many obstacles faced by the disabled, and it must be known that all are equal. Sports played by the Paralympic team members are special because they have enhanced their skills by using what functions are available by hard work and perseverance.

Paralympic Games will be held from August 25th (Tue) ~ September 6th (Sun), 2020.

Inquiries: Tokyo Olympic /Paralympic Games Preparations Office, ☎Ext. 344

危険です！ 道路に出た枝などの障害物

< Protruding Objects such as Limbs and Branches are Very Dangerous >

Mirrors and signs on sidewalks and roadways are sometimes covered by overgrown trees and plants, and can disturb traffic. Signs on the side of the road can narrow the width, and in some cases causes tripping of pedestrians or bicycles. If cases such as these occur, the owner of the object may be liable for damages which occurred. Trash disposed of on the roadside should be placed inside your space closest to the road. The road belongs to the citizens, and should be a safe and comfortable place for everyone. Please manage items on your property so that they do not extend into the street. *Doboku Ka, Douro Kanri Kakari* ☎Ext. 294

Or contact the *Nishitama Construction Office, Kanri Ka, Kansatsu Gakari* ☎0428-22-7216 if major road.

雨水浸透施設設置費を助成しています

< Partial Grant for Purchase of Rainwater Ground Infiltration System >

A partial grant for fees for rainwater ground-infiltration system installed in your premises are being offered. Installing this system allows the rainwater to flow into the ground. It is the responsibility of the owner to remove leaves and objects from the water intake opening, and to keep filthy water from getting into the system. For more about the system, please contact *Suidou Jimusho Waterworks Office* ☎042-554-2269

親子で体験！ ダンボールコンポストを作ろう

< Composting Food Waste Using a Cardboard Box: A Class for Parent and Child >

Join this class as a parent and child pair of *Hamura City* to learn about recycling food waste using a cardboard box. Composting food wastes in this *mikan* box sized container reduces the mass of the kitchen wastes, and creates fertilizer, resulting in reduction of the total burnable waste.

This is perfect for your child's summer project. *You will be asked to fill out a questionnaire.

Fertilizers can be made by placing the mixture of enriched soil containing microscopic organisms and kitchen wastes in the cardboard box. Composting refers to the process of decomposition to the substance inside.

Day/Time: July 22nd (Sat) 10AM ~ 11:30PM Place: Community Center *Dai Ni Kenshuu Shitsu (2F)*

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

Application/Inquiry: Call or come to *Seikatsu Kankyou-ka* on the 2nd floor of city hall, in advance from June 15th (Thu) ~ July 21st (Fri) from 8:30AM~5PM.(excluding weekends & holiday),

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

< Policy in Effect Regarding Subsidies for Incurable Diseases >

24 newly certified diseases along with 18 newly certified incurable diseases of children have been added to the disease list included in the policy regarding subsidies for costs of incurable diseases from April.

You must be certified to receive these subsidies.

Ask the Tokyo Bureau of Social Welfare and Disabilities Disease Control Division or *Hamura-city Shogai Fukushi Ka* for more details.

Inquiries: at Tokyo Bureau of Social Welfare and Disabilities Disease Control Division ☎03-5320-4375 Or City Hall, *Shogai Fukushi Ka Shogai Fukushi Kakari* ☎Ext. 173

羽村フィルハーモニー管弦楽団 第25回定期演奏会

< Hamura Philharmonic Orchestra ~ The 26th Concert ~ >

Date & Time: July 25th(Sun) 2PM~ (doors open at 1:30PM) Place: *Yutorogi Main Hall*

Capacity: First 800 people Admission: Free No reservation needed.

Conductor: Mr. *Toshihiro Yonezu* Program: Mozart, Tchaikovsky,

Host: The *Hamura City Board of Education, Hamura Cultural Association, Hamura Music Federation*

Inquiry: *Hamura Philharmonic Orchestra*: Email to the organization's office → hpo@live.jp

私立幼稚園等園児の保護者へ補助金を交付します

< 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*.

*Subsidy amount is determined according to the household income level. *If granted eligibility, the benefit covers the whole or part of the combined amount which does not exceed total nursery fee.

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.

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 and residents having housing problems.

Vacancy is being announced for one (1) family apartment designed specifically for wheelchair users.

Applications for these vacancies will be accepted. The application brochures will be available from June 19th(Mon) ~ 29th(Thu), 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. There are applicant eligibility requirements such as income level, resident registration history, etc.

For more information, please see the brochure or consult City Hall, *Kenchiku-ka Iji Kanri-kakarii* ☎Ext.276.

Rent: Will vary, depending on income.

Applicant Eligibility: Person with more than 2 years history of *Hamura City Resident Registration*

Requirements: One family member should be at least 6 years old and also have level 2 disability certification.

Property Details: Please inquire.

How to Apply: Please come to *Kenchiku-ka* in city hall 2nd floor between June 19th (Mon) ~ 29th(Thu), 8:30AM~5PM on weekdays. *The candidates will be selected by open drawing on July 4th (Tue).

愛の献血にご協力を

< Blood Donation Needed! >

Date & Time: July 13th(Wed), 10AM~Noon, 1:15PM~4PM Place: In front of city hall main entrance

• **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)

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

ハーブ鑑賞会

< Enjoy Herbs in the Library Roof Garden! >

Now is the season for Lavender. There is also a wide variety of herbs in our roof garden.

Let's enjoy together some fresh herb tea and hand-making lavender sticks!



Lavender Sticks

Date & Time: July 1st (Sat), 10AM ~ 2PM (Light rain or shine) Place: Roof of the Main Library

Fee: Free Hosted by: Herb *Hamura* *No reservation required. Inquiry: Main Library ☎042-554-2280

SWIMMING CENTER ☎042-579-3210

< Easy Basic Yoga > 簡単ベーシックヨガ、

Breathing Methods are introduced with various poses of yoga. These movements will help blood circulation and boost your metabolism, which helps in preventing sensitivity to cold or stiff shoulder.

Date & Time: Every Thursday 7PM ~ 8PM

< Refreshing Yoga > 爽やかヨガ

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

Date & Time: Every Tuesday, 0:30PM ~ 1:30PM

※ For participation, please come to the Sauna front counter on the day of each class.

Place: Both at Dai Ni Conference Room on 2nd Floor Capacity: first 20 Fee: ¥800 per lesson

Items to bring: comfortable gym clothes, drinks, and towel

金婚式を迎えるご夫婦へ

< 50th Wedding Anniversary Gift from Hamura City >

On an occasion of Respect-for-Senior-Citizen Day 2017, *Hamura City* will give a 50th Wedding Anniversary (*Kinkon-shiki*) Gift to the local resident married couples. To be eligible, the certificate of marriage must be dated January 1st ~ December 31st of 1967.

To receive this gift (congratulatory letter and a gold sake cup), please apply before July 7th(Fri) by (hours of operation are from 8:30AM ~5PM on weekdays.) phone or visit the office of *Shakai Fukushi Kyougikai*.

☎042-554-0304 *Anniversary photo service is also available upon request. Fee will be required.

< Welcome! 2017 Summer Volunteers!! >

This is a great opportunity to experience volunteering and meet a lot of people through volunteer activities, which will take place at senior citizen's homes, daycare centers or facilities for special needs.

Date & Time: July 18th (Tue) ~ September 1st (Fri) *Work period varies depending on the work place

Eligibility: 4th Grader or older children and adults who are living, studying or working in Tokyo, and able to participate at least 3 days. *Each project has a limited number of seats.

Fee: Free (If you are not a Volunteer Insurance subscriber, ¥300 will be required for insurance fee)

Participants Briefing: July 8th(Sat), 10AM~11AM, July 12th (Wed) 4PM ~ 5PM, & July 19th (Wed) 4PM ~ 5PM at *Fukushi Center* .

Application: Call or visit *Shakai Fukushi Kyougikai* on weekdays until July 7th(Fri).

全国一斉「子どもの人権110番」強化週間

< Children's Human Rights Protection Campaign Week >

If you need professional help for troubled cases concerning children's human rights such as Child Abuse, bullying or any other act of human rights violation, please do not hesitate to give us a call!

Consultation Date & Time: June 26th (Mon) ~ July 2nd (Sun), weekdays 8:30AM~7PM, weekends 10AM~5PM

Toll Free Dial for Phone Consultation: ☎0120-007-110

For other inquiries: *Tokyo Houmu-kyoku Jinken Yougo-bu Dai-Ni ka* ☎03-5213-1234 Ext.2514

(Tokyo Legal Affairs Bureau Human Rights Protection Department Second Section)

動物公園

< Newborn Penguin Chicks >

Penguin chicks have been born at the Hamura Zoo! Chicks are born every year, and this year 2 chicks are growing up in good health. They have been separated from their parents, and their coats are transitioning from baby fur to an adult fur. Please come to see them while they are still in their baby coat.

Inquiries: Hamura Zoo ☎042-579-4041



28年度ダイオキシン類の測定結果

< 2016 Dioxins Level Analysis for Flue Gas >

Report from *Nishitama Sanitary Association Environment Management Center*

Dioxins analysis on the flue gas output from *Nishitama Sanitary Association Environment Management Center* (our local waste management facility) and on the air of the facility's neighborhoods were conducted (7 times at the waste facility and 4 times at schools) during FY2016. All those analysis results showed that dioxins levels in the tested flue gas and the air achieved the safety standards regulated under The Environmental Air-Quality Standard and The National Pollution Control Agreement.

The air samples were taken at the following locations:

Hamura Dai-San Junior High School (at rooftop), *Hamura Shourin Elementary School* (at rooftop), *Hamura Asahi Kouen* (at standing height), *Mizuho Dai-Yon Elementary School* (at rooftop), *Mizuho Fujimi Kouen* (at standing height).

Inquiries: *Nishitama Eisei Kumiai* ☎042-554-2409

< Paper Trash & Cloth Waste Collection on Rainy Day >

June is rainy season in Japan. Please follow the rules for recyclable trash A.

◆ **Paper Trash** (newspaper, commercial bill, magazine, cardboard, book, miscellaneous paper, etc.)

Wet paper trash can be recycled. It is best to use a pulp twine for bundling the papers in consideration for the recycle process efficiency. Please put it out for collection at the usual spot even on a rainy day, so the collection workers can easily find it. No need for placing it under the eaves.

◆ **Cloth Waste which become Uncollectable if Wet** (used clothing, old linen, etc.)

Wet cloth kind materials can not be recycled. Even if bagged, the clothes might get wet during the collection work. If it rains on the designated collection day for cloth kind waste, do not try to dispose of it, just put it out on the next designated collection day.

① Recyclable string should be used for recyclable A trash at collection.

② Used underwears, socks and heavily soiled cloth can not be recycled → Burnable Trash.

Inquiries: Seikatsu Kankyou Ka, Seikatsu Kankyou-kakari – ☎Ext.204



後期高齢者医療制度の被保険者へジェネリック医薬品差額通知書を送付します

NOTIFICATION OF MEDICATION COST DIFFERENCE OF INNOVATOR/GENERIC DRUGS Late to Subscribers of Elderly Medical Insurance Program

A notification in the title (ジェネリック医薬品利用差額通知書) will be mailed out to applicable residents who are a National Health Insurance's Late-Elderly Medical Insurance Program member and were prescribed brand-name drugs.

This notification which is mailed in June and December, lists the names and patient's cost of purchased medicines, and also provides the cost difference between the generic products and brand-name products for those medicines. The stated cost difference is the amount the patient could have saved if he/she changes their prescription drugs to generic drugs by requesting so at a medial institution.

This notification is issued to those taking long-term medication for chronic diseases, to show how an individual can easily help reduce the medical cost for their own benefit.

There are no procedures required to be taken regarding this notification.

~ **Why not switch your medication to Generic Drug?** ~ Generic drugs are considered identical to the brand-name counterpart in efficacy, safety, dose, strength, route of administration and intended use, and are available at more affordable price. Switching the medication from brand name drug to generic drug, especially in long term use, may greatly reduce the medical cost for patients

Inquiries: Generic Drug Help Desk ☎0120-527-984, Tokyo Metropolitan Government's Later Elderly Medical Program Regional Inspector ☎03-3222-4513

< Free Legal Consultation By Tama Paburikku Law Office > As a commemoration event for the 9th foundation anniversary, the professional attorneys from Tama Paburikku Law Office will provide free legal consultations. *Consultations will be conducted in Japanese. This event will be held at Tama Paburikku Law Office in Tachikawa City. Date & Time: June 24th (Sat) 10AM ~ 4PM (30min for each client) Capacity: First 48 Applicants Application: Please call Tama Paburikku Law Office for reservation at ☎042-548-2450 9:30AM ~ 7PM weekdays only, closed Saturday, Sunday, and Holiday.

女性のための無料ホットライン

< Women's Hotline >

If you are experiencing troubles regarding battery inflicted by a family member, divorce, etc., please seek consultation with the legal support available at the Dai Ni BengoshiKai Women's Support Hotline. They have female staff who will offer consultation. Consultation is free. The assigned members are experienced in the field of issues typical to women such as abuse, divorce, etc..

Date: June 24th (Sat), 10AM ~ 4PM. Phone Number: ☎03-3595-8370 Fee for toll required.

Inquiries: Dai Ni Tokyo Bengoshi Kai (Tokyo Bar Association, 2nd Division) Human Rights 03-3581-2257.


自動車事故の損害賠償問題でお困りの方へ

< The Japan Center for Settlement of Traffic Accident Disputes >

If you have been involved in a traffic accident and don't know what to do, you can go to the Japan Center for Settlement of Traffic Accident Disputes. Lawyers offer consultation and represent you with a fair and neutral perspective to seek resolution for the disputes arising from the traffic accident. Consultation is free. Please contact the office in advance if you need consultation. ☎ 03-3346-1756 on weekdays 9AM ~ Noon, 1PM ~ 5PM (closed on weekends and National Holidays). Help also available from Foreign Residents' Advisory Center (Chinese, Hangul, English) at ☎03-5320-7744 on weekdays 9:30AM ~ NOON, 1PM ~ 5PM.

自転車のルール

< Do You Know the Rules for Bicycles? >

- ◆ Bicycle Riders must follow traffic rules!  Wear a helmet, use headlights, stop at stop signs.
- ◆ Things Not To Do on a Bicycle Do not ride with another person, and don't ride bicycles side by side! You should also hold both of the handlebars when riding. It is dangerous to use umbrella or bag.



- ◆ Ride on left side of roadway. Only small children and elders can ride on the sidewalk for pedestrians
- ◆ Randomly parked bicycles get in the way of evacuation route in case of disaster.



◆ LOCAL MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
18 th (Sun)	Ozaki Clinic	☎042-554-0188	Fussa-shi Hoken Center	☎042-552-0099	Watanabe Shika lin	☎042-570-1688
25 th (Sun)	Yokota Clinic	☎042-554-8580	Fussa-shi Hoken Center	☎042-552-0099	Honda Dental Clinic	☎042-554-4184

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